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Sean Taffee
I.C. Photo Ian Cronin
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Macs Restaurant
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(Bar & sweet shop)
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Coyne & Culloty
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MD O'Shea's
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INSURGENT (12A) 130m Thurs 8:50	RUN ALL NIGHT (15A) 130m 7 Days 6:20 8:55	UNFINISHED BUSINESS (16) 100m 7 Days 9:00	SECOND BEST EXOTIC MARIGOLD (PG) 130m 7 Days 6:35 8:50 Note: No 8:50 on Thursday Sat/Sun 4:20
FOCUS (15A) 115m 7 Days 6:15 9:00	THE WEDDING RINGER (15A) 110m 7 Days 6:45	50 SHADES OF GREY (18) 135m 7 Days 6:05 8:45	
SHAUN THE SHEEP MOVIE (G) 95m Sat/Sun 12:30 2:30 4:10	BIG HERO 6 (G) 105m Sat/Sun 12:10 2:30 4:10	INTO THE WOODS (PG) 135m Sat/Sun 2:05 4:25	
PADDINGTON BEAR (G) 105m Sat/Sun 2:10 4:10	PENGUINS OF MADAGASCAR (G) 100m Sat/Sun 2:15		

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-This weeks BEEF comes from S.J. CAHILLANE, BANSHA, KILLORGLIN
-This weeks LAMB comes from MICHAEL CAHILLANE, KILLORGLIN



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MEGAN IS KILLARNEY ROTARY YOUNG MUSICIAN OF THE YEAR



WINNER OF THE KILLARNEY ROTARY YOUNG MUSICIAN OF THE YEAR MEGAN O'NEILL PICTURED WITH SEAN TREACY, KILLARNEY ROTARY CLUB (COMPETITION CO-FOUNDER) AND MIKE STACK, CHAIRMAN. PICTURE: EAMONN KEOGH.

Talented Soprano Megan O'Neill from Killarney, has been crowned Killarney Rotary Young Musician of the Year.

Megan, who competed in the voice category in the prestigious event, was awarded the top prize during the finals night concert in the INEC Acoustic Club on Saturday.

Megan's beautiful rendition of Care Selve by Handel from his opera Atalanta wooed the judges to earn her the coveted prize.

PICTURED RIGHT AT THE KILLARNEY ROTARY CLUB YOUNG MUSICIAN OF THE YEAR COMPETITION AT THE GLENEAGLE HOTEL, KILLARNEY ON SATURDAY NIGHT WERE SEATED FROM LEFT, MIKE STACK (KILLARNEY ROTARY CLUB PRESIDENT), MEGAN O'NEILL (OVERALL WINNER), CAOIMHE GLAVIN, EMILY SULLIVAN, ISEULT DALY AND SEAN TREACY, KILLARNEY ROTARY CLUB. STANDING FROM LEFT ARE CAOIMHE DOYLE, BARRY MURPHY, KILLARNEY ROTARY CLUB, AND CHARLOTTE O'HALLORAN.

PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

A pupil of singing teacher Sharon Reidy from Abbeydorney, Megan was accompanied at the concert by Declan Walsh on Piano, who is a teacher at the Yamaha School of Music in Tralee. The 18 year old leaving cert pupil at St. Brigid's Secondary School in Killarney, Megan hopes to pursue a career in music in some form when she finishes there in June.

The concert followed a two-day competition which took place in the Kerry Diocesan Youth Service centre, Fair Hill, on Friday and Saturday. In second place was Charlotte O'Halloran, voice, from Tralee, with Tralee native Caoimhe Glavin, who competed on French horn, in third place.

The other three finalists were Iseult Daly, voice, Caoimhe Doyle, violin, and Emily Sullivan, clarinet.

Meanwhile, Jack McCrohan won the James Gleeson Memorial Trophy for best upcoming musician.

This was the 15th annual competition, which was started by Killarney Rotarians Sean Treacy

and Barry Murphy in 2001. Sean and Barry continue to be key to its running.

As always, the event showcased Kerry's finest young musical talent.

Also performing was last year's overall winner, Tralee pianist Doireann O'Carroll.

The audience was also treated to performances by the St Mary's University Choir, Minnesota, and Tralee jazz trio Tuxedo Junction.

Almost 200 entrants participated in the competition.

"The objective of the competition is to create a forum for school going musicians of all standards to perform in public in their chosen discipline," said Killarney Rotary president Mike Stack.

This year's adjudicators were Dr Albert Bradshaw and Dr Patrick Devine. "We were delighted with the competition which ran exceptionally smoothly," said Sean Treacy. "In addition, Dr Albert Bradshaw and Dr Patrick Devine put an enormous amount of work and thought into their adjudication."



#lovekillarney

COMPETITORS AT THE KDYS FOR THE KILLARNEY ROTARY CLUB YOUNG MUSICIAN OF THE YEAR 2015 WERE L-R SEAN TREACY (KILLARNEY ROTARY CLUB), JANE SULLIVAN, EWAN COTTER, MUIREAN NÍ MATHÉNA, DOIREANN O'CARROLL, EMILY SULLIVAN, EADAIOIN O'DONOGHUE AND IN FRONT ALICE SULLIVAN & KARL SULLIVAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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KELLY-ANN AND MIKE CROWNED STRICTLY CHAMPS

Killarney hotelier Kelly-Ann McSweeney and Garda Mike Milner took the honours at last

Thursday night's sell-out Dr. Crokes Strictly Come Dancing show at the INEC.

Under the tutelage of dance teacher David Rae, ten couples took to the stage amid cheers of support from the 1600 strong audience. However, the biggest cheer on the night was reserved for the 1992 All Ireland Club Champions team dance. Comprising of dancers John Clifford, Ger O'Shea, Brendan Keogh, Colm O'Shea, Vince Casey, Liam Hartnett and Mike Buckley as the troupe brought the house down with their rendition of "The Full Monty".

The event was hosted by Matt O'Neill and Mike Fuller and the audience were entertained at half time by performances from Dr. Crokes Scor na bPaisti and the Killarney Scorchers Cheerleaders.

Organisers of the event were delighted with the show with the funds raised on the night going to the club and also to the Brosnan Family fund.

FOR MORE PICTURES SEE PAGE 32



PICTURED AT THE INEC AND WINNING THE TITLE OF DR CROKES STRICTLY COME DANCING, KELLY ANN MCSWEENEY & MIKE MILNER.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



THE JUDGING PANEL AT DR CROKES STRICTLY COME DANCING AT THE INEC L-R AIDAN O'MAHONEY, MICHAEL HEALY RAE, BERNADETTE RANDES & CLODAGH IRWIN OWENS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



MC MIKE FULLER INTERVIEWS MIKE BUCKLEY AFTER THE FULL MONTY DURING DR. CROKES STRICTLY COME DANCING.... ALSO INCLUDED ARE BRENDAN KEOGH, JOHN CLIFFORD, LIAM HARTNETT, COLM O'SHEA AND VINCE CASEY. PICTURE: MARIE CARROLL-O'SULLIVAN.

KILLARNEY HOTELS HONoured AT IHF AGM

The Lake Hotel and The McSweeney Arms Hotel in Killarney were among those honoured by the Irish Hotels Federation at their AGM which was held in Ballygarry House Hotel this week. Tony Huggard, MD of The Lake Hotel who have been in business for over a century accepted

the honour from the new Chairman of the IHF Cormac O'Sullivan of Benners Hotel in Dingle. Kelly-Ann and Pauline McSweeney accepted the honour from the Federation also, they are celebrating over 60 years in business. Outgoing chairman Sean O'Driscoll handed

over his Chain of Office to Cormac O'Sullivan at the luncheon with Terence Mulcahy taking on the role of Vice Chair, Bernadette Randles, Treasurer and Michael Rosney of Killeen House Hotel as PRO.



CORMAC O'SULLIVAN, PRESIDENT, KERRY BRANCH OF THE IRISH HOTELS FEDERATION HONOURS TONY HUGGARD, THE LAKE HOTEL, KILLARNEY AT THE ASSOCIATION'S AGM IN BALLYGARRY HOUSE HOTEL, TRALEE. ALSO IN PICTURE IS MARGARET O'CONNOR, AIB BUSINESS HOTEL & DEVELOPMENT MANAGER, AIB SOUTH WEST. PICTURE BY DON MACMONAGLE.



CORMAC O'SULLIVAN, PRESIDENT, KERRY BRANCH OF THE IRISH HOTELS FEDERATION HONOURS PAULINE AND KELLY-ANN MCSWEENEY OF MCSWEENEY'S ARMS HOTEL, KILLARNEY AT THE ASSOCIATION'S AGM IN BALLYGARRY HOUSE HOTEL, TRALEE. ALSO IN PICTURE IS MARGARET O'CONNOR, AIB BUSINESS HOTEL & DEVELOPMENT MANAGER, AIB SOUTH WEST. PICTURE BY DON MACMONAGLE.

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All Ireland winning football captains of 2014 Fionn Fitzgerald and Kieran O'Leary from the senior team and Minor Team captain Liam Kearney have been announced as this year's Grand Marshalls for Killarney St. Patrick's Day parade. "We are delighted that the Kerry Team captains could lead this year's parade and of course we always love to see Sam Maguire and Tom Markham on the streets of Killarney" commented Anne Marie Kennelly, Chairperson of the committee.

"We are delighted with the level of interest and interaction with a host of community groups and sporting groups. We would encourage

everyone to get out early on the day of the parade and join in what will be a spectacle for the whole family," she added. "We have had a great response from the local business community both from a sponsorship level to local businesses getting involved with the festival. Our aim is to have one of the biggest and best St. Patrick's day celebrations the town has ever seen, come along and celebrate with us" said committee member Helen Sheehan.

In consultation with the County Council and the Gardai the committee have drawn up a full safety strategy and traffic management plan for the Parade. Parade floats and Vehicles

have to arrive at Mission road from Port road and Cathedral Place side and traffic will not be allowed to travel down Mission Road towards the Cathedral. The route was also announced as follows. Assembly on Mission Road the Parade commences at 2pm up Mission road towards the Plaza, around Kenmare Place, East Avenue road, Fair Hill, College Street, Plunkett Street, Main Street, New Street, Beech road, into Beech Road Car Park where the new Grandstand and stage will be located. Over the four day festival there is a jam-packed programme of events including "Greening" of landmark Churches, St Marys Cathedral, Killarney Friary and St Marys Church. These beautiful buildings will be "Greened" until the 18th March, the Killarney Adventure Race on Saturday 14th also on a Kiddie Treasure hunt in the Town Centre and a Lily of Killarney Boat Cruise 4.30pm special themed lake cruise with storytelling and traditional music.

On Sunday March 15th there will be a Family Treasure Hunt in the Town Centre and a Ceili Mor on Main Street with Deenagh Ceili Band from 3-5pm. From noon on St. Patrick's Day there will be a Funzone in Beech street car park, with bouncy castles and face painters a Storytelling bus from The Original Killarney Ghost Tour along with a Storytelling Train from Killarney Tourist Train. There will be a stage in the Beech Road Car Park with performances from The Killarney Golf Club Male Voice Choir. From 12.45 to 1.45 Celtic Steps (the best of Irish music and Dancing) with the main event of the festival – the St. Patrick's Day Parade taking place at 2pm. The festival wraps up afterwards with a Post Parade Trad Disco with DJ Ollie Mullooly from 3.30-5.30pm.

SOSUEME BLOGGER IN TOWN

Fashionistas descended on the Aghdoe Heights Hotel in Killarney at the weekend to attend a workshop by fashion guru Suzanne Jackson who is one of Ireland leading fashion and beauty bloggers.

Suzanne created SoSueMe.ie in 2010 stopped off in Killarney as part of her SoSueMe Workshop on tour on Sunday last.

With a live fashion show, styling tips, make up demos, tanning and skincare secrets and

hairstyling, attending fashion lovers went home with a jam packed goodie bag worth €50.



PICTURED ENJOYING THE SUZANNE JACKSON, FASHION BLOGGER 'SoSueMe', FASHION WORKSHOP IN THE AGHADOE HEIGHTS HOTEL, KILLARNEY ON SUNDAY MORNING WERE FROM LEFT, AOIFE O'DONOGHUE, SARAH WALSH, LYDIA COUGHLAN AND TARA CASEY FROM KILLARNEY. PICTURE BY DON MACMONAGLE.



PICTURED ENJOYING THE SUZANNE JACKSON, FASHION BLOGGER 'SoSueMe', FASHION WORKSHOP IN THE AGHADOE HEIGHTS HOTEL, KILLARNEY ON SUNDAY MORNING WERE FROM LEFT, RHEA PRENDERGAST, KILLARNEY, BRID KISSANE, FOSSA AND AIMEE PRENDERGAST, KILLARNEY. PICTURE BY DON MACMONAGLE.

Celebrate Mother's Day

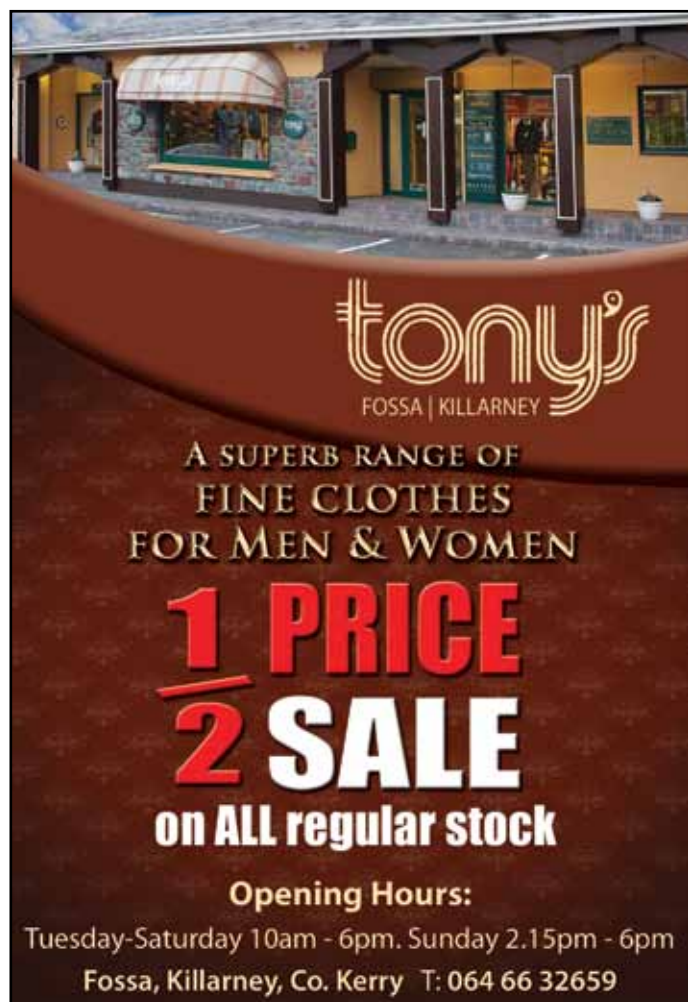
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"HERE I AM" - LAUNCHED IN KILLARNEY



PICTURED AT KILLARNEY GARDA STATION FOR THE BOOK LAUNCH OF 'HERE I AM' WERE BACK ROW L-R JOHN O'GORMAN, SIOBHAN MURRAY, PAT CARMODY, PHOTOGRAPHER DANIEL MURPHY, SUPERINTENDENT FLOR MURPHY, MIKE MILNER & BILLY HERBAGE. MIDDLE ROW L-R KERRY FOOTBALLERS PAUL MURPHY, BRENDAN KEELY, JOHNNY BUCKLEY, AIDAN O'MAHONEY & GARDA STEPHANIE HEGARTY-TREYVAUD AND THE CHILDREN IN FRONT L-R SOPHIE TWISS, AMBER DONOVAN, PEPPY FITZGERALD, AMY O'CONNOR, KATIE LYONS AND JESSICA TREYVAUD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A beautiful book of photographs of young children with Down Syndrome was launched at Killarney Garda Station on Wednesday evening. The limited edition book was compiled by local photographer Dan Murphy who wants to challenge society's perception of Down Syndrome in Ireland. The book is supplemented with short narratives from the parents of the children.

Members of the Kerry Football team and members of the Gardai Siochana in Killarney attended the launch.

"I am delighted that An Garda Siochana in Killarney are lending support to this very worthwhile awareness initiative. A number of members of An Garda Siochana in Killarney have close family relatives who have Down syndrome and this initiative will go a long way to enhancing awareness and creating a greater understanding of the condition. I am also delighted that local members of the Kerry Football Team are also lending their support to this initiative", said Superintendent Flor Murphy, Killarney.

The book will also be launched on Brendan O'Connor's Saturday Night Show on RTE 1

tomorrow night, March 14th after the 9pm news. It is condition which is close to Brendan's heart as he and his wife Sarah Caden have a daughter Mary who has Down Syndrome.

The book includes seven children from Kerry: Jessica Treyvaud- Killarney; Peppy Fitzgerald - Ardfer; Katie Lyons- Castleisland; Sophie Twiss - Milltown; Amber Donovan - Killorglin; Amy O'Connor - Castleisland and Grainne Trant - Listowel.

The official launch of this book in Kerry will take place on Saturday 21st March 2015 at Manor West Retail Park, Tralee at 1pm which coincides with World Down Syndrome Day.

The book launch will be complemented by an art exhibition designed by John Morris of JDM photography exhibiting some images from the book. This exhibition will be open to the public at Kerry General Hospital and Kerry Country Library from the 25th March - 11th April 2015.

"Here I Am" Challenging perceptions of Down syndrome in Ireland will be available at the book launch and from Eason book shops nationwide RRP €24.99, the proceeds of which go to Down Syndrome Ireland.



PICTURED AT KILLARNEY GARDA STATION FOR THE BOOK LAUNCH OF 'HERE I AM' WERE THE TREYVAUDS MARK & STEPHANIE WITH THEIR DAUGHTERS KATIE & JESSICA.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KERRY FOOTBALLERS AIDAN O'MAHONEY & BRENDAN KEELY A QUICK PREVIEW FROM KATIE LYONS & AMBER DONOVAN AT THE BOOK LAUNCH OF "HERE I AM" AT KILLARNEY GARDA STATION.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLARNEY FESTIVAL OF MUSIC AND FOOD TO TAKE PLACE AT KILLARNEY HOUSE

The Killarney Festival of Music & Food is delighted to announce that the family friendly boutique festival will take place at the picturesque Killarney House Demesne on 27 & 28 June.

Killarney House Demesne is within walking distance of Killarney town and ideally located for festival-goers who will be staying in the numerous hotels, guest houses, self-catering accommodation and campsites that the town has to offer.

Killarney Festival of Music & Food has also announced that popular 80's band ABC have been added to the line-up as well as The Young Folk, Oh Emperor, Tucan, Little Hours, Oh Boland and Elastic Sheep.

MUSIC

Over 60 Irish and international musicians and bands will perform at the Killarney Festival of Music & Food include Duran Duran, Jools Holland & his Rhythm & Blues Orchestra featuring Gilson Lavis and guest vocalists Marc Almond, Ruby Turner, Louise Marshall & Mabel Ray, music legend Burt Bacharach, TEXAS, The Proclaimers, The Undertones, Father John Misty, Walking On Cars, Damien Dempsey, Wallis Bird, Mick Flannery, Gemma Hayes, Delorentos, Mundy, Paddy Casey, Declan O'Rourke, The 4 Of Us, Something Happens, Colin Devlin, The Frank & Walters, Morrissey & Marshall, Daithí, Kormac's Big Band, Gangs, Steven Sharpe & The Broke Straight Boys, Tracy Bruen, Lloyd Yates, We Banjo 3, Ham Sandwich, Giulia, David Lyttle, Sleep Thieves and Gingerbeard Family. Additional acts will be confirmed in the months leading up to the festival.

ST. PARICK'S PARADE OPPORTUNITY

Killarney artist Annalisa is offering children the opportunity to join her on St. Patrick's Day with self made ancient celtic outfits. She is hosting two workshops at her art studio in Pencil Hill and can be contacted on 087-7802110

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GHOST THE MUSICAL ENTHRALLS THE AUDIENCE AT IRISH PREMIER

The Irish premier of Ghost The Musical lived up to all its expectations as Killarney Musical Society produced an amazing show to celebrate their 30th anniversary. Patrons on the first night were treated to a highly professional show that wouldn't have been out of place on Broadway or the West End.

With amazing performances from the leads the stage lighting and effects were without doubt the best yet in a Killarney Musical production.

Yet another show stopper by the Killarney Musical Society - well done to all involved. And there is still an opportunity to take in this amazing show.... the final night is tonight, Friday March 13th at the INEC.



PICTURED AT THE INEC AND CELEBRATING 30 YEARS OF KILLARNEY MUSICAL SOCIETY WERE FRONT OF HOUSE L-R CIARA MCCARTHY, AMANDA SPILLANE-MURRAY, SHARON MACINDOE, GERALDINE RIORDAN, EILEEN O'SULLIVAN, NANETTE O'LEARY, PAT CASEY, ORNA O'SHEA, PAULINE O'CONNOR & MARY MCSWEENEY AND IN FRONT GER O'SHEA & DONNACHA GALVIN. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE INEC AND SUPPORTING GARY MURPHY IN HIS LEADING ROLE AS SAM WHEAT WERE L-R AUNT ROSE O'CALLAGHAN, MUM GERALDINE MURPHY, AUNT MICHELLE MCELIGOTT & AUNT HELEN MCELIGOTT.



PICTURED AT THE INEC FOR KILLARNEY MUSICAL SOCIETY'S 30TH PRODUCTION, GHOST WERE L-R CAROLINE HORGAN-BYRNE, JOAN BUCKLEY, LAURA MURPHY & JANET MORIARTY.



PICTURED AT THE INEC FOR KILLARNEY MUSICAL SOCIETY'S 30TH PRODUCTION 'GHOST' WERE L-R TRISH FLEMING, KEVIN O'CALLAGHAN AND NICOLA RYAN.



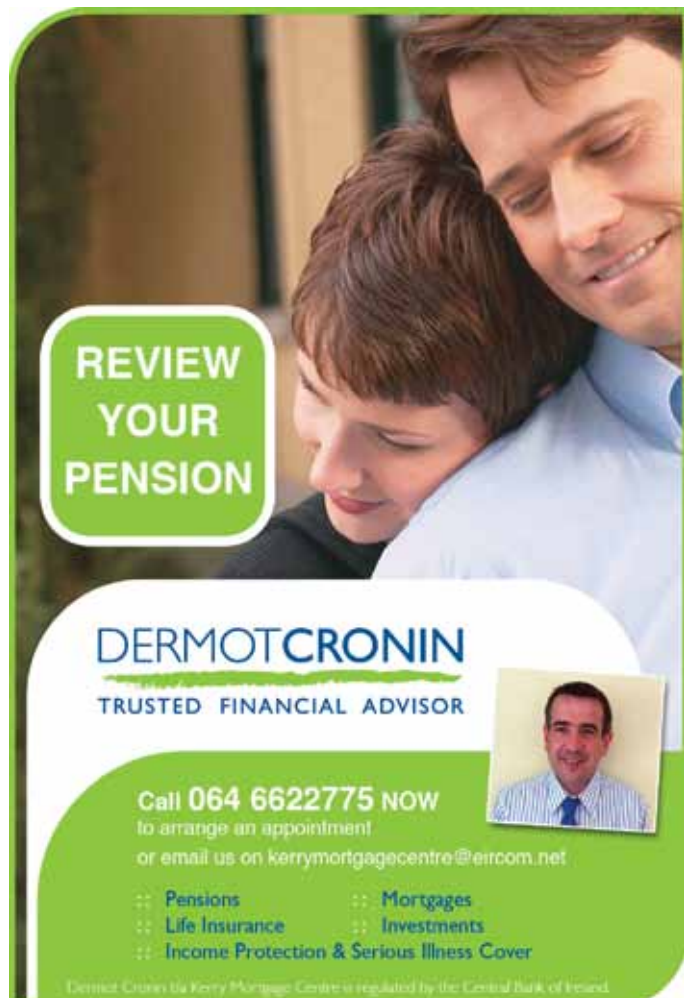
SUPPORTING KILLARNEY MUSICAL SOCIETY FOR THE PAST 30 YEARS WERE SYLVIA HENRY AND RICHARD HILLIARD.



PICTURED AT THE INEC FOR KILLARNEY MUSICAL SOCIETY'S 30TH PRODUCTION 'GHOST' WERE L-R HENRY & PAULA BARTLETT WITH DORA & DENIS BROWNE.



THE CAST OF 'GHOST' RIGHT BEFORE GOING ON STAGE WITH KILLARNEY MUSICAL SOCIETY WHO CELEBRATE THEIR 30TH PRODUCTION THIS YEAR.



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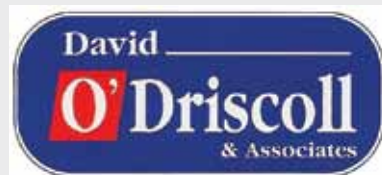
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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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Guide Price: €279,000

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

COFFEE MORNING LAUNCH FOR DAFFODIL DAY

With Daffodil Day due to take place this year on Friday 27th March, members of the Killarney and South Kerry branch of the Irish Cancer Society took some time out of their preparations to host their annual Coffee Morning in the Plaza Hotel on Friday last.

