22:**Ed 10**:Friday 17th March 202<u>3 ······</u>

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LARNEY Outlook

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A flavour of what is to come at tomorrow's St. Patrick's Day Parade which starts at 2pm. The Parade is part of an array of events taking place for St. Patrick's Festival Killarney 2023. Photo: Valerie O'Sullivan









THIS WEEK

17:03:23

KILLARNEY PULLS OUT ALL THE STOPS FOR A FANTASTIC ST. PATRICK'S DAY CELEBRATION See Page 4

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FROM THE EDITOR

The tourist season kicks off in style this weekend with a fantastic lineup planned for St. Patrick's Festival in Killarney.

Organisers have pulled out all the stops to ensure that the festival, which runs across the whole weekend will be second to non ensuring that everyone gets to experience Killarney at it's best.

Killarney National Park is featured in a new David Attenborough series, the town welcomes buyers from 17 countries on Monday for the most important tourism trade event and Tea and Tractors went down a treat at the Racecourse.

There was a wealth of talent on display at East Kerry Scor na nOg, Rathmore GAA celebrated their All Ireland win and Christy Healy's on New Street are celebrating 100 Years in business.

We have all the action from the pitches, courts, tracks and fairways along with some fantastic offers from our advertisers for you to enjoy this Bank Holiday weekend.

Lá Fhéile Pádraig sona duit!

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

T: 0818 222 024

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

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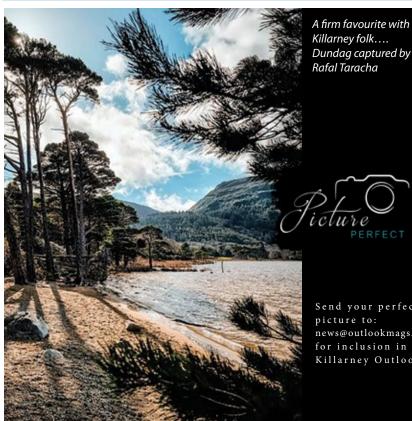
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Think green...live green...love green

Killarney pulls out all the stops for a fantastic

ST. PATRICK'S DAY CELEBRATION

Towns around the country will be green with envy as Ireland's tourism capital is planning a spectacular day and night to remember this St. Patrick's Day.

A trip around the town shows Killarney illuminated in green with both public buildings and hotels illuminated in various shades of the national colour.

Buildings that are lit up include St Mary's Cathedral, the Franciscan Friary, St Mary's Church of Ireland, the Methodist Church, Ross Castle and Killarney Town Hall as well as landmark statues and monuments, such as the Speir Bhean, the feature carved deer on Port Road and the life-sized carving of St Finian of Innisfallen at the ANAM building on East Avenue Road.

Hotels, shops, restaurants, public houses and several other business premises will also turn green and everybody has been asked to make a special effort this year.

"We want it to be a celebration to be proud of and one that will be a magnificent spectacle for locals and visitors," said St Patrick's Festival Chairman Paul Sherry.

This year will also feature a shop window competition with prizes up for grabs for the best green building and the best themed shop window.

Community groups, sports clubs, charities, businesses, groups will all be taking part in this year's parade by entering a float or marching with prizes on offer in several categories. The theme for the festival and parade is very much in keeping with the now corporate logo designed for the town which features the strapline Experience More.













CATHAOIRLEACH TO ATTEND ENGAGEMENTS IN NEW YORK FOR ST. PATRICK'S DAY



The Cathaoirleach of Kerry County Council, Cllr John Francis Flynn, will travel to the United States this week for a number of engagements to mark St. Patrick's Day.

Cllr Flynn will meet with representatives of the American Ireland Chamber on Tuesday evening and will meet with Tourism Ireland North America and the IDA North America on Wednesday. He will also visit and lay a wreath at the 9/11 Memorial in New York.

On St Patrick's Day, Cllr Flynn will attend a St Patrick's Day event hosted by the Mayor of New York, Eric Adams and New York City Council at the mayor's residence, Gracie Mansion. He will then join the New York Kerry Association for the St Patrick's Day Parade on Fifth Avenue.

'I look forward to this important opportunity to meet with key organisations in New York and to promote Kerry as an attractive business and tourism destination. It will be a great honour to join the Kerry Association and represent the people of Kerry at the annual St Patrick's Day Parade.

'The annual international focus on Ireland is a tremendous opportunity to promote the country and the county and I look forwarding to meeting with key agencies who are working to promote investment in and travel to Ireland,' said ClIr Flynn. ClIr Flynn will be accompanied in New York by the Chief Executive of Kerry County Council, Moira Murrell and the Kerry County Council Tourism Officer, John Griffin.



COFFEE MORNING AT KENNELLY'S IN AID OF THE IRISH CANCER SOCIETY

ts a perscription for a great fundraising day at Kennelly's Pharmacy @ The Reeks Killarney who are planning a Coffee Morning on Friday 24th of March from 11am - 3pm in aid of Daffodil Day for the Irish Cancer Society.

'Cancer takes from us every day. It takes big days, little days, and everything in-between. It replaces them with treatment days and recovery days. But together we have the power to take these days back from cancer, to give hope and raise vital funds, so that one day cancer can take no more'

Everyone has been touched by cancer in some form and we are delighted to be raising funds to help the Irish Cancer Society raise vital funds to support cancer patients and their families.



with treatment days and recovery days. But together Aneta Solarczyk, Manager at Kennelly's Pharmacy @ The Reeks Killarney pictured with Eimear Tangney at the launch of we have the power to take these days back from their coffee morning which takes place on Friday 25th March from 11am to 3pm.

"We will have coffee, cakes and spot prizes on the day and hope that everyone comes to help us support such a worthy cause", Aneta Solarczyk, Manager at Kennelly's Pharmacy told Killarney Outlook.



Killarney's Naomi urges SUPPORT FOR CANCER PATIENTS ON DAFFODIL DAY

ollowing her diagnosis of a rare form of leukaemia called Burkitt's lymphoma, a Killarney woman is urging the people of Kerry to support cancer patients by getting involved with the Irish Cancer Society's Daffodil Day on Friday March 24.

Naomi Brosnan was only seventeen-years-old when she received her cancer

diagnosis eight years ago. Naomi's cancer was so severe she had to begin chemotherapy straight away, leaving no time to begin fertility preservation treatment. This concerned Naomi as she knew that the intensive chemotherapy treatment could affect her future fertility.

Once Naomi finished her treatment she underwent fertility testing and was relieved to discover there was still a prospect of successful fertility treatment, but potentially at a significant cost to her. Naomi and her family continued to make enquiries to see if this hurdle could be overcome, at which point she heard about the Childhood Cancer Fertility Project funded by the Irish Cancer Society.

Operated by the Merrion Fertility Clinic, the project aims to preserve fertility both for childhood and adolescent cancer patients about to undergo treatment, as well as for some female survivors under the age of 27 who were unable to access such services before their own treatment. "There's nothing I want to do more in life than have my own kids and be a mom, so that's why it's always been such a big thing for me. At 17 you wouldn't normally be thinking about kids, but I knew that chemotherapy can cause fertility issues in the future.

"I was bawling crying when I found out I was eligible to take part in this. There are actually no words to explain how grateful I am for this project. "Thanks to this Childhood Cancer Fertility Project my egg freezing treatment was free of charge, so I cannot thank the Irish Cancer Society enough. I would encourage everyone to please get out there and support Daffodil Day on March 24th."

On top of funding life-changing cancer research, the Irish Cancer Society provides vital services and supports to patients and their families across Kerry each year, including 930 free counselling sessions, 354 nights of in-home Night Nursing for cancer patients in their final days, and 500 free lifts to get patients safely to and from their hospital chemotherapy appointments in 2022.

The Irish Cancer Society is calling on the public to take part in any way they can to show solidarity and support for anyone affected by cancer, and says that this year's Daffodil Day is their most important yet.





2.00PM START FOR BUMPER KILLARNEY PARADE

St.Patricks Festival Killarney

KILLARNEY ALWAYS STRIVES TO OFFER MORE

Niall Kelleher, Cathaoirleach, Killarney Municipal District Council/Mayor of Killarney

Close on 60 entries have already been received for this year's St Patrick's Day parade in Killarney which promises to be one of the biggest and most enjoyable March 17th spectacles in many years.

The parade, organised by Killarney Chamber of Tourism and Commerce in partnership with Fáilte Ireland and Kerry County Council, will start at 2.00pm so spectators are advised to get there early to secure the best vantage points.

Spectacular floats, marching bands, sports clubs – including All-Ireland junior champions Fossa – community groups, companies, local industries, Disney characters, live music, song and dance arts groups and theatrical performances will all form part of the special day with a real party atmosphere throughout the town before, during and after the parade.

Grand marshal Cathal Walshe – a retired member of An Garda Siochana who is a wonderful community volunteer – will lead the parade with Mayor of Killarney Cllr Niall Kelleher and the review platform will, as usual, be located on Main Street with MCs Brendan Fuller, Kieran Healy and Mike Fuller in charge of the roaming microphones and they will meet and greet many of those in attendance.

There will be no shortage of high quality music to keep toes tapping with special guests, the Glen Ridge High School Marching Band from New Jersey, joining the Gleneagle Concert Band, Millstreet Pipe Band and Craicean Drum Band.

The theme for this year's St Patrick's Day parade is Killarney: Experience More to highlight the new Killarney branding in celebration of what the town has to offer.

The parade will commence on Mission Road at 2.00pm sharp and the route will take in East Avenue Road, Fair Hill, College Street, Plunkett Street, Main Street, New Street, Beech Road where a collection point for children participating in the parade will be located.

There will be a children's family fun zone at the lower Beech Road car park from 12 noon to 7.00pm on St Patrick's Day with fairground rides, magic shows, balloon modelling, face painting, interactive children's games and a children's disco and the fairground rides only will remain at that location from 12 noon to 7.00pm on Saturday and Sunday.

There will be a Paddy's Party with the Killarney School of Music on the grandstand from 12.45pm to 1.30pm and a Comhaltas Irish dance and trad performance at the Anam Cultural Centre on East Avenue Road from 12 noon on St Patrick's Day.

The Beech Road car park will remain closed for the duration of the parade but free parking will be available from 1.00pm to 4.30pm at Penney's car park and the grounds of St Brendan's College.

Local businesses, clubs, community groups and individuals will paint the town green for the festivities this year to help inform everybody of the positive direction Killarney is taking and to promote the new Experience More branding to the world.



t is most appropriate that Killarney: Experience More is the theme chosen for this year's St Patrick's Festival given that it is central to the new brand that has been developed by several key stakeholders with the town's best interests at heart.

Killarney, as the premier tourist town in the county,

must always strive to offer more to locals and visitors to ensure we continue to enhance our deserved reputation as a great town to visit, a great town to do business in and a great town to live in.

The brand development is part of a five-year plan called the Killarney Destination Experience Development Plan (DEDP) designed by those with a shared vision to make Killarney a best in class destination.

The St Patrick's Festival in Killarney is officially the start of the tourist season

and that, in itself, is very exciting so, this weekend, I would encourage everybody to embrace their sense of place, celebrate our national feast day and have a truly magical time. Kerry County Council, Fáilte Ireland, Killarney Chamber of Tourism and others have worked tirelessly in recent weeks to make this festival something to be proud

of and something for everybody to enjoy so let's make the most of it and celebrate as only we can.

As Mayor of Killarney, I sincerely thank St Patrick's Festival Committee chairman, Paul Sherry, and all the volunteers who have done so much in advance of this great celebration to ensure it is bigger and better than ever and I warmly congratulate the dynamic Cathal Walshe who is a very worthy grand marshal.

Lá Fhéile Pádraig sona dhuit.



EXPERIENCE MORE IN 2023

Bridget O'Keeffe, Senior Executive, Killarney Chamber of Tourism and Commerce

This week, as we celebrate our national feast day, we are very much looking forward to welcoming everyone to the streets of Killarney on March 17th.

Our theme for this year's St Patrick's Day parade is Killarney: Experience More to highlight our new Killarney branding in celebration of what

Killarney has to offer all year round. The town will be buzzing with wonderful activity, a Paddy's party on

Main Street, marching bands, town community groups, sports clubs, Disney characters and so much more. The Kids Zone, situated on Beech Road, will be a haven of activity and



fun with face painting, an animal roadshow, disco, games and funfair rides. Enjoy the atmosphere as you look forward to the spectacular floats in anticipation of the main event, the magical St Patrick's Day Parade. I really hope you can all join in the fun celebrating our national day of culture and heritage.

A sincere thank you to Paul Sherry, Chairperson of the Festival, Kerry County Council, Fáilte Ireland, Katy Jacobi, Events Manager, Killarney Chamber of Tourism and Commerce, the volunteers and, most importantly, the people of Killarney for making this festival possible.

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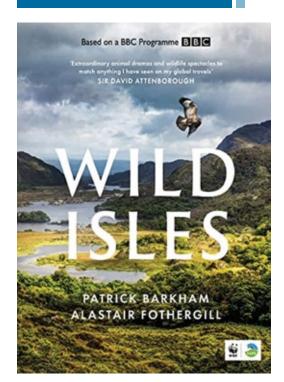
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WILD ISLES SERIES TO FOCUS ON KILLARNEY NATIONAL PARK

Killarney National Park will be streamed into thousands of homes across Ireland and the UK as Sir David Attenborough's new BBC series Wild Isles series.

The nature documentary series will see Sir David Attenborough highlight the wonders of the islands around the UK, revealing surprising and dramatic habitats that exist right on our doorstep. In the opening scene of the series on



Sunday night, Sir David, "In my long life, I've been lucky enough to travel to almost every part of the globe and gaze upon some of its most beautiful and dramatic sights.

"But I can assure you that nature in these islands – if you know where to look – can be just as dramatic and spectacular as anything that I've seen elsewhere."

The episode in Killarney National Park will focus on Red Deer.

Fiery by both name and nature, red deer have a temper during rutting season.

Beyond the fierce battles, however, the scenery is even more dramatic.

The Emerald Isle's oldest protected wilderness features several walking trails winding through lakes, glens, waterfalls, and forests, against a mountain backdrop.

Wild Isles is on BBC1 at 7pm on Sundays, with Killarney featuring on the 26th March.

KILLARNEY TO HOST IRELAND'S MOST IMPORTANT TOURISM TRADE EVENT

The red carpet will be out in the Gleneagle INEC Arena for Ireland's most important tourism trade event when they welcome buyers from 17 countries for Meitheal 2023.

The event will take place next week in Killarney over three days from Monday 20th – Wednesday 22nd March. Meitheal is organised by Fáilte Ireland, in partnership with Tourism Ireland, to provide Irish tourism businesses with a high-profile in person platform to sell to top international buyers and tour operators.

Running since 1975, Meitheal is Fáilte Ireland's flagship trade event and this year, due to high demand, the event will be held over 3 days. Over 230 buyers from 17 countries are attending and business deals worth millions of euro to the Irish economy will be signed over the course of the event.





EVENT RAISES FUNDS FOR MS

in memory of Geraldine

An event held in memory of Geraldine McCarthy and held in the Klub Bar in Kilcummin has resulted in a cheque for over €1900 being presented to the MS South Kerry Branch.

Geraldine passed away in September and is greatly missed by her husband Joe, sons Dylan and Jordan and family and friends.

The event was organised by Willie Maher who presented Pat O'Neill from the MS South Kerry Branch with the cheque on Tuesday evening in Killarney.

Pictured at the cheque presentation are from left: Norrie O'Neill, Jordan McCarthy, Dylan McCarthy, Donal McCarthy, Pat O'Neill, Joe McCarthy, Willie Maher, Noreen Maher, Pauline Lyne and Mary Geaney O'Connor.

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COVID a tide that lifted the boats of digital hubs



Pictured at RDI Hub for its Three-Year Anniversary last week were David McWilliams, Economic Commentator, centre, Liam Cronin, Chief Executive Officer, RDI Hub, left and Karl Aherne, Chief Operating Officer, Fexco. Photos: Don MacMonaale.

Three years on the 21 million euro RDI Hub near Killorglin has not only learned to survive but to float. Open just six weeks when the pandemic struck, the new venture found a cutting edge role for itself. This is something which has not receded either. The new way of working of halfin, half-out, online and physical, is tailor made for hubs.

This way of working means the constraints of geography are no longer. People can move to Kerry from anywhere in the world and still be connected. Unfortunately the reverse is also true and companies are finding it difficult to hold onto staff in Kerry because of 'poachers' telling staff they won't have to move house, I was told.

Fifty companies are already signed up at the RDI Hub and "desks" are being doubled to around 150. Individuals and companies can locate physically or part-time to do research and development and talk with mentors about problems in marketing, and so on and get together around the coffee. Figures of millions of euro are involved.

There are private desk spaces and collaboration rooms and the 5G fifth-generation technology is faultless. But I was amused to hear that while the high-tech broadband is excellent, there is no down-to-earth footpath outside where people might walk and this is eagerly and long awaited.

There are eight full-time support workers at the hub and then other 'mentors' just drop in "to give back", Liam Cronin who is the head told me at an event last Thursday to mark the third anniversary.

The Kerry householder to has contributed financially towards 'our hub'. We were reminded of this by mayor of Killarney Niall Kelleher at the monthly meeting of Kerry County Council on Monday:

"The RDI Hub expansion is big news. The RDI Hub is here because of tough decisions by elected members - and our vision has been realised," said Niall who was one of those to back the then controversial decision.

Fexco is the lead partner and council along with the MTU is involved.

Another local company, Liebherr, was an early supporter and then there are Dublin, Japanese and a Mexican robotics company.

I have to admit I still find it difficult to get my head around what actually goes on there. David McWilliams the economist and prolific word doctor took part on Thursday. Al Artificial Intelligence was the key topic. Probably much like myself, David became very engaged when the prospect of a robot writing the news came up. David said he had come across it and was hard to tell the difference between the human and the robot writer. I consoled myself immediately: like the handmade carpet, my writing will always have the old trick of a slight error so it can be traced when lifted!