The morning enjoyed great support and was the perfect launching board for the Society's annual fundraiser.

This year again, The Killarney Outlook will sell the Irish Cancer Society merchandise in a bid to support this deserving cause.

In 2015 at least 30,00 people will be diagnosed with cancer, and as this number grows, so does the demand on services, increasing the need for public support of events like daffodil day.

The target this year is €3.5 million and all money raised funds services in the community like night nursing. The Irish Cancer Society provide the only night time care service for patients in their own homes and were able to meet 96% of requests for a night nurse in 2014.

If you would like to find out how to become involved in Daffodil Day you can contact Eugene O'Sullivan, Chairman of the Killarney/ South Kerry Branch of the Irish Cancer Society



PICTURED AT THE KILLARNEY TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING WERE THE COMMITTEE. BACK ROW L-R ELEANOR DOHERTY, TIMMY MORIARTY & KATHLEEN CRONIN AND IN FRONT L-R KATHRINA BREEN, EUGENE O'SULLIVAN & KATHLEEN O'SHEA. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808.

on 087 6866337 or any other member of the society.



PICTURED AT THE KILLARNEY TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING WERE L-R CAROLINE BREEN, EILEEN MOYNIHAN, BREA MORIARTY, KAREN WALSH, JOAN O'SULLIVAN & KATHLEEN O'SULLIVAN.



PICTURED AT THE KILLARNEY TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING WERE L-R CHEF PAUL O'CONNOR, MAYOR JOHN JOE CULLOTY, EILEEN CARROLL, JUDY O'SHEA, MARIE CARROLL & MANAGER SIOBHAN WHELAN.



PICTURED AT THE KILLARNEY TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING WERE (CLOCKWISE DIRECTION) CLARE LEAHY, MAUREEN FOGARTY, SUSAN BARTLETT, BERNIE BARTLETT, AND IN THE HIGH CHAIRS, COUSINS CONOR BARTLETT & GEMMA LEAHY.

RATHMORE TO CELEBRATE ST. PATRICK'S DAY EARLY

The town of Rathmore will come to a standstill this Sunday as the town's 5th annual St. Patrick's day parade will take place at 2.00 pm. Grand Marshal Val Moynihan, chairman of the Marian Players Rathmore panto group, will lead the parade. On the viewing platform outside the community center the Grand Marshal will

be joined by among others, Kerry Rose Mary Hickey, Lily of Killarney, Cathriona Reen and Rose Bud Emily Reddington along with a host of sports stars and politicians and members of the clergy. There will be prizes for the best floats, including a trophy named after the founding member of the parade the late Frank Buckley.

Judges on the day will be Margaret Bourke and Noel Buckley of Millstreet Community Council. The road through the village will be closed during the parade with a detour at Shinnagh cross and Dennehy's corner for people driving to Millstreet, Mallow, or Killarney. For further information contact, 087 6676817.

MOTHERS DAY AT MUCKROSS



MUCKROSS GARDEN RESTAURANT.

Spring is here and the Gardens at Muckross are bound to lift your spirits. This Mother's Day why not head to Muckross House and Gardens where you can treat the special lady in your life to a lovely day out.

Dine at The Gardens Restaurant where you can enjoy a full carvery roast menu with all main

courses only €9.95 and enjoy 20% off all clothing in the shop on presentation of your lunch receipt. You can then enjoy a leisurely walk around the beautiful gardens and with the forecast for Sunday looking promising why not avail of the beautiful facilities at Muckross.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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

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LUCKY MARY IS OFF TO BALI



MARY HORGAN, 2ND LEFT, FROM KILLARNEY WAS PRESENTED WITH HER PRIZE OF A TRIP FOR TWO TO BALI THANKS TO THE ANGSA SPA AT THE BREHON. AT THE PRESENTATION WERE FROM LEFT PELI AND JEENA FROM ANGSA SPA, BRIAN BOWLER, MANAGER BREHON HOTEL AND LORRAINE ROCHE, TORC TRAVEL, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

A trip of a lifetime is what is in store for Killarney lady Mary Horgan and her daughter Ciara when they jet off on an all expenses paid trip to Bali thanks to The Angsana Spa at The Brehon, Killarney.

Mary and Ciara are heading for The Banyan Tree Ungasan Resort on the island of Bali in Indonesia this coming October. The prize includes return flights to Bali and a five night stay for two people in the celebrity haunt – and the prize is worth a whopping €10,000.

The Brehon to Bali competition was part of a series of celebrations run by The Brehon to celebrate the hotel's tenth year in business and the prize was presented by Brian Bowler, general Manager of The Brehon and Lorraine Roche of Torc Travel who will arrange Mary's travel plans.

LIAM O'CONNOR CONCERT AT THE SEM



LAUNCHING THE LIAM O'CONNOR MUSICAL CONCERT THAT WILL TAKE PLACE IN ST BRENDAN'S COLLEGE CHAPEL ON TUESDAY, MARCH 24TH WAS MUSICIAN LIAM O'CONNOR WITH ST. BRENDAN'S COLLEGE PRINCIPAL SEAN COFFEY AND NOREEN O'SULLIVAN ALONG WITH MEMBERS OF THE SEM CHOIR. THIS WILL BE A WELCOME RETURN TO THE ST BRENDAN'S COLLEGE CHAPEL VENUE FOR LIAM O'CONNOR AND HIS BAND FOLLOWING A VERY MEMORABLE CONCERT THERE LAST YEAR. JOINING LIAM AND HIS BAND ON STAGE WILL BE THE SEM CHOIR AND TRADITIONAL MUSIC GROUPS WITH THE LEGENDARY MICHAEL O'MUIRCHARTAIGH AS THE SPECIAL GUEST. THIS CONCERT SOLD OUT LAST YEAR AND LEFT MANY DISAPPOINTED FANS UNABLE TO GET TICKETS SO BOOK EARLY. TICKETS, PRICED AT 30 EURO ARE AVAILABLE FROM ST BRENDAN'S COLLEGE WITH CREDIT CARD BOOKINGS ON 087 2296000. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

FREE PARKING FOR PARADE

The St. Patrick's Festival Committee have announced a list of free parking sites for the parade. St Brendan's College Secondary School
St Brigid's Presentation Secondary School
The Community College New Road
Holy Cross National School New Road
Old Monastery Port Road (Kerry Parents & Friends). Stewards will be in place at all locations and we would ask that all visitors observe the safety measures in place. The committee have asked those attending the parade to make use of these facilities as The Beech Road Car Parks will remain closed for the Parade and to facilitate the Post Parade celebrations. The committee of The St Patricks Festival Cill Airne are extremely

grateful to The Principals and Boards of Management of the above schools and colleges for their co-operation. The committee advise that the Parade floats and Vehicles have to arrive at Mission road from Port road and Cathedral Place side. Traffic will not be allowed to travel down Mission Road towards the Cathedral. **THE PARADE ROUTE IS AS FOLLOWS:** Assembly on Mission Road the Parade commences at 2pm up Mission road towards the Plaza, around Kenmare Place, East Avenue road, Fair Hill, College Street, Plunkett Street, Main Street, New Street, Beech road, into Beech Road Car Park where the new Grandstand and stage will be located.

KWOTE MONTHLY MEETING

Will be held at the Killarney Heights Hotel at 8pm Wednesday 18th March. Guest Speaker will be Edele Daly, fitness & health expert St. Anthony's Place, Killarney. Edele will give tips on nutrition and positive motivation to guide you to improved health & fitness. Members €2 Non members €3.

GARDAI RECOVER STOLEN COLLECTION BOX

Killarney Gardaí were quick to respond to a robbery at the Friary last Sunday evening. Their prompt reaction led to the recovery of a stolen collection box and its contents which was taken from the Friary.

The Gardaí located the collection box at Sunnyhill, Killarney at 8:30pm Sunday evening and a 35 year old male, Milan Gabco, 4 Lartigue Court, Flemings Lane, Killarney was arrested in connection with this incident and appeared at a Special Sitting of Tralee District Court on Monday the 9th March 2015 where he was remanded in custody.

TICKET WINNERS

Congratulations to Emily Kissane from Kilcummin, Kathleen Carey from Coolegrean Park and Bernie Leahy from Dalton's Avenue who all won tickets to see Ghost the Musical this week at the INEC courtesy of the Killarney Musical Society and the Killarney Outlook.

RELIGIOUS CEREMONY

A consecration to Our Lady ceremony (to celebrate the feast of the Annunciation) will be held on Sunday March 22nd at the Church of the Resurrection, Park Road, Killarney at 3 p.m. Everyone is most welcome. Refreshments after. The ceremony is organised by the Legion of Mary.

NORTON FOR WRITERS WEEK

Popular BBC Chatshow host Graham Norton is heading to Listowel to headline the Writers Week festival on Saturday night May 30th. The event will coincide with the release of the paperback version of his memoirs - The Life and Loves of a He-Devil.



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OPRAH OSCAR DRESS ON SHOW AT KFW



KFW WINNERS, SPONSORS AND PRODUCERS ON STAGE AFTER THE KFW IRISH FASHION INDUSTRY AWARDS IN THE EUROPE HOTEL & RESORT ON FRIDAY NIGHT. FROM LEFT BACK ROW; HONOR FITZSIMONS, EMMA KINSELLA, KATHRYN O NEILL, HELEN STEELE, ANN MARIE O CONNOR. MIDDLE ROW; EMILY QUINN, LI ANN SMALL, CHUPI SWEETMAN DURNEY, JOANNE COSTELLO, AMY BRANNIGAN, MELANIE MORRIS, MINISTER FOR STATE JIMMY DEENIHAN, BAIBRE POWER, DANNY LEANE AND PAUL RUANE. FRONT ROW: AISLING FARINELLA, CIARA WALSH, HELEN CODY, ROISIN TIERNEY CROWE, CATHERINE KELLY, FIONA HEANEY, LAURA KINSELLA, ORLA DIFFILY. PHOTO BY PAWEŁ NOWAK.

There was more than a hint of the Oscars at the final night of the Kerry Fashion Week, which concluded on Friday night amid glamorous and stylish creation, and designs as Ireland's best fashion designers came to the Kingdom.

The €120 black-tie event was a sell out and while there was slight disappointment as Don O'Neill's forced non-appearance as his flight back to Ireland from the US was grounded.

Still Don's dad Donal proved to be an even more popular hit as he attended his first big fashion show. Guests enjoyed a champagne reception followed by dinner and a fashion show featuring the latest collections from the finalists.

It was certainly a mix of well as established and upcoming Irish designers, which included Helen

Cody, Carol Kennelly Millinery and Helen Steele. The Oscar feel was certainly more than just in the glitz and glamour as in Marie Chawke's case she wore a Don O'Neill's creation that was also worn by Oprah at a recent Oscar's ceremony.

Conceding that it was a very heavy outfit with all the gold beads but once fitted on it simply flowed. Alison Nulty and Orlagh Winters both co-hosted the successful event and afterwards chief organiser Orla Diffily put the success down to the fact that KFW has a "great record of producing good quality shows and showcasing and supporting of emerging new designers" She also wore a Don O'Neill dress.

More pictures on page 30.

FUNDRAISING BINGO

A fundraising bingo event will be held in Banteer Community Centre on Sunday, March 15th.

In November 2014, 38 year old Alexander Ott Appeal sustained serious spinal injuries in a horse riding accident. The bingo is being held to raise funds for the father of four.

It starts at 2.45 pm on Sunday and the jackpot game will be €500.

GLEESON URGES AGENCIES TO ACT ON TELEPHONE NUMBERS

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

● "That all Government Departments, State Agencies and Local Authorities would be obliged to operate and publish a land line telephone number alongside their "LoCall" e.g. 1850 or 1890 number. Far too many public bodies publish only a "LoCall" number and while this may be of benefit to some, it is unfair to many phone users who have packages with their supplier which allows them a considerable amount of 'Free Talk Time' on local and national calls".

Councillor Gleeson stated that many customers of all phone companies have a contract which offers 'Talk anytime package' giving 59 minutes and 59 seconds free on all geographic calls (01, 021, 064 etc) to all Ireland (32 counties). 1850 and 1890 numbers are part of what is called non geographic numbers and are not classified as national or local calls. Calls to 1850 numbers are charged at flat rate and calls to 1890 numbers are charged per minute and operators generally do not provide these calls in any Free Talk Time package.

If you are on a fixed plan that includes national and local calls then it is best that you use the geographic landline number and this will be included as part of your Free Call minutes.

Councillor Gleeson said that Government Departments, State Agencies and Local Authorities should be obliged to operate and publish the geographic number alongside the LoCall 1850 or 1890 number.

NOIRIN MAKES IT A SPECIAL MOTHER DAY

It was a call that was greeted with wild excitement when we phoned the winner of our Annual Mother's Day Competition. Over the last number of years, the event has seen entries grow and this year we had over 200 wonderful entries that tugged at the heartstrings, spoke of the wonder love of their mothers and even some of the entries presented themselves in the forms of poems. In truth, we were really blown away with the amount of honesty and real love that our readers have for their mothers. In the end, it was the entry of 6-year-old Noirin Healy who received a little help from her older brother Ger who told us that her mother deserves a special treat "because she is always treating my brother and I and never treats herself". A pupil of Knockanes NS Headford was on hand with Mother Liz to our Killarney office where they received our Luxurious Beauty Hamper "it was really beautiful, I was blown away by the amount of lovely things that are in it and I'm sure Noirin will be dipping her fingers into some of it" Liz told us. Noirin told us that her mom "never gets angry when I wear her make up or when I use her silver glitter high heels when I dress up as Elsa". Noirin's winning entry also included a picture in which she says, "Her mum gives the bests hugs and kisses". Despite the win, Liz will be planning a special day for Liz's mum Nora Creedon from



WINNER OF THE OUTLOOK MAGAZINES MOTHER'S DAY COMPETITION, LIZ HEALY, GLENFLESK RECEIVES A LUXURY BEAUTY HAMPER FROM AISLING CROSBIE, EDITOR, KILLARNEY OUTLOOK. LIZ'S DAUGHTER NOIRIN (6) ENTERED THE COMPETITION BY TELLING OUTLOOK MAGAZINES JUST HOW SPECIAL HER MUM WAS. PHOTO: DES O'CONNOR.

Kilgarvan who will also be getting treated by the Healy Family as they have a trip to Sheen Falls Kenmare planned for her. "After all its Mother's day for my mom as well. She will be delighted with the win and I'm sure Noirin will have to tell her grandmother about the big win," Liz said. Liz an avid reader of the Outlook picks her copy up each week in O'Brien's Shop in Glenflesk.

We wish Liz and her family the best for mother's day and thank all those wonderful people who touchingly told us why their mothers are the best and we are sure they will all be well treated on Sunday.


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BRAVE WALKERS RAISE FUNDS ON STRICKEEN

Inclement weather didn't deter the brave walkers who set off on the annual climb of Strickeen at the weekend.

Organised every year by a group of ladies from the Beaufort area - all funds raised on the day go to Recovery Haven, and the Kerry Hospice and Palative Care.

To date the event has raised a massive €15,000 for deserving charities with €5,100 going to Recovery Haven, €9,450 going to the Kerry Cork Health Link bus, and the remainder of the money raised going to The Friends of Cork University Hospital who provide a voluntary tea bar service in the Oncology Unit's reception at CUH.

There was also a great turnout at the charity dance which took place in Kate Kearney's Cottage that night. With music from The Breens and a raffle - the charity event was a resounding success again this year.



TAKING PART IN THE ANNUAL CHARITY STICKEEN CLIMB, GAP OF DUNLOE, KILLARNEY ORGANISED BY THE BEAUFORT LADIES. FROM LEFT, ANNA AND CAOIMHE FOLEY, NATALIE SHEEHAN, PAUDIE CRONIN, MICHAEL HOARE, LARA HOARE, NUALA QUIGG, FIONNAN, DONNACHA AND MEGAN QUIGG. PHOTOS: VALERIE O'SULLIVAN.



TAKING PART IN THE ANNUAL CHARITY STICKEEN CLIMB, GAP OF DUNLOE, FROM LEFT, JOAN HARMON, PAT CUFFE AND CATHERINE EVANS.



WINDY WEATHER.. ELEANOR, KATHLEEN AND CAOIMHE O'DONOGHUE, TAKING PART IN THE ANNUAL CHARITY STICKEEN CLIMB.



BLOWN AWAY... COLLEEN COFFEY AND HER DAUGHTER ALICIA COFFEY, WITH LOUIS DOOLAN AND HER DAUGHTERS KATIE AND ELLE DOOLAN, TAKING PART IN THE ANNUAL CHARITY STICKEEN CLIMB, GAP OF DUNLOE.

RARE BIRTH SURPRISE FOR BEAUFORT FARMER

Cullina sheep farmer Michael Mangan was in for a huge surprise when his Mayo Mule Ewe gave birth to four Ewe lambs recently.

While twin and triplet births are somewhat common, the last recorded four Ewe birth was in North Wales 55 years ago that is until January of this year when the Morgan family, at Bronwylfa, North Wales, witnessed the same rarity.

Michael who is a progressive sheep farmer is in the middle of a busy lambing season. Michael's son Jerry, a third class pupil at Faha National School was the one who broke the news to Michael after the first lamb was born. Jerry went to check on the Ewe and discovered three more lambs had arrived. The fact that they are female is also extremely rare.



'EWE-FOUR-IC'... MICHAEL MANGAN, A PROGRESIVE SHEEP FARMER, CULLINA, BEAUFORT, PICTURED HERE WITH HIS EWE WHO GAVE BIRTH TO FOUR EWE LAMBS WITH MICHAEL ARE THREE GENERATION SHEEP FARMERS, HIS DAD JERIMIAH AND SON JERRY MANGAN. PHOTO: VALERIE O'SULLIVAN.

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KILLARNEY ADULT LITERACY GROUP SHORTLISTED FOR AWARD

Killarney Adult Literacy and Basic Education were one of the centres shortlisted for an AONTAS Star Award with their project 'The Power of Partnership'.

The Adult Learners' Festival 2015 is a nationwide celebration of adult learning. The festival is about celebrating adult learners; showing the achievements of adult learners; showing the work of adult education providers; promoting the work of AONTAS and the adult education sector and ensuring that adult education is placed firmly on the political agenda.

AONTAS Star Awards is an awards initiative to acknowledge the fantastic work undertaken by adult learning projects throughout Ireland. The partners with Killarney ABE are Lime Grove Recovery and Therapeutic Centre, Radio Kerry, Killarney Library and NALA's Student Development Fund. 'The Let Down' came about as a result of a themed literacy programme, which was delivered to participants from Lime Grove Recovery & Therapeutic Centre. This programme allows learners enhance their literacy skills including reading, writing,

numeracy, ICT, listening and speaking. Tom Crean was the subject of our programme. One of the learners wrote 'The Let Down' which is about Tom Crean's disappointment of not being chosen to go to the South Pole. The shortlisted projects were judged in Limerick on the 5th February, 2015

This play was recorded by John Herlihy, Radio Kerry at the Radio Kerry Studio.

Killarney Library provided the learners with valuable resources and information to help with their project.

'The Let Down' recording is an example of how organisations working together results in a positive outcome for the learners and the various people supporting these learners and the organisations themselves.

The AONTAS Star Awards ceremony took place in Ballsbridge Hotel, Dublin on Monday 23rd February, 2015. The group did not receive an overall award, but were presented with a certificate to mark the project being shortlisted.



ELAINE CLIFFORD, GERRY ADAMS, WILLIAM O'SULLIVAN, MARY CONCANNON AND NEILUS O'CONNOR AT THE AWARDS.

ARE YOU UNEMPLOYED AND LOOKING FOR A CHALLENGE?

Have you considered returning to Education? Then why not call in for a coffee and a chat to Killarney VTOS Adult Education Centre's Open Day on Friday 27th March 2015 10am - 3pm. On the day the Killarney VTOS official website will be officially launched.

Courses available at the centre are Leaving Cert and QQI Level 4 with Computer Training (ECDL), Personal Development and Career Guidance.

There have been a number of success stories from the centre including Bernard Moloney who studied for his Leaving Certificate with the Killarney VTOS. This equipped Bernard with the tools and confidence necessary to progress to 3rd level education. "Without these acquired skills, I may never have contemplated let alone succeed in completing a Bachelors of Science Degree in Mechanical and Electronic Engineering", he said.

"The staff at Killarney VTOS instilled in me their passion, confidence and commitment to self improvement. Through VTOS, I learned the importance of effective communication, time management. This enabled me to prioritise my goals and see a challenge through to the end. As a graduate of a Bachelors of Science Degree in Mechanical and Electronic Engineering, I am currently employed by a maintenance company in Killarney",

Another success story is Sheila O'Leary Leavy. Sheila decided to return to education when she was made redundant. "I was apprehensive but as soon as I entered the door of Killarney VTOS, I knew I had made the right decision. Immediately I was made feel part of a family and developed real positive relationships with staff and students. The modules were very interesting and were reasonable challenges - It was all very achievable and I used to look forward to going in every morning. I successfully acquired a Major Award in Information Communication Technology Skills to FETAC (QQI) level 4 standard", said Sheila.

I have to declare that without VTOS, I would not be where I am today. I needed that break to get the job of my dreams and VTOS made it possible. While at VTOS my skills were fine tuned. The experience brought out the best in me and prepared me to find the right job, it was like a new lease of life. 'I now hold an administrative post in a very busy Killarney office.

So if you are Unemployed and in receipt of a Social Welfare payment Killarney VTOS may well be for you.

It's never too late to learn so call in for a chat.

The centre is located in the New Street Car Park beside the St. Vincent de Paul shop.

CLASS OF 1990 REUNION

St Brigid's Secondary school, class of 1990 are holding a 25 year reunion at The Brehon Hotel on Friday April 17th.

The evening will kick off with a Meet & Mingle at 7pm followed by dinner at 8pm.

Tickets for the night are €35 and for more information contact Fiona O'Donoghue on 087-6699895 or Louise Doolan on 086-3100675

GLENFLESK RAMBLING HOUSE

A Rambling House will be held the Parish Hall in Glenflesk tomorrow night, 14th March - The night will feature singers, dancers, musicians and storytellers and will begin at 8pm.

For more information contact: Neily on 087-9831655 or Derry on 087-2707899.

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SLAN ABHAILE PADDY

ENDA WALSH LOOKS BACK ON HIS FRIENDSHIP WITH THE FLAMBOYANT PADDY TURNER

Long before pedometers were even thought of everyone in Killarney knew who covered the most ground around the town. Trademark denim or leather, lightening speed, sunglasses and a smiling face that honour fell to Paddy Turner. Having being placed in the care of the mental health services in Killarney back in the mid 60s it didn't take Paddy long to find his feet in the town. He worked on a milk round, in Eagers and was never short of a job. To the youth of the town in the 70s and 80s Paddy was seen as a flamboyant dresser with a style very unique to himself. No one could quiet pull it off like Paddy. I particularly remember him coming down the middle of High Street one summers day equipped with a huge radio on his shoulder. I was reliably informed it was a ghetto blaster. Like a scene straight out of a MC Hammer music video.

As a neighbour of Paddy in the most recent years it was then that I found out there was a bit more to the dashing style. His fashion sense mirrored his attitude to life. He enjoyed the crack and the banter. His love of betting on draws in matches, his intricate bets of doubles and trebles which cost €5 and when they came in yielded him €100s. We shared a support of Manchester United. His taste in music had softened to Sean Dunphy, Daniel O'Donnell

and more recently Nathan Carter. His love of motorbikes. A recent Christmas present of a toy motorbike meant Paddy enjoyed his own bike fest at all times. He had around Killarney developed many friendships and had a circuit of the town everyday he came down. Indeed one mourner at his funeral told of when he came to Killarney from Asia a few years back the first person who greeted him was Paddy. He came to Paddys funeral because Paddy was his first Killarney friend.

In 2014 Paddy developed an illness which as the year went on you could see was withering him on the outside. But on the inside he remained remarkably strong and his spirit and courage was never diminished. From time to time he may ask you to do him a favour, which you'd gladly do. But the favour never went unacknowledged. A scratchcard or a cream doughnut were your dues.

On Tuesday March 3rd Paddy took the highway to heaven but remarkably he was still active in town till the previous Sunday. Tho visibly failing that day it was almost as if he came to town for the last lap.

Sincere thanks must be given to all his carers throughout the years and though he could be a rogue at times it was clear from the funeral he was much loved. They to the very last day cared for Paddy in both a professional and personal way. The send off he received brought the whole town to a standstill and his wishes for a biker guard of honour were wonderfully carried



THE LATE PADDY TURNER.

out. The spontaneous round of applause which broke out at the top of High Street, a road he must have covered 1000s of times, signalled the last time Paddy would travel that well worn track. It was indeed a true sign of the spirit of Killarney that Paddy, who came to town in harsh circumstances, would leave a mark on so many. Paddy hugged Killarney but more importantly Killarney hugged him back. He is laid to rest in Aghadoe in a grave as close to the road as you can get. I think that would suit him fine!!