Sir David and Killarney

We will be coming down with royalty shortly in Killarney. It is three years since the BBC were filming the deer here for an episode in the new David Attenborough feature Wild Isles to go out shortly.

Right now there is a move on to get the new King Charles to return and hopefully this will include the Queen Consort Camilla. She is a great favourite since her last visit to Muckross and the schoolhouse where she met the children of Loughquittane School. She also has strong links with the local Soroptimist club.

Sir David has a huge following documentaries on the planet. So I may well be the only one on planet earth to have a bone to pick with him: I find him too negative about man and I also think he wears rose-tinted glasses when it comes to animals.



Irish Red Deer in Killarney National Park. Photo: Valerie O'Sullivan (File Photo)

It is too much the first commandment of animalism 'four legs good, two legs bad', with Sir David. Developed world humans especially are always wrong and get no credit. Yes, we know there is an issue with carbon and some of us have been warning with years about the waste and litter. But is constantly sounding off about the end of the world, and blaming the way forward? I wonder too how all this doom and gloom is affecting children and if it is leading to anxiety. Has anyone considered how the mental health of a whole generation may be suffering from this constant end of the world message? Certainly in previous centuries when people were told the end of the world was nigh - then it was for religious reasons - there was great anxiety. I think we need to question some of the current messaging.

So hopefully, Sir David's episode of Wild Isles from Killarney will not be too exclusively wild!

The Rhododendron Leafhopper



Speaking of nature, there is good news in the massive fight against rhododendron with commercial tenders from the Heritage Department going out now for the eradication of up to 340 acres of the invasive species in the National Park.

But there is good news too with the important discovery by local rangers of the rhododendron leafhopper also an introduced species. The leafhopper originates in the Americas and it is one of the few natural enemies of the plant.

It is true to say the sap sucking insect has been ' rediscovered' as it had been found in some abundance in the 1970s in Killarney but then seemed to have died out.

Rangers Mary Sheehan and Sean Forde were behind the new find after they shook two adults loose from a bush in Muckross Gardens in October 2021 according to a scientific paper published recently. The leafhopper sucks and would take an enormous number of hoppers to chew away all the bushes in the park. Still, welcome haws, and even all hands on deck 'hops' to mind! All assistance even from a pair of lonesome leafhoppers is welcome in the massive fight against our old friend 'Rhodo'.



50th Anniversary Celebrations

Kerry Parents and Friends Association celebrates its **50th Anniversary** this year and we are marking this significant milestone throughout the year in the following ways:

SATURDAY MARCH 25TH

Official Opening of our new Tralee Service, Unit 1 & 2, Fabrik Building, Godfrey Place, Tralee, from 2-5pm.

SATURDAY JUNE 24TH

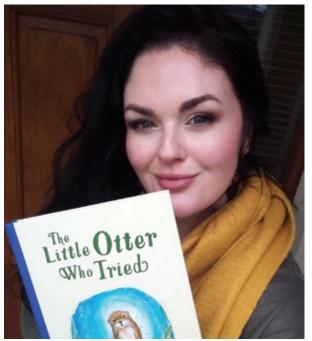
Gathering of invited guests, people we support, families and friends, staff and former staff, Directors past and present, to celebrate our 50th year and incorporating the **Official Opening of the Sensory Garden**, at The Old Monastery, Port Road, Killarney. **12-5pm!**

A day of fun and entertainment for all!

SUNDAY SEPTEMBER 24TH

To conclude our 50th Anniversary Celebrations, the Association will host a **Special Mass at 1-4pm**, at Tearmann Lodge, Rathmore, celebrated by Rev. Pat O'Donnell, marking the exact date of the first meeting of Kerry Parents & Friends in Rathmore.

Looking forward to celebrating together as we give thanks for this service and all who support it!



Katie O'Donoghue pictured with her second book The Little Otter who Tried.

Katie publishes her second book

Accepting support has been pubished by Killarney Author Katie O'Donoghue.

Katie is a child and young people's therapist with a background in Fine Art and Design and has a master's degree in Art Psychotherapy and is a PhD in Healthy Psychology.

"I wrote and illustrated the book myself to support the challenges children face and to support the inner child in us all. Katie is a former student at ISK Killorglin and moved home from London with her husband in Spring 2021.

"Our families are from Beaufort and Killarney and following my education at the ISK Killorglin, I studied at CIT, optaining a degree in Fine Art & Design, then a masters in Art Psychotherapy. Katie is assistant client services coordinator at Recovery Haven Cancer Kerry, with a focus on children and family services and is also the author of The Little Squirrel Who Worried.

About the book:

Little Otter is scared to learn to swim on her own. But with tips from her riverside friends, she keeps trying, grows in confidence, and is soon surprised by how far she has travelled, all by herself!

The duckling, kingfisher and toad all share their stories about learning to swim, fly and hop and Little Otter realises every creature has to start somewhere.

Every child will find something to love in this gorgeous book, beautifully brought to life with hand painted illustrations by the author!

The Little Otter Who Tried is the second story in a wellbeing series, published by Gill Books.was launched at Eason's on Main Street where it will be available for purchase.

Rachel scoops the FIRST CUT FILM FESTIVAL AWARD

An award recognising the talent of Young Killarney filmmaker Rachel Griffin was presented to her at at The Regal Cinema in Youghal. Rachel won the First Cut Film Festival award for 'Best Music Video' as part of the open call programmes. Rachel composed the song 'Two Fools, One Lie' as well as performing in and directing the video which features a group of her friends it stars the talented Sinead Marie and Dylan Shortt in lead roles.

Made in Killarney last spring it involved a lot of collaboration and organisation but was great fun to make according to Rachel. Patrick O'Connor-Mason from Kenmare filmed and edited the video and his film 'Dyslexia and Me' was also screened at First Cut. Rachel and many of her friends are members of Killarney based youth film group SONAR (Scannánóirí Óga Na Ríochta) which is directed by Kerry County Council Filmmaker in Residence Mieke Vanmechelen and based at Anam, the Arts and Cultural Centre. Many of the group are also part of Prom Queen, a Jukebox Musical which was staged at the INEC and is managed by Katrin Maria Pietzonka. Both groups are ambitious and garnering attention nationally, highlighting the positive impact of creative youth engagement and the benefits of mentorship.

"Rachel is a major driving force within our group SONAR. She is so talented and radiates positivity and generosity, this is a well deserved win", Mieke said. Rachel's award was presented to her by festival director Mary McGrath at The Regal Cinema in Youghal and she expressed her gratitude and delight in the company of her friends and family. Rachel is the daugher of Jerry and Aileen Griffin and is certainly one to watch.

SONAR will see their films on the big screen at Fresh International Film Festival taking place from the 27th March - 1st of April at the Belltable Arts Centre in Limerick. They have big plans and enthusiasm for the next project.

The Filmmaker in Residence is funded by Kerry County Council, Arts Council and Creative Ireland Kerry.







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Celebrate this Mother's Day at the Castlerosse Park Resort

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> €32.00 for a 3 course menu €27.50 for a 2 course menu

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More than 1,400 adventure racers kicked off the first Quest Adventure Race of the year with Quest Kenmare on Saturday

11th March 2023. Participants, who arrived in Kenmare with friends and family from all over Ireland and the UK, were treated to the stunning local scenery of Molls Gap, Kerry Way, Esk Mountain, Muckross Park and Kenmare town, along three different routes: 28km Challenge route, 43km Sport route and 79km Expert route.

Kenmare enjoyed up to 3,000 visitors over the weekend for Quest Kenmare, staying in accommodation locally and enjoying the atmosphere in Kenmare's bars and restaurants on the Friday and Saturday evenings. As always, participants were encouraged to embrace the idea of using the event to stay longer in one of the most beautiful parts of the country. Locals made visitors extremely welcome, and businesses went the extra mile to open outside their usual operating hours to accommodate the event.

Taking part in Quest Kenmare this year were Kerry's own Tadgh Fleming and Rory O'Connor of Rory's Stories, both adventure race enthusiasts since taking part in RTÉ's Hell Week.

A jubilant Tadgh who completed the Expert route with fiancé Alannah Bradley, said after the race: "We made it! We did the 55k last year and we did the 78k this year – no better feeling than going over that finish line.

We trained together and we stuck it out together. Can't wait for the next one!"

Winners of the Expert route were Sebastien Giraud and local Kenmare woman Ellen Vitting, who defended her title successfully from 2022. Winners of the Sport route were David Hickey and Rhianna Henaghan. Winners of the Challenge route were Sheldon Kirkwood and Louise Fogarty (see notes for full times and results).

In addition, adventure racers were treated to the first ever Rave ar Róthar – or party on a bike, on the Friday before the event. Participants cycled a circuit of Kenmare 80s style, with glow in the dark accessories, led by the Rave ar Róthar mobile DJ deck to a secret party location, ready for race kick-off on Saturday!

A fun concept to continually enhance the experience of those taking part and their stay in the local area, Rave ar Róthar was born at Quest Kenmare, and plans to be a feature of many future events.

Quest Kenmare and Elite Event Management are grateful for the ongoing support and partnership for this event from Kerry Marketing and Events Group, Kerry County Council, and local groups and clubs.

Quest Kenmare will be back in 2024 with a provisional date of Saturday 9th March.

SOROPTIMISTS RAISE €4,000 AT A FLIPPING GREAT FUNDRAISER

ollowing their hugely successful Pancake & Coffee Morning held in the Killarney Avenue Hotel in aid of Down Syndrome Kerry, the ladies gathered this week at the hotel to present a cheque for €4,000 to representatives of the charity.

The popular Pancake & Coffee Morning is a annual event on Shrove Tuesday with trhe club picking a different charity to support every year.

Bridie Brosnan, President of the Killarney Soroptimist Club presents Cristabel Quirke, Down Syndrome Kerry with a cheque for €4,000. Also included are Bernie Cronin, Down Syndrome Kerry, Aoife Cronin, Down Syndrome Kerry and members of the Soroptimists Club, Teresa Irwin Sheila Casey, Noreen Browne and Eileen Foley.







Close call at Killarney Camera Club

The recent 'Urban/ Street' themed competition at Killarney Camera Club attracted many exciting creative diverse entries.

"It was a close call and below are the winners. Congratulations to Terry Mc Sweeney, who won the Unrestricted Category with his image of a street trader in Vietnam, and to all our winners, especially to our new member, Klaudia Topór who came 1st in the Novice category and 2nd in the Unrestricted one with her 'Zanzibar' photo", Deirdre Donohue, secretary at the Camera Club told Killarney Outlook. This image will be published in next week's issue RESULTS:-

Unrestricted category:

3rd Place: Seamus Long, Beijing Re-Cycling,

2nd Place: Klaudia Topór, Zanzibar,

1st Place: Terry MacSweeney, Street Trader,

Novice Category:-

3rd Place: Maryann Heidtke, Street scene

2nd Place: Noel O'Neill, Band of **Fools**

1st Place: Klaudia Topór, Zanzibar Terry's winning image was taken in Hanoi, Vietnam.

"Getting a shot of a local lady, with baskets similar to weighing scales was always on my bucket list! She squatted down at a street corner, using the 2 trays as her stall. Usually one tray has some cooking utensils and the other one has the ingredients. This lady, however, was only selling fruit ", Terry said.

New members are always welcome and for further details please e mail secretary@killarneycameraclub.ie



RECORDINGS OF KERRY CIVIL WAR CONFERENCE

NOW AVAILABLE ONLINE

The recordings of all of the presentations, keynote addresses and panel discussions at the recent Kerry Civil War Conference have been made available online.

Conference organisers Dr Mary McAuliffe, Owen O'Shea and Bridget McAuliffe.

The recent conference held in Tralee, which attracted hundreds of attendees in person and thousands of viewers on its online streaming platform, included a series of lectures and debates involving over twenty

local, national and international academics and historians who considered the legacy of the Civil War in Kerry.

With the support of the Department of Tourism, Arts, Culture, Gaeltacht, Sport and Media under the Decade of Centenaries Programme, the recordings are now available on the conference website, www.kerrycivilwarconference.ie and on the event's YouTube channel.

'Because of the huge level of interest in the conference and in the history of the Civil War in Kerry generally, we were keen to make the lectures and discussions as widely available and accessible as possible,' said Owen O'Shea, one of the organisers of the conference with Bridget McAuliffe and Mary McAuliffe.

'We have no doubt that the recordings will prove very popular as people are keen to learn about the newest research in the field and as we continue to engage with the subject matter during this centenary year.

'We are very grateful to the Department and the Expert Advisory Group on Centenary Commemorations for supporting the conference and for allowing us to make available the recordings of the conference in this way,' he said.

Duncan Visits Dingle for Tourism Conference

Environmentalist Duncan Stewart, delivered the key-note address at Corca Dhuibhne Sustainable Tourism Conference in Ionad an Bhlascaoid - Dún Chaoin, Corca Dhuibhne - where Tourism and Hospitality (SEC) group, launched a new EU project - CE4RT (Circular Economy for Regenerative Tourism) together with MTU (Munster Technological University) and Dingle Peninsula Tourism Alliance (DPTA) also included is, Mary Rose Stafford, MTU Tourism Dept, Ann Ní Chiobhain comhardaitheair chorca dhuibhne, Declan Murphy, Fáilte Ireland. The aim - to use energy in a more sustainable, holistic way, using less energy, cleaner and smart energy. Photo: Valerie O'Sullivan



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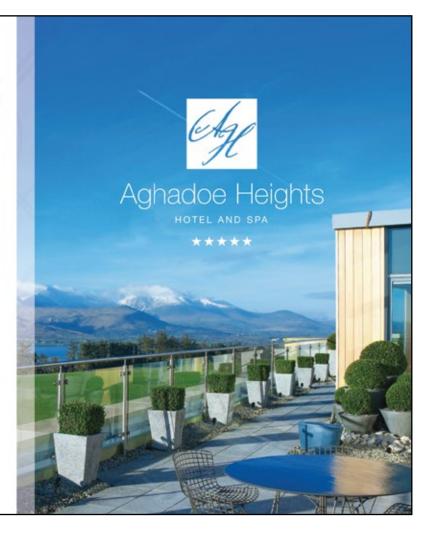
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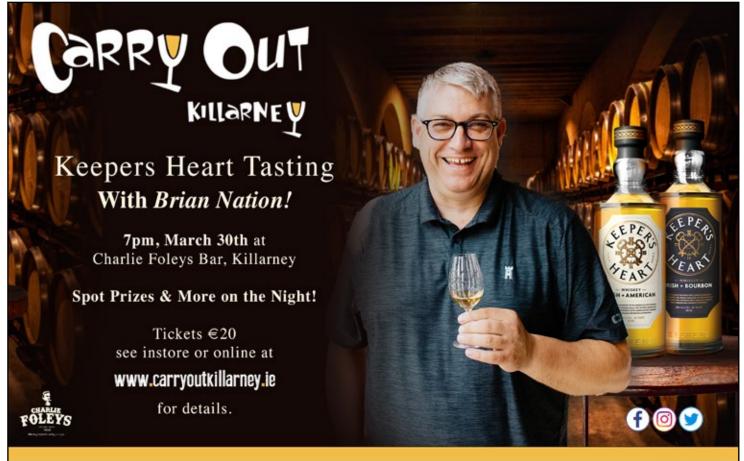
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Enjoy Alcohol Sensibly

ROISIN'S DAY IS A SPECIAL ONE FOR THE FAMILY

ast weekend was a very special one for the Ahern Family from Faha as they celebrated the Christening of the latest family member Roisin Murphy Ahern.

Parents Tadgh and Cathy were joined by family from both sides, but for the Ahern Family it was the first time since 2018 that the family were together with two members Siobhan and Deirdre coming all the way from "Down Under" with their families.

The 37 members of the Ahern family gathered in The Courtyard at Faha Court along with many other guests for the celebrations following the ceremony at Listry Church and it was a very special moment for two little boys.

Pre Covid, first cousins Derry Murphy from Faha and Aidan Johnston from Sydney posed for a photo at Faha Court and on Sunday, the photo was recreated with the boys catching up at the bar five years later!



Pictured on the occasion of her Christening at Listry Church on Sunday was Roisin Murphy Ahern with her parents Cathy Murphy and Tadgh Ahern and sister Caoimhe along with god parents Geraldine O'Donnell and David Ahern.





Left is Derry Murphy from Faha with his first cousin, Aidan Johnston from Sydney Australia pictured in 2018 - pictured right is the boys meeting up for the first time last Sunday.

Jean Courtney is the 2023 Kerry Sports Volunteer of the Year By: Jimmy O'Sullivan Darcy

Kerry has always had a longstanding athletic tradition, but go back to the nineties and it's fair to say that An Riocht was by far the most pre-eminent club in Kerry..

Killarney always had great athletes, with the likes of Tomás Griffin always competitive at the very highest levels, but recognition and tangible success was relatively few and far between. The change in a generation has been amazing, and undoubtedly one of the prime movers of that transformation has been the tireless dedication of Jean Courtney. She took on the role of club secretary twenty years ago and the club has gone from strength to strength ever since. It's Jean who fills out all the paperwork for entering athletes in competitions in a huge range of disciplines and grades. Not all of them go on to the rarefied atmosphere of national and international success – athletes like Sarah Leahy, Jordan Lee, Ciara Kennelly, and relatively recent addition Madie Wilson-Walker are rarer than people appreciate. But no athlete ever went out with Killarney Valley at any age in any discipline without being encouraged and supported all the way, and none of them ever emerged the poorer for it as people. That's what people like Jean Courtney bring to the table all the time and every time. That's what makes the club special and that's what's seen it to grow from strength to strength, and now with the facilities to reinforce that sporting environment at every level.

Killarney Valley now boast five Irish internationals, 320 registered members and 22 Athletics Ireland accredited coaches. The club won 107

provincial and national medals in 2022, and they had 155 graduates from their Couch to 5k programme. It was no great shock to see them announced as Club of the Year. Jean would never take personal credit for that, that's never been her style, but she most certainly could. When I had questions about any report on local athletics, my first phone call was always to the late and great Tom O'Donoghue of Gneeveguilla AC, may that great gentleman rest in peace. My second was always to Jean, and she has never let me down yet.