Slan Abhaile.

GREAT TURNOUT FOR LISTRY RAG MEETING



MEMBERS OF THE KENNEDY FAMILY, SUPPORTERS AND FRIENDS PICTURED AT LISTRY RAG MEETING WHICH TOOK PLACE LAST SUNDAY ON THE FARM OF KIERAN KENNEDY.

A family day out with a difference resulted in a donation of €1,500 for the Kerry/Cork Health Link Bus last weekend.

Kieran Kennedy's farm in Lahard was the venue for the Listry Rag - an event which was revived three years ago.

Over 200 people attended the day with dogs

coming from all over Munster.

The event originally started in 1986 and following a break for a few years was revived in 2012.

To date, the organisers have raised over €4,000 for the bus which brings people to hospital appointments in CUH.

KATRIN PLANS CAMINO WALK



KATRIN PIETZONKA

A Killarney tour guide and mum of one, Katrin Pietzonka is planning a walk of the Camino to raise funds for the Kerry Cork Health Link Bus. Katrin, who is originally

from East Germany, had always planned to do walk to celebrate her 40th birthday along with her sister who is turning 50.

"Quite often the bus drives right in front of me when I take my daughter to school. So I am basically reminded on a daily basis, how it could be any of us, me, any of my friends, people I know... who knows what the future holds for any of us", said Katrin.

Katrin has decided to carry a little extra bit of weight on her shoulders doing the walk and is offering anyone who would like her to say a small prayer for them or light a candle for themselves or a loved the opportunity. "I am encouraging all my friends and people reading this to consider donating any amount at all (minimum 2€) directly on mycharity website (www.mycharity.ie/event/camino2015)" she added.



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Intensive One Day Irish Oral Preparatory Course

Saturday March 28th

Intensive One Day French Oral Preparatory Course

Saturday March 28th

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Saturday March 28th

Intensive One Day Spanish Oral Preparatory Course

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Monday March 30th - Friday April 3rd

Intensive Revision for Leaving and Junior Certificate

BLOCK STUDY

Monday April 6th - Friday April 10th

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ART HISTORY

Saturday 25th April

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CHEMISTRY

Saturday April 25th

One Day Intensive Revision of Organic Chemistry.

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BLOCK STUDY

Monday 25th May - Fri 29th May

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TIP OF THE WEEK:

GET SNACKING ON HOMEMADE VEG SOUP.

This is a great way of filling you up between meals, & will stop you picking on high calorie snacks. Do not use packet soups, or cuppa soups as these are full of salt & additives. Light vegetable soups are best, logo onto www.fitnesswithedele.com for some low cal soup recipe suggestions

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Beauty Tip

Avoid Washing your hair everyday

Constant shampooing leaves hair dry and your scalp will create more oils to compensate for the loss of moisture. Instead, use a dry shampoo and style your hair into a braid or ponytail when it's a bit more oily.



CELEBRATE SUCCESS (BUT NOT WITH FOOD)

You lost five pounds this month and walked every other day? Time to celebrate! Rewarding weight loss success really can encourage more success, so revel in your achievements. Buy a CD, take in a movie, and set a prize for the next milestone. Just don't celebrate with a sundae or deep dish pizza.



Want to get fitter and healthier this year?

If so, you may be interested in an exciting new business, which has recently been launched in Kerry. 'Your Healthy Living Coach' has been set up by Castleisland native, Dr. Ailis Brosnan who aims to help people reach their health goals such as losing weight and getting fitter, so that they improve their health and look and feel great.

Ailis comes from a sporting family and has worked in the health and fitness field for over 20 years. She has 3 degrees including a degree in Sport Science and a Masters degree in Health and Wellness Management. She also received a Doctorate degree for the development of a program that was very successful in helping overweight women increase their physical activity levels and lose weight.

Ailis has since developed an innovative 'Lose Weight, Feel Great' one day workshop that is based on the latest scientific research yet has a holistic ethos underlying it. She focuses on the 3 key areas in weight loss:

More information on this local business can be found on YourHealthyLivingCoach.com or you can link with Ailis on <https://www.facebook.com/YourHealthyLivingCoachAilis> or <https://twitter.com/CoachAilis> or on 085 7725133.

- Nutrition (advocating a healthy wholefood, plant strong diet)
- Exercise (the latest on the best types of exercise for weight loss)
- Psychology (understanding the psychology of eating and using supporting behaviours such as goal setting, visualizations etc. to help your weight loss).

Dr. Brosnan explains that these workshops "are all about losing weight, keeping it off but greatly enhancing your health at the same time. If you are interested in getting the facts and not the fads then this is the workshop for you. You will leave with a clear sense of what you need to do and the motivation to do it!"

These one day workshops will be held in various venues around the country in the coming months with two Kerry dates:

Tralee on March 29th in Fels Point and Killamey on April 26th in the Aghadoe Heights.



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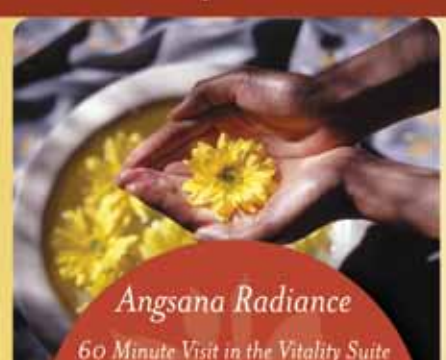
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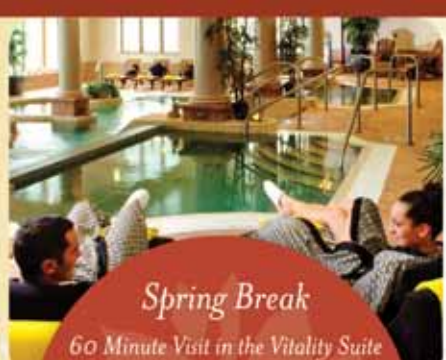
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PICTURED AT THE HOTEL EUROPE FOR KERRY FASHION WEEK, IRISH FASHION INDUSTRY AWARDS WERE L-R SUZANNE STEPHENSON, JOHN FOLEY & MARY STAPLETON FOLEY.
 PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE HOTEL EUROPE FOR KERRY FASHION WEEK, IRISH FASHION INDUSTRY AWARDS WERE MARIE CHAWKE, WEARING THE DON O'NEILL DESIGNED DRESS, WHICH OPRAH WORE AT THE OSCARS AND IMAGE MAGAZINES MELANIE MORRIS.
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PICTURED AT THE INEC FOR DR. CROKES STRICTLY COME DANCING, THE COMPETING DANCERS WITH CHOREOGRAPHER DAVID RAE OF CELTIC STEPS (BACK CENTRE).



SUPPORTING THEIR NEIGHBOUR FRANCES O'SULLIVAN AT DR CROKES STRICTLY COME DANCING AT THE INEC, LORRAINE MCSWEENEY WITH HER DAUGHTER ELLA BARRETT.



COMPETING DANCERS, MAURICE O'DONOGHUE & COLM FOLEY, WITH THEIR SUPPORTING FAMILIES AT THE INEC. BACK ROW L-R PATRICIA & MAURICE O'DONOGHUE, COLM FOLEY WITH IS MUM EILEEN AND AUNT IMELDA. FRONT ROW L-R MUIRIS & NIAMH O'DONOGHUE SUPPORTING THEIR DAD AND AVRIL AHERN SUPPORTING UNCLE COLM.



SUPPORTING BOTTY AT DR CROKES STRICTLY COME DANCING EVENT AT THE INEC WERE L-R VALERIE O'CALLAGHAN, MEGAN O'CALLAGHAN & KATHLEEN WEBER.



PICTURED AT THE INEC BEFORE CURTAIN CALL WERE L-R MARTHA FLEMING, CLODAGH IRWIN-OWENS (JUDGE), DAVID RAE (CHOREOGRAPHER), EMIR IRWIN-O'SHEA & TERESA IRWIN.



RIGHT BEFORE THE SHOW IN SUPPORT OF WINNERS KELLY ANN MCSWEENEY & MIKE MILNER AT DR CROKES STRICTLY COME DANCING AT THE INEC.



THE KENNEALLYS OUT IN FULL FORCE TO SUPPORT OPPOSING HUSBAND & WIFE DANCERS ANDREW KENNEALLY & KATIE HICKEY AT DR CROKES STRICTLY COME DANCING AT THE INEC. BACK ROW L-R NUALA, LIZ, TRACEY, CARLISE, PAT, AMBER, KAREN AUDREY & CAITLIN.



IRISH CANCER SOCIETY STRICTLY COME DANCING CAST AND CHOREOGRAPHER JOE BURKETT (FRONT CENTRE) WERE OUT IN FULL FORCE TO SUPPORT GEMMA WHO 'DANCED ON THE DOUBLE' AT BOTH EVENTS, THIS TIME WITH DANCING PARTNER JOHNNY COURTNEY FOR DR. CROKES GAA AT THE INEC.



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SCIFEST@STBRENDAN'S 2015

The department of science at St Brendan's College held a Junior and Intermediate SciFest@School Science Fair on Thursday the 5th of February 2015. Twenty groups comprising of first, second and transition year students competed in the competition.

Students arrived into the large Study Hall, at 9am, amid an air of excitement and anticipation. They earnestly set about setting up their posters, displays and models. Project titles were varied, many reflecting the interests and life experiences of this group of 12-16 year olds. Titles of projects covered a myriad of captivating topics ranging from 'Farm Safety'; 'The effects of internet usage on teenagers' personalities' and 'Charge as you Drive'; the electric car that charges its battery as it is driving'.

While the competing students were busy setting up their projects and impressing the judges, others were busy setting up their demonstration tables. The judges Mr. Jim O'Brien (Deputy Principal of St Brendan's



ARMANDAS BENDARAVICIUS WITH HIS PROJECT ON DRIFT TURBINES AT THE SCIFEST AT ST BRENDAN'S COLLEGE KILLARNEY ON THURSDAY. PHOTO BY MICHELLE COOPER GALVIN.

College), Mrs Sheila Porter (CEO of SciFest) and Dr. Tim Yeoman (Researcher in Tralee Institute of Technology) spoke to the competitors about the importance of displaying their love and enthusiasm for science.

First prize in the Junior Category was awarded to Armadas Bendaravicius for his research on and design of drift turbines which could be used to provide a renewable energy power



DAVID OSBORNE WITH HIS PROJECT ON HACKING AT THE SCIFEST AT ST BRENDAN'S COLLEGE KILLARNEY ON THURSDAY. PHOTO BY MICHELLE COOPER GALVIN.

source by harnessing the power of off-shore winds. First prize in the intermediate category was awarded to Cathal Hickey, Cian A. O'Sullivan and David Kenny for their electric car model which charges its battery as it drives. This technology has the potential to revolutionise the electric car market. Well done to all the students who entered projects in this competition.

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ST BRENDAN'S COLLEGE, ST BRIGID'S SECONDARY SCHOOL AND KILLARNEY COMMUNITY COLLEGE 2ND YEARS STUDENTS PARTICIPATED IN THE BILLY VINCENT MEMORIAL 2ND MATHS CHALLENGE (FRONT FROM LEFT) SONYA SMITH, DONAL LUCEY, JILLIAN COURTNEY, PIERCE LYNE ROBERTS (BACK FROM LEFT) DANIEL LUCEY, GARY VAUGHAN, CIARAN MCCLARENCE, FIONN OLIVER, GRACE O'LEARY, LEAH McMONAGLE WITH TEACHERS MIKE LYNCH KILLARNEY COMMUNITY COLLEGE, SHANE HEALY ST BRENDAN'S COLLEGE, MARY FORAN ST BRIGID'S SECONDARY SCHOOL AND MARIA VAUGHAN AT ST BRENDAN'S COLLEGE KILLARNEY.

KNOCKNADERRY SCHOOL HAS IT ALL

Knockaderry National School is a co-educational rural Primary School located in the centre of County Kerry in Farranfore Village beside the G.A.A. grounds. We are a 4 teacher school with 87 pupils. In additions Knockaderry National School has a Resource Teacher and Learning Support Teacher and 2 Special Needs Assistants.

Knockaderry N.S. seeks to provide a very high standard of education to all of the pupils in a friendly, safe and welcoming school environment.

The children are actively working towards our next green flag. There is a very strong tradition of sport in the school and the local GAA hall and pitches are always available to us.

We offer a broad and balanced curriculum with many extra-curricular activities eg. Football, soccer, basketball, quizzes, tours, gardening, music, singing, dancing, speech and drama. We have a very active Parents Association that supports the school and organises many events.



We are having an Open Evening Friday March 20th 6:30 p.m. – 7:30 p.m. The evening will commence with pupil entertainment followed by a tour of the school and refreshments. Everybody is welcome.

Articles for inclusion in
Youth Zone
can be emailed to
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Kerry ETB Training Centre



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

IT Support Specialist Traineeship (ETS78) - Tralee Training Centre.

This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 30th March 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Digital Web Design with Adobe Dreamweaver Course (ET326) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Date:** 13th April 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring, and Work Experience. Plus, Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

MTA Software & Networking Fundamentals Course (ET124) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course. **Start Date:** 13th April 2015. **Duration:** 19 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

Java Associate Course (ET087) - Tralee.

This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn the knowledge and skills needed to develop applications in Java. It's suitable for people from a range of backgrounds who have an aptitude for programming. The course covers the system development life cycle, application development, project work, job seeking skills, and 10 weeks in-company work experience. **Start Date:** 20th April 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 27th April 2015. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

Food Preparation and Cooking Course (ET20D) - Tralee.

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

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

Legal Administration Traineeship (ETS07) - Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 6th July 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Outdoor Activity Instructor Traineeship (ETS64).

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

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification. **Start Date:** 25th August 2014. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of tickets relevant to the industry.

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HAPPINESS IN THE WORKPLACE

For many of us a great deal of our day is spent in the work place – or thinking about work, therefore it makes sense that we would aim to make our working lives a happy and pleasant experience. However, when faced with various frustrating challenges at work our stress levels can increase and lead to anything from burnout to boredom to distraction. Whilst some levels of stress at work are normal, excessive stress can interfere with productivity as well as our physical and emotional wellbeing. In her book *Real Happiness at Work*, Sharon Salzberg discusses eight pillars of happiness in the workplace. These include balance; concentration; compassion; resilience; communication and connection; integrity; meaning; and open awareness. Throughout the book she presents formal meditations along with mini meditations and practices for the reader to try out. These exercises are simple, small and practical ways in which we can achieve greater calm and satisfaction. The following includes some of the advice she gives us to have a more peaceful and happier day at work.

1. Before starting a project, meeting or even a conversation, ask yourself: "What do I most want to see happen from this?"
2. Before starting your day, set an intention. She gives the following example: "May I treat everyone today with respect, remembering each person wants to be happy as much as I do."
3. Try to perform a simple act of kindness every day. The following are such examples: "holding a door, saying thank you in a sincere manner, or listening to someone with a clear and focused mind."
4. Pay attention to your feelings. For example, if you're feeling irritated toward a co-worker, pay attention to your irritation, "not so much the story of why you're irritated, but the actual feeling of it." What does it feel like in your body? Where do you feel it? Identifying irritation as it starts helps you prevent an action you might later regret. "With a more immediate recognition of what we're feeling, we have a choice as to how we want to respond in that moment."
5. Think about the people who make your job possible, such as a housekeeper, caretaker or fundraiser – and thank them. These are just some simple measure we can take to generate more happiness in the workplace. Over the next few weeks we will take a closer look at Stress, Workplace Stress and how we can manage it in our lives.

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

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

Please support us at *The Ring of Beara Cycle* on **23rd May 2015**. Contact the Centre for application forms and sponsorship cards. For more information see www.ringofbearacyclekenmare.com

Health Matters.... With Dr. Michael O'Doherty

HYPOTHYROIDISM – UNDERACTIVE THYROID

WHAT IS HYPOTHYROIDISM?

Thyroxine is a hormone made by the thyroid gland in the neck. It is carried round the body in the bloodstream. It helps to keep the body's metabolism working at the correct pace. Many cells and tissues in the body need thyroxine to keep them going correctly.

In contrast, if you have hyperthyroidism, you make too much thyroxine. This causes many of the body's functions to speed up.

WHAT ARE THE SYMPTOMS OF HYPOTHYROIDISM?

Basically, many body functions slow down. Not all symptoms develop in all cases.

Symptoms that can occur include: tiredness, weight gain, constipation, aches, feeling cold, dry skin, lifeless hair, fluid retention, mental slowing and depression.

However, all these symptoms can be caused by other conditions, and sometimes the diagnosis is not obvious. Symptoms usually develop slowly and gradually become worse over months or years as the level of thyroxine in the body gradually falls.

Who gets hypothyroidism?

About 1 in 50 women and about 1 in 1000 men develop hypothyroidism at some time in their life. It most commonly affects adult women and becomes more common with increasing age.

WHAT CAUSES HYPOTHYROIDISM?

The most common cause is due to an autoimmune disease called autoimmune thyroiditis. The immune system normally makes antibodies to attack bacteria, viruses, and other germs. If you have an autoimmune disease, the immune system makes antibodies against certain tissues of your body.

With autoimmune thyroiditis, you make antibodies that attach to your own thyroid gland which affects the glands function. The thyroid gland is then not able to make enough thyroxine, and hypothyroidism usually develops. It is thought that something triggers the immune system to make antibodies against the thyroid. The trigger is not known.

Some people with autoimmune thyroiditis also develop a swollen thyroid gland (goitre).

HOW IS HYPOTHYROIDISM DIAGNOSED?

A blood test can diagnose hypothyroidism. A normal test will also rule it out if symptoms suggest that it may be a possible cause.

HOW IS HYPOTHYROIDISM TREATED?

The treatment is to take thyroxine tablets each day. This replaces the thyroxine which your gland is not making. Most people feel much better soon after starting treatment. Blood tests are usually taken every 2-3 months, and the dose may be adjusted accordingly. Once your levels become stable a blood test once a year should be sufficient.



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



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SHARON FITZPATRICK KILCUMMIN AND BREDA HURLEY TRALEE PICTURED AT THE "AGENTS OF CHANGE – EMPOWERING WOMEN THROUGH EDUCATION" EVENT, WHICH WAS JOINTLY HOSTED BY KERRY BUSINESSWOMEN'S NETWORK AND THE EUROPEAN PARLIAMENT INFORMATION OFFICE, AT BALLYGARRY HOUSE HOTEL & SPA, ON THURSDAY, MARCH 5TH IN ADVANCE OF INTERNATIONAL WOMEN'S DAY. PHOTO BY : DOMNICK WALSH / EYE FOCUS LTD © PHONE MOBILE 087 / 2672033



AUDREY O'SULLIVAN CASTLEISLAND, ELIN SORESEN KILLARNEY AND SUSIE CONWAY CASTLEGREGORY PICTURED AT THE "AGENTS OF CHANGE – EMPOWERING WOMEN THROUGH EDUCATION" EVENT, WHICH WAS JOINTLY HOSTED BY KERRY BUSINESSWOMEN'S NETWORK AND THE EUROPEAN PARLIAMENT INFORMATION OFFICE, AT BALLYGARRY HOUSE HOTEL & SPA.



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MR. JIM FINUCANE CHAIRMAN KERRY EDUCATION AND TRAINING CENTRE MAKING A RETIREMENT PRESENTATION TO TIMOTHY DOONA, MUCKROSS AT A RECENT FUNCTION AT BALLYROE HOTEL, TRALEE. INCLUDED ARE, ON LEFT, DONAL O'DOWD, MANAGER, CAPPANALEA OUTDOOR EDUCATION CENTRE AND ON RIGHT, COLM MCEVOY, CEO, CO. KERRY EDUCATION AND TRAINING BOARD.



BABY AIMEE SCULLY WHO WAS RECENTLY CHRISTENED AT MILLTOWN CHURCH, PICTURED HERE WITH HER DAD NIALL & MUM BREDA AND THE EXTENDED SCULLY FAMILY OF LISTRY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DARREN CRONIN, FOSSA WHO RECEIVED HIS CONFIRMATION IN FOSSA CHURCH RECENTLY. DARREN IS PICTURED WITH HIS PARENTS EILEEN AND DONAL, BROTHER ADRIAN, SISTER ELAINE AND BISHOP RAY BROWNE.



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CONFIRMATION OF MAURICE O'CONNOR LAST TUESDAY MARCH 3RD IN FRIES CHURCH. PICTURED WITH BISHOP RAY BROWN, HIS PARENTS MAURICE AND MARY O'CONNOR, BROTHER PATRICK, SISTER NATASHA, GRANDMOTHER MAURA LYNE AND AUNTIE GERALDINE LYNE.



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- Fix defects in your yard before vehicles go on the road
- Put in place an effective maintenance programme
- Monitor all vehicle maintenance, defects and



repairs

- Make sure you have the facilities and expertise to maintain and repair your vehicles
- Make sure all staff involved with the roadworthiness of vehicles are trained in their

duties and know their responsibilities

- If you are an operator you must know your legal obligations and fulfil them. This includes making sure your vehicles and trailers are always roadworthy and safe.

ECO-DRIVING ADVICE CONTINUED...

HOW TO GET THE MOST OUT OF THE FUEL YOU BUY STICK TO THE LIMITS

Drive at or within the speed limit – the faster you go the greater the fuel consumption and the greater the pollution too.

DON'T BE IDLE

If you do get caught in a queue avoid wasting fuel by turning the engine off if it looks like you could be waiting for more than three minutes.

COASTING - DOES IT HELP SAVE FUEL?

Coasting - rolling downhill or approaching a junction with the car out of gear - is inadvisable because the driver doesn't have full control of the vehicle, though it used to be quite a common practice to save fuel. You lose the ability to suddenly accelerate out of tricky situations.

You lose engine braking which takes some of the load off the brakes on down hill stretches and helps to avoid brake fade - overheated brakes require harder pedal pressures to stop the vehicle.

These days, coasting is still inadvisable and changes in vehicle fuel systems mean it won't save you fuel either.

OLD CAR WITH CARBURETOR

Take your foot off the accelerator pedal with the car in gear and fuel is still drawn through into the engine. Fuel savings could be made by coasting out of gear.

Modern car with electronic engine management - fuel and ignition systems are effectively combined and controlled by one Electronic Control Unit (ECU). Take your foot off the accelerator and the ECU cuts the fuel supply to the injectors anyway so there's nothing to be gained by coasting.

Modern diesel engines - these also have the ability to shut off the fuel when you take your foot off the accelerator.

HOW MUCH CAN YOU SAVE?

The aim is to see how much you can improve on your current average fuel consumption or the 'official', manufacturer's figure by following the advice above.

If your car has an onboard computer that records fuel economy (kilometers per gallon / KPG) then take a note of the overall average fuel consumption you're getting now and then see how much you can improve it by following the 'eco-driving' advice above.

It should be possible to re-set the computer so it starts recording a new average KPG.

With no onboard computer, you'll first need to find out the official, manufacturer quoted fuel consumption for your car. You may see three different figures quoted, 'urban', 'extra-urban' and 'combined' – it's the third, 'combined' figure that you want.





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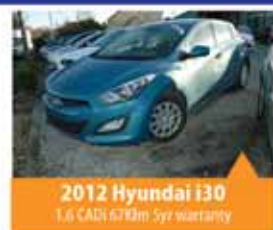
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- 11 Ford Focus 1.6 TDCI, 44k
- 11 Ford Focus 1.6 TDCI Estate Silver
- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H
- 11 Peugeot 5008 1.6 HDi 7 Seater
- 11 VW Golf 1.6 TDI, blue motion, Black
- 11 Ford Focus 1.6 TDCI, Zetec (new model)

- 10 VW Golf 1.6 TDI
- 10 Audi A4 2ltr TDI 86k Black
- 10 Ford Focus 1.6 TDCI, sports, 83k, full Ford S/H
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 VW Scirocco 2ltr TDI
- 10 Ford Focus 1.6 Titanium
- 10 VW Golf 1.6 TDI Grey
- 10 Mazda 3 1.6 DSL Alloys, Fogs, Aircon, Cruise control
- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCI, Black, NCT Tested
- 05 Citroen C414 3dr
- 05 VW Golf 1.9 TDI, Black, Alloys
- 05 Opel Mireva 1.3 CDTi, left hand drive
- 04 Opel Zafira 1.7 Dsl, 1yr Test

- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner
- 00 VW Golf 1.9 GT TDI Very clean NCT
- 131 Seat Toledo 1.6 TDI 30k
- 11 Seat Leon 1.6 TDI White 90k

CARS

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- 132 Ford Fiesta
- 12 Ford Fiesta 1.2
- 09 Toyota Yaris 90klms, black
- 08 Kia Rio 1.4, Automatic
- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Nissan Almera 1.5 SXE, alloys, air con

- 07 Renault Megane Full Leather
- 05 Suzuki Liana NCT Tested
- 05 V.W Golf 1.4 Comfort Line
- 05 Ford Focus 1.4 zetec
- 04 Opel Zafira 1.6 Club, 7 seater, 1 owner, €2,700
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COMMERCIAL

- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch
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ARE YOU ADDICTED TO YOUR EMOTIONS?

One of the greatest addictions is the addiction to our own emotional state of being. Interestingly it's often not joy or happiness that we are addicted to but the fearful emotions such as jealousy, anger, frustration, struggle, procrastination, unworthiness etc. Ask someone ten things that they dislike about themselves and they will probably be able to reel off ten things immediately. However, ask ten things that they love about themselves and the answers are often much slower to find. This is because the mind hasn't been trained in looking for the good and the greatest things but has been focused and directed into noticing what isn't right, what doesn't work and where fear may be lurking. When we feel disconnected from who we truly are we feel fear. When we feel fear we don't feel safe! When we don't feel safe we reach for the substances, things or people that will fill that void or emptiness! One of the biggest fear addictions around is the addiction to unworthiness! We fear that we are not good enough and that we don't match up to others.

So many fabulous, gifted and talented people hide away their passions, their creativity or just their smile because they feel unworthy! The answer is to begin to look at ways in which you can feel safe in your world, your life and your body. The answer is always to come back "home" to wholeness, love and compassion.

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ON THE BOX

KILLARNEY OUTLOOKS

WEEKLY SOAP COLUMN

SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



CORONATION STREET

It's all kicking off in Corrie this week as the Platt family take centre stage. It seems Gail and Michael's non-wedding was really only the tip of the iceberg as there is a shock death in this Friday's episode

SPOILER ALERT

Gail's daughter Sarah is set to return to the street but look out for Bethany (Sarah's daughter) who arrives early next week. Actress Lucy Fallon has revealed, "Bethany is a wild child". Sarah Lou actress Tina O'Brien has also confirmed that her character will enjoy a romance upon her return, "Sarah will be getting very close to bad boy Sean".

EASTENDERS

The Carter family are set for some romance on Albert Square as Nancy will share a kiss with Tamwar. Could this odd couple really be the squares next big thing?

SPOILER ALERT

As previously revealed Stan will be departing the soap but next week he has a very special question to ask Cora. What could it be? And what will her answer be?

EMMERDALE

Emmerdale's hard hitting storyline featuring teenager Lachlan's assault on a married Alicia continues this week as he returns to the village. Lachlan's return is the last thing Alicia needs when Lachlan corners her in the shop leaving David understandably upset.

SPOILER ALERT

Lachlan is set to be kidnapped next week in Emmerdale but who by and what do they have planned for him?

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ROWING TO RIO

The Monika Dukaraska
Blog. The story of a
Professional Athlete



The two weeks training camp in Italy is now a distant memory. Ireland greeted me with snow, rain, wind and waves. I surely feel I am home now.

I have now returned to the National Rowing Centre after a slight delay, being caught on the Kerry-Cork border due to snow. I managed to get a training session in at the Killorglin Rowing Club that morning though. It was been great to train in a place where my rowing journey began nearly 9 years ago now. Having made the leap across the county bounds to Cork later that day I began my preparations for the national trials. I have completed most of my weekly training on a rowing machine and on the water in a crew boat.

I finally feel like a rower again. Due to my previous injury, I had to complete a lot of training on a watt bike. Over the last two days, I have completed over 40km on a rowing machine and I covered a lot of mileage in a crew boat, which has been very rewarding. Having to abstain from the boat for so long however has cost me few new blisters on my hands. Gripping the oars proves to be challenging at times and using a spray plaster makes it even worse. The phrase "no pain - no gain" fits in perfectly here. I hope that things will settle soon. The focus over the past week has been on technique and moving together as a crew. Synchronicity is key. It is a pleasure to be out on the water when the weather is nice and the boat is moving effortlessly.

My partner and I, amongst other senior high performance athletes were fortunate to receive a new racing boat for the season, which shows a great confidence in our crew on behalf of Rowing Ireland and the coaching team. For the next two weeks we will work to get used to the boat, we will learn how it runs through the water and will work to gain more speed. We have already completed some high rate pieces and took part in side by side racing showing good speeds in very demanding cross tail conditions.

The coming week will consist of a lot of speed work. We have three training sessions on Monday, Tuesday and Wednesday with two training sessions a day for the remainder of the week. The racing on the 21st and 22nd of March will mark our last test before final crew selection and will prepare us for our first international regatta in Piediluco in Italy in early April. Keep your fingers crossed!



LGFA CONGRESS CHANGES TO HAVE IMPACT ON KERRY CLUBS

The Annual Congress of the Ladies Gaelic Football Association took place last weekend in Clare with plenty debate over the three days. Some of the biggest changes to the rules of the LGFA that were confirmed on the second day of the annual congress included a change to Rule 273 meaning that any players or officials that use threatening or abusive language will serve a minimum of 4 weeks of a suspension which has been raised from the 2 weeks previously.

Changes to Rule 139 sees the introduction of a maximum number of Permission to Play for clubs to be limited to three for adult players with confirmation of the permission

needed 4 weeks prior to the beginning of the competition or by March 31st.

A significant change to the structure of provincial councils was also confirmed with Provincial Council Presidents confirmed to serve a 3-year term and that election of provincial president's will take place one year before their terms begin.

County Conventions must now be held no later than January 1st with club AGM needs to be held by December 1st. A further important change sees paid officials prohibited from voting at club, county provincial or central council except in their own clubs if they are not a paid member of staff.

IMPERIALS AND DEN JOES IN SEMI FINAL ACTION

Having completed the regular season both Kerry sides have made it through to the semi-final stages of the Women's Basketball Division 1 League with both first leg games down for this weekend.

Imperials who squeezed through to the final four with just scoring difference come face to face with the form team of the League Portlaoise Panthers. Imperials could have made it a little more comfortable but were defeated by neighbours and local rivals Team Den Joes in the last game in the regular season 61-60.

Team Den Joes have found some good form in the later stages of the league and finished second in the table. They travel to Dublin to play Oblate. The second legs will take place on weekend of 21/22 March 2015.



FIXTURES: Saturday 14th, Tralee
Imperials v Portlaoise Panthers 7pm
Oblate v Team Den Joes 7pm

CAMOGIE CORNER

FIXTURES: National Senior Camogie League: Kerry were due to open their League Campaign on Sunday with a home game against Cavan but this game did not go ahead due to Cavan unable to field a team.

LIMERICK U16 B LEAGUE: Causeway were due to play Treaty Gaels on Friday night but this game is not going ahead and will be rescheduled for a later date.



If you would like to see your Ladies Sports News feature in our ladies sports section contact us on
news@outlookmags.com



REBELS YELL LOUDEST IN PAIRC UI RINN

ALLIANZ NATIONAL LEAGUE DIVISION 1 ROUND 4 CORK 3-17 KERRY 2-09

Kerry O'Shea reports Pairc Ui Rinn, Cork

Cork hammered their old rivals in Sunday's Allianz NFL Round 4 clash when they had 11 points to spare over the Kingdom at Pairc Ui Rinn watched by an attendance of 6,412 on a perfect spring afternoon in Leaside.

The Rebels were dominant in all the key areas and Kerry looked tired as nothing went right for Eamonn Fitzmaurice's charges.

The early dismissal of Paul Murphy on a second black card in the space of a week did not help while a first-half fracas resulted in yellow cards for Kerry's Barry John Keane and Kieran Donaghy and Cork's Michael Shields and Colm O'Driscoll. Having led 3-7 to 2-6 at half-time thanks to first-half goals from John O'Rourke (2) and Colm O'Neill, in reply to Kerry goals from Kieran Donaghy and Tommy Walsh, the Rebels added a further 10 points to their opponent's three with a wind assisted second half.

Colm O'Neill was easily the man of the match, ending the game with a personal tally of 1-6 which included 1-2 from play.

Barry John Keane was easily Kerry's best performer on the afternoon, scoring five points, three of which came from open play.

The Kerins O'Rahilly's clubman has been Kerry's most consistent performer in this league this season and his overall scoring tally from the four games now stands at an impressive 0-13.

Kieran Donaghy and Tommy Walsh apart from their two first-half goals struggled to get into the game, while David Moran, despite some lovely



high fielding, was wild with his kicking.

Of the Kerry substitutes, it was good to see Alan Fitzgerald from Castlegregory come into the mix scoring 0-2 of Kerry's tally, while Mark Griffin, Peter Crowley and Killian Young did their best to stem the constant flow of Cork attacks in the second half.

Cork could afford the luxury of introducing household names such as Donncha O'Connor, Paul Kerrigan, and Daniel Goulding as substitutes, and O'Connor did his bit, posting 0-4, three coming from play, while five of Cork's six starting forwards made the scoresheet, with a haul of 3-12 between them.

This was not Kerry's brightest hour in the league, but the Kingdom still has a chance of progressing to the semi-finals with home games to come against All-Ireland finalists Donegal next Sunday and Monaghan on March 29th, and an Easter Sunday showdown with old rivals Tyrone in Omagh on April 6th.

Kerry manager Eamonn Fitzmaurice and the Kerry players will be keen to put this game behind

them and the visit of Donegal to Tralee in a repeat of last September's All-Ireland final next weekend will certainly whet the appetite and draw a huge crowd to Austin Stack Park.

Teams and Scorers

Kerry: Brendan Kealy; Pa Kilkenny, Mark Griffin, Fionn Fitzgerald; Jonathan Lyne, Jack Sherwood, Paul Murphy; Anthony Maher, David Moran; Michael Geaney, Bryan Sheehan, Johnny Buckley; Stephen O'Brien (0-1), Kieran Donaghy (1-0), Barry John Keane (0-5, 0-2 frees).

Subs: Killian Young for Paul Murphy (black card); Peter Crowley (0-1) for Jack Sherwood; Tommy Walsh for Bryan Sheehan; Alan Fitzgerald (0-2) for Anthony Maher; Shane Enright for Fionn Fitzgerald, Paul O'Donoghue for David Moran.

Cork: Ken O'Halloran; James Loughrey, Michael Shields, Tom Clancy (Clonakilty), Tomás Clancy (Fermoy) Stephen O'Donoghue, Jamie O'Sullivan, Eoin Cadogan, Fintan Gould, Kevin O'Driscoll (0-3), John O'Rourke (2-0), Colm O'Driscoll (0-1), Colm O'Neill (1-6, 0-4 frees), Mark Collins, Brian Hurley (0-2).

Subs: Donncha O'Connor (0-4, 0-1 free) for John O'Rourke; Conor Dorman (0-1) for Tomas Clancy (Fermoy); Paul Kerrigan for Colm O'Driscoll; John Hayes for Colm O'Neill; Daniel Goulding for Brian Hurley; Noel Galvin for Tom Clancy (Clonakilty)

Referee: Anthony Nolan (Wicklow).

Kerry manager Eamonn Fitzmaurice: "Any time you concede three goals you are chasing the game. Cork put up a big score, we weren't at the standard required, it is something we will have to think about, was it just fatigue in the lads with the games coming thick and fast, guys were focussed and tuned in this morning and this wasn't in our mindset."

ALL IRELAND FINAL REPEAT IN STORE IN TRALEE

ALLIANZ FOOTBALL LEAGUE DIVISION 1 KERRY V DONEGAL

Austin Stack Park, Sunday March 15th, 2015
Throw in: 2pm

Donegal arrive to Tralee on Sunday in what is a repeat of last years All Ireland final as both sides look for their third win in the campaign and one that could almost seal a semi-final spot with a loss plunging them into relegation territory

Kerry fans were left disappointed last week with a second half collapse to Cork. While Donegal also lost last time out to Ulster rivals Monaghan.

Under new manager Rory Gallagher, Donegal have even become a more defensive outfit and with Austin Stack Park a lot tighter than some venues, they will certainly be hard to break down. On their last outing, they lost to Monaghan only scoring 1-4 of which only the goal was from play. It might not come, as a surprise that only Tyrone have scored less than Donegal over the last four games but the standout fact is that Donegal have conceded less than any of the eight teams in the Division.

Kerry for their part will expect a bounce back as they struggled defensively

against a rampant Cork who actually lost to Donegal despite the fact they enjoyed a man advantage for more than half the match. However, that is the task at hand for Kerry.

Their long ball tactic to Kiernan Donaghy worked to some advantage against Cork as it was the route of both Kerry goals and it may well have to be deployed against a team who will certainly be more focused on defending deep.

While panicking at this stage about the Cork performance for Kerry is foolhardy, Eamon Fitzmaurice will certainly be eager to see a better performance from his troops in what is sure to be a packed Austin Stack on Sunday.



JOHNNY BUCKLEY IN ACTION AGAINST KARL LACEY IN LAST YEARS ALL IRELAND FOOTBALL FINAL.

TOUGH TASK FOR HURLERS IN CARLOW

ALLIANZ HURLING LEAGUE DIVISION 2A CARLOW V KERRY

Venue: Netwatch Cullen Park
Sunday March 15th, 2015
Throw in: 12 Noon

What a difference a year makes this time last season Kerry were cantering along to a Division 2A title and that double dream might be over with a loss to Carlow on Sunday. Kerry travel to table toppers Carlow knowing nothing short of a win can help them in this extremely competitive Division. The emergence of Derry has turned the league into a four-way battle but Kerry having lost to Westmeath last time out cannot afford the same again.

Carlow for their part have already beaten London and Wicklow but only had 2 points to spare over Derry. The fact that Kerry drew with Derry should signal that they will



be competitive enough on Sunday but how much will last Sunday's loss at the hands to Westmeath will affect them will need to be seen.

Kerry manager Eamon Kelly felt that the team's performance against Derry was worse than their effort against Westmeath and he will know that his team will have to find a performance if they are to get anything from Carlow as a win could ignite their season. With London to play in their final game Kerry could still get into the top two positions but that looks a tall order.



LEGION GAA CLUB NOTES

AWARDS NIGHT: Our annual awards and social night is taking place this Friday night and plans are well under way for what promises to be a great night at The Killarney Avenue hotel. So show your support for all the award winners of the year and come along to enjoy the company of our Guest of Honour on the night, Joanne O'Riordan from Millstreet. Joanne is

an inspiration to everyone and despite her disability of Tetra-Amelia syndrome, where she was born with no limbs, a condition that only seven people presently in the world suffer from, she does not let this hold her back in life and at a very young age addressed the United Nations in New York in 2012, and the same year she was instrumental in getting the Irish Government to reverse a decision on cutting disability funds. Still only 18 years of age, she has achieved so

much in such a short space of time. A truly inspirational person. Some of the award winners have already been announced and there was no surprise when Conor Keane was named Senior player of the year for his excellent performances all year. Aidan Slattery deservedly picked up the Junior player award with Donal Lyne due to collect the Young player of the year award. Joanne Downey will receive a special Merit award for all her help

LEGION GAA CLUB

WHERE ARE THEY NOW

This week I caught up with former midfielder John Murrell at his home just outside Portlaoise and I must say that shortly after his lovely wife Ursula brought us in some tea and biscuits, once we started talking of days gone by, John really started to reminisce, so for this week, I think this interview sounds much better in John's own words "I was brought up in Rock road. My parents are Charlie RIP and Mary still hale and hearty. Breda lives in Ballynagary, Margaret in Dublin and Moira in Killarney. I attended the Mon until 1975 and then went to the Sem. After that I trained as a primary teacher in Mary I. Limerick. My earliest memory is of playing an actual match with The Legion against Spa and marking Mike McAuliffe who had his usual goalscoring spree.. needless to say that finished my aspirations as a full back. There were some really good footballers on our teams underage.. Finbarr Kelly, Tom Lyne, Richard O'Brien, Connie Shea, John Doona, just to mention a few. We were unlucky in the fact that the excellent Dr. Crokes team which won the 1992 Club All-Ireland Title faced us each season underage. Players like Johnny Green, Pa O'Donoghue, John Clifford, Liam (Bill) Hartnett.. grand fellows but heartbreakers where we were concerned. I really enjoyed playing underage and often think back on senior players like Jerome Regan who appeared like a giant to small boys, Pat Healy who trained us, the flying headbanded Connie Carroll and of course two brothers from knockendubh the very talented Donal and Diarmaid O'Donoghue. The senior team winning the O'Donoghue Cup back in those years was a great lift for the club.

I represented Legion in Scór na nOg in the singing section, (with knees knocking). Siobhán O'Brien was Queen of that particular contest even into adult competitions. The Murphys of the Port Road Padraig and Kevin Matt O' Mahony were handy at the set dancing and not bad at the football either! As youngsters we may not have won alot but we had mighty input and travelled the countryside in cars and mini-buses to playing pitches that may or may not have had a rail carriage or shed to tog out in never mind dressing rooms. Alot of our games were played in the outside pitch of Fitzgerald Stadium so we regularly got to see Legion

seniors and even better, Kerry players who seemed like Gods. More matches and training took place in 'The Mental Pitch' where sheep were seen as the most effective way of keeping the grass short .. Let's just say everyone knew where you'd been when you arrived home.

Weeshie Fogarty and the late Bernie O'Connor spent alot of time and expertise and talked to us about skills, kicking the ball with both legs etc. While playing as a minor with the Legion I took up rowing with Muckross for three years and rowed minor and senior with them.

After College i got a job as a primary teacher in Mountmellick, Co. Laois and played for an Intermediate club team called The Rock, playing for thirteen years as midfielder or full forward. The year I retired we made it to senior and that was a huge step for the club which has remained senior since then. In the late 90's I again joined the Legion juniors during the summer campaign... mighty craic and not a bad team either. Pat Sheahan, Mop, Tadeo, Timmy Brosnan from Knocknagoshel. It felt great to wear the green and white after so many years and we had a good run at the championship but although we didn't win it we put in a noble effort. My days in the legion have stood to me in my long involvement with Cumann na mBunscol in Laois. The organisation of school league football leagues has definitely worked hand in hand with clubs in developing underage talent. It certainly helped deliver 3 minor All-Irelands for Laois. In my own school which is all boys school of 270 pupils, as Principal my colleagues and I try to encourage participation regardless of ability and make fun the greatest element: the drill is still to kick the ball using both legs, let the ball do the work and develop a sense of sportsmanship honesty and fairness which have always been hallmarks of the Legion Club. I turned the half century Sept. 12 months ago and walking, cycling and gardening are my pursuits these days.

My wife Ursula is from Newry, Co. Down. We have 8 year old twins Jack and Sarah followed by Daniel age 6 years. They are fanatical Kerry supporters and even the dog has been christened 'Kerry'. We live close to Clonad Hurling club outside Portlaoise and all three play hurling and camogie. Just as the Legion



JOHN MURRELL.

have done I've helped to co-ordinate their five year plan and this has set the club on a firm footing and brought a lot of issues be they good or bad to the fore, for discussion and action. Up here in the midlands when asked which club I supported, The Legion was unknown. With the recent success of the club and the legion lads playing for Kerry, the Legion has become more prominent as a club and the name instantly recognisable .. Cuireann sé sin bród an domhain orm! Going to Dublin Erin's Isle Football Club with under 10s and under 12s, staying with players families each summer and then hosting them in return was as good as an exotic holiday. The train journeys to Dublin, the size of the Finglas Club, the warm reception, along with the no. of skinheads on view kept us enthralled. Beside some of the Dublin lads, we were as innocent as babes in the wood though we'd never admit it. I keep in touch with the Legion's progress through my old friend and club die-hard Paudie Lynch who has been predicting the rise to greatness of the Legion since the first day I met him. I get to the odd game and it's great to see the facilities and organisation of the club at work. The under-age structure is very strong and that appears to be the bedrock of success.

I love returning home to Killarney and so do my family the best town in the country no doubt.. Here's to another great year for the Green and White and the Green and Gold.

Next week, being St Patricks day, I thought I'd take a leaf out of the politicians book and book myself a flight to New York to catch up with another great legionnaires



throughout the year with WeeshieFogarty also being honoured for his fantastic achievements for broadcasting with Paudie Lynch picking up the Clubperson of the Year award for his untiring work for the club in many different capacities. Admission is only 10 euro including food.

SATURDAY MORNING UNDERAGE

ACADEMY: The Saturday morning Academy which is sponsored by Keanes jewellers is back and better than ever and we, as always welcome all boys and girls from ages 3 to 10 to our club grounds to learn the skills of football and hurling in a safe and fun environment. Our fully qualified coaches will be only too delighted to see new faces as well as existing young footballers every Saturday from 10.30am to noon as new members are always welcome. There will be complimentary snacks and drinks for all kids. Registration is free for all children under 6yrs of age .

MEMBERSHIP: The club wishes to acknowledge the huge efforts in recent weeks by the newly formed registration committee of Tom Griffin, Connie Shea, Kevin Carroll, Paudie Lynch, Mikey Bernard and Dan Murphy as they travelled the highways and byways of the town and surrounding areas to register members for the coming year and if you haven't met up with one of these lads, please contact one of them as soon as possible as membership closes very shortly.

SYMPATHY: The club sends its deepest sympathy to the O'Connor family on the death of Paul. Paul played underage football for the club for many years. To his wife Joan and children Aine and Jack and his brothers and sister we offer our condolences . At Dheis De go raibh a Anam Dilis

SENIOR FOOTBALL: The senior team turned a halftime one point deficit into a single point victory after a solid second half display against Kilcummin last Sunday in the EKL.

LOTTO: Jackpot finally won worth a whopping €13000. Congratulations from all at the club to 2 winners Theresa O'Sullivan c/o Pat Kissane. Sean and Barbara c/o Kaynes bar. 1, 8, 11, 16.

CONGRATULATIONS: Congratulations to Katie Warren who made the Middle East Gaa Ladies team that are currently participating in the World Gaa Games in Abu Dhabi.

DR CROKES NOTES

MATCH REPORTS

EAST KERRY SENIOR LEAGUE

RATHMORE 0-7 DR CROKES 3-11

Dr Crokes were comfortable winners against an understrength Rathmore side, under lights at Rathbeg on Friday 6 March 2015.

Mike Milner may have showed his Strictly Come Dancing skills at the INEC the night before but it was young Jordan Kiely who displayed nimble feet and no little skill in claiming two goals in a first half that Crokes dominated on a score line of 2-8 to 0-3 points.



HAVING A GREAT TIME AT THE LISTRY GAA CLUB NIGHT AT THE DOGS AT KINGDOM GREYHOUND STADIUM, TRALEE ON FRIDAY NIGHT, THEY WERE, GERARD AND JOHN FOLEY, DONAGH O'REGAN, PATRICIA LYNCH, KIERAN KENNEDY, THOMAS KENNEDY, NIAL BLANNERHASSETT, JOHN JOE TANGNEY, PHIL AND TED AHERN (LISTRY). PIC JOE HANLEY (087-2376061)

Kiely, along with his colleagues in the full-forward line, Tony Brosnan and Chris Brady, were responsible for the majority of the away sides scores, ably assisted by fine set-up play by a half-forward line of Brian Looney, Daithi Casey and Gavin O'Shea who continually played intelligent ball into a strong wind. Crokes introduced three half-time substitutes, five in all over the hour and coasted to victory with the third goal coming from Chris Brady after 37 minutes and points from Tony Brosnan, Gavin O'Shea and Jamie Doolan.

MINOR CO. LEAGUE DIVISION 1:

DR CROKES 5-11,

BALLYDONOGHUE 1-6

Our minors had a fine win over Ballydonoghue at Lewis Rd on Saturday last in Round 2 of the County Minor League Division 1. Both teams traded points in the early stages before a great goal from David Shaw after 19 minutes opened up a four point gap for the home side. Ballydonoghue responded with an immediate point but two minutes later Dylan O'Sullivan also found the net after fine approach work from Billy Courtney. Ballydonoghue registered two further points in a five minute spell but Crokes finished the half strongly with further scores from Mikey Casey, Michael Potts and Creagh Courtney to lead at the 2-7 to 0-5 at the break.

A second goal for Dylan O'Sullivan in the thirty-fifth put Crokes further in front, allied to a fine 45 from Billy Courtney before Ballydonoghue converted a penalty after forty 40 minutes to reduce the arrears. However further goals from Adam O'Shea (Pen) and Paul Clarke and points from the same two players and David Shaw meant the game finished, 5-11 to 1-6 to the Black and Amber.

LADIES CO LEAGUE DIVISION 2

NA GAEL 2-14 DR CROKES 0-2.

A young Crokes side, short a lot of regulars, were well beaten by a strong Na Gaeil side on Sunday last. Best for Crokes was Kerri Beckett in a backs to the wall performance.

JUVENILE ACADEMY: The first Juvenile Academy day took place on Saturday 7th March 2015. Over 120 children, boys and girls, were present as our juvenile year kicked off in earnest. Special guests were All Ireland winning Kerry players, Fionn Fitzgerald, Johnny Buckley, Colm Cooper, Daithi Casey, Jordan Kiely and Micheal Burns.

With hurling coaching from 10:00-10:40am and football from 10:40-12:00 noon there was plenty of activity and no shortage of fun and games for the children aged 3-10.

We are always open to new members and with fully qualified and Garda vetted coaches, all children are guaranteed to learn the skills of Gaelic Games in a safe, friendly environment. Come along next Saturday to sample the fun, there are no strangers at Dr Crokes, only friends you haven't met yet.