Jean is also a longstanding and unstinting

volunteer with St. Paul's Basketball Club, where she has been treasurer of the juvenile section for over two decades.

The Federation of Irish Sport has recognised Jean as the worthy Kerry Volunteer Award recipient for 2023. Minister of State with responsibility for Sport and Physical Education Thomas Byrne TD is the special guest speaker at the awards, which will take place next week on March 22nd at The Crowne Plaza Hotel, Blanchardstown and hosted by sports broadcaster Gráinne McElwain.





Congratulations to St.Brigid's students Elizabeth Roche (Captain) far right, Muireann O Donoghue left and Sinéad Byrne middle on reaching the Regional Finals of the Gael Linn Irish Debating Competition for the 2nd year in a row. Teacher Michelle Clifford said "The girls have shown their excellent Irish language abilities through debating particularly challenging motions. Maith-sibh a chailíní as an sár-obair atá déanta agaibh lenár dteanga dhúchais! 'Tír gan teanga, tír gan anam' "









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TEA AND TRACTORS GOES DOWN A TREAT

he inaugural Killarney Valley Classic The inaugural Nilianie,, and Tea Static show at the spectacular venue that is Killarney Racecourse was held on Sunday last and was a huge success.

Showcasing in excess of 90 Tractors from the very old to the very latest models both local, Counties Kerry, Limerick and Cork as well as enthusiasts from Co. Meath with their most unique and rare Tractors. Alongside the Tractor Show we had a huge display of model farm machinery which was a massive hit on the day. We were also delighted to host a "couch chats" session with experts in their field including Michael Hoey of Country Crest , Aeneas Horan of Buckley Agri, Aine Sweeney of Glen South farms, Donie Lucey of Critical Emergency Response and Tommy Moynihan who spoke about life after a farm accident . "We were delighted with the support from the public and their generous donations to the event charity -Critical Emergency Response" said Tom Leslie, Club Chairman. "The whole day was a huge success and with all the positive comments we received, there is no doubt that we will make it an annual event "



In the bag...Grace Kelly, with all her shopping at the Killarney Valley Classic and Vintage Club 'Tractor and Tea' event, at Killarney Race Course on Sunday afternoon in aid of Critical Medical Response, Photo: Valerie O'Sullivan



Padraig Healy, Paddy Moynihan, James Kissane, Michael Buckley at the event.

Time to go home Tony Wharton, taking down a poster, as vintage tractor enthuasists from left, Bernard Carolan, Fiona Caroll, Michael Flanagan Ryan Wharton, James Carolan, Tony Wharton, enjoying the banter at the Killarney Valley Classic and Vintage Club 'Tractor and Tea' event, at Killarney Race Course on Sunday afternoon in aid of Critical Emergency Medical Response. Photo: Valerie O'Sullivan



Seamus Kelliher with his model farm at the event.



In excess of 90 Tractors from the very old to the very latest models both local, Counties Kerry, Limerick and Cork and Meath were on display.



Up in smoke...John Michael Howard, pulling up at the Killarney Valley Classic and Vintage Club 'Tractor and Tea' event, at Killarney Race Course on Sunday afternoon in aid of Critical Emergency Medical Response. Photo: Valerie O'Sullivan



John O Donoghue (Ford 7000) Michael Leslie (MF 20F)





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MARCH 10TH - 24TH

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MARCH 4TH - 25TH

MARCH 18TH

Park Run Killarney House @9.30am Run off all the excess suitable for everyone including walkers.





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Programme featuring: Dermot Whelan Mindful Tour, Mario Gift Grub Live, Dan McCabe, Fiachra Garvey, Jack Lukeman, Derek Ryan

MARCH 17TH

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at the Great Southern Hotel



(Available Most Days throughout the festival)



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Visit Killarney House and Gardens interactive visitor experience



Muckross House & Gardens

Visit Muckross House Gardens & Traditional Farms



Ross Castle

Visit Ross Castle 15th Century Residence of O' Donoghue Mór



Climb with expert guide John O' Sullivan of The Lodge & Reeks Guiding Company

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Tour of Killarney's Lakes with Traditional Irish Music. One sailing per day.



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Festival Jaunting Car Rides & Tours

Enjoy a traditional jaunting Car Ride through Killarney National Park.

























iveland's family festival







A Wealth of Talent on Display at East Kerry Scór

PHOTOS: SEAMUS HEALY

Talented East Kerry club members took part in the Scor Na NOg East Kerry Final t in Fossa Community Hall last Saturday. The standard of talent in all categories was very amazing aand participants from the various club displayed a wide variety including solo singing, set dancing and instrumental music.



Glenflesk Solo singing: Noirin Healy (second from left, East Kerry Scór Solo singing winner with from left Mairead Brosnan, Killarney Credit Union, Ann Holland, East Kerry Scór officer and Gary O Halloran, East Kerry vice chairman. Photo Seamus Healy.



Glenflesk Ballad group L to R ; Ann Holland, East Scor Officer, Mairead Brosnan, Killarney Credit Union Muireann Healy, Cliona Moynihan, Patrick Mullane, Aoise O Donoghue, Abby Cronin, Gary O Halloran, East Kerry vice chairman.



Glenflesk Instrumental Music L to R; Ann Holland, East Scor Officer, Mairead Brosnan, Killarney Credit Union, Olivia Angland, Coleen Angland, Sean Angland, Noirin Healy, Grace Angland, Gary O Halloran, East Kerry vice chairman.



Glenflesk Recitation: Lto R; Ann Holland, East Scor Officer, Mairead Brosnan, Killarney Credit Union, Abbey Cronin, Recitation winner, Gary O Halloran, East Kerry vice chairman at Fossa last Saturday



Glenflesk Best overall Club L to R; Ann Holland, East Scor Officer, Ellen O Keeffe, bean an ti, Mairead Brosnan, Killarney Credit Union, Eabha Healy Glenflesk, Gary O Halloran, East Kerry vice chairman.



Dr Crokes Figure Dancing: L to R; Ann Holland, East Scor Officer, Mairead Brosnan, Killarney Credit Union, Natalia Walewacz, Bethany Byrne, Blaithnaid O Connell, Dearbhla O Connell, Gary O Halloran, East Kerry vice chairman.



Spa Set Dancing Roisin O Sullivan, Grace O Connor, Daisy Cremin, Dara Brosnan, and Diarmuid O Donovan, Colm O Connor, Oisin O Sullivan with Ann Holland, East Scor Officer, Mairead Brosnan, Killarney Credit Union, Gary O Halloran, East Kerry vice chairman







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Price - € 99 Upgrade with lunch 2-course spa menu €30

- Thermal Suite Experience
 Post Treatment Time in The Relaxation Suite Duration: 2 h 30 min

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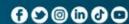
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Digital Photography	24/04/2023
Fibre Installation Technician	24/04/2023
Food Preparation and Cooking (Culinary Arts)	15/05/2023
Healthcare Support	22/05/2023
Diploma in Software Development (Full Stack)	29/05/2023
Employment Skills (Level 4)	12/06/2023
IT Support Fundamentals	12/06/2023
Welding	19/06/2023
Civils for Fibre Installation	03/07/2023
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A Hair Affair... Geraldine celebrates 25 years in Business

Popular Killarney Hairdresser, Geraldine Harrington, seated, Proprietor, Saloon, New Street, Killarney, celebrating her 25th anniversary in business on Friday, with her colleague Laura Dwyer. Celebrating in style, all her regular clientelle, or family as she likes to call them, dropped in to help them mark the occasion. The special anniversary cake was created by neighbour, Laura Sourke of Bake. Photo: Valerie



Academic Excellence in Business Studie

for Castleisland Community College students!

t was a moment in time, out of our busy lives, when students, teachers and parents met and celebrated the success of the Junior Cycle Business Studies results. Kemmy Business Studies School in University of Limerick in conjunction with BSTAI (Business Studies Teachers Association of Ireland) invited those Junior Cycle Business Studies students 2022 who received a distinction in their exams to an Awards Ceremony in the concert hall of UL. Teachers and parents were also invited. A total of 3.6% of students nationally, achieved this level which equates to scoring 90% or over in the exam. Daniel Daly, Eilís

Enright, Caitríona Murphy and Rowan O' Sullivan were awarded this outstanding result in their Business Studies exam. Principal Teresa Lonergan stated 'This is a testament to four highly motivated students and also to the excellent teaching and learning that takes place in the school'.

Professor Philip O Regan opened the ceremony and acknowledged their excellent result. Over 200 students were presented with their certificates by Professor O Regan. He gave a short but inspiring speech that mentioned celebrating the unique possibilities that education offers and he advised them to continue on their educational journey. He acknowledged the role of teachers, principals and family in achieving the distinction. He asked them to reflect on what the gift of education gives an individual. 'Education brings opportunities and also responsibilities.' he stated. He said that education also allows individuals to serve and to do good in our world.

The students also heard from Caitríona O' Halloran

- a former recipient and past pupil of the University of Limerick. She advised students with regard to picking a career. 'You are a lot more than your academic grade...keep a balance with study and play... do not compare yourself to others... follow your passions.'

Following the closure of the ceremony, food and refreshments were provided. Teachers, parents and students relaxed, celebrated and took the time to acknowledge this wonderful achievement. 'It was a wonderful moment in time to stand still and celebrate', stated Laura Leahy (Business Studies teacher).



Castleisland Community College Students who received an award from the Kemmy Business Studies School in UL. From left: Fergal O Brien (Lecturer UL) Daniel Daly, Eilís Enright, Rowan O Sullivan, Caitríona Murphy and Laura Leahy (Business Studies teacher).

Upcoming COVID-19 vaccine clinics in Cork and Kerry

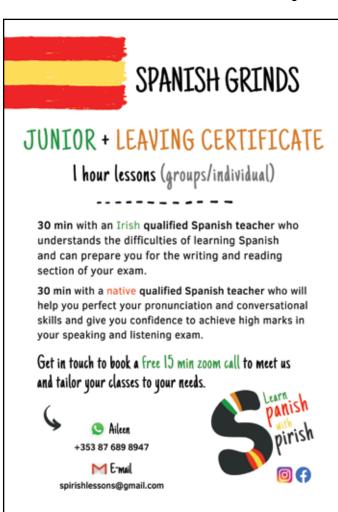
Cork Kerry Community Healthcare is reminding people to get their COVID-19 vaccine or booster. Vaccination clinics for all adults and children over the age of six months will take place at various venues this week.

The HSE strongly urges anyone due a booster, or who is unsure of their vaccine status, to check by contacting HSELive on 1800 700 700.

Vaccination clinic dates in Kerry this week:

Kerry Vaccination Centre, Borg Warner, Monavalley, Tralee, Co. Kerry, V92HT21:

Saturday, 18th March: 9:15am-1:15 and 2pm-3pm (12+) Saturday, 18th March: 3pm-3:30pm (6 months – 4 years)







NEWS BITES...

KILLARNEY ACTIVE RETIREMENT

meet every Friday in the KDYS Hall (back of Franciscan Friary Bookshop) from 2 to 4 PM New Members Welcome

FREE PERSONAL DEVELOPMENT **COURSE** - South Kerry Development Partnership have organised an 8 week Steps to Success course facilitated by Nutshell Training. This is a unique, results focused, highly motivational life coaching and personal development course which is designed to help participants gain a sense of direction for their lives, understand what motivates them, identify barriers and gain the knowledge to overcome these barriers, develop decision making skills, develop an action plan and lots, lots more. The course will be held every Wednesday morning from 9.30am to 12.30pm for 8 weeks beginning April 26th. Places are limited and must be booked. Please contact Carol Naughton, SICAP Education Officer, 087 9631935, cnaughton@skdp.net for more information

A COFFEE MORNING IN AID OF THE KERRY HOSPICE FOUNDATION WILL BE HELD IN THE HERITAGE CENTRE SCARTAGLIN ON SUNDAY THE 2ND APRIL - 9.30am to 1.00pm. Hosts: Mary, Carol & Mark. All proceeds to Palliative Care Unit - UHK.

BINGO at St. Mary's Parish Hall every Thursday @ 8.30pm. All are welcome!

FOSSA TWO MILE CCÉ

and to book a place.

Our Rambling House is back @ 8.30pm Sat 18th March at its new venue The Castlerosse Hotel, Fossa. No cover charge, raffle on the night with tea and barn brack. All very welcome

Thank you to everyone who took to the floor at our Céilí last Sunday. It was a great afternoon's entertainment thanks to the Johnny Reidy Céilí Band, Catherine Joy and her helpers and bakers and our Comhaltas volunteers. Set dancing classes resume Tues 3rd October.

Thanks also to George and his team at The Inisfallen Hotel, Fossa for hosting our annual event in the past.

RECOVERY HAVEN KERRY (Cancer Support House) have a new 6 week online Cancer Thriving and Surviving course beginning Tuesday 25th April @ 10.30am-1pm. (Intro session 18th April). Please ring reception 066 7192122 for more information. www.recoveryhavenkerry.com

GNEEVEGUILLA ST PATRICK'S DAY PARADE will take place after 9.30 Mass on Friday 17th March... Everyone welcome to take part. A parade not to be missed

The best day ever....

Thursday Funday raises Funds for Kenya

Described as the best day ever... fifth class pupils from Fossa National School pictures along with their teacher Mrs Brigid Murphy, SNAs Elaine Cronin and Mikie Galvin recently held a fun day for the whole school in aid of the Kenya Education Project. This week they presented Eddie Sheehy with a cheque of €1000 for the charity.

The children along with the help of their teacher and SNAs recently held a "Thursday Funday" for the whole school. The children

in 5th class came together in pairs and organised their own games and activities for children to participate in. Games included "Guess What's In The Box" "Bean Bag Toss" "Nerf Gun Knock Out" "Penalty Shoot Out" just to name but a few!

The children from 5th class showed great initiative and made it a day to remember for the whole school as it was hugely successful and is now reflected on being "The Best Day Ever"!!



FOR THE TAN YARD AT KILLARNEY PLAZA HOTEL & SPA

The Tan Yard restaurant at the Killarney Plaza Hotel & Spa are delighted to have been awarded "Best Sustainable Practices" in Kerry, at the Munster Regional Final of the Irish Restaurant Awards, following an overwhelming number of public votes.

The awards which took place in the Limerick

Strand Hotel, saw The Tan Yard compete some against the best hospitality businesses in the county, to take home prestigious the award. As the county winner, The Tan Yard will proceed to the All-Ireland Final of the Irish Restaurant Awards at the Clayton Hotel, Burlington Road in Dublin on May 15th.

Holding sustainability at the core of its ethos, The Tan Yard and its team of dedicated staff take pride in ensuring only the finest quality, locally sourced ingredients are used in the restaurant and this consideration for food provenance is clear in the dishes crafted by The Tan Yard's talented culinary team.



NEW ISTANBUL TURKISH



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Michelle Can't Wait To Get Back To Work After Spain Surgery

Collowing a painful accident while out on a walk, Michelle O'Sullivan, a well known member of staff at Killarney's Penny's Store was left in pain by a foot injury. Instead of waiting for an operation at home, Michelle went to a HSE-funded clinic in Spain for specialist surgery rather than wait for an operation at home.

The Castleisland mother of two told how she felt like she was 'walking with two golf balls' under her foot after a painful accident while out walking last October.

She underwent specialist surgery at a new €60M private hospital in the Costa Blanca city of Denia after being helped by the Healthcare Abroad organisation.

"I was out on a walk. I slipped and I heard my foot snap. It was excruciatingly painful at the time", Michelle said.

"I was told I may have damaged ligaments and I was awaiting an MRI for four months.

"Penny's colleagues were brilliant. I would be on my feet all day and they would switch me to the tills a lot so I could be seated. It was like walking with two golf balls under my foot, and dragging a brick behind me. It was painful.

"I did finally get an MRI in January and they discovered I had a 3.5cm tear in my tendons."

Michelle said she was offered possible surgery in Waterford but wasn't given a date. She took the decision to call Healthcare Abroad instead - and ironically received a date to see a consultant in Ireland this July while she was already in Spain.

"I used to work with Rory O'Sullivan from Killarney and I had read that he had been to the HCB Hospital in Denia in January to get an ACL repaired," said Michelle.

"I called Rory and he just told me not to wait; to get out to Spain and get it fixed.

Abroad came back very quickly and recommended a surgeon Dr Eduardo Lopez to carry out the surgery."

Michelle flew to Alicante on March 4. was collected from the airport there and booked into a 4-star hotel in Denia. She had her operation on March 8.

"The whole experience was incredible," said Michelle.

"Dr Lopez spoke to me before and after the operation. He explained how he had taken a piece of tissue from the other side of my foot and he was able to twist it and get it knitted together.

"The cast is on my foot now to keep it all in place for the next six to eight weeks.

"I can't thank Healthcare Abroad enough. Thanks to them and the HCB Hospital in Denia I can now move on with my life again.

"I want to thank Penny's in Killarney too. The team there are a great bunch and very understanding.

"It wasn't an easy decision to go to Spain. My husband works in healthcare and he had to shuffle things around to be home with the boys, with the youngest doing his Leaving Cert this year.

"I am grateful now that I decided to go. I was on my own the first week but I wasn't really because the Healthcare Abroad team was there and there were lots of other Irish patients here and I made so many new friends.

"When you are suffering with this sort of injury it does affect you mentally too. I can't wait to get back out walking and back out cycling

She joked: "When I get home to Kerry I will be stopping anyone with a funny walk or a limp "I wasn't going to wait and Healthcare : and telling them to get to Denia to get it fixed!" damage to her foot.

"I was very happy that I could help her and I want to wish her and her family in lovely Kerry all the best for the future."

A Healthcare Abroad spokesperson said: "We were delighted to help Michelle. Every EU citizen is entitled to get healthcare in any other EU country under the 2014 Cross-Border Directive. There is no need to suffer in silence.

"We have assisted many patients from Kerry access the procedures they need. We do all the paperwork so that the HSE reimburses the patient when they get home and arrange all transfers from airports and to and from their hotel and their hospital.

"We also work with credit unions in Kerry so that the healthcare costs can be paid directly to our hospitals, and the HSE reimburses the credit unions."