LOTTO: Draw took place in the Speakeasy Bar on Sunday last. Numbers drawn 4, 13, 20 and 22: There was no winner of the jackpot of €3,900. Six players matched 3 numbers and won €70 each. Next week's jackpot is €4,200. Draw will take place in the Tatler Bar on Sunday 15 March 2015.

DATES FOR YOUR DIARY: CLUB SOCIAL:

We have a lot to celebrate at the Club Social, INEC Monday 16th March 2015 as County Club Champions and with the success of our county players, senior and minor in 2014. Drinks and senior club awards at 7.30pm, meal at 8.30pm sharp followed by entertainment and disco. Sure to be a great night, tickets available from Club Officers, €35.

ST PATRICKS DAY PARADE: We are delighted that both Fionn Fitzgerald and Kieran O'Leary have the honor of being Grand Marshalls at the Killarney St Patricks Day Parade and call on all Club members to walk behind the Crokes banner on the day.

STRICTLY COME DANCING: Oh what a night! After months of preparation the dancers, co-ordinator and organising committee got the result their efforts merited with a huge



audience enjoying a wonderful night of fun entertainment at the INEC. Kelly-Ann McSweeney and Mike Milner were worthy dance champions but everyone that took part was a winner. Thanks to Scor na bPaisti and Killarney Scorchers for the Interval entertainment and to the seven members of the 1992 Senior team for a performance that not only will live long in the memory, but which they will also never be allowed to forget. Thanks to all who helped with the organisation and to those who supported both the Dr Crokes Club and the Brosnan family but especially David Rea and his dancers.

REGISTRATION: Membership fees are now due and must be paid before 31 Mar 2015 for all members. Players must have paid membership before being considered for Club teams.

Membership can also be paid to Registrar Frances O'Sullivan or Assistant Registrar, Brendan Harnett at the earliest opportunity.

HURLING: Dr. Crokes GAA Club are a true dual GAA club and we are currently seeking new members, both adult and underage, living in the greater Killarney area, to join our hurling section. Like our football section, we welcome all levels of ability and you will find a genuinely warm welcome, make new friends and feel proud you are a member of Dr Crokes.

Contact us at secretary.drcrokes.kerry@gaa.ie

SCOR: Well done to our Scor na bPaisti Set Dancers who qualified in Foilmore on Saturday 7th March for the County Finals to be held in the Gleneagle later this month.

SYMPATHIES: The Dr. Crokes Club extends its sympathies to the family, relatives and friends of the late Paul O'Connor, Roseville Ave and the late Michael Dowling, Ross Rd. We also offer our condolences to Ita Looney on the death of her brother, Noel Barrett in the UK and to Breda Casey on the death of her Mother, Bridget (Bridie) McSweeney. Ar dheis Dé go raibh a n-anam.

CONGRATULATIONS: Well done to Mark Cooper who was part of the management team of Astellas/ Temmlar who won the All Ireland Inter Firm Junior title last weekend.

For all the latest news, photos and videos, visit our website DRCROKES.COM as well as our Facebook page ([facebook.com/DrCrokesGAA](https://www.facebook.com/DrCrokesGAA)) & Twitter Accounts (@drcrokessgaa & @nextgencrokes). Any items for inclusion in club notes or on our social media outlets, email to crokescubhouse@gmail.com or contact P.R.O. at 085-8426667.

Please note deadline for inclusion in Club Notes is 9pm Sundays, unless previously arranged with P.R.O.

BEAUFORT GAA NOTES

LOTTO RESULTS: Of Sunday, 8th March for jackpot of €3,400. Numbers drawn: 8, 12, 20, 22. No jackpot winner. Next draw for jackpot of €3,600 will be in Inn Between on Sunday, 22nd March.

SENIORS: Sponsored by Maurice Foley of MF

Decorating played Keel in the Mid-Kerry League on Sunday. After a close encounter the visitors were victorious on a score-line of Beaufort 0-7 Keel 0-10. This game became a shoot-out between Kevin O'Brien and Gary Sayers with Kevin kicking all Beaufort scores, 4 from play and 3 frees while Gary Sayers had 2 points from play and 7 frees. Keel's final score came from their centre-back joining the attack. Both sides will be disappointed that more players didn't get on the score-sheet especially Beaufort who had 2 good goal chances and had a lot of wides over the hour especially during the 2nd half.

MINORS: Sponsored by Frank Murphy of Harpoon hosted Laune Rangers in Round 2 of the County League on Saturday. Played in windy conditions Laune Rangers had the wind to their backs in the 1st half and led at half-time Beaufort 0-6 Laune Rangers 3-3. Beaufort had the first score with a point from Joe Glinwood but then Laune Rangers scored 2-3 without reply. Impressive wing-back Luke Sweeney stemmed the tide with a fine point but Rangers reply was instant with another goal-Darragh Curran made a fine save but the rebound was finished to the net. Beaufort finished the half the stronger with Mike Breen coming well into the game in the middle of the field. Luke Sweeney had 2 more points, Ciaran Kennedy and Paudie Coffey had a point each. Joseph Glinwood opened the scoring again in the 2nd half and although Laune Rangers replied immediately that was their only point until the 26th minute. Beaufort dominated for the remainder of the game defending well and driving on from the middle led to Mike Breen scoring 2 frees, Ryan Sweeney finished a move to the net, Aaron Foley, Ciaran Kennedy and Paudie Coffey had points while their final score was a fisted point from man of the match Luke Sweeney.

FIXTURES: Our minors are away to Keel/Listry on Saturday, 14th at 4pm.

Our U 21's have home venue against Keel/Listry in the Mid-Kerry Championship on Tuesday, 17th St. Patrick's Day at 11.30am.

EXERCISE CLASSES: Continue until the end of March.

SCOR NA BPAISTI: Sean Kissane travelled to Foilmore Community Centre on Saturday last to take part in the Kerry South semi-final of Scor na bPaisti. Though he didn't qualify he gave a great performance in the Sean Nos dancing. Well done Sean.

KERRY LADIES: Are away to Galway on Sunday.

TOPAZ BEAUFORT G.A.A CLUB: Are in a promotion in conjunction with Topaz, PK's, Killorglin. Collect a stamp per €40 fuel transaction up to 10th May 2015. The club would be grateful if you could donate individual stamps or cards of 5 which can be given to team trainers or committee members.

HEALTHY CLUB PROJECT: Our Good Friday Walk will be held again this year in association with Kerry Cancer Hospice on Good

Friday April, 3rd. More details later. We hope to have a good crowd from the Parish taking part in this walk to raise monies for such a good cause and for everybody's wellbeing. We hope to organise more activities throughout the year for the community.

GYM: Beaufort Gym is open from 7.00am to 10pm. Great value in membership at only €50- not only for GAA members. Memberships is also due for renewal. Please contact Patie on 087 2515311.

MEETING/ACTIVITY ROOM: There is a new room available in the Clubrooms for anyone who wants to hold meetings, activities etc. Contact Bridget on 087-9975737.

SPA GAA CLUB

REGISTRATION: Reminder Peter and Donagh will be in the Clubhouse this Friday night to collect registration for all members. Deadline is March 31st.

COISTE NA NÓG: Registration continues next Friday March 13th 6.45-8.15 pm.

TRAINING SCHEDULE:

U6/U8 Saturday 11.30am.

U10 Boys Fri 7-8pm. U12 Boys Fri 6-7pm.

U14 boys Fri 8-9pm. U16 Boys Sunday 10-11am and Tuesdays 6pm.

LADIES FOOTBALL TRAINING: U6/ U8 and U10 girls continue to train indoors Wednesday evening 5-6pm. U12 Girls/U14 girls training is now ongoing for the girls Saturday evening 5-6pm indoors. U16 girls and senior ladies Friday evenings 6.15pm.

SENIOR LADIES:

SPA 1-9 CURROW 3-2

Ladies started their league campaign with a win away to Currow. Down by one point at half time but the team came out in the second half to snatch a great victory against a very tough Currow side.

MINOR LEAGUE DIVISION 1 ROUND 2

AUSTIN STACKS 1-12 SPA 2-10: Well done to our minors who gave a very impressive display with a win in Connolly park. New player to the minor panel Deon Marcus got the first goal at the start of the second half while David Spillane found the net the last minute of the game. A great team effort by the young lads and never an easy task to win a game on Austin Stacks sod.

SCÓR NA BPAISTÍ: Well done to our dancers who will compete in the County Final which will take place in INEC Killarney on March 22nd after a very impressive semi final performance in Foilmore last Saturday. Best of luck to Sean Níos dancer Grainne Spillane Coach Triona Mangan. Figure dancing: Erin Holland, Kate Lawlor, Ciara Moynihan, Carrie Hickey, Roisin O'Sullivan, Laura O'Carroll, Alibhe Gallagher, Eleana O'Donoghue. Subs: Grace O'Connor, Grainne Spillane. Coaches Mairead Mangan and Maureen Hegarty Vogels

ST. PATRICKS PARADE: We will be marching this year in the Parade. Once again we will have



a float and looking for all our members to march with our Club. The route is changed this year and we will be meeting on Mission Road at 1.15pm.

TIERNABOUL TABLE QUIZ: Thanks to all who took part in the quiz, sponsors, spot prizes and the fundraising committee.

THE SEM: Congratulations to the Sem who overcame Rochestown by a comprehensive win in the semi final with a score 2-29 to 1-0. Well done to our Spa players Dara Moynihan and David Spillane and to the team in the Final.

LOTTO: No winner in the Heights.

Numbers drawn 7, 14, 26, 20. Lucky dips. Mary Casey knockmanagh, Seamus O'Donoghue Coolcaslagh, James O'Brien accountant, Mary Brosnan currow. €5600 next week in the Oaks.

ASAP: There will be an information talk on health matters at the clubhouse on Monday March 23rd at 8.15pm with Dr Gary Stack, specifically on heart health. This talk is open to all members, especially the players and coaches. Any queries or further information available by contacting Deirdre on 085 1216359.

SPA COMMUNITY NOTES: Sympathy is extended to the O'Donoghue and Gleeson families on the death of Hugh Anthony O'Donoghue, Gortamakerry. To John and Eileen Hickey Minish on the death of Eileen's, mother Sheila Moynihan Mill Road, Rathmore and to the McSweeney family Mastergeeha on the death of their mother. May They Rest In Peace.

WEBSITE: Is under construction at the moment and will be revamped shortly with a new modernised and updated version. Sorry for any inconvenience.

EAST KERRY NOTES

EAST KERRY SENIOR LEAGUE DIVISION 1

DR CROKES 3-11 RATHMORE 0-07:

GLENFLESK 1-11 GNEEVEGUILLA 0-10: Gneeveguilla played at home to Glenflesk in East Kerry super league. Glenflesk were the stronger of the two teams and a well taken Lee O'Donoghue goal for Glenflesk mid way through the first half gave the visitors the lead. Jeff O'Donoghue was accurate from dead ball and open play. Gneeveguilla scores came from Padraig Doyle, Donie O'Connor and Corneilus Buckley. Glenflesk ran out comfortable winner's 1-11 to 0-10. Referee: Donal Casey (Scartaglen).

LEGION 0-13 KILCUMMIN 1-09: It was Legion who added 2 league points on Sunday when Kilcummin visited Dereen, for a round 5 game in the East Kerry Senior League. Kilcummin led by the minimum at the break on a scoreline of Legion 0-08 Kilcummin 1-06. However, Legion pulled ahead and won by a point on a final score of Legion 0-13 Kilcummin 1-09. Legion travel to Glenflesk next Sunday for a round 4 back game.

Referee: Jim O'Connor (Scartaglen).

CONGRATULATIONS & BEST WISHES:

Well done to all the East Kerry participants on

great performances in the County Semi Finals of Scór na bPaistí, last Saturday, 7th March, in Foilmore. Special congratulations to all the winners - Spa (Figure dancing and Sean Nós dancing), Furies (Solo singing and Recitation), Glenflesk (Leiriu and Ballad group), Dr Crokes (Set dancing) and Rathmore (Quiz). Best of luck in the County Finals on 22nd March in the Gleneagle hotel, Killarney

EXHIBITION GAME: Well done to Kilcummin and Kenmare club players who represented East Kerry/ Kenmare during the half time break of the NFL game. The teams performed superbly with all Under 12 players showing great teamwork and sportsmanship during the interval which was much appreciated by a large attendance. Thanks to James Foley (Kilcummin) and Flor Cronin (Kenmare) for supporting this exhibition game organising club mentors to assist East Kerry/ Kenmare GDA Vince Cooper on the day. The players were fantastic to deal with a credit to all concerned. Der Brosnan (Dr Crokes) and John Lenihan (Fitzgerald Stadium) played vital roles in organising the well run event.

MILLTOWN LISTRY LADIES FOOTBALL:

Milltown Listry Senior Ladies had their first win of the year against Fossa in a score of 5 goals and 12 points to 1 goal and 8 points. This was a great team performance and well done to all involved. Thanks to all team mentors and trainers and to all supporters who came along. Club membership is now due any information contact Martina on 086 1673109.

LISTRY GAA NOTES

WEEKLY LOTTO RESULTS: Sunday 8th March, 2015. Winning Numbers 4, 16, 17, 19.

Jackpot €2,150. Not Won.

1 x €100 Lorraine McElligott C/o Kevin.

2 x €50 David Hickey, Laharn, Anne Courtney, Rockfield. 2 x €25 Marie Cronin, C/o David Kennedy, Linda and Rian Foley, Keel.

Draw Entrant Keith Maloney, Lahard.

Jackpot next week Sunday 15th March €2,300.

MINOR FOOTBALL LEAGUE: Keel/Listry will be playing Beaufort on next Saturday, March 14th at 4pm. All support welcome.

MINOR FOOTBALL LEAGUE RESULT:

Keel/Listry played John Mitchels last Saturday, 7th March in Keel and won with a score of Keel/Listry 3-08 John Mitchels 1-09.

KILLARNEY LIBRARY: The next meeting of the Sewing and Fashion Club will take place on Friday 13th March 11am-1pm. On Wednesday 18th March the National Learning Network will hold an advice clinic from 11am-1pm.

FOSSA GAA:

LOTTO: Numbers drawn were 3, 7, 10, 15. There was no Jackpot winner and next weeks Jackpot will be €9,150. We are currently

organising another lotto team from the Ladies Football side of the club, if anybody is interested in becoming involved please contact any of the club officers, it would only be one in every six weeks so it isn't a huge commitment.

MINORS: Fossa played Moyvane/Tarbert in the 2nd round of the County league in Fossa on Saturday evening. Fossa opened the scoring with a David Wallace point, however Moyvane/Tarbert scored 5 pts on the trot after this and we looked to be in a spot of trouble but then Fossa roared back into this game. Padraig Burke got to grips with his midfield opponent and we won some good ball around the middle third of the pitch, David Wallace cracked home a goal points from David Clifford (3), Killian Rice and Michael O'Keeffe left the half time score Fossa 1-06, Moyvane/Tarbert 0-10. Fossa started the second half brightly and an early David Clifford goal set the game up nicely, it became a ding dong battle from here on as both sides traded some great scores, Moyvane/Tarbert scored 3 goals in this half at crucial times and in spite of having a player sent off they finished stronger as Fossa couldn't close the gap sufficiently. Fossa were without the services of Killian Bellew and Alec Rennie and they were a big loss to us as we had a panel of 15 where as Moyvane/Tarbert had a panel of 22, this begs the question of amalgamated teams playing 13-a-side in the lower divisions. Fossa can be very proud of their efforts on the day with some outstanding displays, none more so than Cian O'Shea in goal who made some brilliant saves in both halves. They will now play Kerins O'Rahillys B in Tralee on Saturday March 14th at 4pm. Final score, Fossa 3-08, Moyvane/Tarbert 3-15.

FOSSA LADIES FOOTBALL: Our Senior Ladies suffered a loss to Milltown/Listry in Rd 2 of the Rhino Quality Feed County Leagues, Div 4, last Sunday morning in Fossa. From the off it was evident that the older and physically stronger Milltown/Listry girls were going to take the spoils on the day and built up a substantial lead by half time. This Milltown/Listry team were relegated from Div 3. Early scores from Milltown/Listry put Fossa on the backfoot and we were playing catch up from the start. Milltown/Listry had the services of past county players Cassandra Myers in goals, Gemma Teahan, Emma O'Sullivan and Katie Dennehy. However our girls should be extremely proud of their never say die attitude with their gallant performance in the second half. Fossa kept playing until the final whistle. Fossa will take from the positives of this game when they regroup at training on Friday evening. Our Fossa Ladies next County League game is at home to Dingle on Sunday March 15th. Fossa Ladies would like to wish the very best of luck to the Kerry Ladies Senior Football team as they take on Galway in the Tesco Homegrown National League next weekend.



SPA MUCKROSS AC

Congratulations to St Bridget's secondary school minor girls team that ran in the All-Ireland Schools Cross Country finals in Clongowes Wood College, Co Kildare on Saturday last. The girls finished in 5th place overall led home by a fantastic run from Anna Clifford who finished in 4th place overall – the rest of the team was made up by Elizabeth Stack, Niamh Coffey, Eimear Beazley, Mairead Bennett and Ciara Kennelly. The Munster Juvenile Indoors also took place over the past two weekends in Nenagh and Christine Cooper had a great run in the U18 400 to earn herself the silver medal. In the younger age group Oisín Lynch won his first Munster medal in the U10 boys Long Jump where he finished 3rd, also competing but just edged out of the medals were Alex Hennigan who was joint 4th and Cian Lynch who was 6th in the finals of their respective Long Jump competitions.

MILLTOWN/LISTRY COMMUNITY GAMES

ART AND HANDWRITING: Our local qualifiers travelled in large numbers to Listowel last Saturday. Unfortunately we had no winners in the art but Brendan Casey came 4th in the U12 handwriting section. This follows up his 2nd place in the U10 section last year. Hopefully all the children enjoyed the experience and a sincere thanks to all the parents who travelled to Listowel.

INDOOR SOCCER: Our U13 boys team enjoyed success in Listowel last Sunday by winning out their group section. They played 4 games, winning 3 and drawing with Listowel. This resulted in a playoff game v Listowel which was a very tense and exciting game. It was 1-1 at the end of full time and so went to extra time. We went 3-1 up but Listowel got 2 late goals to draw the game 3-3. It went to penalties and it was still level after 5 penalties each. Sudden death penalties decided it in our favour and so we now go through to Kerry finals on 29th March. Thanks to all who travelled in support.

TEAM: Aaron O'Shea, Cillian Burke, Micheál Keane, Conor Spillane, James O'Dowd, Patrick O'Sullivan, Aaron O'Donoghue, Anthony Barrett. Managers: Colman O'Shea Mike Burke.

DRAUGHTS: We are looking forward to the Kerry draughts finals next Sunday 15th March in Listowel Community Centre with registration at 9.30am. We have been training for over 2 months now and have had 2 recent challenges with Firies which were very enjoyable. We have 18 children playing at present and will have teams at U10/12/14. Best of luck to all 3 teams.

UPCOMING EVENTS: Looking for those who are interested in participating in the following events to contact us please: Projects U11/13/16, Model Making U10/12/14/16, Chess U13/16, Swimming U8/10/12/14/16. Any queries please contact area secretary Denis 087-9662332.

FACEBOOK: Please check out our Facebook page which is updated regularly.

SPA MUCKROSS COMMUNITY GAMES NOTES

U10 BOYS INDOOR SOCCER: Congratulations to our boys U10 indoor soccer team that have progressed to the County semi-final on 29th March, following the first stage of the competition on Sunday 1st March. The team is coached by Donal O'Doherty and Connie Lynch. The day kicked off for the lads with a game against a young St. Brendan's/Oakpark team. Spa won this game 5-0. Next, it was victory over Ballybunion, with again, Spa emerging as clear winners. The score of this game was 5-0. The final game of the day was against Moyvane/Knockanure. The opposition were up 3-1 at one point, but a never-say-die Spa Muckross team fought back and won the game 6-3. A huge congratulations, and thanks, to the team and their coaches. Well done lads. Keep up the good work!

MODEL MAKING: - CLOSING DATE 19TH MARCH. U10 (over 8), U12, U14, U16 Boys & Girls Individual Event.

Sunday 29th March 12 noon. Venue - Gael Scoil Castleisland.

See www.kerrycommunitygames.ie for details.

BEAUFORT COMMUNITY GAMES

Well done to Kate Murphy who won a silver medal in the county community games u12 hand writing completion which was held last weekend. Well done to all the Beaufort competitors in the Art and hand writing competition. Well done to the U13 soccer team who competed this weekend in the soccer competition. They have now qualified for the county finals which will take place on March 29th. The u10s competed last week but had no luck.

DRAUGHTS: Practice continues in the Clubrooms on Saturdays from 16:30 to 17:30pm. A €2 fee per session applies.

SWIMMING: Training continues on Fridays from 6-7 pm in Killarney Sport & Leisure centre. Contact Cathrena Dennehy 087-6479484 for further details.

KILLARNEY SWIMMING CLUB NOTES

CONGRATULATIONS: To all our swimmers who took part in the Grade "C" gala in Mallow on Sunday the 8th of March. There were substantial improvements by our swimmers on their own "personal best" times for events and a very satisfactory collection of medals. Well done also to all those swimmers who were competing in their first gala.

UNDER 11 BOYS: Congratulations to Nathaniel Doncel who had a fantastic gala, taking gold in the 100 metres Individual Medley and the

50 metres backstroke together with silver in the 100 metres freestyle and bronze in the 50 metres breaststroke. Colm Looney won a very fast gold medal in the 50 metres freestyle and bronze in the 100 metres freestyle. Killian Spillane took bronze in the difficult 50 metres backstroke and Ben Schreiber won a bronze medal in the highly competitive 50 metres freestyle.

UNDER 13 BOYS: One to watch out for here is Rian O'Donovan who won a silver medal in the 50 metres backstroke and a bronze medal in the 100 metres Individual Medley. At the moment it looks like he is on his way up to "B" galas. Michael Sweeney won a brilliant bronze medal in the 50 metres butterfly in a very hard-fought race.

UNDER 13 GIRLS: Well done to Imogen O'Connor who was competing in her first gala and won a gold medal in the 50 metres freestyle. Not only was she the fastest in her own age group, but her time was also the fastest for all age groups taking part in the event.

UNDER 15 GIRLS: Liadh O'Sullivan was on fire on the day taking gold in the 50 metres breaststroke, silver in the 100 metres freestyle and the 50 metres backstroke and bronze in the 100 metres Individual Medley. Not to be outdone, Emma Quirke went on to win silver medals in the 50 metres butterfly and the 50 metres freestyle and a bronze medal in the 50 metres backstroke. Congratulations to both girls.

UNDER 15 RELAY: To round off the day, our relay team of Imogen O'Connor, Liadh O'Sullivan, Emma Quirke, Nathaniel Doncel, Michael Sweeney and Rian O'Donovan won bronze in a hotly contested race. Thanks to our coaches, Kristian O'Donovan and Cathal O'Brien who gave wonderful support and encouragement to all our swimmers on the day. Thanks also to all parents for travelling.

KILLARNEY DARTS TOWN LEAGUE

THE KNOCKOUT CUP: Took place in the Killarney Avenue Hotel on Friday 6th March, Lals Bar, Kilcummin, took on the mighty Tatler Jack Team, of Plunkett Street. It was Lals first year in the Killarney Town League, even though they had some players that had formerly played in the league. This was the Tatler's fifth time in a row being in the final of the KnockOut Cup. First at the Ochey was two Kerry team Dart players, Lals Captain Dale McCarthy against Jamie Kelliher, with Dale winning three nil, it set off Lals to a good start. Next at the Ochey were two previous Murphy Cup winner's Dermot Kelliher for Lals and Leonard Fitzgerald for the Tatler. Dermot also a former Kerry Team member, but it was not to be Dermot's night, with Leonard getting the upper hand winning three nil, levelling the score, 3-3. Third up was Lals captain's Grandfather, John Hill who took on Kerry Team player Neil O'Donoghue. Neil throwing a 139 to set him on his winning



ways to win 3-0, putting the Tatler in the lead 6-3. Next at the Ochey were old rivals, former Kerry Dart Player from Rathmore John Cronin taking on present Kerry Dart Player and Tatler Captain Dan Leen. John on this occasion getting the better of Dan winning 2-1. Bringing Lals back into the game. Tatler 7- Lals 5. Chris O'Leary from Lals took on Kevin McCann, also a Kerry Dart Team player, Kevin playing superb darts on the night, with scores like 122 from 162 leaving himself tops, in the second game 96, 100, 121, 93, and the third game 85, 92, 137, 81. winning 3-0 and also picking up MVP on the night. Putting Tatler in the lead 10-5. Next for Lals was Paudie Carmody against Jack Leen, Lals had high hopes on Paudie, but Jack played better darts winning 2-1. Putting Tatler in the lead going into the doubles 12-6. It would be an uphill struggle for Lals to claw back this lead, but they would give it all they had. The doubles started with the pairing of Dale McCarthy and John Cronin taking on Dan Leen and Jamie Kelliher. John taking out 76 to give Lals the first leg and also finishing the second leg on double eighteen, things were looking good for Lals. Dan and Jamie never gave up and Jamie took out the third leg on 73. The overall score now was Tatler 13 – Lals 8. With the Tattler only needing one more Leg it was a lot of pressure on Lals pairing of Chris O'Leary and sub Cillian O'Connor against Tatlers Neil O'Donoghue and Leonard "The Joker" Fitzgerald, Chris finished the first leg on double two, things were looking a bit better, 13 – 9. In the second leg Leonard had a look at a 73 finish, 7, 16 and just missing the bull hitting a 25. Not to be out done Cillian for Lals also had a look at taking out a 84 finish, 20, 14 and also just missing the bull and hitting a 25. It was Leonard turn again after Neil leaving him on double two, and Leonard being Leonard and pausing between throws took out double two and The Tatler winning the KnockOut Cup. Congratulations to The Tatler Jack on winning another KnockOut Cup. Hard luck to Lals Bar Kilcummin, but I am sure its not the last we will hear of Lals Team. Thanks to the O'Neill Family of Plunkett Street for their sponsorship and the trophies were a fitting memory to Jeremy O'Neill, gone but not forgotten, may he Rest in Peace.

THE KILLARNEY TOWN LEAGUE: The Darts Committee have decided to defer all finals for 1 week as a mark of respect in memory of Paul O'Connor. Our Condolences to all his Family and Friends, May He Rest in Peace.

NEW DATES FOR FIXTURES OF THE FINALS ARE AS FOLLOWS: Group 4 final between The 98 B and Charlie Foley's B now to be played in Teddy's Bar, High St, on 19th March, at 9:00 p.m. Plate Final between Dunloe Lodge A and Sportsmans will take place in Mustang Sally's on 20th March, at 9:00 p.m.

Group 3 final between The Old Killarney Inn and Charlie Foley's A will take place in Murphy's Bar on 26th March, at 9:00 p.m. Premier Final will take place in Mustang Sally's



THE TATLER JACK TEAM THAT WON THE KNOCKOUT CUP. LEFT TO RIGHT - LEONARD FITZGERALD, JACK LEEN, JAMIE KELLIHER, PAT KENNEALLY, CAPT DAN LEEN, KEVIN MCCANN, NEIL O'DONOGHUE.

on 27th March at 9:00 p.m. between The Tatler Jack and (Murphy's Bar or Lals Bar.)

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 6/03/2015, numbers drawn were 4, 5, 12 and 13. Next week's jackpot €8,000 plus €1,000 bonus.

MYSTREY TOUR: Our juveniles will have something to look forward to this Saturday 14th when they will go on the club "Mystrey Tour" guaranteed a brilliant day out for all the children. €20 covers the full day out. Make sure you are paid up and ready to go on Saturday am.

MUNSTER JUVENILE CHAMPIONSHIPS: Well done to all our athletes who travelled to Nenagh to the Munster Juvenile u9 – U12 over the weekend.

ALL IRELAND SCHOOLS CROSS COUNTRY: We also had athletes representing Boherbue comprehensive School and Presentation Convent Killarney, taking part in the All Ireland's Schools Cross Country in Clongowes Wood College, Co Kildare on Saturday. All athletes tried their best and the club and schools are very proud of you all. A special word of thanks to all the trainers.

COUNTY & MUNSTER ROAD CHAMPIONSHIPS: This race is coming up shortly, a big effort is needed!

KILLARNEY RFC NEWS

SENIORS: Our senior XV play the last round of the Munster Junior League next weekend. We are taking on Bandon at home in Direen, next Sunday at 2:30pm. As this is the last game of the season, please get down and support the lads.

MINI'S: Another great training session last Saturday. There are fantastic numbers turning up to training each and every Saturday. Thanks for bringing back the envelopes for the 6 Nations raffle. Any unreturned tickets can be returned next Saturday, ahead of the draw on the 25th of February next. Training as normal next Saturday (10:30am at Knockreer).

U16'S: PAN MUNSTER U16'S -KILLARNEY RFC 10 SKIBBEREEN17: Killarney U16's hosted Skibbereen at Direen on Saturday morning, in great playing conditions. Stephen Murphy scored a fantastic intercept try in the

first half, which went unconverted. Tyler Keogh showed great awareness to touch down in the second half, which also went unconverted for the home side. The away side really played well in the first half and our lads played much better in the second half, though we went down to a better side on the day.

U18'S: SOUTH MUNSTER UNDER 18S LEAGUE PHASE 2, KANTURK RFC 5 SOUTH KERRY 69: In perfect weather conditions,

South Kerry kicked off and the Kanturk receiver was bundled into touch on the home 22 from a good chase of the kick off. From the resulting line out South Kerry drove the maul before a break by Cathal Doyle who passed to Neil O'Brien for touchdown under the posts which he converted himself. Following good recycles by the pack heading right South Kerry swung the ball across the backline wide left with an overlap for Cathal Doyle to score to leave the score at 14 – 0. While Kanturk attacked strongly for the rest of the half they couldn't score. They came close on the stroke of half time with a good move seeing them cross the line in the right corner but before touching down the attacker was bundled strongly into touch in goal by Ben Eadie. In the same period South Kerry had clocked up 4 more tries through Dylan Sheahan, Tiarnan Clifford, Liam King and George Evans with 3 being converted by Neil O'Brien. Kanturk started the second half strongly and though a good attack was halted by the visitors close to the line, a cross kick to the far side was well directed leading to a Kanturk try. South Kerry struggled to reassert their dominance amid strong exchanges and spirited resistance by Kanturk. However, the defence was ultimately pierced by a second try for Tiarnan Clifford. South Kerry progressively introduced their substitutes after this all of whom made a strong impact. The combination of their fresh legs and a tiring home team saw further tries recorded by Liam King (2), Danny O'Sullivan and George Evans with conversions leaving the final score at 69 – 5 for the away team. This score didn't do justice to a gallant Kanturk team one of whose best players suffered an early injury. Thanks are due to all the supporters who travelled to cheer on the South Kerry team who played very strongly on a day where everything went well for them. Next match is on Wednesday in Killarney versus Cobh Pirates @ 3.30 p.m.

KILLARNEY CELTIC NOTES

ST. PATRICK'S DAY PARADE: Killarney Celtic have a great tradition of participating in the St. Patricks Day Parade. We will be meeting at 1.30pm on Mission Road and we are asking everyone, especially our younger players, to wear the colours on the day.

RESULTS:

DENNY PREMIER A: TRALEE DYNAMOS

4 KILLARNEY CELTIC 2: We trailed 2-1 at the break, with Gary Keane scoring for us. Dynamos struck twice more and the best goal of the game, a great Stephen Hayes scorcher, was scant consolation.

DENNY PREMIER B: KILLARNEY CELTIC 9 BALLYHAR DYNAMOS 2:

Ballyhar equalised after Lee O'Callaghan's opening goal but a Conor McCarthy penalty put us back in front and Celtic never looked back after that. Paudie Clifford had four to his name, Cian Casey notched a brace, and Conor Randall and Chris Keane were also on target in a great team display.

U17 LEAGUE: KILLARNEY CELTIC 9

CASTLEISLAND 1: A tough one on a depleted Castleisland side as Celtic were in top form. Oran O'Donoghue got a hat-trick, Cian Casey got two, and Con Enright, Luke O'Donoghue, and man of the match Conor McCarthy were all on the scoresheet

U14 PREMIER: KILLARNEY CELTIC 3

TRALEE DYNAMOS 2: You can coach most things on a soccer pitch, but one thing that a team have to have by themselves is heart. And Celtic U14s proved that they have heart in abundance in an incredible nine man second half display to hold out for a brilliant win against a very good Dynamos side. Celtic played well in the first half but were already down a man when they had a second player dismissed (very harshly, it must be said) early in the second half. By rights, they should have been swamped by a resurgent and quality Dynamos side, but instead every single Celtic player lifted their game and worked themselves to the bone to earn an amazing win. This was not about Dynamos being able to take advantage of the numbers, this was about Celtic simply refusing to yield it to them. The goalscorers for Celtic were Niall McGillicuddy, Liam Spillane, and Darragh Dennehy. Best for Celtic? Mark Kelliher, Liam Spillane, Mark Cooper, David Dineen, Darragh Dennehy, Mike Lenihan, Niall McGillicuddy, Evan Looney, Peter O'Sullivan, Ryan Kelliher, Caolan Ryan, Jared Barton, James Darmody.... in short, absolutely everybody, including manager Eugene Cosgrove

U14 TOM HAYES CUP: BALLYHAR DYNAMOS 3 KILLARNEY CELTIC B 1

The result didn't go our way but in fact this was a great team performance and one to be very proud of. Adam Kissane scored for us. Ballyhar had the strong wind advantage in the second half and used it well.

U14 CELTIC GIRLS: Won well against Mastergeeha. Celtic are gearing up for the Munster Cup away to Newcastlewest on the weekend of March 28th and they quickly settled into top gear against a Mastergeeha side who

were brave and industrious but somewhat out of their depth as yet - they will get there, but this wasn't their day, whereas Celtic were in top form.

U12 PREMIER: KILLARNEY CELTIC 3 ST.

BRENDANS PARK 0: A great game between two top quality sides, and a top notch team display by Celtic, including goals from Daniel Okwute, Kieran Dennehy, and sub Jackson Mahony, saw us come out on top. Well done to everyone, including a very sporting Park.

U12 JOHN MURPHY CUP: BALLYHAR 5

KILLARNEY CELTIC B 2: We were beaten by the better team, but we made them work hard to prove it. Simon Coffey got both our goals, while Cian Doyle and Rory Dorrian stood out for Celtic.

U12 DIV TWO: KILLARNEY CELTIC C 2

TRALEE DYNAMOS B 2: Absolute thriller. Angel Zamora and Erin Moloney got the goals for us while Harry White had a great game, but the undoubted star of the show was goalkeeper Aaron O'Sullivan, who gave a tremendous display that included two penalty saves

GIRLS U10 BLITZ: A big thank you to Listowel Celtic U10 Girls for defying the inclement weather and the journey to make their way to Celtic Park for a really enjoyable blitz. Great commitment - and great craic! U10 Girls training starts next Saturday at 12.30pm. As always, all welcome.

FIXTURES:

Denny Premier A: Killarney Celtic away to Listowel Celtic, Sunday, 11.30am.

Youths League: Killarney Celtic away to Killorglin, Saturday, 12.30pm.

U15 Premier: Killarney Celtic away to Listowel Celtic, Saturday, 12.30pm.

U15 Div One: Killarney Celtic C at home to Killarney Celtic B, Saturday, 12.30pm.

U13 Premier: Killarney Celtic at home to Listowel Celtic, Saturday, 11.45am.

U13 Div Two: Killarney Celtic C at home to Mastergeeha, Saturday, 10.30am.

U12 Girls: Killarney Celtic home to Killarney Athletic, Saturday, 2.30pm.

U11 Group One: Killarney Celtic A away to Listowel Celtic A, Saturday, 10.30am.

U11 Group Two: Killarney Celtic B away to Listowel Celtic B, Saturday, 10.30am.

U11 Group Three: Killarney Celtic C at home to Mastergeeha, Saturday, 10.30am.

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

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

LOTTO RESULTS: Numbers drawn 7, 15, 18, 24. No winner.

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

SCHOOLBOY/GIRL SOCCER:

EARLY ROUNDS OF CUP'S WRAPPED

UP: Kerry Cups: 11's Cup: Park 7-0 Castleisland.

John Murphy 12's Cup: Mastergeeha 5-0 Park C. Dingle Bay Rovers 3-0 Killorglin B.

Ballyhar 5-2 Killarney Celtic B.

13's Cup: Camp Juniors 2 - 2 Listowel Celtic A.

Tom Hayes 14's Cup: Park A 7-0 St Bernards.

Ballyhar 3-1 Killarney Celtic B.

Iveragh United 1-8 Killorglin A.

Park B 1-1 Killorglin B AET.

Park B win 4-3 on pens.

Killarney Celtic C 0-3 Mastergeeha.

Tucker Kelly 16's Cup:

Tralee Dynamos B 1-0 Inter Kenmare.

Listowel Celtic A 4-1 Fenit.

Iveragh United 1-3 Killorglin.

LEAGUE RESULTS:

JK Sports 12 Premier:

Killarney Celtic A 3-0 Park A.

12 Division 2: Killarney Celtic C 2-2 Tralee Dynamos B. Asdee 0-4 Camp Juniors B.

Foundation Sports 14 Premier

Killarney Celtic A 3-2 Tralee Dynamos A.

14's Division 2: Tralee Dynamos B 5-1 Listowel Celtic B. Fenit 3-0 Asdee.

Girls 14 Premier

Killarney Celtic 6-0 Mastergeeha.

Listowel Celtic 4-0 Killarney Athletic.

Killarney Plaza 15 Premier

Tralee Dynamos 1-2 Park A.

15 Division 1

Killarney Athletic 6-0 Killarney Celtic C

CUP REPORTS: There were places in the quarter finals of the cups up for grabs while for all the beaten teams, bar the premier sides are into the shield first round with the draws for these to be done this week.

11'S CUP: The final place in the 11's Cup quarter final was taken by Park A who defeated Castleisland. David Feeley, Sean Hill, Ben Hanafin, Ciaran Cooney, Josh Connolly, Colin Dooly, Cillian Murphy and Copnor Kerins all scored one each in the win.

JOHN MURPHY 12'S CUP: Mastergeeha made home advantage count as they got past the Park C with goals from Colin Dunlea, Cian Foley, Keelan Murphy, Brendan O'Leary and Adam O'Sullivan. Cormac O'Cinnaide, Tadgh Kennedy and Thomas O'Shea scored for Dingle Bay Rovers as they progressed at home to Killorglin B. Ballyhar defeated Killarney Celtic B 5-2 at home with John Power on fire hitting 4 goals. Bryan Burke got the other goal for the winners. Simon Coffey got both goals for Killarney Celtic B. The Listowel Celtic A and Mastergeeha B game was called off.

13'S CUP: Camp Juniors A and Listowel Celtic A were involved in a thriller with the sides sharing 4 goals in normal time. Cian O'Grady and Nathan O'Connell scored for Camp A while Mickey Nolan got the two for Listowel Celtic A. In extra time Listowel Celtic proved to be just the stronger and goals from Conor Hogan and Nathan McGrath saw the North Kerry side through.

TOM HAYES 14'S CUP: The Park A were too strong for St Bernard's with seven players scoring individual goals. Jordan Barry, Seb

Vassiu, James Sheehan, Kevin Goulding, Conor Hayse, Sean McGrath and Leon Shalemba all got their names on the score-sheet. Ballyhar had a good day at home in Murt Scott Park with the 14's also going through as they got past Killarney Celtic B 3-1. Darragh O'Donoghue, Patrick O'Connor and Dylan Callaghan were the Ballyhar scorers.

Mastergeeha booked their place in the quarter finals with a 3-0 win over Killarney Celtic C while Killorglin A continued their impressive form in all competitions. Here they defeated Iveragh United in Caherciveen. Gar Hassett came off the bench to score a second hat trick, Ronan O'Shea hit a 30 year free kick to the net, Gary Murphy scored twice with Dylan O'Neill and Gabe Griffin getting one each.

The Park B and Killorglin B game went all the way to penalties after it finished 1 all after extra time. Samson Ayavi got the goal for the Park B in normal time. From the spot Mark Dziejuch, Samson Ayavi, James Hayse and Tennyson Escobar were all successful in a 4-3 win. However the Park were very grateful to keeper Joe Hannafin who stopped a number of Killorglin penalties to see his side through in a nail-biter.

LEAGUE REPORTS: UNDER 10 GIRLS

BLITZ: The future stars of the girls game at Killarney and Listowel Celtic's enjoyed their Blitz at Celtic Park. The League will be hoping that more clubs put together teams at this age group and more blitz's for our youngest girls can be arranged.

KILLARNEY CELTIC INTO 2ND IN 12

PREMIER: In the JK Sports 12 Premier Killarney Celtic moved into second place and to within 2 points of leaders Killorglin, although they have a couple of more games played. The Hoops defeated Park A 3-0. Daniel Okute 2 and Jackson Maahony were the Celtic scorers.

CRACKER IN THE 14 PREMIER: The Foundation Sports 14 Premier games between Killarney Celtic and Tralee Dynamos turned into a cracking game with Celtic winning late on to move into joint top spot in the table. The Hoops went 2-0 up with goals from Niall McGillicuddy and Liam Spillane but Dynamos levelled it up. Two goals from Sean Kennedy, one from the penalty spot and one from a direct free kick looked like giving the Tralee boys a share of the points. But there was another twist when Darragh Dineen scored the winner late on for Killarney Celtic direct from a corner.

KILLARNEY CELTIC GIRLS REMAIN UNBEATEN IN 14 PREMIER:

Killarney Celtic made it 5 wins from 5 in the Girls 14 Premier as they were too experienced for a young Mastergeeha side who battled hard. Lauren Burke and Maud Kelly did most of the damage for Celtic. Listowel Celtic remain in second place thanks to a 4-0 win over Killarney Athletic. Aoife Horgan scored twice before going off with a shoulder injury. We all wish her a speedy recovery. Caoimhe Spillane scored the other two goals for Listowel Celtic.

ATHLETIC INTO 3RD AS 15 DIVISION 1



KILLARNEY ATHLETIC UNDER 15 TEAM WITH TEAM MANAGER PA HOWARD KITTED IN THEIR NEW HOME KIT AS SPONSORED KINDLY BY DAVID O'SULLIVAN OF O'SULLIVAN CYCLES OF KILLARNEY.

CLOSES UP: Killarney Athletic were too strong for Killarney Celtic C and their 3 points sees them move into joint second place alongside Killarney Celtic B with both only a point behind Inter Kenmare. John Coffey, Colm Cagney and Fionbarr Hickey were amongst the goals.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES: Kerry Schoolboys/Girls League

Saturday 14th March 2015

Mini Blitz Under 7s & 8s. Venue 2 Mastergeeha 2.00pm. Killarney Celtic, Inter Kenmare Killarney Athletic.

JK Sports Under 12 Girls Premier

Killarney Celtic v Killarney Athletic 2.30pm.

Daly's Supervalu Under 13 Division 1

Killarney Athletic v Park B 10.30am.

Killarney Plaza Under 15 Division 1

Killarney Athletic v Inter Kenmare 12.30pm.

ST PATRICK'S DAY PARADE: Killarney Athletic needs YOU!

The club will be participating in the St Patrick's Day Parade and as it is the clubs 50th Anniversary we would love to have as many members past and present to join with us and march with us on the day. Meeting at Mission Road at 1.30pm. Please wear your club colours. Looking forward to seeing you all.

NEW 300 MEMBER CLUB: RESULTS 28th February. First prize €500.00 Natalja Orupe.

5 prizes of €100: Joseph O'Donovan, Marie Lenihan, Pa Howard, Shane Doona/Mark O'Shea and Richard Anderson. Next draw on 28th March in Scott's. Also tickets still available for March to December draws for €100. Please contact Mike O'Shea on 087 2226185 for further details or any club officer.

TOPAZ CASH FOR CLUBS: We are doing the cash for clubs with Topaz - just top up your car by €40.00 and get a card stamped 5 times. We need 300 fully stamped cards for the chance to win €10,000.00. We are registered.

CONDOLENCES: Sincere Sympathy to the O'Donoghue family Muckross on the recent sad loss of their father. R.I.P.

To the O'Connor family on the recent sad passing of Paul (previous sponsors of Killarney

Athletic for many years) and Paul himself who was a great supporter of the Club.

KILLARNEY ATHLETIC ABROAD: Brendan Moloney on a losing side for the first time since joining Northampton Town while Diarmuid O'Carroll keeps on scoring for Crusaders to keep their 6 point advantage over Linfield. Positive times for both players with Diarmuid going for league and cup success and Brendan hoping for Playoff Promotion.

RESULTS: SENIORS

SENIOR A: The A team had a great game against Dingle Bay Rovers yesterday resulting in a 3-3 all draw. It was a lively game and Dingle took a 2 nil lead, the first a great solo effort from Joe Sheehy that no keeper would stop. With a change of formation, Athletic rallied and goals from Mike Lynsdey (a Brian O'Reilly Cross) and David Sheerin brought the game level. On the next attack, Dingle restored their lead only for Gavin O'Shea to level peg again. Athletic had a late goal disallowed that would have given them the deserved win. Best for Athletic Shane Doolan.

SENIOR B: The B team also had a 3-3 draw with Park B but this was certainly a game lost on Athletic's part. Athletic pressed and attacked every ball with a high tempo in the first half and quickly ran into a 3 goal lead with Mason Ferris getting a quick double and an own goal. With Park making substitutions, they got one back to leave half time score 3-1. Into the second half and a soft penalty for a push let Park back into it and a late goal for Coffey to give himself a hat trick and a share of the spoils. Again Athletic had a late goal disallowed. Best for Athletic Julian Iff.

TRAINING: This Friday 7.00 - 8.00pm

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

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

RING OF KERRY G&CC

RESULTS: 2-PERSON BETTER BALL (18 HOLES 3/4 HANDICAP).

1st: Michael O'Sullivan (10) & Henk Bons (4) 39pts ocb.

2nd: Jason Taylor (19) & Daniel Taylor (17) 39pts ocb.

3rd: Geoff Mahony (14) & Joe Harrington (15) 38pts.

UP COMING FIXTURES:

SATURDAY 14TH / SUNDAY 15TH MARCH - MEMBERS SINGLES STABLEFORD.

Inbhear Scéine Swing - A joint Open competition with Kenmare golf club also starts next Saturday 14th, which runs through until Sunday 22nd March. Play 18 holes at both courses. Members €20 Visitors €40. Please call 064 66 42000 to book

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 8TH MARCH 2015, 18 HOLE STABLEFORD: Winner Michael Leahy (18) 40 pts. Overall runner up Steve Shine (18) 40 pts. Overall 3rd place Joe Gaffey (21) 39 pts.

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

KILLARNEY GOLF CLUB

MENS CLUB NOTICES

KEANE'S JEWELLERS

SINGLES STABLEFORD

MAHONY'S POINT, 8/3/2015

1st Peter Lawlor (15) 42.

2nd Dermot O'Sullivan (18) 42.

3rd Ryan Kelliher (13) 41.

4th Conor Clancy (10) 41.

5th Alan O Doherty (18) 41.

Best Gross Ronan Kelliher (3) 72 gross.

CAT 2 (7-11) Bryan English (9) 40.

CAT 3 (12-17) Willie D O'Connor (14) 38.

CAT 4 (18+) Frank O'Rourke (28) 39.

CSS 38 pts. Prize Presentation next Sunday 15/3/2015 @ 3.30pm

ROSS GOLF CLUB

GENTS CLUB:

RESULTS: ON SUNDAY MARCH 8TH WE HELD AN 18 HOLE SINGLE STABLEFORD COMPETITION.

1. Rolandas Bendikas (18) 40 pts.

2. Mike Brosnan (6) 39 pts.

3. Renaldas Bendikas (11) 39 pts.

4. Tony Lenihan (16) 37 pts.

On Sunday March 15th we will the first round of the MD O'Shea Spring League with an 18 hole single stableford competition. This will be sponsored by the International Hotel and the timesheet is now available in the clubhouse.

THE KINGDOM CHALLENGE SHIELD: The Ross GC team played host Tralee GC last Saturday, March 7th in the first leg of the County final of the Intermediate Section of the Kingdom Challenge Shield and it finished with the Ross team being one down. The second leg will be played in Tralee in a few weeks time.

MARCH 17TH: The Ladies club are organising a mixed scramble for St Patrick's Day with a shotgun start at 9.30am, kindly sponsored

by Safe Guard Security and the Club Mixed Championship is also presently being organised by the Ladies Club. The draw for this will be made on St Patrick's Day.

The entry sheets for both of these competitions are now available in the clubhouse so please get your name on these sheets immediately.

KILLARNEY GOLF CLUB

LADIES:

RESULTS OF COMPETITION SUNDAY 8TH MARCH, SPONSORED BY O'SULLIVAN'S PHARMACY, KILLARNEY.

1st Amy Arthur (8) 37 pts.

2nd Aoife Frazer (21) 36 pts (bk6).

3rd Ailish Mulcahy (6) 36 pts.

B.G. Eimear O'Donnell (8) 25 gross pts.

4th Margaret O'Donoghue (19) 35pts (bk9).

Next Sunday's Competition will be sponsored by Keane's Jewelers, entry sheet on notice board in Main Hallway of Club House.

KILLORGLIN GOLF CLUB

LADIES: 12 HOLE RE-ENTRY STABLEFORD SPONSORED BY LADY PRESIDENT BETTY FOLEY: 1. Emma Daly (21) 28 pts. 2. Eileen Bell (24) 27 pts. 3. Jennifer Pigott (19) 26 pts.

SPRING LEAGUE: The 2 rounds of 12 hole stableford required to qualify have been completed. The top 4 teams that have qualified for the matchplay semi finals are Snowdrop Team 143pts, Rose Team 134 pts, Crocus Team 133 pts, Carnation Team 129pts. Semi Finals: Team Carnation V Team Crocus and Team Rose V Team Snowdrop. Matches started Monday 9th and finish Sunday 29th. Further information on Notice Board.