Further information available healthcareabroad.ie



CLUNE HAILS 'RIGHT TO BE FORGOTTEN' COMMITMENT

AS GREAT NEWS FOR CANCER SURVIVORS

"This is great news for survivors of cancer and other chronic diseases."

That is the view of Ireland South MEP Deirdre Clune following a commitment by the European Commission to enshrine the 'Right To Be Forgotten' in EU law.

The 'Right to be Forgotten' means people don't have to disclose previous cancer diagnoses to banks and insurance companies, provided a certain time has elapsed since the end of their treatment.

Quizzed by MEP Clune at a recent European Parliament Committee meeting, John Ryan, the Commission's Director for Public Health, Cancer and Health Security reaffirmed the Commission's commitment to developing an EU-wide code of conduct.

This is designed to prevent financial discrimination and increase the rights of former cancer patients and survivors of other non-communicable diseases.

MEP Clune is now urging the Commission to revise the Mortgage Credit Directive to include similar provisions against unfairly penalising cancer survivors.

"It is great news for cancer patients and survivors that the European Commission will be pursuing a code of conduct for insurance and financial service providers.

I now want to see all the EU institutions and Member States, including Ireland press financial service providers to develop such practices, so as not to discriminate against cancer patients and survivors and to finally level the playing

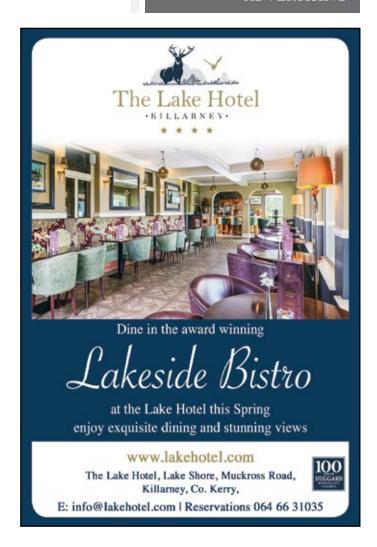
This will mark the first time the 'Right to be Forgotten' for cancer survivors will be enshrined into EU law but now is the time to go



further and for the 'Right to be Forgotten' to be extended to include mortgages.

Importantly, Mr Ryan also acknowledged that the Right to be Forgotten should not necessarily be limited to cancer patients and cancer survivors, which will be of welcome news to those who suffer from other noncommunicable diseases."







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GIFT SETS

Gift Mum a large gift set and receive a complimentary gift bag full of your Spa favorites. Gift sets start from

€40



All Ireland Celebrations for Rathmore GAA Club

Photos: Seamus Healy

Rathmore GAA Club held their All Ireland Victory Banquet at the Killarney Heights Hotel on Saturday night.

A large crowd attended the gala function where the All Ireland Intermediate champions received they all Ireland Medals along with Brian Friel who received player of year and club secretary Mike Cronin received club man of the year.

On the night, there were also accolades for Fionn Murphy who received his All Star award from Fionn was selected in the minor team of the year in 2022 and Aidan O'Mahony received an award from Chairman Kieran O Keeffe after his final day with the team in Croke Park.



Aidan O Mahoney receives his award from Chairman Kieran O Keeffe after his final day with the team in Croke Park.



Rathmore player of the year 2022 Brian Friel receives his Footballer of the year award from Kenneth O Keeffe who was the winner in 2021.



Rathmore secretary receives Club Merit award for 2022 from Denis McCrohan who received the award in 2021.



Rathmore players with silverware won in 2022. Left to right Mark Ryan, Paul Murphy, Shane Ryan, Aidan O'Mahoney, Kenneth O'Keeffe and Killian O Connor.



Debra Houlihan and Diane O Leary attending Rathmore awards nigh last Saturday in The Killarney Heights.



Rathmore player Fionn Murphy receiving his All Star award from Chairman Kieran O Keeffe. Fionn was selected in the minor team of the year in 2022.



Rathmore management team Dan O'Sullivan, Denis Moynihan, Kieran O Keeffe chairman and Tim Cronin.





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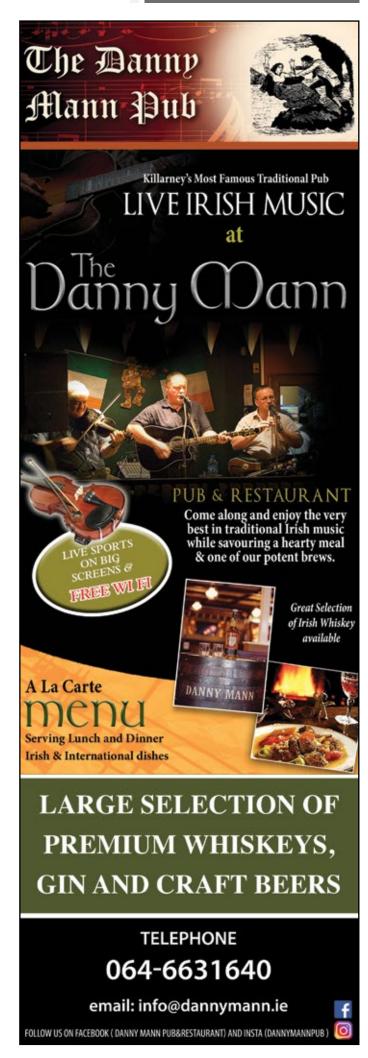
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- Woman's Health
- Injuries and rehabilitation

We offer various therapy modalities including:

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- Dry needling
- Soft tissue mobilisation
- Manual therapy techniques
- Exercise prescription
- Orthotics

Please call 086 3402208 for an appointment. We look forward to welcoming you!





Fantastic Summer Line Up at The Danny Mann

Visitors and locals alike are in for a treat with the new line up of artists which have just been announced for the 2023 season at The Danny Mann Pub.

The artists gathered recently to prepare for the year ahead which will feature a varied selection of musical talent this year, so there is sure to be something to suit all tastes.

From St. Patricks day onwards, there is entertainment 7 nights a week until October so there will always be tunes at the Danny Mann.

The ever popular Tim O Riordan gives every week a fantastic start on Monday evenings and keeps the momentum up by returning on Thursday evening.

Derry and Rosie, the multi-talented local duo will entertain all ages on Tuesday evening.

Wednesdays has Alan Flynn belting out great tunes to suit all everyone.

Friday nights has a mixture of offerings as the year grows. We will have Traditional music session with Geraldine and Neil followed by a fab vinyl DJ night on various Fridays, watch this space for exciting nights to come.

Saturdays will have the legendary Molly McGuires to get our spirits raised to a height and on Sunday nights and various

other nights we have the unbelievably good Resolute. Resolute are the great local duo of Alan Shine and Jamie Quilligan, a truly awesome partnership!

To finish we have the wonderful Paul Carroll, who will play various



The line up for the Summer Season 2023 at The Danny Mann including: Left to right Jamie Quilligan, Alan Flynn, Declan from Molly Mc Guires, Alan Shine, and Tim OʻRiordan.

evenings throughout the season.

These acts, combined with a fantastic new menu to be launched soon, really means that The Danny Mann Pub is the place to go any evening you please. www.dannymann.ie



Friday nights will feature traditional music session with Geraldine and Neil, also know



Derry and Rosie Healy will keep you entertained on Tuesday nights.

Lecture at the Library

A Léacht/lecture will take place in Killarney library On March 23rd at 7pm by Fr Tomás Looney about Seanchas Cathaoir Ó Braonáin.

Seanchas Cathaoir Ó Braonáin', Cahersiveen native Fr Charles Brennan (1875-1937) was a professor in St Brendan's Seminary, Killarney for nine years.

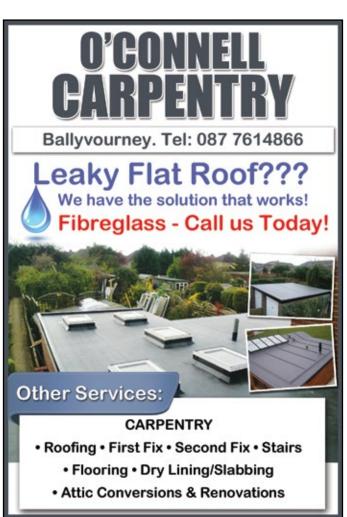
As a Gaelic activist he helped found Craobh na nÁirne of the Gaelic League and edit the famed monthly 'Loch Léin'. Writing under his pen-name 'Óisín', he achieved national acclaim. As curate in Tralee (1907-1914) he became actively involved with the Volunteers with

the result that Dublin Castle insisted on him being transferred from the county capital. Enroute to his Castletownbere Parish 'Small' Jer O'Leary presented him with a rifle in Killarney's Railway Station. He did so on behalf of the Tralee Volunteers as their parting gift to their leader. He is buried in the grounds of Our Lady of Lourdes Church, Ballydaly, Millstreet, Co. Cork. Lecture in Irish- tríd Gaeilge, March 23 23rd at 7pm Fáilte roimh cách.





















GLENFLESK Written by: Seamus Healy

>LOTTO

No winner of Glenflesk Lotto which took place on 6/ 3/ 2023 in Glenflesk Hall. Jackpot €3 000. The numbers drawn were 1, 2,7,29. There was no winner. Consolation prizes of €50 each 1. Marion Jones (online). 2. Ada Jo Moloney c/o H Foley. 3. Corner Bar (Sellers' prize). 4. Ciara O'Donoghue (Yearly ticket). Next draw will take place in Glenflesk Hall on 20/3/2023. Jackpot will be €3,200. Thank you to all who support our Lotto and to our sellers. Lotto tickets including annual tickets can be bought from our ticket sellers, in local pubs and shops or online before 6pm on the date of the draw at: https://play.clubforce.com/play_newa.asp?ll_id=2534#Anchor Jackpot for the next draw on Monday 20th March 2023 is €3,200.

►SCOR NA NOG

Congratulations to all our amazing Glenflesk winners and their mentors who won East Kerry Scór Na nÓg 2023 yesterday in Fossa. We had winners in Solo singing, (Noirin Healy). Recitation, (Abby Cronin). Ballad Group (Aoise O Donoghue, Abby Cronin, Cliona Moynihan, Muireann Healy, Patrick Mullane). and Instrumental Music (Grace Angland, Coleen Angland, Olivia Angland, Sean Angland, Noirin Healy), and also Best overall Club!!! Glenflesk Gaa Abú. Best of luck to all in the County final on Saturday March 25th In Currow.

>ACADEMY

We are looking for volunteers to help out with academy training starting on 21st Mar from 6.15 - 7.15 This covers u6 and u8 age groups If anyone is available to help out please let Padraig or Derek or Catherine know.

>FOUNDATION REFEREEING COURSE

The club is looking for people interested in taking the foundation refereeing course. Two evenings in total in Tralee. As we all know, without referees, games can not take place. Our club currently has two senior referees and four Coiste na nÓg referees but there is still low numbers of referees throughout the county. By refereeing, you help to insure all games get to be played, increase your fitness levels, get paid and of course, you'll always have the best seat in the house during each game! So, if you are over 23 and would like to give it a go or would like to find out more information contact Pádraig on 0870530384.

>DARRAGH ROCHE

Wishing Darragh a speedy recovery and hopefully we'll see him back in action again shortly.

>COUNTY LEAGUE DIV 2 RD 1

Glenflesk V Listowel Emmets 26-03-2023 (Sun) @2PM in Glenflesk

BEAUFORT By Bridget Hartnett



Beaufort Senior men defeated Laune Rangers A in the 2023 Mid Kerry senior league final on Sunday on a score line of Beaufort 4.06. Laune Rangers 2.10.

>FIXTURES

Minor men home to Finuge, Saturday, 18th at 3pm in round 5, Co Minor League.

Good luck to our two County League teams as they will begin their competitions this week.

Division 6 team will be away to Killarney Legion on Thursday, 16th at 8pm in round 1 and Division 2 team will be away to Glenbeigh/Glencar on Sunday, 19th at 2pm.

>RESULTS

Beaufort Senior men defeated Laune Rangers A in the 2023 Mid Kerry senior league final on Sunday on a score line of Beaufort 4.06. Laune Rangers 2.10.

Round 3, Co Minor League: Castlegregory 3.15 Beaufort 2.09.

Minor team, sponsored by Harpoon Connect had a win over Castlegregory in round 4, Minor League on a score of Beaufort 3.15 Castlegregory 4.09. Beaufort started the game well and had a commanding lead of nine points at half time. Castlegregory fought back in the second half to set up

a nervous finish but Beaufort dug deep and peformed well at the back. There were some strong performances from Daire Kingston and Darragh Foley.

>LOTTO

The next draw for a jackpot of €12,200 will be on Sunday, 19th March 2023. Tickets are €2 each or 3 for €5 and are available from usual sellers, shops, public houses and online at: www.beaufortgaa.com. Thank you to everybody who support the lotto.

>CLUB DEVELOPMENT AND CAR DRAW

Tickets are still available for the car draw and other cash prizes to fund the development. They are €25 each, 3 for €60, 5 for €100 and are available from local sellers, shops, and public houses and online at www. beaufortgaa.com. Please contact the Club at 087 9975737 for more information.

>WISHING all our readers at home and abroad a happy St Patrick's Day

LISTRY Written by: Colette Leslin

≻LISTRY GAA

LOTTO

Numbers drawn 9, 10, 22, 28. €100 Peter Fleming. €50 Lou Quirke. €50 Lorraine Kennedy, Ballymalis. €25 Kathleen Griffin, Lissivane. €25 Owen Casey. Next jackpot 19th march €10,050

LISTRY SENIORS

Our seniors play in the Co League away v Ardfert this Sunday the 19th

March at 2pm. Best of luck.

KERRY SENIORS

Best of luck to the kerry who play at home in Austin Stack park to Roscommon on Saturday the 18th March at 19.30 .Best of luck to the team and management.





MONEY MATTERS.

By Dermot Cronin, Financial Advisor



WHEN CAN YOU ACCESS YOUR PENSION & WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?

You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement then you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

Tax Free Cash: Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

Taxable Cash: You may also be able to take sum of your pension in taxable

Annual Pension: This is a guaranteed income usually paid monthly for the rest of your life that is purchased with the money left after your tax free lump sum, this is subject to taxation.

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or dermotcroninifa@gmail.com



RATHMORE | GNEEVEGUILLA

By Michael O' Mahony

>SYMPATHIES to Bridie Fitzgerald, Donie, Tadhgie, Margo & Anita & families Helen, Bernie, Seamus & George on the death of Manus Fitzgerald Nohovaldaly, husband, father, grandfather, his sister Annie Herlihy & extended family. Manus was laid to rest on Monday 6th March in Knocknagree. To Cathy O'Leary, sons Pat, Aeneas, John, Timmy, Michael & families. Joanne, Maeve, Noelle Kiera & James on the death of Timothy (Thade) O'Leary Leam, husband, father & grandfather. Thade was laid to rest in Gneeveguilla on Thursday 9th March. May Manus & Timothy Rest in peace

▶ RATHMORE GAA VICTORY BANQUET held in Killarney Heights Hotel on Saturday night last. Rathmore team All Ireland Intermediate champions received they all Ireland Medals with large crowds attendance. Brian Friel received player of year & club secretary Mike Cronin received club man of the year. Fionn Murphy received his All Star. Fionn was selected in the minor team of the year in 2022. Aidan O Mahony received an award from Chairman Kieran O Keeffe after his final day with the team in Croke Park.

▶KNOCKNAGREE ST PATRICK DAY PARADE

Join us to celebrate St. Patrick's Day! There will be music at 10.15am, floats, sweets face painting, fun and laughter. Parade will be starting at 11:00 am

► GNEEVEGUILLA ST PATRICK DAY PARADE on St Patrick Day 17th March 2023 after 9.30 Mass

> MILLSTREET ST PATRICK DAY PARADE on St Patrick Day

on Friday March 17th at 4-45pm.

SUNDAY DANCE Hibernian Hotel, Mallow P51 HE63. mDancing from 3.00pm - 5.30pm. Sunday 19th March Colin Harney Band from Co. Down. Sunday 26th March T.R. Dallas Band. All roads lead to Hibernian Hotel, walking distance from Mallow Railway Station. Admission €10. Free Draw with Door Ticket. Organised by John Joe Herlihy Dances 087 9735113 >RATHMORE GAA

Sad news on the passing of former senior trainer/manager 2012-2013 Liam Kerins RIP. Condolences to Liam family at this sad time may he rest in peace

>RECOVERY HAVEN KERRY (Cancer Support House) have a new 6 week online Cancer Thriving and Surviving course beginning Tuesday 25th April @ 10.30am-1pm. (Intro session 18th April). Please ring reception 066 7192122 for more information. www.recoveryhavenkerry.com

>DIOCESAN VACANCIES

The Diocese of Kerry invites applications from suitably qualified persons for the role of Pastoral Development Worker on the Diocesan Pastoral Team. Closing Date for applications is March 24th 2023. For further information, check out www.dioceseofkerry.ie

>NOTES

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





Tunes and Tea at the Rambling House

After a three year absence, Fossa Two Mile Comhaltas are delighted to announce the return of its Rambling House on Saturday 18th March at it's new venue The Castlerosse Hotel, Fossa, starting at 8.30pm.

Tea and brack will be served along with a great night of music, song, recitation and dancing. There will be a raffle on the night, no cover charge and everyone is welcome to attend.

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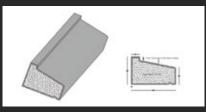
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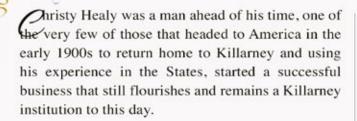
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CHRISTY HEALY'S SHOP

Celebrates its 100i

ON ST PATRICK'S DAY



This year on St Patrick's Day the Healy family are celebrating 100 years of serving the people of Killarney in this popular shop in New Street.