FIXTURE: 12 Hole re-entry sponsored by Mary Lawlor is now in progress and will continue until further notice. The AIG Insurance sponsored ILGU matches will take place in April. A list of eligible players in the Minor and Challenge Cups are posted on the Notice Board. Please tick your name if your available to play. Team Managers are Maura O'Boyle and Vice Captain Anne Kenny Foley.

FIXTURE: 12 Hole re-entry sponsored by Mary Lawlor is now in progress and will continue until further notice.

The AIG Insurance sponsored ILGU matches will take place in April. A list of eligible players in the Minor and Challenge Cups are posted on the Notice Board. Please tick your name if your available to play. Team Managers are Maura O'Boyle and Vice Captain Anne Kenny Foley.

KERRY PITCH & PUTT

Last Sunday Rounds two and three took place in Listowel and Tralee respectively. Deerpark B lead from Round One (Deerpark) the week before but their challenge floundered and it was Castleisland who took the 10 pts. on offer in very blustery conditions with Tralee A in second. This left Castleisland leading on 18 pts. one ahead of Deerpark A after two rounds. All seven teams then travelled into Tralee for Round three where Deerpark A rallied to take the 10 pts. and Castleisland came in second leaving both teams tied on 27 pts. Deerpark B and Tralee are tied on 23 pts. with the Gleneagle team on 20 pts. This Sunday the final round of this years' Bob Casey Memorial Kerry Inter Club will take place in Castleisland at 9 am. It's in Castleisland's hands now with home advantage to retake a title they last won three years ago, but they face a strong Deerpark A squad which will make for exciting times this Sunday.

DEERPARK PITCH & PUTT

NOTES BY JOHN KELLY

SENIORS OUTING: Last weeks outing at Deerpark attracted a good attendance of members from Castleisland, GlenEagle and Deerpark and the results are as follows, Hugh O'Sullivan and Tom O'Leary 44 Nett Ger Casey and John Murphy 35 1/2 Gross.

Next Outing will be to Castleisland on Wednesday 1st April 10am.

MEMBERSHIP 2015: Membership will be collected on this weekend Saturday and Sunday 14th and 15th from 11am to 11.30am at the Clubhouse.

CLOSING DATES: As the playing season is fast approaching there are now numerous entry forms for various competitions on display in the Clubhouse. If you are interested in competing in those events it is important that you have your name along with the relevant entry fee paid by the closing dates. Fixture books for the playing season are also available free in the Clubhouse which will be open on Saturday and Sunday mornings, 11 am to 11.30am.

INTER -CLUB COMPETITION: We hope to have an update on the progress of the Inter-Club competition available for next weeks edition.

BEAUFORT GOLF CLUB

(MEN'S BRANCH)

RESULTS: 7TH/8TH MARCH - ROUND 1 SPRING LEAGUE - SPONSORED BY CAHILANE BUTCHERS - 14 HOLE STABLEFORD (YELLOW TEES).

Winner: Shane O'Sullivan (8) 32 pts.

FORTHCOMING EVENTS: 14th/15th March - Round 2 Spring League - Sponsored by Cahilane Butchers - 14 hole Stableford (yellow tees). (re-entry play both Saturday and Sunday if you wish). Please ensure you book your tee time in advance.

WEEKEND AWAY: Midleton Park Hotel - 28th/29th March. Please enter name on sheet in Clubhouse asap.

APRIL 3RD: Club Fundraiser (4Ball B/B) - sponsored by The Malton Hotel. Timesheet open - ring clubhouse to book your tee time.

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

Phone: 064 66 44440.

Email: info@beaufort-golf-club.com

KILLORGLIN GOLF CLUB

MENS COMPETITION RESULTS

SPRING LEAGUE FINAL 8/03/2015

1st J. Carmody, T. Powell, J. Sheehan, E. Sheehan = 90 pts. 2nd P. McK, J. Kennedy, R. Kennedy, P. O'Shea = 89 pts. 3rd B.O'Shea, J. Foley, R. Sheehy, M. O'Kinneide = 88 pts.

18 HOLE CLUB SPONSORED COMPETITION

1st Tom Murphy 50 pts. 2nd Jer Joy 42 pts.

3rd Pa O'Callaghan 41 pts.

4th Mike J.O'Sullivan 41 pts

12 HOLE COMPETITION:

1st Pat Sheehan 32 pts.

2nd Billy O'Shea 29 pts.

Tommys Farming Week

Pat and Claire farm in West Cork, until January of this year they lived directly under three wind turbines. This is their story.

"It was said in an advertisement on a national paper that: 'wind turbines and farming can co-exist on the same piece of land with little impact on each other'.

The farmer will have little impact on the turbines to be sure. However, there will be huge and irreversible impact on the farmer and his/her family and also of course on all the neighbouring landowners and residents. This is our experience. We are a farming family who live adjacent to a small wind farm which was constructed eight years ago on tillage land. (The nearest turbine to our home is approximately 520m. There are turbines closer to other neighbours.) There are more than 40 homes within one kilometre of the wind farm.

It is very easy to be spellbound by the money being offered and €18,000 for 25 or 30 years is very attractive and must be hard to resist. It is easy to imagine what you could do with all that money. However, it is difficult to imagine the actual size of a turbine until it is before your eyes, taller than 'the Spire' in Dublin. It is difficult to imagine what shadow flicker is until your home is covered by

huge moving shadows that can make you dizzy and disoriented. It is difficult to imagine the level of disturbance caused by the noise. It will be too late when families realise that the noise from these turbines will never stop as long as the wind is blowing. It will be too late when they realise that the low frequency noise from wind turbines penetrates concrete and will always invade their home. This pressure can pulsate in the ears and will more than likely drag people awake more than once in the night. Property prices do fall in an area where there are wind turbines and it is difficult to sell even at reduced prices. Who would willingly move to an area with wind turbines?

This is our reality and has been for the last eight years. We were assured that the turbines would not impact on our lives and we were naive enough to believe these assurances because we didn't want to 'go against our neighbours' as is the tradition in the country. It was too late when we realised our mistake.

Developers want to convince you that the turbines will have

no impact on your lives. Figures from the latest technology will tell you what they want you to hear. They are just figures, and in our experience bear no relation to real life. Real life for us is that we cannot move our farm away from the noise. Real life for us is that our children will probably not live here in the future and will not raise the next generation next to wind turbines." Pat and Claire left the farmhouse they built for their family about a month ago, they now live a mile away and commute to the farm. They are sleeping better already and hope the tinnitus like effect of the turbines will disappear in time.

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JOHN DWYER FROM KILLORGLIN CO KERRY PRESENTED WITH IFA HONORARY LIFE MEMBERSHIP AT THE RECENT AGM OF KERRY IFA. LEFT TO RIGHT, SEAN BROSAN IFA KERRY COUNTY CHAIRMAN, JOHN DWYER KATHLEEN DWYER AND JAMES MCCARTHY IFA MUNSTER CHAIRMAN.

MACRA MATTERS

Kenmare Macra held a club exchange with Sliabh Luachra Macra last Saturday night in Ireland's Highest pub The Top of Coom. There was a great turn out and the night was filled with music, fun, dance and laughter, with the night finishing off with a sing song. Kenmare Macra wishes

to thank Sliabh Luachra Macra for making the journey over and to Eileen, Tim and all the staff of the Top of Coom for the use of their venue. Kerry Macra's next county meeting will be held in Pat Sheehan's Bar Furies on the 7th of April at 9pm. All Welcome.

CLONAKILTY OPEN DAY

This Friday Clonakilty Agricultural College will hold its open day. The Teagasc run School host accredited courses in Level 5 Certificate Agriculture, Level 6 Advanced Certificate in Agriculture - Dairy Herd Management, FETAC Level 6 Specific Purpose Certificate in Farm Administration. For more information you can contact Majella on 023 8832500

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**PLEASE NOTE THAT AS ST. PATRICKS DAY FALLS ON
TUESDAY, THE CALVES AND WEANLINGS SALE WILL
TAKE PLACE ON MONDAY THE 16TH AT 7.30PM**

FOR THAT WEEK ONLY

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KERRY STUDENTS PUT ON THEIR WELLIES AND TAKE TO THE FIELDS FOR AGRI AWARE'S '2015 FARM WALK AND TALK'

Agricultural Science students and their teachers, from 70 schools across Ireland, are this week closing their textbooks and putting on their wellies. Over two thousand five hundred second level students, are visiting Teagasc colleges and research centres throughout the country, from 2-6 March, to get a day of hands-on learning, via Agri Aware's farm walks.

Agri Aware's 'Farm Walk and Talk' initiative is a key event to demonstrate the practical elements of modern agriculture, to both urban and rural students. The agri-food industry creates over 300,000 jobs in Ireland, yet the current Agricultural Science syllabus for Leaving Certificate students has not been updated for over 40 years. The current syllabus fails to include vital information on important topics such as genetics, farm machinery, sustainability, new animal breeds and farm safety.

The last few years have seen a jump in the number of students choosing to study Agricultural Science. The number of students taking the leaving certificate exam increased from 3,912 in 2006 to 7,912 in 2013. There are currently a total of 14,200 fifth and sixth year students studying Agricultural Science in Ireland.

This week's Farm Walk and Talk is organised by Agri Aware, in association with Teagasc, IASTA and the agri-food industry.

Representatives of ABP, Dawn Meats, Kepak, Liffey Meats and Irish Country Meats will provide educational talks and presentations on meat-related elements of the Agricultural Science syllabus, while representatives from the Irish

Dairy Board, Dairymaster, Lakeland Dairies, Aurivo and Arrabawn will be on hand to provide information about dairy-related elements of the syllabus. ESB Networks will deliver educational talks and presentations on farm safety.

For more information contact: Kathyann Barrett, Agri Aware on 086 1733100 and kathyann.barrett@agriaware.ie



PICTURED AT AGRI AWARE'S '2015 FARM WALK AND TALK' IN TEAGASC FOOD RESEARCH CENTRE WERE DR. VANESSA WOODS, CHIEF EXECUTIVE, AGRI AWARE AND AINE MULVIHILL, KEPAK GROUP WITH STUDENTS FROM CAUSEWAY COMPREHENSIVE SCHOOL.

EFFECTIVE REHYDRATION POST CALVING

Calving is the most stressful time in a cow's life and how we help her will have a marked bearing on how well she performs. Even a relatively straight forward calving is a major physiological event. The greater the calving stress the more reluctant the cow will be to start eating. What we need to do is to inject some vigour into the cow and the proven way is to get her rehydrated as soon as possible after calving.

Cows lose over 50 litres of fluid at calving; a dehydrated cow will be listless, lethargic and reluctant to begin eating. It is not possible to rehydrate a cow with water alone because the loss of fluids will contain a significant amount of electrolytes, notably sodium, potassium and chloride, which are essential for regulating fluid content in the body. The most effective way to rehydrate cows is to use a specially formulated electrolyte solution such as Farm-o-san Reviva from Trow Nutrition, which contains a balanced source of key electrolytes along with vitamins

and rapidly available energy to give the cow a real boost.

Reduced dry matter intake is also an issue at calving, so by stimulating intake we are reducing the period and severity of a period of negative energy in the cow and associated risks. The specific structure of the carbohydrates in Reviva has been shown to stimulate appetite, encouraging cows to eat sooner.

During the calving period the calcium requirement rapidly increases and unless addressed can result in problems with clinical and sub-clinical milk fever. Reviva contains a source of readily available calcium in association with vitamin D. The cost of rehydration should be considered an investment in the next lactation and will be more than covered by the reduction in problems associated with negative energy balance and by cows settling into lactation more quickly.

For further details call in Store to Kelliher Feeds & Agri Supplies Ballymullen Tralee

DAIRY FORUM MUST FOCUS ON FARM PROFITABILITY AND VOLATILITY

IFA National Dairy Committee Chairman Sean O'Leary has welcomed the setting up of a Dairy Forum by Minister for Agriculture Simon Coveney.

O'Leary said the Forum must help co-ordinate the sector's growth strategy for the coming years, and it must focus on farm profitability and managing income volatility. He said IFA would take full part in the Forum to influence its activity in this direction.

"While it now seems that the fall in milk prices and incomes for 2015 may not be as severe as first thought, it will remain a very challenging year of low milk prices, relatively high costs, superlevy fines and hefty tax liabilities. Coupled with farmers' investment commitments, both on farm, and to support the development plans of their co-ops, this year will be very challenging for most dairy farmers," Mr O'Leary said.

"It is crucial that our Minister for Agriculture Simon Coveney and EU Agriculture Commissioner Phil Hogan would work hard in Brussels to obtain the prompt delivery of the proposed 3-year extended payment scheme for superlevy. Commissioner Hogan must also capitalise on his ability to bring forward this proposal to seek political



MINISTER FOR AGRICULTURE SIMON COVENEY

support for some level of reduction, such as by removing the butterfat corrector from the calculation formula for superlevy. Both men must also initiate a review of EU market supports, to ensure they are revalued to keep pace with production costs," he said.

"The Minister's Forum must also be used to put pressure on banks to provide farmers with investment products with flexible repayments taking account of income variations," he said.

"Lastly, it is vital that Teagasc, as an independent research and advisory service of great value to farmers, be fully and properly resourced to be able to increase its services to farmers to include not only best farming practice at every level, but also financial management training," he concluded.

RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

RATHMORE 5TH ANNUAL ST. PATRICK DAY PARADE: Will be held on this Sunday 15th March 2015 at 2.00p.m. Led by Grand Marshall; Val Moynihan chairman of Marian Players Rathmore Panto Group. All Floats Welcome. No Street Traders please. There is an urgent need to get more people involved to help out with stewarding on the day and to decorate the town the days before parade. We are also looking for all sporting organizations clubs and groups business from Rathmore and surrounding parishes to take part. Further information contact: 087 6676817.

RING OF KERRY CHARITY CYCLE 2015 & RATHMORE SOCIAL ACTION GROUP: The Social Action Group is celebrating its fortieth anniversary this year. It was founded in Rathmore in 1975 to provide young people with an organisation through which they could make a positive contribution to their community. The Social Action Group caters for many of the needs of our older adults including those suffering from various illnesses. The care provided in our Day Centre St. Joseph's, which covers a wide catchment area, is of enormous benefit not just to the many people who attend but also to their families. Our service for older adults also includes housing and meals on wheels and a laundry service.

To mark our anniversary, we will shortly begin a major project, the construction of several more houses and apartments for our older adults. All funds raised will be used for our care programme and anniversary project.

To register and support us please contact : Telephone: 064 7758588 Mobile: 087 0579933 Email : info@sag.ie

SLIABH LUACHRA DRAMA GROUP: Due to popular demand Sliabh Luachra Drama Group will stage an extra production of "Professor Tim" in the Heritage Centre Scartaglin on Friday 13th

of March at 8pm Booking 087/2434000.

CONGRATULATIONS: To Donal Leader Cahirbarnagh Rathmore who celebrated his 21st Birthday party last Friday night in Connie' KS Bar Rathmore with family, relatives and friends.

RATHMORE CREDIT UNION: CREDIT UNION SCHOOL QUIZ: We are delighted to tell you that the Holy Family N.S. came 1st in the U-13 category of the Credit Union School's Quiz on Sunday last in Tralee. This means that they now go forward to represent both their school and Rathmore Credit Union in the All-Ireland Final on the 12th April next. This is the second year in a row that Holy Family N.S. have been in an All-Ireland Final which in itself is a massive achievement. The team members are: Paraic Finnegan, Sean Burke-O'Donoghue, Ciara O'Keeffe and Maggie Buckley. It is also the second time around for Paraic Finnegan and Ciara O'Keeffe. They are great ambassadors for both their school and the community. We sincerely congratulate them and wish them the very best, as they prepare for the final. We also congratulate Knocknagree N.S. who took part in the U-11 category and did well on the day.

DIOCESAN COLLECTION: For Emigrant Services as a second collection at all Masses on 14th and 15th March Your generosity towards this collection will be greatly appreciated.

SYMPATHY: To the families, relatives and friends of the late, Sheila Moynihan (née O'Keeffe) Mill Road, Rathmore whose deaths occurred last week . May she Rest in Peace.

FREE NIGHT OUT: Knocknagree N.S. Parents Council have organised a Dance in the Hall on Sunday 15th March, 2015 to celebrate Seachtain na Gaeilge. Music is by Sheila Fitzgerald and her Band, commencing at 8:00pm sharp. Admission is free and the event is sponsored by Seachtain na Gaeilge. All Welcome.

TABLE QUIZ: Knocknagree N.S. Parents Council will hold a Fundraising Quiz on Friday 20th March at 7:30pm in Knocknagree Hall. We welcome primary school children from 3rd to 6th class. There will be prizes on the night for 3rd/4th and 5th/6th classes. Teams of 4 and the cost will be €20 per team. For further information on any of the above events, please contact any member of the Parents Council. Ellen O'Keeffe 087- 6981764, Michelle Brosnan 086 – 1050435, Mairéad Brosnan 087 – 6152376.

RATHMORE COMMUNITY COUNCIL CHURCH GATE COLLECTION: Took place the weekend 28th of February and 1st of March 2015 in all Masses in Rathmore and Shrone, your generosity was appreciated. Total amount collected €675.80.

PANTO DVDS ON SALE: LITTLE RED RIDING HOOD: Copies of the Panto which was staged in Rathmore recently are now available to buy. This two and a half hour presentation showcases the very best of local talent and is ideal as a gift or simply to enjoy. The double disk DVD is beautifully packaged and is available through Michael O'Mahony or by phoning 087 6676817. Cost €12.00. DVDs of previous pantomimes are also available on request.

KERRY ROSE SELECTION: There was something about Mary that led to her becoming the 2014 Kerry Rose and now Mary Hickey is looking for her successor. Why not sponsor someone to represent your business in the 2015 Kerry Rose Centre selection? www.roseoftralee.ie

NOTES: Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6:00pm on Sunday.

FOSSA NEWS

PARENTS ASSOCIATION: Fossa School Quiz Friday 13th March in the Golden Nugget at 7.30pm adult tables €30, juvenile tables €20, (5th class and upwards) Come along and enjoy the fun!

FOSSA COMMUNITY GAMES NOTES: Congrats to Catriona McKenna who won Gold in U8 art and Philip Lyons who won silver in the U12 art in Listowel last Saturday. Here are a few more dates for your busy diaries The U14 Quiz will be on the 3rd of April - anyone interested please contact Amanda O'Brien 086-3283778

Also Swimming is taking place in Tralee on 19th April, U8 through to U16 anyone interested please contact Eileen O'Mahony 087-1700971

KILLARNEY LIBRARY: Felting Artist Martyn

Bell will host an exhibition of his and his family's works at Killarney Library from Tuesday 3rd to Saturday 21st March during library opening hours. Killarney Library is celebrating Enterprise month in March with a display of business-related books including titles on job-seeking. The topic for this month is "Spanish Food". The next meeting of the Sewing & Fashion Club will take place on Friday 13th March 11am-1pm. On Wednesday 18th March the National Learning Network will hold an advice clinic from 11am-1pm

FOSSA COMMUNITY CENTRE: Volunteers urgently needed to help with the running of the community centre. If you would like to help with a specific task or become a member of the committee please contact any of the

following, Derek 086 389 5142, David 086 323 9148, Eileen 087 628 4053, Billy 064 6644391, Tim 087 241 3116. If help is not forthcoming we may be faced with the situation whereby this fine facility may have to be closed.

SYMPATHY: Sympathy is extended to Katherine Butler of Dromin on the death of her mother Sheila Moynihan, Rathmore, may she rest in peace.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to John O'Neill at pro.fossa.kerry@gaa.ie Please forward information on before Sunday at 11am.

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BEAUFORT NEWS

ANNIVERSARY CELEBRATION: The 65th Anniversary of the founding of St. Mary's Pioneer Centre will be celebrated with a Social to be held at Kate Kearney's Cottage on Friday, 17th April. The evening will begin with Mass in the Parish Church at which silver, gold and other Jubilarians will be honoured. Details from 064-6644319.

SING'YER AULD SONGS: Thomas O'Sullivan is in the process of collecting old songs, poems, recitations of the general area of Beaufort, Killorglin, Black Valley and the Gap of Dunloe ... of Puck Fair and the Biddys etc ... this primarily for preservation of same for posterity. Depending on the response it may be envisaged to include them in a CD which would be made for little or no cost and sold locally, the proceeds of which would be given to local charity. He also has portable recording equipment and can record the material to the highest quality. Contact Thomas O'Sullivan, Alohart, Beaufort. Email: kerryonwalking@gmail.com Phone 087 9807122.

HEALTHY CLUB PROJECT: Our Good Friday Walk will be held again this year in association with Kerry Cancer Hospice on Good Friday April, 3rd. More details later. We hope to have a good crowd from the Parish taking part in this walk to raise monies for such a good cause and for everybody's wellbeing. We hope to organise more activities throughout the year for the community.



TRISHA O'DOWD FIRES KILLARNEY BA (HONOURS) DEGREE IN SOCIAL CARE FROM THE INSTITUTE TECHNOLOGY TRALEE. PHOTO: DOMINICK WALSH PHOTOGRAPHY.



LISTRY LADIES PICTURED AT THE LISTRY GAA CLUB NIGHT AT THE DOGS AT KINGDOM GREYHOUND STADIUM, TRALEE ON FRIDAY NIGHT, KATHLEEN HOBBS, MARGARET LEHANE, NOREEN O'SULLIVAN, KAREN AND MARY KENNEDY AND CARMEL MCCARTHY. PIC JOE HANLEY (087-2376061)

GLENFLESK NEWS

WITH DONAL KELLY

EAST KERRY SENIOR LEAGUE: The Glenflesk senior team, sponsored by The Jarvey's Rest, defeated Gneeveguilla in the East Kerry Senior League on Sunday March 8th on a scoreline of 1-11 to 0-10.

GLENFLESK LOTTO: Next draw will be held on Sunday March 15th in the Kerry Way, Jackpot €4,200.

CLUB MEMBERSHIP: Glenflesk GAA club membership is now due. Membership can be paid directly to the following officers: Mike O'Shea Registrar 087 9490240, James Furlong Assistant Registrar 087 23331916, Mary O'Brien Registrar Track Membership 087 9643851 and Cathy Somers Treasurer 087 2900476.

RAMBLING HOUSE RETURNS: Don't forget that the Rambling House returns to St Agatha's GAA Community Hall, Glenflesk on this Saturday the 14th of March 2015, from 8pm to 11pm. As ever, a great night's entertainment is in store, with the best of local music, song and dance. The night will also showcase some unique local comedic talents and feature a short insight into the life and death of Michael O'Sullivan ('The Bold Glenflesk Boy'). Further information from Neily Moynihan on 087-9831655 or Derry Healy on 087-2707899 - everyone welcome.

COISTE NA NÓG QUIZ: Thanks to everyone who supported the very enjoyable table quiz held in the Muckcross Park Hotel last Friday night March 6th and thanks to all those who provided spot prizes on the night. Thanks in particular to Anne Kelly for organising the event and to Glenflesk's very own Larry Gogan (Rory Darcy) for setting the questions.

SCÓR NA BPÁISTÉ: The Scór na bPáistí County semi-final was held in Foilmore on Saturday March 7th 2015. Glenflesk were participating in 3 events: Instrumental Music, Ballad Group and Léiriú. The Instrumental Group were unlucky not to proceed, having played beautifully, but Glenflesk did qualify in the Ballad Group and the Léiriú. The County Final will now be held on March 22nd in the Gleneagle Hotel at 3.30pm. Huge congratulations to all who participated and who represented the club so proudly and we wish you all the very best of luck in the Final.

INSTRUMENTAL MUSIC: Tommy Bowler, Michael Mullane, John Kelleher, Caoimhe O'Sullivan, Sarah Moran. **BALLAD GROUP:** Sinead Gleeson, Caitlin Cronin, Éabha Healy, Sarah Moran, Molly O'Donoghue.

LÉIRIÚ: Caitlin Cronin, Caoimhe Crowley, Éabha Healy, Sarah Moran, Molly O'Donoghue, Abbie Cronin, Aoise O'Donoghue and Muireann Healy.

GLENFLESK LADIES FOOTBALL: U12 training continues on Thursday evening from 6-7pm in small field. U14 training continues on Tuesday at 7.15pm in Barraduff field. We would like to wish the Kerry u 14 girls the very best of luck as they take on Cork on Saturday especially to our own Jillian Courtney who is a member of panel.

GLENFLESK COMMUNITY GAMES: Well done to the Under 13 boys indoor soccer team who came through the playoffs on Sunday March 8th in Listowel and are now through to the County final on 29th March. They won 3 of their games comfortably and drew one which meant they had to have a play off with Kenmare who were on the same points as them. It was down to the wire at 2-2 at full time and it was into extra time and the lads won well with a score of 3-0 to win it out. What a great bunch of lads and well done to their coaches Eamon and Declan for the hard work they have been putting into them the past few weeks. **TEAM:** Dara Tagney, Kevin Bowler, Cillian O'Sullivan, Tommy Bowler, Joe Rudden, Jack O'Donoghue, John Kelliher and Ben Switzer. Coaches Eamon Bowler and Declan Tagney.

RAHEEN NS: Fun fundraising bingo Saturday 28th of March at 8.30pm in the school. €10 a book this includes refreshments. All Welcome! Congratulations to Mary and Mike Murphy who had the winning lotto number 25 on Saturday the 7th of March.

RATHMORE PARADE: Rathmore 5th Annual St. Patrick Day Parade will be held on Sunday 15th March 2015 at 2.00pm, led by Grand Marshall Val Moynihan chairman of Marian Players Rathmore Panto Group.

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

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KILCUMMIN NEWS

SYMPATHY: Sympathy is extended to the families of the late Denis Casey, Ballinamanagh; Margaret O'Riordan, Inch; Bridie McSweeney, Mastergeeha; Michael Dowling, Our Lady of Lourdes Care Facility and Killarney who died recently. May they rest in peace.

COMPUTER CLASS: Kilcummin Rural Development in conjunction with Kerry Education Training Board are planning a basic computer class which will cover email and internet. For details contact the Office on 064-6643357 or John at 086-1579381

I.C.A.: Knitting sessions will continue on the following dates, Wednesday 18th March and 25th March in the Rural Development Office at 8pm. All ladies welcome.

KILLARNEY V.T.O.S.: Are you unemployed and looking for a challenge?? Have you considered returning to Education?? Why not call in for a coffee and a chat to Killarney VTOS Adult Education Centre's OPEN DAY on FRIDAY 27th March 2015 10am - 3pm.

Courses available are Leaving Cert and QQI Level 4 with Computer Training (ECDL), Personal Development and Career Guidance. So if you are Unemployed and in receipt of a Social Welfare payment Killarney VTOS may well be for you. It's never too late to learn so call in for a chat to Killarney VTOS which is based next door to St. Vincent de Paul Shop New Street Carpark. Email: killarneyvtos@eircom.net 064-6637757

PARENT & TODDLER GROUP: We are a group of mums, dads and child-minders who meet every Monday during school term 10.30-12.30pm in the Recreational Hall for a get together for the adults and play and snack for the children. All welcome. Contact Alma Fleming 087/6619659

KILCUMMIN LADYBIRDS: Are currently looking for volunteer leaders aged 18 years or over to help out on Monday evenings from 6.15

to 7.15pm with ladybirds aged 5 - 7 years. No experience necessary - just lots of energy and enthusiasm! Contact Geraldine O'Halloran on 087 2458384.

KILCUMMIN N.S. PARENTS ASSOCIATION: Are holding a Table Quiz on Friday March 13th at 9pm in the Klub Bar. Teams of 4 adults, 4 children or mixed teams. All welcome. €10 per adult, €5 per child. For more information contact Catriona Doolan 087-9573877

NATIONAL LEARNING NETWORK: The National Learning Network will hold an advice clinic in Killarney Library on Wednesday 18th March from 11am-1pm.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 6th March. Numbers drawn were 3, 8, 10 & 12. Consolation prizes were €100 Gerard Connor, Knockancore, Kilcummin €60 John and Margaret Lenihan, Inchicullane, Kilcummin €30 Saoirse Lucey, Mastergeeha, Kilcummin €30 Orla and Eileen Williams, Glounonea, Kilcummin. €30 Sean B. Doherty, Knockinane West Kilcummin. Draw will take place in The Village Inn Kilcummin every Friday night, Jackpot now €4,500

RESULTS:

U12 KERRY CUP MASTERGEEHA 5 PARK 0

Mastergeeha qualified for the next round of the cup with a good home performance on Saturday morning. In the first half playing against the breeze took the lead when Cian Foley scored in the 25th minute. In the second half the boys controlled the game and scored further goals through Colin Dunlea, Brendan O'Leary, Keelan Murphy and Adam O'Sullivan.

U14 GIRLS: KILLARNEY CELTIC 6

MASTERGEEHA 0: In this game the girls tried their best but the stronger town side were more clinical.

SENIORS: PREM B CLASSIC 0

MASTERGEEHA 2: In this close game the seniors had to battle hard to get three valuable

points. In the first half Ricky Fleming went the closest to getting the opening goal following a well worked move. In the second half Mastergeeha took the lead when Damien Breen finished well following a mistake by the home defence. After this Mastergeeha defended well and scored again in the final minutes when Tony Brosnan scored with a shot from the edge of the box. All involved played well.

KILCUMMIN GAA:

KILCUMMIN G.A.A. GOLF SOCIETY: First outing of the year, Saturday 14th March at Ross Golf Club. Format 18 Hole Scramble. All new members welcome! For more information. Contact Muiris on 086-1614136 or Dermot on 086-8217729.

ACADEMY: Kilcummin's Academy will continue this season on Sundays for girls and boys from ages 6 to 10 years. We will run the academy on Sunday's and will switch to Saturdays after a few weeks. Please note that the wearing of gumshields/mouthguards is now compulsory and children should have these when training. Children should bring €1 euro with them for the academy each week.

GAA REGISTRATION: Registration of all players is compulsory and unregistered players may not take part in training, games or other club activities unless they are registered. Guardians should be aware that children are not insured to take part in club activities if they are not registered. A club officer will attend the first academy session on 8th March to facilitate registration.

EASTER CAMP: The GAA Club's Easter Camp will take place between 31st March and 2nd April. Contact Nessa on 087/2897312.

GAELTACHT SCHOLARSHIP: GAA Gaeltacht Scholarship available Contact Tim Ryan on 086 8579447



STUDENTS AT CLEARWAY MONTESSORI GETTING INTO THE SPIRIT OF THINGS FOR ST PATRICKS DAY. PICTURED AT THE KDYS WITH THEIR TEACHERS L-R CIARA MCCARTHY, VERONICA MCCARTHY & LEONIE NOONAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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BIRD MONITORING TRAINING DAY - FREE WITH BIRDWATCH IRELAND

Have you ever thought about taking part in a bird survey? Well there are two major surveys being run by BirdWatch Ireland and they are looking for volunteers to help with them.

*The Countryside Bird Survey (CBS) is carried out in April, May and June. Its aim is to keep track of our breeding bird populations. It's easy to do - all you need is a reasonable skill level at identifying our common and widespread birds and plenty of enthusiasm! It involves two early morning walks along designated 1km routes in the countryside. You note down all the birds you see and hear along the way. And it's all over by 9:00am! *The Irish Wetland Bird Survey (I-WeBS) is carried out from September to March. A whole network of estuaries, lakes, marshes and other wetlands across the country are counted once a month during the autumn, winter and early spring. Most sites are counted in teams, so there is always a chance to learn as you go along. Both these surveys are long-term projects and very important tools for monitoring how our breeding birds and wetland sites are faring.

If you know your birds fairly well and enjoy getting out and about, these surveys are an ideal way to put your birdwatching to good

use. And you don't get thrown at the deep end: Birdwatch Ireland are running a series of training days to get you started. Each will start at 10:00am with an entertaining slide show explaining how and why they do these surveys, with lots of tips on identification. After lunch (provided), they will have a short outdoor field trip to give you a chance to put theory into practice, and they plan to finish by around 3:30pm. The sessions will be very relaxed and easy-going, but also, they hope, informative. All instruction, tea, coffee, biscuits and lunch are free of charge. The Killarney session will take place on - Saturday 28th March in the National Parks & Wildlife Centre, Muckross. If you would like to take part in the free survey training day please register your interest by writing to BirdWatch Ireland, Unit 20, Block D Bullford Business Campus, Kilcoole, Co. Wicklow, please write Bird Survey Training Day, Killarney on your envelope, by phoning 01-281 9878 or by e-mailing info@birdwatchireland.ie

You can also check out the BirdWatch Ireland Facebook page and follow them on Twitter. Both are a great way to stay informed about their work and to learn more Ireland's birds.

PLAN FOR EARTH HOUR

Earth Hour is the single, largest, symbolic mass participation event in the world. Born out of a hope that we could mobilise people to take action on climate change, Earth Hour now inspires a global community of millions of people in 7,001 cities and towns across 152 countries and territories to switch lights off for an hour as a massive show of concern for the environment. Join churches and communities throughout the world in marking Earth Hour on Saturday 28th March by switching off your lights from 8.30pm to 9.30pm. Even better, organise an event and invite members of the local community along. Put your thinking cap on now and get advertising! It's a great way of joining together in a global initiative!

ANSWER TO FEB. 27TH RIDDLE

A basket contains 5 apples. Do you know how to divide them among 5 children so that each one has an apple and one apple stays in the basket?

4 children get an apple (one apple for each one of them) and the fifth child gets an apple with the basket still containing the apple.

QUOTE

"We cannot become what we need to be by remaining what we are" - Max de Pree

ON THIS DATE - MARCH 13TH

1781 - British astronomer Frederick William Herschel discovers the planet now known as Uranus which was originally named Georgium Sidus after the king of England.

1813 - Briton William Hedley patented 'Puffing Billy', a steam engine that used friction to move along rails (as opposed to

teeth and grooves).

1865 - Birth of Patrick Nally in Co Mayo. An athlete, he was a major inspiration in the founding the GAA in 1884 by Michael Cusack. The Nally stand in Croke Park was named after him.

1887 - Chester Greenwood of Maine USA patented earmuffs.

1894 - J L Johnstone of England invented horse racing starting gate.

1904 - Bronze statue of Christ on Argentine-Chilian border dedicated.

1923 - Lee de Forest demonstrated his sound-on-film moving pictures.

1933 - U.S Great Depression: Banks in the United States begin to re-open after the Presidentially mandated "bank holiday".

1942 - Julia Flikke, Nurse Corps, became the first woman colonel in the US army.

1966 - A lone gunman killed 16 children and their teacher at a school in Dunblane, Scotland, then shot himself.

DO YOU REMEMBER

The first time you read a book by yourself? Or counted to 100? It's every child's right to experience the excitement of learning something new - but it's a right still being denied to more than 30 million girls all over the world.

GOOD NEWS

One of America's largest circus companies announced on Thursday that it will phase out its elephant act. Ringling Bros. and Barnum & Bailey Circus will retire all of its elephants to the company's Centre for Elephant Conservation by 2018. Alana Feld, vice president of the circus's parent company, Feld Entertainment, cited a change in public sentiment behind the decision saying "A lot of people aren't comfortable with us touring with our elephants."

That discomfort is well-founded. Ringling Bros.' treatment of elephants has been the subject of growing controversy in recent years, particularly for the cruel way in which the animals are coerced into performing under fear of punishment.

Circus handlers regularly use sharpened metal instruments, called bullhooks, to control elephants' behavior, prodding them to act in unnatural ways as a form of entertainment. Bullhooks are widely seen as inhumane, and a growing number of municipalities in the U.S., including Los Angeles, have banned their

use — effectively ending the possibility that elephant shows could take place.

Ringling's move to end the exploitation of elephants comes as welcome news for animal welfare groups who have been working toward this change for decades.

"We are thrilled that Ringling Bros. and Barnum & Bailey Circus has taken the historic step of ceasing to use elephants in its shows," Priscilla Ma, U.S. Executive Director of World Animal Protection, said and added "Every day, around the world, elephants and other wild animals suffer in the name of entertainment. They belong in the wild, and we hope that this groundbreaking action will inspire other companies to end their use of wild animals for entertainment purposes."

HOTEL KICKS OUT HOMELESS COUPLE DESPITE ROOM BEING PAID FOR

On Valentine's Day, the temperature in Columbus, Ohio, was nine degrees with wind chill below zero. George and Joyce Gruss were traveling across the state and stopped for dinner at Wendy's, and saw a couple crying. They asked Stephanie and Louis what was wrong, and Stephanie said they were homeless with nowhere to go. Rather than letting them suffer hypothermia, George and Joyce generously bought them three nights at a Motel. But an hour later, the Motel called George back just to let him know they were evicting the homeless couple even if it meant letting them freeze - all because they didn't have ID, and by the way, he couldn't have their money back, either, though the Motel has since refunded George's money.

23 YEAR ROAD TRIP:

Back in 1989, as the Berlin Wall fell, Gunther Holtorf and his wife Christine set out on what was meant to be an 18-month tour of Africa in their Mercedes Benz G Wagon. Now, with more than 800,000km (500,000 miles) on the clock, Gunther is still going. The German former airline executive has travelled the equivalent of 20 times around the planet in the vehicle - which he calls Otto and says he has never had a serious breakdown.

5 FACTS ABOUT COCKROACHES

Cockroaches get a bad reputation. Although these creepy crawlies are traditionally associated with dirt, disease and squalor, cockroaches actually have a lot to offer the world. In the very least, they are quite interesting. Like spiders, who are often misunderstood too, cockroaches have some remarkable similarities to us humans. After reading these five little-known tidbits about cockroaches, you'll see that we are not so different from these insects, after all. We are even connected and dependent on each other, in a way!

1. Not all cockroaches are pests. In fact, very few cockroach species coexist in human

spaces. Out of approximately 4,000 species of cockroaches on the planet, there are only about 30 of them that can be considered pests; most cockroach species occupy niche habitats that are located in forests, caves, burrows or brush. For that reason, we typically do not come in contact with them; there are thousands of types of this particular bug that are unknown to most people.

2. Cockroaches like to be touched. The cockroach is thigmotactic, meaning they like to feel solid contact touching them against their bodies, and preferably on all sides. They seek out cracks and crevices that will offer them the comfort of a tight fit — so cramped, that the small German cockroach can fit into a crack as thin as a dime. The more sizable, American cockroach, will squeeze into spaces that are no broader than the thickness of a quarter, to seek out the touch that comforts them. Pregnant female cockroaches can even squeeze into a crevice as thin as two stacked nickels, and be perfectly fine with it.

3. Cockroaches are good moms. A mother cockroach will incubate her eggs in sacs or capsules called oothecae and protect them by sheathing them within a thick protective case, called the ootheca. Some cockroach mamas will remain with the ootheca attached, carrying it with them until the eggs are ready to hatch. In other cases, the female will drop the ootheca, or affix it to a substrate for safe keeping of her offspring.

4. Cockroaches get cravings too. Even a little beastie has got to eat, but these tiny creatures don't just consume food, they enjoy it, too. Two Tohoku University Professors, introduced the scent of vanilla or peppermint right before giving the cockroaches a sugary treat. The researchers discovered that the sugary treat caused the cockroaches to drool. Later, when the cockroaches' antennae detected one of the two scents in the air, they would salivate.

5. Cockroaches are environmentalists. The disappearance of cockroaches would disrupt something called the nitrogen cycle, which is undoubtedly integral to us all. Since most cockroaches feed on decaying organic matter, the act of them eating their meals traps a lot of nitrogen. A feeding cockroach has the effect of releasing that nitrogen in their faeces, which then gets deposited into the soil, and in turn is reused by plants. Consequently, the extinction of cockroaches would have a huge impact on forest health and eventually on all of the species that live there.

*All lives, small or large, are trying to survive, wanting to find pleasures out of life, and just live. In addition, we all contribute something to this giant eco-system. We can all certainly reside among each other in this world.

THIS WEEKS RIDDLE AND TONGUE TWISTER

Why can't a man living in the USA be buried in Canada? Answer on March 20th.

Picky people pick Peter Pan Peanut-Butter, 'tis the peanut-butter picky people pick.

DID YOU KNOW?

Studland Bay in Dorset, England, is the only place in Great Britain where both native seahorse species - the spiny seahorse and the short-snouted seahorse - breed successfully. In 2008 both species were listed under the Wildlife and Countryside Act as 'threatened'. This means that they are legally protected in the same way as bats and otters, and habitats must be protected as well. Along with other rare marine species, the seahorses depend on the delicate eelgrass in the bay. Eelgrass is as important to seahorses as jungle is to orang-utans. This is being damaged by yachts' anchors, putting the lives of the seahorses at risk. The bay needs to be legally protected from this damage by becoming a Marine Conservation Zone (MCZ) with eco-friendly moorings for boats.

COFFEE CUPS THAT GROW FLOWERS

The world's first plantable coffee cup is made from a blend of postconsumer paper and cotton. It's biodegradable and embedded with seeds. After serving as a vehicle for your caffeine fix, it lives a second life as the decomposing growing medium for a host of plants. The plantable coffee cup is the idea of Californian architecture student Alex Henige, who has developed two prototypes for testing in California, where the diverse ecosystems will allow for experimenting with seeds in a variety of growing conditions. There's the California native seeds cup and a garden vegetable mix, which right now only contains carrot seeds but may eventually include kale, chard, and green onions. The native mix—composed of more than 20 species, including California poppy, lupines, and desert bluebells—is far more diverse.

One of the initial challenges has been determining which seeds will work in the high-temperature environment of paper presses and to-go coffee, where seeds can be exposed to temperatures of 140F degrees or more for periods of 10 minutes at a time. With those conditions, Mr. Henige said, seeds that require fire to germinate - which is the case for many California wildflowers - are most ideal. But once he finds a commercial manufacturer and can begin testing and tweaking the machines, no seed will be off-limits. The early challenge is establishing a standard that will remain: Seeds will always be coordinated with geographical regions, so as not to introduce invasive species.

FINALLY THIS WEEK

I would like to wish all mothers a very Happy Mother's Day and to wish everyone at home and abroad a Happy and safe St. Patrick's Day, enjoy the celebrations but please do not drive if intoxicated from drugs or alcohol, slow down and save lives.

Citizens Information

Know Your Rights: CHANGES TO THE ONE-PARENT FAMILY PAYMENT

MARCH 2015

QUESTION

I'm getting a One-Parent Family Payment. I know that the age limits for the payment will be changing in July. What's happening and how will it affect me?

ANSWER

On 2 July 2015 the age limit for the One-Parent Family Payment (OFP) will reduce to 7 years for most claimants. This means that a large number of people will no longer qualify for OFP from July 2015 because their youngest child will be over the age limit. If your youngest child is aged under 7 you can continue to qualify for OFP. (There are exemptions to the age limit for people parenting alone who are getting a Domiciliary Care Allowance or who have been recently bereaved.)

If your payment is ending in July 2015 the Department of Social Protection (DSP) will write to tell you the date your payment ends. You may also be requested to attend an information seminar. At this seminar you will get information about the other social welfare payments that may be available to you and help with applying for these. It is very important that you attend the seminar so you fully understand your options and so that you are not left without a payment when your OFP ends in July.

If you are getting Family Income Supplement or a carer's payment this payment will automatically be adjusted when your OFP ends and you will not be invited to a seminar.

You may also qualify for the new Back to Work Family Dividend (BTWFD). If you are getting FIS and your OFP is ending in July 2015, you will be sent an application form for the BTWFD along with the letter explaining the changes to your OFP payment.

If you were getting a One-Parent Family Payment in the last 3 years and your youngest child is aged under 14 you may qualify for the Jobseeker's Allowance transitional arrangement. This arrangement allows you to work part-time and still receive a partial payment.

You can get more information and advice on these changes at your social welfare local office or Intreo centre or your nearest Citizens Information Centre.

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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A WORD OF VICTORY

Welcome back dear reader a statement people often think is "I wish I were dead" or when talking about someone who is suffering "ah sure they'd be better off dead". It is true that one day we will all die. Scripture says "it's appointed once for men to die and after that (certain) judgement" (Hebrews 9:27). Some people believe that when a person dies that's the end, just like an animal. The difference between humans and animals is that we humans have a spirit, soul and body, while the animals have a body and an instinct. When the animal dies that maybe it but what about us people and the judgement? Jesus died to break the power of the spirit of death and to set free all those who lived their entire lives under the fear of death (Read it in Hebrews 2:14-15). Death is an enemy and is not a friend. When Jesus was raised from the dead Scripture tells us that He destroyed him who had power over people through the fear of death, and that one who held that power was Satan. Fear has to do with punishment. The unsaved spirit in a person has that fear of death and they will not know why. As we have shared from Ephesians chapter 2 recently we were all born in sin, and to die in that same condition means total separation from God in Hell. The Good News that Jesus told his followers to preach is this — as we humans could do nothing to save ourselves, God came in the form of Jesus to die for us and to take away our sins, leaving the one who hears the Gospel and believes it completely free from the penalty due for those sins. Jesus took the penalty on Himself thus giving us access back into the Presence of God. If you have a query on Scripture or any prayer need please call **064-6622950** or email **wordofvictory@eircom.net**. More next week...

Contact: 064 - 66 22950 Email: wordofvictory@eircom.net

3RD ANNIVERSARY



In Loving Memory of

DONAL MULCAHY

Ard Mhuire, Rathmore.

Who died on St. Patrick's Day 2012.

No length of time can take away Thoughts of you, from day to day Though absent, you are always near Still loved, still missed, still very dear.

Sadly missed by Nellie and all the family.

Anniversary Mass will be held on 17th March at 11:30 am in St. Joseph's Church, Rathmore.



PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.

x

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.

1ST ANNIVERSARY & ACKNOWLEDGEMENT

In Loving Memory of



BRENDAN O'SHEA

Parknamullogue, Currow who died on the 20th March 2014 Rest In Peace

Brendan's wife Noleen and daughter, Maryanne together with the O'Shea and Tangney families wish to express sincere thanks and appreciation to all those who supported Brendan and our families during his illness and for the kindness and compassion extended to us after his death. We sincerely thank the thousands of people who attended Brendan's funeral and who queued for long periods to sympathise with us and all those who participated in the guard of honour including the members of the KerryLechs football team of 1986/87, Currow Football Club, Renard Football Club and for the powerful oration delivered at his graveside. It has been a great source of comfort to us to know the high esteem in which he was held by all who knew him. We especially thank Canon O Mahoney and Fr Nicholas Flynn for the beautiful funeral Mass and to everybody who took part in any way to make it so special. Thank you to Bernard Tangney Funeral Directors for their kindness and professionalism. A heart-felt thanks to our fantastic friends and neighbours, those who brought food and helped us in so many ways during Brendan's removal from our home and for the continued support during this time of grief. Thank you to all those who sent Mass cards, enrolments, sympathy cards, letters and messages of condolence and support and to all those who prayed for Brendan, your thoughts and prayers are much appreciated. Also for the kind donations to Palliative Care and Oncology wards at KGH. We thank all those who treated, cared and supported Brendan throughout his illness. Lynch's Pharmacy Castleisland, Dr. Daly's Castleisland, Dr. Deirdre O' Mahoney, Oncology Dept. KGH, Radiotherapy and GA Oncology Dept's in CUH. To Dr. Patricia Sheehan and all the wonderful nursing staff in KGH and CUH and especially the Palliative Care team and Agahadoe Ward in KGH, thank you from our hearts for everything you did for Brendan.

Please accept this acknowledgement as a token of our deepest gratitude and appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.

First Anniversary Mass will be celebrated at the Church of the Immaculate Conception Currow on Friday March 20th at 7.30pm and at Daniel O'Connell Memorial Church, Caherciveen on Saturday March 21st at 7.30pm.

NOVENA TO THE SACRED HEART

You have said O Divine Jesus, ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises, I come with confidence during this novena to beg of you the favours that I need (make request). For whom shall I ask Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God. I believe in your power, I believe in your knowledge, I believe in your personal love for me, and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory, say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

P.O.R.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.

E.C.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

Then in his merciful eyes it will become your favour not mine.

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

P.O.R.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

Then in his merciful eyes it will become your favour not mine.

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

M.C.

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NOVENA TO THE SACRED HEART

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

x

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.

T.O.S.

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help. Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life. In your name I pray. Amen.

You must say 3 Our Fathers for 7 Days. Must promise publication. Never Know to fail. x

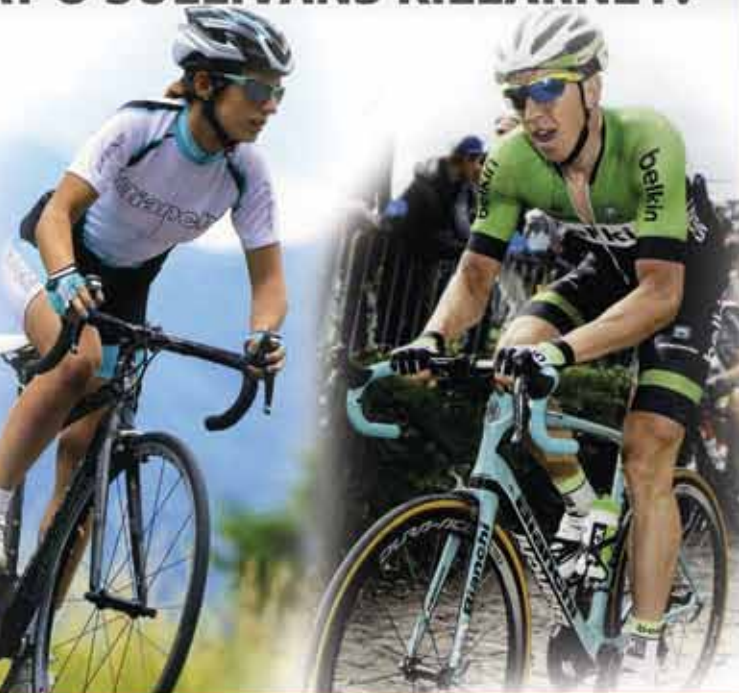
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