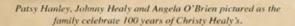
Christy was born and raised at 86 New Street where the Healy shop now stands. From homemade ice cream, tasty sandwiches to famous cooked ham Christy as we know was always one step ahead, not only did he stock the usual groceries like bread, milk, tea, flour which were all sold by weight, he also turned his hand to candy floss and homemade ice cream the favourite being vanilla finished with a dollop of raspberry sauce. Sweets were sold from big glass jars, biscuits from large tins, everything being weighed. The sale of tobacco and cigarettes was huge not like today and many young people of Killarney remember buying the single cigarettes.

"My father was full of ideas, and I have fond memories of life in the shop", Christy's daughter Patsy told the Killarney outlook where she and her sisters Angela and Frances and brother Johnny all helped out in the shop. Patsy's job was to deliver milk in the mornings, mostly to lower New Street which she did on her roller skates and regularly felt the wrath of Sr Philomena of the Presentation Convent when she was late for class. New Street was a heavenly place to grow up. There was little traffic and the street was our playground with skipping, rounders, hop-scotch and badminton. The National Park was on our doorstep and we spent all our summers swimming in the "sandy bottom.

"My father created a pretty adventurous Pitch and putt course at the headland Rinn Mhor which was very popular with the locals. Christy needed little sleep and a caller might give a gentle tap late at night for one of his famous sandwiches and a glass of milk.

Plans were afoot for Angela the eldest daughter to go to America which was the norm in those days. However, she wanted to stay to continue working with her father at the shop something she is very glad she did as she loves nothing more than meeting the customers and chatting to them.







Angela and Patsy pictured with the legendary Weeshie Fogarty
who was a regular at the shop.



Patsy Hanley serving custo on New 3

th Birthday

This year will mark her 70th year serving the people of Killarney.

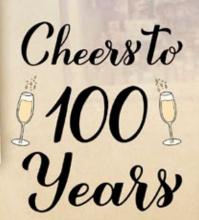
Both Angela and Johnny raised their families beside the shop in New Street and all the children helped out in the shop over the years. Angela and her husband Jack O'Brien (RIP) raised three daughters, Aileen who still works in the shop, Angie who owns Vendricks Restaurant and Niamh.

Johnny and his wife Mary, a native of Caherciveen also worked behind the counter. Johnny who retired in 2012 is well known in Killarney, in his youth was an accomplished athlete and footballer. They have 3 children, Christopher (called after his grandfather), Sandra and Helen. Patsy and her husband Arthur Hanley had four children, Deirdre, Carolyn, Stephen and Barbara. Frances the youngest (RIP) went to New York au paring when she was young and and with her husband Willie raised her children Peter, Stephen, Jason, Lilian, David, Randall & Deirdre there With Angela still at the helm, ably assisted by her daughter Aileen and staff members Kay Griffin for 34 years, Hanna, Olivia and Emer, Healys shop is still a firm favourite.

Background picture; The shop on New Street was a firm favourite with everyone in Killarney,



mers in Christy Healy's Street.





Christy Healy's shop in New Street, serving the people of Killarney for generations.

Photo: Donie Whitty O'Sullivan, Moments In Time.



Christy Healy who opened his shop on 17th March 1923.



Ellen Healy, Christy's wife (nee O'Sullivan) and lived in Green Lawn.



Kay Griffin has worked at Healy's for 34 years.



Angela Healy who this year is marking her 70th year behind the counter at Healy's on New Street.



Always with a smile.... Angela is serving at Christy Healy's for 70 years.

Written by: Helen Movnihan

SPA

>WELL DONE

After a good performance on Friday night last in tough weather conditions our Senior men came out on top with a 1point win over Currow in the East Kerry League Division 2 Final. We wish the Senior team the very best of luck and continued success over the coming season. The next fixture will see them play the first round of the Credit Union Senior Football League Saturday March 25th at 4pm away to Austin Stacks.

SCOR NA NOG 2023

Well done to all club members who were partaking in the Scor Na NOg East Kerry Final that took place in Fossa Community Hall last Saturday. The standard of talent in all categories was very high. Participants from the club displayed a wide variety including solo singing, set dancing and instrumental music. Congratulations to our set dancers who were named winners on the evening. Club man Ger Mangan oversaw the sound on the

day and as always it was brilliant. A very enjoyable evening for all.

> REGISTRATION

There will be a registration morning in Spa on Saturday March 18th from 10:00am - 12:00midday. Registration is also open online at www.spagaa. com. The deadline is March 31st. Any queries please contact club registrar Ger (087)2512266

>UNDERAGE TRAINING

ABCs, U7 and U9 training has returned. Training takes place Saturday mornings between 10:00 - 11:00am. All welcome, new players and returning players also.

>ITEMS FOR NOTES

Any items for the Spa notes please contact the club PRO on 085 7762411 or pro.spa.kerry@gaa.ie before 8pm on Sundays



Gary O'Halloran (East Kerry Chairman) presenting Ciaran Spillane (Captain) with the East Kerry League Division 2 trophy]



Spa senior football team who won the East Kerry League Division 2 Final

>KKILCUMMIN COMMUNITY

KILCUMMIN N.S

KILCUMMIN

Kilcummin N.S. is currently enrolling for September 2023. Please contact Kilcummin National School by email at kill43163@gmail.com or by phone on 064 6643163. Enrolment application forms are now available. Please check out our website at www.kilcumminns.com for more information.

OPEN DAY

Open Day will take place on Thursday 30th March from 2.15pm until 4pm. Come and see the school, meet the teacher and get all the information for a smooth start in September.

FAMILY QUIZ

Kilcummin N.S. Parents Association are holding a Family Quiz on Thursday evening 30th March @ 7pm in The Klub Bar, Kilcummin; tables of 4 - Adults €10 / Children €5. Raffle on the day with great prizes. Quiz Master: Cathal Walsh. Everyone welcome.

KILCUMMIN NATIONAL PRESCHOOL

Kilcummin National Preschool is currently enrolling for September 2023. Please contact Victoria Carroll by phone on 086 3007357.

>KILCUMMIN CCE

GROUP MUSIC & SINGING

Group Music & Singing Classes has commenced for a term of 5 weeks, with Sinéad Carroll in Kilcummin N.S. Singing 3.30pm to 4pm & Tin Whistle 4pm to 4.30pm. Discounts for siblings. For more information contact Geraldine 087 6764368.

>MAT PILATES AND BARRE

Mat Pilates & Barre classes continue in Kilcummin Recreational Hall. For details or to book your place contact Noreen on 087 3507953.

>KILCUMMIN GAA

EAST KERRY LEAGUE FINAL

East Kerry League Final Dr Crokes 1-18 Kilcummin 0-15 (After extra time)

We succumbed to our opponents in extra time after a great effort in normal time. Leading by 0-8 to 0-6 at half time having more than matched our illustrious opponents but for most of the second half they had the upperhand and lead by three minutes with less than 6 minutes. However we showed great courage and character to draw level with three good points driven on by man of the match Kieran Murphy. Dr. Crokes 1-11 Kilcummin 0-14. In extra time a number of crucial injuries did not help our cause but our lads never gave up and many of our younger players will benefit from this experience.

>MASTERGEEHA FC

One of our U11 teams welcomed North Kerry's LB Rovers to a dry and windy Kilbrean Park on Saturday. It was a good, healthy competitive game played in a sporting manner, as can be seen by the photos. Well done and thanks to all involved.

LOTTO

There was no winner on Friday 10th March 2023 of the Jackpot for €9,000. Numbers drawn were 1,12,14,16. Consolation prizes of €50 went to Tom O'Connor, Kilbrean; Colm Lenihan; Noreen Brosnan, Mileen; Marian, Isabelle, & Sinéad, Aghadoe. The next draw will be Friday 17th March for jackpot of €9,200.













HOW TO HAVE AGELESS ENERGY!

There is a school of thought that believes that as we age, we have less energy. However, this doesn't have to be the way. Science shows us that with the right nourishment, positive attitude, exercise and life purpose, we can maintain our energy levels well into our 70's, 80's, 90's and beyond. Ultimately it's not about aging – it's about energising so that we radiate that glow of positivity and possibility, no matter how old we are!

The number one tip for having ageless energy!

Cultivate an attitude of looking forward to growing older.

Are you excited by the thought of growing older? Do you see aging as an adventure and something to be excited by? Your attitude about aging has a huge impact on your energy.

A lovely exercise is to write a letter to your older self. Whatever age you are right now, add on ten years and write a letter to this version of you. In this letter, tell your future self all of the things that you are looking forward to and what you want to experience in your life. Read it weekly, add into it, make it a fun dialogue. This exercise really helps to focus the mind on exciting things for the future, which in turn helps you to feel more energised and uplifted. Do this exercise once a year to help keep you focussed.

Join me on Instagram for more positive tips @romancingyourbody

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WHICH IS EASIER TO APPLY PENCIL, LIQUID OR GEL LINER?

Eye liner is a staple beauty product in every woman's make-up bag as it can transform your look. A soft pencil is the easiest to use if it is sharpened well. Use your index finger to hold your eyelid taunt just under your outer brow. If you find it difficult, apply dots of colour first along your lash line and join together after with small strokes. Gel liner is pliable, making it easier to apply if you use a nice thin brush while holding your eyelid taunt. It creates a solid color instantly without having to layer it up and mistakes can be fixed with a cotton tip as it does not set immediately. Pencil or gel can also be smudged out with a pencil brush to create a soft smokey line. You may need



more practice to use liquid or felt tip liners. These create intense colour and are great for a winged look or precise flick. Choose waterproof liquid liner if you have oily eyelids or watery eyes.

Experiment with different liners under good lighting to find which suits you best.

Noreen Mangan Tel: 0646630712 www.whatwomenwant.ie



MAKE SURE YOUR GOALS MEASURE UP TO YOUR VALUES/BELIEFS

We all know the importance of goalsetting, and how these goals keep us motivated and excited to reach them. So, do these goals measure up to your values and beliefs. You may be asking what are we talking about when it comes to values/beliefs!! Lets talk about these so. Firstly, our values were internalised from our households while we were growing up, some values your parents gave you could be honesty, loyalty, maybe hard working, kindness, and so on. Then as you get older you gather some from friends you grew up with, and more values come from people you interact with socially. So, ask yourself, what are my values/beliefs. What keeps you ticking over, motivates you, and excites you. Do your values measure up to the goals you have set out, say if a value you have is honesty, are you honest to the goal, and are you honest to yourself and other people to reach that goal, or if you mentioned hardworking, are you working hard towards that goal, working hard to improve yourself and other people. Genuinely, ask yourself do your goals align with your values. If they do, that's brill, then if they don't, you will struggle to reach your goal as a your values will impede your goal. When you set out a goal next time, make sure they measure up to your values/beliefs.

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DIABETIC RETINOPATHY

Diabetic retinopathy is complication of diabetes. It's caused by high blood sugar levels damaging the back of the eye (retina). It can cause blindness if left undiagnosed and untreated.

The retina needs a constant supply of blood. It receives this through a network of tiny blood vessels. Over time, a high blood sugar level can damage these blood vessels in 3 main stages:

Stage 1: Background retinopathy Tiny bulges develop in the blood vessels. These may bleed slightly but do not usually affect your vision. Pre-proliferative 2: Stage retinopathy

More severe and widespread changes affect the blood vessels. These include more significant bleeding into the eye.

Stage 3: Proliferative retinopathy Scar tissue and new blood vessels,

which are weak and bleed easily, develop on the retina. This can result in some loss of vision.

If a problem with your eyes is picked up early, lifestyle changes and treatment can stop it getting worse. Risk of diabetic retinopathy

Anyone with Type 1 or Type 2 diabetes is at risk of developing diabetic retinopathy.

You're at a greater risk if you:

- have had diabetes for a long time
- have a persistently high blood glucose (blood sugar) level
- have high blood pressure
- have high cholesterol

- a : develop a serious illness such as sepsis or pneumonia
 - are pregnant
 - are of Asian or Afro-Caribbean background

Reduce your risk of developing diabetic retinopathy or help stop it getting worse. Keep your blood sugar levels, blood pressure and cholesterol levels under control.

Symptoms of diabetic retinopathy You will not usually notice diabetic retinopathy in the early stages. It does not tend to have any obvious symptoms until it's more advanced. Early signs of the condition can be picked up during an eye examination.

Treatments for diabetic retinopathy

Treatment is only necessary if screening detects your vision is at

If the condition has not reached this stage, you should continue to manage your diabetes.

The main treatments for more advanced diabetic retinopathy are:

- laser treatment
- · injections of medication into your eves
- · an operation to remove blood or scar tissue from your eyes

Regular eye examinations and diabetic retinal screening essential to minimise the risk of diabetic retinopathy.

For more information and honest advice, contact us to make an appointment.





on: **064 6636477**



Hannah O'Connell Gaelscoil Faithleann Cill Airne who made her Confirmation pictured with her sister Annie in St Mary's Cathedral KIllarney. Photo by Michelle Cooper Galvin





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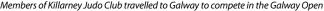
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Members of Killarney Judo Club travelled to Galway to compete in the Galway Open Members of Killarney Valley AC who participated in the Kerry County Road Championship in Kilmoyley on Sunday.

MUCKROSS ROWING CLUB

MEMBERSHIP 2023

A reminder to existing members that renewal of membership for 2023 is due this month. All payment is being collected online via Clubforce with yearly or quarterly payment options available. For our beginner group, the club will be in contact regarding first year membership and registration.

EVENTS

This Saturday, the club has three crews competing in the St. Michael's City Head Of the River. The 5.5km time trial event on the River Shannon is one of the final HOR events of the season as crews now gear up for racing season in April and May. Best of luck to our Mens Masters Quad and Junior 15 Quad crews. Further ahead, there is a busy run of flatwater and offshore rowing events to kick off the regatta calendar for 2023. The club is currently reviewing its plans to compete in some or all of the following events. Courtmacsherry Offshore Regatta, Saturday, March 25. Kilmacsimon Offshore Head Of the River, Saturday, April 1. Skibbereen Regatta (NRC), Saturday, April 15. Lee Regatta, Saturday, May 13. Castleconnell Sprint Regatta, Saturday, May 20.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 10/03/2023. Numbers drawn were 7, 19, 23 & 27. €50 y/t prize winner David O' Sullivan c/o Lorna. €50 to Edel Keating Boherbue. €40 each to Noreen & Willie Maher Kilcummin, Nealie Warren Scrahanaville & Una O' Connor Knockanes. Sellers prize winner Shelia o' Donoghue. Bonus not won numbers drawn were 10, 14, 16 & 29. Next week's jackpot €10,800 plus €1, 000 bonus.

KILLARNEY JUDO CLUB

Last Sunday, 15 members of Killarney Judo Club travelled to Galway to compete in the Galway Open to compete against the best in the country with 240 players competing.

Our younger members did extremely well in their first big competition. Michelle Walsh earned a Gold, Danielle Walsh a Silver, Maria Sheahan a Bronze, Carolina Kelly a Bronze, Rian

Horgan a Bronze, James Maher a Bronze and : Patrik Polubnak a Bronze. While Ned Spillane. Gearóid Sheahan and Peadar Sheehan fought brilliantly but didn't place.

For our Senior Players, they did fantastically with Muireann O'Brien and Liadh Forde fighting across two categories. Jamie O'Donoghue earned Gold, Liadh Forde won two Silvers, Muireann O'Brien won a Silver and a Bronze, Cian Forde a Bronze and Adam Counihan earning a Bronze as well. It was a brilliant day for the club and thank you to all the parents who made the trip to support the players.

KILLARNEY VALLEY ATHLETIC CLUB

The Munster Juvenile Indoor Athletics Championships was on in Nenagh on Sunday. Conor O'Donnell came 6th in his U10 500m heat while Aoife and Kate O'Shea came 5th and 6th in the U14 1K walk.

Also on Sunday was the Kerry County Roads Championships in Kilmoyley, Ardfert. Killarney Valley AC had a great turnout with 22 athletes running. Oisin Lynch came 1st and Darragh O'Leary came 3rd in the Senior Men's and along with Jack O'Leary and Simon Mangan, Killarney Valley AC took gold in Senior Men's Team. Killarney Valley AC also won the Junior Men's team with Ted O'Gorman coming 1st, Eoin O'Reilly coming 2nd and Cian Spillane coming 3rd. In the Masters Men, Pierce O'Shea came 3rd in the M35, Paul Doolan came 1st and Donald O'Sullivan came 2nd in the M40 and John Barrett came 1st in the M55. The Masters Men's Team also came 2nd with Noel Rice and Derek Pyne.

Christine Cooper came 4th in the Senior Women. Grace O'Meara came 2nd in the Junior Women. Amanda Keane came 1st in the W35 Masters Women. Tara Tangney came 3rd in W40 while Denise Cremin came 1st in W50. The Masters Women's Team also came 2nd with Karen Smith and Breda O'Gorman.

All information on Training Schedules are on our website www.killarneyvalleyac.ie.

KILLARNEY COUGARS BASKETBALL

JUVENILE NEWS

ACADEMY

Our U10 Boys travelled to Miltown for games versus St Colmans. The boys had great numbers in attendance and enjoyed competitive games with our hosts. Thanks to St Colmans for their hospitality.

St Patricks Day is on this Friday so a break from practice this week, The Academy returning next week on March Friday March 24th.

U15 BOYS LEAGUE

St Mary's 75 Killarney Cougars 51

St Mary's Castleisland hosted the Cougars in the Community Center and the Cougars produced a strong challenge before running out of steam in the closing quarter. The Cougars had great performances by Dylan Bowler, Sam Clerkin and Fionn Doyle.

U12 GIRLS LEAGUE

KCYMS 23 Killarney Cougars 35

The Cougars travelled with a strong team to Kilorglin for thier final game of the League and the girls produced a great performance from start to finish to secure the win. Good performances by the whole team with Madison Angland, Jessica Leane and Emma O'Connor all impressing. The girls continue to prepare for their upcoming County Plate Final at Tralee Sport Complex v St Bridget's.on April 2nd.

St Anne's 44 Killarney Cougars 48

A very exciting game with St Anne's saw the Cougars secure a narrow victory in Farrenfore. The Cougars trailed throughout the game until the closing stages, with a big third quarter comeback by Cougars crucial to securing a great win in the last minute. Good performances for the Cougars on this occasion by Sophie OShea, Millie Spillane, Lucy Clerkin, and Isabelle Lyons.

SENIOR NEWS

County League Upcoming Fixtures

Killarney Cougars v Tralee Titans in Tralee

Killarney Cougars v Kenmare Kestrels in Kenmare on March 25th.

BASKETBALL IRELAND INSUREMYVAN.IE NATIONAL LEAGUE DIV 1

Drogheda Wolves 118 Killarney Cougars 65

The Cougars travelled to County Louth on Saturday evening for a difficult Cross



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Conference game versus inform Drogheda Wolves, the final National League Div 1 game of the season. The home side had long secured a top four playoff place so the game had no bearing on league standings. The Cougars understrength lacking experience for this difficult assignment, took the opportunity for good minutes for the young squad players.

The home side were quickly into their stride to lead 26-16 with American Marty Hill impressing with 9pts for Cougars with Tiago Dos Santos Pereira for the Wolves causing the Cougars alot of problems.

The second quarter followed a similar pattern as the hosts led comfortably at halftime 56-32 with Cougars main scores coming from two Jack Lynch three pointers and Marty Hill who brought his tally to 18pts,

the Wolves added good baskets from Pereira as he brought his tally to 13pts Denzel Ebose 10pts and Ogheneovwede Esajobor 10pts giving the home side a deserved lead at he halftime break.

The hosts in confident mood remained well in control through the third quarter and increased their lead with a great spread of scores through the team as they showed no easing in their play in front of a big home support. The Cougars took the opportunity to give good minutes and much needed experience to the to the younger players through the third and fourth quarter adding hard earned baskets from Nathan Cox , Peadar Cronin, Patrick ORegan and Tommy Bowler but it was not enough against a rampant Drogheda in the closing stages. The Cougars had good performances on this occasion from Marty Hill, Peadar Cronin, Andraz Rakovec, Patrick ORegan and Jack Lynch to conclude the Cougars second national league season.

Top scorers; Cougars: Marty Hill 22, Jack Lynch 10, Esebio Strijdhaftig 10

Wolves: Tiago Dos Santos Pereira 30, Denzel Ebose 23, Ogheneovwede Esajobor 17, Lemmie Howard 13, Rui Raul Martinez 10

KILLARNEY RFC

U14BOYS AREWEST MUNSTER CHAMPIONS!

A huge congrats to our wonderful U14 boys who braved terrible conditions last Sunday and traveled to Ballydavid to take on Rugbai Chorca Dhuibhne in the West Munster league decider. Our boys won 7 points to 5 and in doing so won the title and became West Munster League champions with a 100% win rate and 12 wins from 12! A superb performance. Very well done



Killarney Cougars U10 Academy Boys team versus St Colmans in Miltown on Saturday evening last.



Killarney Rugby Club minis blitz with U10 girls from Killarney, Tralee and Killorg lin.

to all the players, coaches and parents who supported the lads right across the province to date!

MINIS HOST TRALEE

Very well done to our Minis who braved the brutal weather last Saturday and hosted Tralee for matches at all ages. We also hosted U10 girls from Killorglin and Tralee for girls only matches, which were fantastic also. Well done all!

SENIORS CONTEST BOWL FINAL THIS SUNDAY

Best of luck to our Seniors who take on Killarney

in the Munster Junior Bowl final this Sunday in Tralee.kick off is at 2pm and all support very welcome!

RESULTS

U14 Boys RCD 5 - 7 Killarney U18 Boys Killarney 15 - 17 Sunday's Well U18 girls Shannon 7 - 33 Killarney

U14 Killarney - Skibbereen

FIXTURES

U18 Girls V Carrick/Thurles Away, Sat at 11:30am Seniors V Castleisland in Tralee, Sunday at 2pm

Shamrock Rovers youngster seals loan move to Kerry FC

Kerry FC is delighted to announce the signing of Cian Barrett from Shamrock Rovers on a loan deal. The 17-year-old has made the switch to the kingdom and signs for Kerry FC's senior squad as the side has settled into life in the SSE Airtricity League of Ireland First Division. Barrett signed for the Shamrock Rovers Academy and played at under 15 level before moving across Dublin to Shelbourne to play in the EA Sports MU17 League of Ireland. Last year, Barrett made the switch back to Tallaght and re-signed for the Shamrock Rovers senior squad Barrett plays in midfield and is a versatile player. He considers himself comfortable in a central role or on the right side of midfield. Cian is the son of former Irish international Graham Barrett and Cian has worn the international jersey at under 15 level, securing 10 caps for Ireland. Barrett will wear the number 22 shirt for Kerry FC for the 2023 season.



Kerry FC has announced the signing of Cian Barrett on loan from SSE Airtricity Premier Division champions Shamrock Rovers.

GLENEAGLE INECARENA

UPCOMING 2023











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THU 23RD MAR FOSTER AND ALLEN TICKETS FROM €33.50



FRI 24TH MAR FRIENDS IN **LOW PLACES** TICKETS FROM €22.90



FRI 24TH MAR JACK LUKEMAN TICKETS FROM €30.00



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TUE 18TH APR LISA MCHUGH TICKETS FROM €25.00



FRI 28TH APR **BINGO LOCO** TICKETS FROM €26.90



FRI 5TH MAY AL PORTER TICKETS FROM €11.75



SUN 7TH MAR DAVID KEENAN TICKETS FROM €25.40



THUR 25TH MAY MARGO & SPECIAL GUESTS TICKETS FROM €30.00



FRI 26TH MAY MARIO ROSENSTOCK TICKETS FROM €39.00



FRI 26TH MAY DAMIEN DEMPSEY TICKETS FROM €30.00



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SUN 28TH MAY CONOR BYRNE TICKETS FROM €18.35



FRI 9TH JUN REBECCA O'CONNOR ICKETS FROM €27.90



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FRI 14TH JUL MARTIN KEMP BACK TO THE 80'S



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BUILT FOR A BETTER WORLD

ROSS GC - GENTS CLUB

RESULTS - ON MARCH 11TH & 12TH WE HELD THE THIRD ROUND OF THE MD O'SHEA SPRING LEAGUE.

This was a single stableford competition kindly sponsored by C K Decorators.

The winners were:-

1: Aidan O'Connor (9) 39

2: Ryan Scott (15) 39

3: Mark Griffin (23) 38

Division 1 (0 to 12.4)

1st: Michael J O'Connor 2nd: Tomas Kelliher

Division 2 (12.5 to 21.4)

1st: Timmy Kelly 2nd: Tony Lenihan

Division 3 (21.5 and over)

1st: Seamus McCarthy 2nd: Mlke O'Leary

FIXTURES

St Patrick's Day Mixed Scramble. We will hold a mixed scramble at 9.30 am and all participants must be at the Clubhouse by 9.00am.

On March 18th & 19th we will hold the final of the 2022 Keanes Jewellers Gold Medal. This will be a stroke play competition with a zoned draw. For Saturday players please book tee times with the Clubhouse and sign-in and enter your scores online. For Sunday players the online system opens at 7pm on Thursday.

SYMPATHY

We extend our sympathy to Past Captain Frank Doran on the recent death of his brother, Eddie R.I.P.

GOLF LESSONS

Please note that Gordon Howard is available to

give golf lessons.

Please contact Gordon in the Clubhouse for all the details.

DEERPARK PITCH & PUTT CLUB

SUNDAY DRAWS

Three Player Team Two Scores Count Each Hole-Nett: Gearoid Cronin, John Murphy & Daniel Kelly 77 Gross: John McGrath, Gearóid Cronin & John Murphy 97. There will be extra draws this St Patricks Day (Friday March 17th) at the usual times as well as next Sunday.

2023 MEMBERSHIP

This is now due for all members as of March 1st. Collection will take place in the clubhouse this weekend between 12pm-1pm on Saturday and 11am-12pm on Sunday. Rates are the same as 2022- Single Adult €135, Student/OAP €80 and Family €240 (Two Adults and Three Children under the age of 18).

CLUB FIXTURES

Our first major fixture of the year will be the Club Matchplay on Easter Sunday April 10th. Please ensure you are a fully paid up and registered member of the club prior to entering. This event will be preceded by our Club Captain Margaret C Looney's Drive-In. More details in the weeks ahead.

SAVE THE DATE

The club intends to formally honour its 50th Anniversary with some events beginning the week of June 19th culminating with a night in the clubhouse on Saturday June 24th. Further details as the year goes on.



Lady Captain Mary Moynihan, Betty O'Farrell and Ailish Mulcahy taking part in our 1st qualifying competition of the year on Saturday 11th March.

ROSS LADIES GOLF CLUB

LADIES GET INTO GOLF

Thursdays May 11th to June 22nd. 3 groups of 10. Contact Breda on 087 4629501

COMPETITIONS

9 & 18 hole Single Stapleford qualifying competition on Saturday 18th March. Tee times from 10.10am. Enter via the ClubV1 app. All Members welcome

9 Hole Competition Wednesday mornings Each Wednesday morning 9 hole competition everyone welcome. Meet at 9.45am for 10.00am. All members welcome.

GOLF LESSONS

Gordon Howard is available to give golf lessons. Please contact Gordon directly in the Club House.

DAMIEN AND DERRY DESERVEDLY AWARDED BY DEERPARK PITCH AND PUTT BY: JIMMY O'SULLIVAN-DARCY

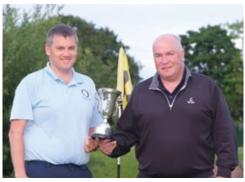
Deerpark has a long established reputation for pitch and putt, one that is not just near the pinnacle of the Irish game, but well recognised on the international game as well, and two of the greatest exponents of the game have been key to that success. The contribution of Derry McCarthy, who won the World Championships with the Irish team in Australia in 1996 and an inaugural European Team Championship with Ireland in Chelmsford, UK in 1999 (Derry won six matches out of six) and successfully defended it in Lloret in 2001 among almost every individual honour the game can bestow. In 2004 he became Kerry's first All Ireland champion, having lost the final in 1998 and 1999. He had completed a full decade as an officer of the club, having started as PRO in 1994, and would eventually serve as vice-chairman. competition secretary, gents' captain and chairman (2006 to 2017). Derry is almost certainly the greatest player to emerge from a club that has produced so many - their record on the national stage is phenomenal, and all of those young players will tell you without hesitation that the always approachable Derry is key to success. Deerpark is very much a community club, their medals are a reflection of their enormous contribution to the youth of Killarney in particular and not the other way around. Derry has always been tireless in the background in nurturing that approach and has done even more as an officer of the club than as a player; that's no small thing to say. Last weekend Derry was the sole nominee, put forward by Noel Moynihan and seconded by Jason O'Connor, as unanimous choice to replace the late and much loved Jeremiah Buckley senior as Club Vice President.

One of his first actions was to second a motion by Jason O'Connor to grant Honorary Life Membership to Damien Fleming in recognition of his outstanding service to the club as well as his achievements in the game. Damien was easy to spot from a very young age, not just for his talent - and that much over-used sports term 'prodigy' really does apply in this case but for his dedication. Damien was born with a very special talent for the game, but it was the unseen work that he put in over years into honing his craft that has made him into one of the toughest exponents of the game to this day. Derry was Kerry's first All Ireland champion and Damien quickly followed him down that path with three more. Like Derry, he gave far more to the game as he ever got, having served as under 16 officer, competition secretary, treasurer and development officer with the club since he was first elected to the committee back in 1998 and replacing Derry as Chairman in

Damien won his first All Ireland Matchplay title in 2011, having shocked everybody by beating Cork's great Ray Murphy (six time champion) in the quarter-final. In 2018 he added the National Strokeplay title and a year later he beat Bryan Delaney in a play-off to win the Matchplay title. Damien has been in the top six in the National Strokeplay Championship ten times

and was runner-up in 2021 when he won the National Matchplay for the third time to match his number of Irish Open wins.

Derry and Damien embody the great spirit of Deerpark Pitch and Putt and Killarney sport in general, and it's great to see the club rightfully honour their fantastic contributions to the game and the community as they celebrate 50 years in existence this year.



Deerpark Pitch & Putt Club's Damien Fleming and Derry McCarthy pictured with the National Mens Matchplay Championship Cup of which they are currently the only two players from Kerry to win. Damien was recently conferred with Honorary Life Membership of the Club while Derry was recently elected as the Club's New Vice-President. Photo: Bobby Kelly.









KILLARNEY GOLF AND FISHING CLUB (LADIES)

RESULTS FROM KILLARNEY GOLF AND FISHING CLUB LADIES BRANCH 11/12 **MARCH 2023. CATEGORY COMPETITION.**

Overall winner: Ellen Barry (45) 45 pts

Division 1

1st: Mary O Doherty (16) 37pts 2nd: Mege Dalton (15) 37pts Division 2

1st: Mary Chute (22) 35 pts

2nd :Sinead Lynch (19) 34 pts Division 3

1st: Roisin Kivlehan (45) 41 pts 2nd: Mary Shanahan (34) 37 pts

NEXT COMPETITION

Keanes Jeweller s mixed team of 4 scotch foursomes... march 19th mahony's point.

KILLARNEY GOLF & FISHING CLUB (MEN'S)

QUALIFIER. SPONSORED BY KILLARNEY BREWING & DISTILLING CO. PLAYED SATURDAY 11TH & SUNDAY 12TH MARCH 2023, ON KILLEEN.

Winners: Jim O'Brien & James O'Brien (17); 43pts. 2nd & Best Gross: Brendan O'Toole & Mike Maher (5): 39pts

3rd: Brian O'Connor & Alex O'Callaghan (12); 38pts.

4th: Alec Rennie & Peter McEnery (10); 38pts. 5th:Padraig Sheahan & Michael D O'Neill (9);

Being Irish on St. Patricks day

by Mark Flanagan

We remember our essence of living on this island.

The power of being Irish! The humour, our passion for life. The joy in the laughter. The sound of people on a crowded street.

As friends meet to watch the Game in their local!

The silence the second before kick off. The roar of the crowd as a goal is scored. The beer in your hand as you listen to story tellers of song.

As a guitar can connect with the thoughts of your mind.

The flidder giving your feet the freedom to move in the rythmn. Getting lost to the song.

An evoloving culutre with a nation of free thinkers.

The success in the drive, the will to conquer,

to achieve as we are no longer just s small nation.

Only growing in stride.

Being Irish is walking on a sunny day and all of a sudden the rain fails.

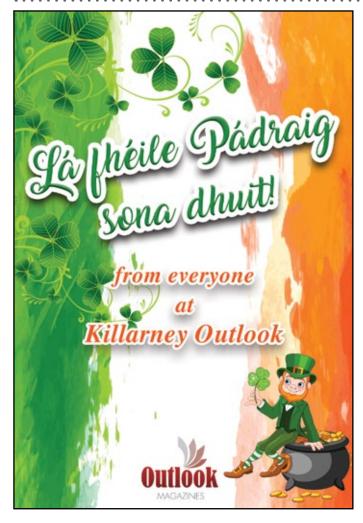
The wind blows you to kingdom come. As you smile on to seize the day.

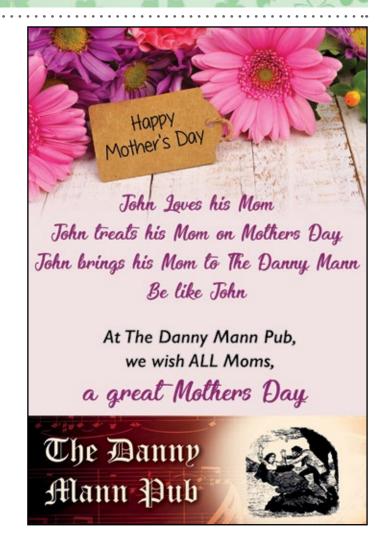
Being Irish, people dress in green on St. Patricks Day.

Everyone who chooses to sing and dance. Waving the colours of our flag. As each nation comes to watch the joy in the magic of the parades All are welcome on St Patricks day.

As the parades will pass the streets of small towns and cities. As smiles and laughter are heard. Nothing more could be said to make you

Irish than that on St. Patricks Day.





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Wishing Our Members A Very Happy St Patricks Day



Saturday last.



Ballyhar Dynamos FC u12s following their home victory over Mastergeeha in the cup on Ballyhar Dynamos FC u14s, away victors over Ballyheigue FC in the cup on Saturday last

BALLYHAR DYNAMOS FC

No.s 12, 16, 18, 29. No winner of the Jackpot. 5 x €25: Frank O Connor, Firies. Miriam O Donoghue, Ballyhar. Niall O Sullivan, Ballyhar. Olivia Butler, Firies & Dan J O Sullivan, Farranfore. Next draw for a jackpot of €11,800 will take place on Sunday next 19th March at Henderson's Bar, Firies.

TEAMS

The club U10s & U11s had outings last weekend against Inter Kenmare, Killarney Athletic & Iveragh Utd in which there were plenty of skills displayed & goals scored. Thanks to the players, parents & coaches of all squads involved. It was cup weekend for the U12s & U14s.

The U12s welcomed Mastergeeha to Murt Scott Park and following a tight game came out on the right side of a 3-1 scoreline .Patrick O'Connor gave Ballyhar a 1-0 half time lead with Callum Templeman & Patrick O Connor with his second making it 3-0 with the visitors pulling a goal back late in the second half. Noah Browne was excellent in goal with Fionn Clifford, Daithi Allen, Alex Finn, Cillian O'Sullivan & Jack Duggan putting in big performances in a fine squad effort.T

he U14s travelled to Ardfert to play Ballyheigue and came away with a 2-4 win. Conor Foley & Issac Vickers gave Ballyhar a 1-2 half time lead. Keelan Riordan added two well taken goals in the second half to advance to round 3 of the cup.

TEAM OF THE WEEK

Well done to U15 player Conrad Long who was selected on the KSB team of the week who had a fine game away to Inter kenmare & in previous games.

TESCO COMMUNITY FUND

Ballyhar Dynamos would appreciate a contribution of your Blue Token at Tesco, Deerpark, Killarney on completion of your shopping. Thanks to all who support.

MEK GALAXY

GIRLS

U12 Premier Result Inter Kenmare 0 V MEK Galaxy 0

A very close game by two top teams. Both teams sit on top of the Premier Division with same games played and same points. Both teams have 2 games left!!!! All to play for! Saoirse Teehan pulled off a fantastic penalty save to keep the game scoreless POTM Aoibh Nic Gearailt & Ada O'Leary.

U15 Girls Premier MEK Galaxy 0 V Camp 2

PREMIER U12 DIVISION

MEK Galaxy Castleisland 1

MEK went behind to an early goal but looked lively in the 1st half with chances for Jack Clifford and Fionn Bevan. The second half was tight, with MEK living on their nerves early on as Castleisland had some hard work paid off with Jack Clifford winning

a penalty after a mazy run. James Rooney dispatched it with the minimum of fuss. Honours even, after a game of real quality in difficult conditions.



South MEK Galaxy 3 V Mastergeeha 1

An end to end game with chances aplenty was finally put to bed late on by Fionnán Burke. MEK led 2-0 at the break, after goals from Eoin Murphy and Fionnán Burke, with Jack Galvin linking play beautifully for both goals. Mastergeeha were never out of it and got a deserved goal in the second half. MEK played good football on the break but gave up a host of chances before Fionnán Burke finally sealed it for the home side. Well done to all involved for putting on such a great display.

SENIOR PREMIER B

MEK Galaxy 2 V AC Athletic 1 MEK

Scorers Eddie Moroney and Liam Roche man of the match Adam Kelly.

KILLARNEY ATHLETIC

U15 GIRLS PREMIER

Fenit Samphires 2-1 Killarney Athletic Keelin O'Shea

The girls started very well . They defended very well. Got few chances but unlucky to not score. Gone into half time 0-0. Few mins into second half they very unlucky conceded. But they



U17 League Result: Killarney Athletic 4 - 4 Killorglin dangerous moments Daire Kingston Oisin O' Sullivan. A fantastic game of football today in Woodlawn. Our boys on the break. But their never gave up and got a late equaliser from Oisin O' Sullivan. Well done lads, great spirit

reply brilliantly by scoring few mins later by Keelin O' Shea after very good team goal. She continue on her brilliant scoring streak with 6 goals in 3 games. They keep creating chances. Very unlucky 2 mins to go Fenit scored. The girls keep fighting & never give up. Very unlucky to not score with last kick of the game. Well done to the girls

U12 PREMIER RESULT

Killarney Athletic 2 - 2 Tralee Dynamos

Eric Corcoran, Max Moynihan

We welcomed Tralee Dynamos to Woodlawn today in our last league game before the league spilt

Racing into a 2-0 lead and creating a few more goal scoring opportunities, Dynamos fought back for a share of the spoils.

Thanks to Dynamos for a good, sporting game Well done to our boys who are currently in second place in the league after today result

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 9,13,24,28. No jackpot winner. No Match 3 winner. Lucky Dip winners received €50 each. Next jackpot €2,400 on Monday March 20th. Tickets available from The Dungeon Bookshop, Hegartys Park Rd, club members and online through clubforce.com

PREMIER A

Castlegregory Celtic 0, Killarney Celtic 4

Matej Vrlijack 2, Wayne Sparling, Cathal O Shea







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SOCCER FOCUS

Celtic returned to league action with a . Celtic pushed themselves into the top 4 in the : comfortable win as they continue to chase league glory. Celtic were ahead inside 10 mins and were 3up at the break. They added another goal in the 2nd half to wrap up proceedings. Celtic lie 3rd in the table behind Killarney Athletic and Castleisland

YOUTHS PREMIER A

Tralee Dynamos 2, Killarney Celtic 4

Colin O Callaghan, OG, Jason O Sullivan, Cathal

league table with a good win here. Celtic led 2-1 at half time and further increased their lead in the 2nd half before Dynamos grabbed a consolation.

U16 PREMIER

Killarney Celtic 0, Inter Kenmare 3 U15 CUP

Listowel Celtic 1, Killarney Celtic 3

Pa O Brien 2, James Coffey

Killarney led 2-0 at half time and went 3 up in the

2nd half. Listowel grabbed a late consolation but Killarney advanced to the next round of the cup. **GIRLS**

U14 PREMIER

Killarney Celtic 1, St Brendan's Park 2

Ali Bowler

Celtic led but league leaders St Brendan's Park fought back to take the win







Spa Muckross community games u13 indoor soccer team who won silver medals in the Kerry county finals.





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MISSQUOTE.IE WOMENS BASKETBALL LEAGUE PRESENTATION GYM KILLARNEY ST PAULS 75 MOY TOLKA ROVERS 54

St Pauls are the MissQuote.ie Women's Basketball League Southern Conference Champions on the back of a very impressive win over Moy Tolka Rovers. Played before a boisterous and big home support they clicked into the gear midway through the second quarter in a fashion that the Dublin side found hard to live with. Tolka Rovers came to Killarney with their own agenda, knowing that a win would be a huge step in their own race for a playoff berth. They started in a business like manner but soon found the pace and intensity of James Fleming's side too hot to handle and with Sofia Paska giving an MVP performance the writing was well and truly on the wall at half time.

It would be too simplistic to point to Paskas scoring return, she hit 26 points, and Yuleska Tejedas scalpel-like trusts into the Rovers defence as the pillars on which this win was built. The assist play from the likes of Rheanne O Shea, Lorraine Scanlon, Denise Dunlea and Lynn Jones was top notch while Coach Fleming's clever use of the bench, with Cassandra Buckley pivotal, helped quell the influence of Tolka Rovers dynamic duo Shelby Cheslek and Faatimah Amen Ra. Amen Ra in particular was very influential but the rotating of her match up helped to sustain the defensive intensity which gradually wore down her resistance. Having now gathered the Southern Conference at the first time of asking in their comeback year St Pauls head to Dublin next weekend for a semi final joust with the Phoenix Rockets who are now guaranteed second place in the Northern Conference thanks to Moy Tolka Rovers defeat.

The Presentation Gym has witnessed many a great night for Killarney basketball and this will rank with the best of them . The first quarter was an even affair with the 6ft 5" Shelby Cheslek and Mae Creane putting Rovers on the front foot early. Rheanne O'Shea went to the free throw line to register the home side's first points before Paska rounded off a wonderful team move with a basket. Paska and Tolkas Claire O'Brien exchanged baskets before Yuleksa Tejeda collected a great pass from Rheanne O'Shea to put Pauls ahead for the first time. Cheslek was starting to create carnage inside hitting six consecutive points to again push Rovers clear. Tejeda responded as did Paska, with a three point play, before Denise Dunlea teed up Paska with an incisive pass. Cheslek, fouled in the act of scoring, struck again but

Leah McMahon, fresh from her Kerry Minor football exploits, levelled things up before Tejeda with a steal ran in an easy lay up. Amen Ra had the last word of the quarter to tie things up at 19-19.

The second quarter continued in the same vein as the first, with both sides going toe to toe. Tejeda hit the opening salvo, Paska converted from the elbow but Tolka had their best period of the game with Amen Ra and Elaine Kenny helping them into a 25-24 lead midway through the quarter. What was obvious at this juncture though was Pauls had got to grips with the towering Cheslek and they began to dominate proceedings. Tejeda and Paska dovetailed to push the lead out to 34-27 before Rheanne O'Shea lifted the roof with a massive three. Tejeda followed up with two from the charity stripe and Pauls hit the lockers with a twelve point advantage, 39-27.

The half time break did little to break St Pauls momentum as they flew out of the traps with Paska and Tejeda, with a sublime move, hitting four without reply. Tolka called a quick time out, it worked initially as Cheslek struck back. But it was only a temporary respite as Tejeda, Paska after a generous pass from her compatriot, and Denise Dunlea with a lay up stretched the lead to twenty, 49-29. Lorraine Scanlon,quietly influential, replied to another Cheslek score before Dunlea again swooped, this time for a three. St Pauls would go into the final quarter with a healthy lead, 58-35, courtesy of a Paska basket on the buzzer.

Amen Ra was doing her utmost for the visitors, she hit two early threes but sandwiched between them was another three from Rheanne O Shea. With Amen Ra starting to feel the effects of her efforts Elaine Kenny stepped in for Tolka but she was fighting against a rising tide. Paska hit her final two points before Scanlon, the beneficiary of another Dunlea assist, netted again. Katie O Connor made her entry for St Pauls alongside Tara Donnellan as Tejeda kept the scoreboard ticking. Jessica Ouirke, introduced at various stages, got her name on the scoresheet, draining from beyond the arc . Julie McEvoy hit the final basket of the night, a three pointer, but that was preceded by the loudest cheer of the night ,as the tireless Lynn Jones hit a three of her own, a fitting finale to the regular season as both herself and Rheanne O'Shea were honoured as Joint Players of the Year.

MVP Sofia Paska hit 26, Yuleska Tejeda not far behind on 24, Rheanne O'Shea had 8, Denise Dunlea 5, Lorraine Scanlon 4, Jessica Quirke 3, Lynn Jones 3, Leah McMahon 2, Cassandra Buckley, Tara Donnellan, Katie O Connor.

For Moy Tolka Rovers Fatimaah Amen Ra netted 18, Shelby Cheslek 17 and Elaine Kenny had 10

So the newly crowned Southern Conference winners head to the capital for next weekend's playoffs. Joining them there will be the McEvoy Cavan Eagles, who will probably be favourites, the Phoenix Rockets and Portlaoise Panthers. The line of form suggests that it will be a St Pauls vs Eagles final but with the weekend having a Cup like feel to it, it's all to play for. The Phoenix Rockets will be an obdurate opponent for St Pauls in the League semi final. In an earlier League meeting in Lisburn in February they defeated St Pauls by 86-75, but that was a Pauls team minus their Kerry football contingent. American Clark Calisha is their mainstay, she has averaged 18 points per game this season but their real strength is in their squad. The McGraths Georgie and Charley, Fionnuala Toner, New Yorker Jessica Fairweather, Anna Brennan and Maeve Deerv are all decent ball players so this promises to be a mouthwatering clash.

INSUREMYVAN.IE NATIONAL BASKETBALL LEAGUE SATURDAY MARCH 11TH ATU DONEGAL

SCOTTS LAKERS 66 TEAM NORTH WEST 83

The sun set on Scotts Lakers National League season in the North West corner of the country when they travelled to Donegal to meet the aptly named Team North West. Having got themselves into the play off conversation at the end of January the Lakers were faced with a difficult run in which included five away games and some taxing journeys up the country To be successful it would require a full squad effort but unfortunately for a myriad of reasons they had to play with a lessened hand and this made an arduous task all the more difficult. To be fair to the squad that played those games they did their utmost, some end the season with their reputations enhanced and the experience, albeit tough, of playing on the National stage.

The trip to ATU Donegal encapsulated the Lakers end of season form. It was a game they had a grip on in the early stages but a costly period towards the end of the second quarter would prove to be their Waterloo. With the game competitive at 28 a piece the home side embarked on a 17-1 scoring run which ended up putting an improbable sixteen points between the sides at half time. The opening quarter was nip and tuck. The Lakers through Rui Saravia and Jack Ferguson got off the grid early but Ignacio Campos, Mark Cannon and Luke Cassidy made it 10-4. Saravia , Ferguson and Jack O Sullivan responded, helping the Lakers into a 13-12 lead but English forward Ryan

Ganniclefft awoke from his slumber to give Team North West what looked like a four point first quarter lead. But up popped Jack O Sullivan with a three to leave the minimum in it. The second quarter began a shoot out, Ganniclefft and Senan O Leary trading threes. Mark Sheehan was now on court and he hit a three and then was fouled in the process of another attempt. He successfully drained from the free throw line to tie the game at 25 each. The open nature of the game continued, Charlie Kelley and Senan O Leary with threes but it was at this stage that the Lakers suffered a blow out. American John Fierstein and Campos ran amok, scoring at will, and in three and a half inutes it went from a tied game to a sixteen point deficit, 45-29.

Baskets from Eoin Carroll, Saravia and Jamie O Sullivan clipped the deficit slightly but the terrible trio of Ganniclefft, Fierstein and Campos continued to torment . The two Jacks, Ferguson and O Sullivan, attempted to arrest the slide but Andrew Deighan and Luke Cassidy kept the momentum going for the home side and little headway was made by the Lakers in the third quarter with the score at 65-41. The fourth quarter started better, Senan O Leary and Ferguson combining for a hat trick of threes but Matthew Callaghan ,Fierstein , Cassidy and Ganniclefft undid that good work with the score now at 75-52 with 5.08 left in the game. The Lakers mounted a mini revival with Jamie O'Sullivan, Senan O Leary and Ferguson hitting nine without reply. Not that the game was escaping them but Team North West called a timeout to stem the flow with the scoreboard reading 75-61. The remaining moments proved to be academic with Saravia and the O Sullivans, Jamie and Jack, adding to the Lakers total. Fierstein and Campos succeeded in steering the North West ship home on a final score of 83-66.

Snan O Leary was the Lakers top scorer with 17 points, Jack Ferguson had 13, Rui Saravia 11, Jack O Sullivan 9, Jamie O Sullivan 7, Mark Sheehan 6, Eoin Carroll 3, Oisin Spring. For Team North West John Fierstein had 24, Ryan Ganniclefft checked out with 21 and Ignacio Campos had 20

ST PAULS WOMENS VS PHOENIX ROCKETS PREVIEW/ DIVISION 1 FINALS PLAY OFFS

MISSQUOTE.IE DIVISION 1 FINALS
PLAYOFFS
NATIONAL BASKETBALL ARENA,

TALLAGHT
SATURDAY MARCH 18TH
SEMI FINAL 1 MCEVOY CAVAN EAGLES
VS PORTLAOISE PANTHERS 12 NOON
SEMI FINAL 2 ST PAULS VS PHOENIX
ROCKETS 2.15PM

SUNDAY MARCH 19TH NATIONAL BASKETBALL ARENA, TALLAGHT FINAL..WINNER SEMI FINAL 1 VS WINNER SEMI FINAL 2 TIP OFF 2PM

With the Southern Conference title neatly tucked away on the mantelpiece, the St Paul's Women's team now turn their attention to the bigger fish of the MissQuote. ie Division 1 Finals playoffs with the ultimate prize of promotion to the Super League. The squad assembled by Coach James Fleming captured the Southern title in some style last Saturday evening in the Presentation Gym and travel to the National Basketball Arena in rude health. Standing in their way in Saturday's semi final are the Phoenix Rockets with Northern kingpins McEvoy Cavan Eagles facing the Portlaoise Panthers in the other last four game. The victors of these games will face each other in a winnertakes-all clash on Sunday afternoon, again in the HQ in Tallaght, with ascension to the top flight being the ultimate objective.

The two sides met only last month in Lisburn when the Rockets ran out 86-75 winners but the Lisburn side will know they faced a side shorn of some vital personnel that day. St Pauls travelled North that weekend minus their Kerry Ladies GAA contingent and also with their thoughts on another fixture the following afternoon in Killarney. With Kerry facing Cork on St Patrick's Day it opens up the possible availability of Siofra O Shea, Lorraine Scanlon and Cassandra Buckley for the weekend. O Shea missed out on last weekend's coronation as she was on football duty with University of Limerick so her arrival will give an added buzz to an already happy camp. Scanlons presence under the boards and general knowhow was badly missed that day in Lisburn but having said all that the team that finished second in the Northern Conference will be a tough nut to crack.

The Rockets season was initially slow to get going but once they got lift-off they launched themselves towards the business end of the table. They endured a difficult start to the season losing their first three games but they subsequently went on a winning run that lasted over two months and saw them clock up nine wins in a row. That catapulted them to second place behind the Eagles and that's where they



Leah McMahon youthful exuberance is matched by her

have remained despite some late pressure from Moy Tolka Rovers. They are powered by imports Jessica Fairweather and Calisha Clark who have averaged 33 points per between them. Sisters Charley and Georgie Mc Grath were very instrumental in the last meeting between the sides and the recently returned Fionnuala Toner is an integral part of their squad. Having finished the season with five wins in a row the likes of Anna Brennan and Maeve Deery won't be short of confidence either.

A look at the regular season stats will find Yuleska Tejeda and Sofia Paska in second and fourth place in the scorers table and Rheanne O'Shea ranked fourth for three point shooting. Those returns have been central to St Pauls emergence as contenders but they will also be the first to point to their teammates for kudos. Lynn Jones' boundless promptings in the point position create so much while Denise Dunlea's assist play last weekend was razor sharp. Jessica Quirke gives added presence to the lineup when introduced and her outside shooting is another useful weapon. The experience of Cassandra Buckley and Aisling Counihan bring a calmness to proceedings while at the other end of things Leah McMahon youthful exuberance is matched by her skill. Tara Donnellan and Katie O Connor are young players who are in the right environment to prosper and will be pivotal to the Club's ambitions going forwards.

Going on the regular season form the Cavan Eagles will be strong favourites for promotion but they won't need any reminding that it was the Portlaoise Panthers who knocked them out of the National Cup. And that it took all they had in two periods of extra time for them to defeat St Pauls. And that the Phoenix Rockets beat them 56-53 pre Christmas. The four best teams in Ireland going head to head in the same venue on the same day. Fasten your seathelts!!



VICTORY FOR KERRY IN TIPP

Munster Minor Championship – Round 3; Galtee Rovers GAA. Bansha, Co. Tipperary Tipperary 1-10 Kerry 2-08

Kerry got a deserved victory on Saturday away to Tipperary played in a wet and windy Bansha. Conditions were far from ideal for both sets of players. Rain prior to throw in made it difficult at the beginning of the game as both sides struggled to get a footing in the game. Sarah Scanlon opened the visitors account in the fifth minute before Julia Curtin added a point from a free in the ninth minute to double the visitors lead. The lead was further extended before Tipperary opened their account midway through the first half with a point from play from full forward Ciara O'Hora & Eva Sumner to reduced the deficit to one. With both sides now adapting to the playing conditions Kerry were awarded a penalty after Roisin Rahilly was brought down in the box. Up stepped Leah McMahon but her shot went over the bar as Kerry only doubled their advantage. Tipperary once again had the deficit back down to a single score before Kerry got the first green flag of the afternoon. Captain Roisin Rahilly kick for a point despite being

under pressure from the Tipperary defence just deceiving the keeper at the last minute and going into the top corner. With five minutes remaining in the half Kerry had a four-point lead. Tipperary however would finish the half the strongest, playing with the advantage of a strong breeze and with conditions deteriorating they would outscore the visitors three points to one to go in at the break two points down.

Upon resumption of the second half Tipperary had the deficit down to one. Kerry's Sarah Scanlon pushed out the visitors lead to two shortly after. Ten minutes into the second half Kerry had the lead extended to five points. A well worth move saw Julia Curtin pam the ball into the back of the net to open up a five-point lead. Kerry had the lead out to six midway through the second half as Tipperary kept in touch with two points from Ciara O'Hora to reduce the deficit to four. Tipperary to their credit were keeping in touch and despite the conditions both teams played attacking football. Late in the game the

referee awarded Kerry a second penalty of the afternoon but following consultation with the linesperson a throw ball between the two teams was the outcome. As a result, Tipperary would go on and score a goal to set up a tense finish. To their credit Kerry would hold their composure and possession of the ball to see out the game as deserving winners to the delight of the travelling supporters in what was far from ideal conditions for football

Tipperary: C Casey, P Quirke, C M Hickey, N O'Farrell, S Maher, T Hoare, H Brennan, E Franklin, N Martin, M Gilmartin, S Ryan (C), E Summer, S McBride, C O'Hora, A Murphy

Subs off: P Quirke, E Franklin, A Murphy Subs on: H Butler, C Grace, E Dolan

Kerry: K Hennessy, K Furey, R Smith, L Reilly, K Enright, C Gannon, J Gill (0-1), N Quinn, G Reidy, S Scanlon (0-2), R Rahilly (1-0), K Enright, A Curtin (0-1), J Curtin (1-02f), L McMahon (0-1p)

Sub: T Murphy (0-1), for S Scanlon, S O'Donovan for K Enright, G Kennedy for L McMahon

U16'S TASTE DEFEAT

Kerry U16 A & B Championship Kerry -v- Cork
Cork B 2-13 -v- Kerry B 0-05 | Cork A 2-12 -v- Kerry 2-05



A disappointing day on Sunday in Cloughduv for the Kerry U16 A & B teams as both tasted defeat in Round 2 of the Munster Championship. First up on Sunday was the B Teams. Kerry started the brightest of the two teams opening up a three-point lead inside the first ten minutes. Brid Curtin & Eve Broderick (2) with the scores with Cork yet to score. Cork however would go on to dominate the rest of the half as Kerry where guilty of wasteful possession allowing Cork to build up a run of scores on Kerry. Despite this Kerry went in at the break only four points behind. Cork would score five unanswered points in the first half through Ellie McKerins, Shona Cronin, Saoirse Moynihan (2) & Lauren Finnegan. Kerry's final point of the first half coming from Emily O'Sullivan.

Kerry needed to get off to the better start in the second half and playing with the wind they did just that. Lily Mae O'Gara with her first score of the afternoon. Disappointing for Kerry this would be their only score of the second half. As the wind and rain increased so did Cork's dominance. Playing with 12 players behind the ball they would score 2-05 without response as Kerry were able to offer little in response. While the team and management will be disappointed expect a much better response in the teams remaining fixtures with it all to play for still.

In the A game it was defeat for Kerry. It was the opposite to the first game in which Kerry got the better start. Cork got the better start in the opening half opening up a ten-point lead by the interval. With conditions worsening rapidly Cork made full use of the wind advantage in the first half. The goals would prove crucial during the opening period as Kerry at times mounted challenges to Cork. Laura Walsh who was one of Cork's best players in the game scoring one of the goals and with points from

Caoimhe Horgan. Cork where in a commanding position. Lisa Slattery for the visitors did her best with a brace of points but the Kingdom knew they faced an uphill battle in the second half. Unfortunately for Kerry the damage was done in the first half which left them with too much to do in the second half. To the management and teams' credit they came out with renewed confidence and determination in the second half. It cannot have been easy for either team playing in such conditions with Anna O'Sullivan getting Kerry's first goal of the afternoon to offer them a glimmer of hope. Unfortunately, it wasn't enough as Cork were able to tag on scores from Caoimhe Horgan & Lisa Walsh to keep Kerry at bay and prevent any comeback during the second half. Kerry didn't give up and battled till the very end and were awarded for their efforts right at the end of the game when Lisa Slattery's attempt at a free ended up in the back of the net







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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



LIAM KEARNS RIP

The news on Sunday night that that great GAA man Liam Kearns had passed away came as an enormous shock and generated an even bigger sense of loss. As a player, as a manager, and ultimately as an out and out gentleman, he genuinely had few peers. I can't claim to have known him well, but I did once sit down for an interview with him regarding the Limerick team whose fortunes he transformed (a magic he performed with many teams), and he treated the minnow that I was and am with all the courtesy, honesty, and genuine friendliness you would hope for from a man of his calibre. Liam grew up around the environment of that great Stacks team that won the All Ireland Club Championship and the environment fostered by great men like Micheál Hayes and James Hobbert, and it was no surprise to see him feature prominently as top scorer on Kerry's 1980 All Ireland winning minor team alongside the likes of Ambrose O'Donovan, Tom Spillane, Mike McAuliffe, Tommy Parker, and Pa O'Donoghue. He would add All Ireland medals at U21 and senior for Kerry. The latter arrived as a panel member in 1986, the same year that

Based in Limerick, he took over junior football side Dromcollogher Broadford. Well, I say junior, because that's what they were when he started. The revolution Liam started in their approach saw them go on to win minor, U21, and senior in Limerick before going on to absolutely shock everybody by beating Nemo Rangers to win the Munster Club title. His garda duties saw him sent to Garda College in Templemore as a gym instructor and he was told that he was now in charge of the college team, having previously managed UL. He downplayed his appointment himself, but he was a national name by now and the results spoke for themselves. They won the Trench Cup in their first year, retained it in 1994, and reached a Sigerson semi-final a year

he won a County Championship in midfield for

Stacks, with whom he lined out until 1993.

It wasn't long, of course, before Limerick came calling. The 2000 Munster U21 Championship wrote itself into history when Limerick beat a hotly fancied Cork and Waterford beat an even more fancied Kerry. The final wasn't a great game, finishing at 0-7 to 0-4, but when the final

whistle sounded, the likes of Brian Geary, Jason Stokes, Stephen Lucey, Brian Begley, and John Galvin had Munster medals and Liam Kearns had worked his magic again. He brought a lot of those players into Limerick's senior team. In 2003 they beat Cork by ten points to reach the Munster Final and anyone who thought that was a flash in the pan got a quick awakening as they put Kerry to the pin of their collar before bowing out.

A year later they had Kerry completely on the ropes early on, despite a Mike Frank Russell goal against the run of play. We couldn't handle their pace at all, while Stokes and especially Galvin (seriously, how in anam an diabhal did that man not get an All Star? It's ridiculous to this day) lorded midfield. Kerry limped out of the Gaelic Grounds with a barely deserved draw. Limerick started the replay in Killarney in the same fashion and led by 1-6 to 0-2 coming up to half-time. However, a cracking goal by Eoin Brosnan and another by Dara Ó Cinnéide saw the sides level at half-time. A Tomás Ó Sé goal on the three quarter mark saw us take the lead for the first time and eventually see off a great challenge. No other team came anywhere near as close to us on our way to Sam Maguire that year.

After another year with Limerick, Liam helped Aherlow of Tipperary to give Dr. Crokes a real battle in the Munster Club Final and managed Laois for two years with mixed fortunes –Laois had plenty of talent, but difficulty in harnessing it. Too good too young, I suspect.

He joined his great friend John Evans in Roscommon as a coach, where they reached Division One and were a growing force. When Evans was surprisingly removed, he took over Tipperary. They were drawing from two great minor teams, but lost players to summer migration, hurling, AFL (the stunningly talented Colin O'Riordan), and Clonmel Commercials early on, who were pursuing a Munster title (they also lost to Dr. Crokes). In those circumstances, getting to an All Ireland semifinal in 2016 and giving Mayo a tremendous battle was an absolutely stunning achievement that tells you everything you need to know about Liam's managerial ability.

Last year he took the helm in Offaly and had already secured three wins to maintain their Division Three status. He had already stated that he intended this to be his last management role, Sadly, that turned out to be all too prophetic, as the sad news began to break last Sunday night. It is a loss felt keenly all over the country, and with very good reason. Ar dheis De go raibh a anam dilis.

THE COST OF FREE SPEECH

This is one of those things where there might be a certain amount of time dilation. I'm writing this at the very start of the week, while you are reading it at the very end. As I write, the gossip columns are still convulsed with the pseudo-drama over Gary Lineker being sacked/dropped/martyred/beatified (take your own pick off that menu) by Match of the Day because of a political tweet from his personal twitter account on a matter not related in any way to his position as a Match of the Day commentator.

Gary Lineker is a former England striker. He actually honed his craft alongside our own Gerry McGowan, who went on to become one of the greatest strikers in Kerry District League history and would unquestionably gone much further but for a much murkier blurred line between sport and English politics in the days before social media. Gary went on to win the Golden Boot at the 1986 World Cup and was unquestionably one of the greatest goalscorers of his generation. He then went on to become one of the most likeable commentators on the game, and I will say that unlike certain others of his profession, his analysis tends to forego controversy for its own sake. A refreshing take nowadays across all sports - and yes, I absolutely include GAA in that. But soccer is simply the worst. It's all about selling the product. The sycophancy around the World Cup in Qatar and the blatant blind eye turned to the ridiculously inflated attendances (the stadia couldn't even accommodate those numbers, for Heaven's sake!), let alone the human rights issues raised, was a journalistic failure of catastrophic proportions. The BBC at least made some small pretence, even if they weren't willing to actually rock the boat. It was more than pretty much anybody else did.

Gary tweeted during an online twitter debate about the proposed bill by Suella Braverman on Illegal Immigration that "There is no huge influx. We take far fewer refugees than other major European countries. This is just an immeasurably cruel policy directed at the most vulnerable people in language that is not dissimilar to that used by Germany in the 30s, and I'm out of order?"

I personally would argue that the BBC is the best television station in the English-speaking world. This is the broadcaster that gave us 'Yes, Minister', which remains the greatest political satire ever made. It made RTE's 'Bull Island' look as hard-hitting as 'Bosco'. The closest Ireland ever came to anything close was Frank Hall's 'Pictorial Weekly' or Dermot Morgan's 'Scrap Saturday' on radio. We had Vincent Browne and Prime Time for our hard-hitting interviews (Magill rattled a lot of cages in its time as well). They had Jeremy Paxman and Michael Parkinson.

Now, whether the BBC is a formal part of the Government establishment is a tricky question. Like RTE (which I think sets a higher standard than we usually appreciate, given its much, much lower income base), it relies heavily on



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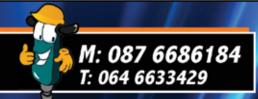
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ALL THINGS...SPORT

Government funding, and the Government appoint its overseers, which means that there is always a bit of a blurred line at least. Nowadays the current political shift towards the right in most of the first world, a very discernible trend, seems to have seen that line become very much solidified, and not in a good way. It's worth noting the story that this meaty gossipfest packed with celeb names knocked off the headlines. There is a bill in the Georgia Parliament, the only former soviet satellite to have press freedom, to curtail that freedom in regard to 'foreign agents' such as humanitarian agencies. A number of civilians, including journalists, have been arrested in the country and a number of MPs prevented from entering Parliament for the vote. Do you still think that this Gary Lineker thing is more molehill than mountain?

The BBC recently overhauled their guidelines regarding impartiality in broadcasting. Basically, anyone associated with them is expected to stay within fairly tight lines. They pay Gary an awful lot of money - more than any other broadcaster (they do have undisclosed private contractors), £1.35 million last year. So their strong counter-argument is that they pay Gary to abide by these conditions of impartiality in his personal life, including his social media.

Unfortunately for them, the fact that BBC Chairman Richard Sharp was found by a House of Commons Committee to have lied about facilitating a massive loan (£800k) for Boris Johnson off the books (he denied it until it was proven) blows that completely out of the water. If the BBC want to talk about impartiality, Gary Lineker isn't the guy they need to be starting with.

lan Wright was first to come out in full support of Gary immediately. Alex Scott and Alan Shearer were close behind. Jermaine Jenas. Micah Richards, Mark Chapman....Within hours, it was very clear that the BBC had miscalculated - I don't believe that they were remotely prepared for the widespread public reaction. Somebody dropped the ball badly there. It was always obvious what side to be on in this particular controversy. I do think the colleagues who have come out in support of Lineker are completely sincere, but I also think that anyone of them taking a cynical approach would be on the exact same side.

There was an attempt to condemn Gary for unfairly comparing the modern British tories with the Nazis of the 1930s. That kite didn't fly very far; Gary said no such thing and direct comparisons with the rhetoric of the 1930s were on the money, to say the least. Godwin's famous law regarding the invoking of the Nazis in internet arguments is always invoked on the losing side. It is the higher echelons of the BBC that showed bias rather than impartiality in choosing to attempt to silence a prominent broadcaster's private comments about a Government policy. It simply wasn't the BBC's place to defend that policy. It would be entirely different if Gary Lineker had made his remarks in his role as a BBC commentator. But he guite clearly made them in a personal capacity.

Comparisons with Jeremy Clarkson, who

verbally abused a BBC staff member off camera during a long and tough shoot leading to his dismissal, are unfair. More accurate would be a comparison with Matt le Tissier, who was quietly sidelined when his outspoken opinions against vaccines and masks generated controversy. The main difference, it seems to me, is that what Lineker said has generated a wave of at least sympathy, if not outright approval. Le Tissier had no public sympathy on his side. Is that the standard? I honestly suspect that if Gary Lineker had praised Suella Braverman's proposal and suggested that England use the Isle of Dogs the same way that the US used Guantanamo, he'd be a fading memory on our TV screens.

Free speech is a complicated thing. It has never been an absolute right, nor should be. It is bounded by the likes of laws on hate speech and defamation among others. But Gary Lineker tweeted a non-controversial opinion very clearly his own opinion – on a matter that involves every British citizen. The idea that an employer can dictate anyone's political opinion - the very idea that political opinions can be dictated at all - is in itself an absolute disgrace and a real and genuine threat to democracy everywhere. The USA during the seventies and eighties was so anxious to cleanse itself of any taint of Karl Marx that it embraced Avn Rand far too wholeheartedly. We can see that polarisation now. Fox News's self-confessed abandonment of journalistic principles in favour of viewing numbers is survivable for a private company with their finances, but it has wounded them very badly, leaving the field open for even more right-wing broadcasters. The BBC could not survive anything like that, especially not with Sky keeping very straight faces but keeping cheque books open and ready to go. Gary could name his own price with virtually any rival broadcaster right now, and don't think that Gary doesn't know it.

This isn't a big deal in itself. I strongly imagine that BBC Director General Tim Davie realised long ago what a colossal cock-up this is for him. He is steadfastly refusing to resign and I don't see that happening. I think that Davie was one of a number of high level administrators who decided that this was a chance to draw a firm line in the sand, get a guick apology from this celebrity, and move on. I honestly think they forgot that Gary Lineker is as smart as he is sincere on topics like this and much, much better at this PR game than they are. Tim Davie thought he had a lot of people at his back, people like Chancellor Jeremy Hunt - and all those people disappeared like mist in sunshine once they started to read the room. Did they not learn anything from Marcus Rashford and school dinners? The BBC need to eat crow (something Gordon Ramsay strongly recommends, by the way; they are a highly nutritional agricultural pest) and they need to strike a deal fast here and get it off the headlines.

By the way, the Match of the Day segment with no commentary and no voiceovers....attracted a half a million more viewers than normal! Granted, there was a huge curiosity factor to see what they would do and how people would

As I write this, a fluid situation is already changing, with unconfirmed media reports that the BBC will be issuing apology themselves and the matter will be quietly closed. I hope that is the case. No need for acrimony and bitterness. A stupid situation was poorly Gary Lineker handled and got way out of hand, but it



sounds like that rarest of all birds, common sense, has actually prevailed in the end. The BBC wanted to draw a line in the sand. A different one has been very clearly drawn; let that be the end of the matter. But understand that political dissent, be it the Q-anon nonsense so beloved of America's hard right or a publicly expressed opinion by a popular sports commentator, is not the enemy of democracy. It is its life blood, and always worth defending.

NATIONAL HURLING **LEAGUE**

Kildare 2-20 Kerry 0-21

Ouch. This one stings, and stings badly. Kildare have been a team making advances, the Naas club being the most obvious example, but we'd have fancied ourselves to bring the points home against them in recent years. Not so on this occasion. We can argue that we might have been a touch unlucky in previous games this season, but that's not the case here. We were simply taken to school by a team that have accelerated past us. Have we gone slightly backwards? I'm afraid that I am really starting

Cathal Downing and James Burke (f) opened the scoring for Kildare. Kerry actually revved up pretty quickly. Padraig Boyle opened our account and captain Gavin Dooley took two very crisp scores. Shane Conway, back in his old poacher's role and looking much more like his old deadly self there, slotted another. 0-4 to 0-2. Kildare hit back fast though with the next five points through Paul Dolan, James Burke (2f) Declan Flaherty, and Gerry Keegan. Note that Kildare had an abundance of different scoring threats; that tells you an awful lot about the game. Kerry were simply being made to work harder for everything that they were getting. Pádraig Boyle finally interrupted the scoring sequence with two points, 1f, but to leave us within a single point.

We didn't deserve to be that close, and we didn't stay there for long as Paddy McKenna, Declan Flaherty, Cathal Downing, and sharpshooter Burke with three more frees pushed Kildare into a 0-14 to 0-6 half-time lead. The best score of them all was the one that started the sequence, Kildare's goalkeeper emerged outside his own square and Paddy McKenna Banged over a stunner from long range. If Kerry hurling was a computer, you'd switch it off and try turning it back on to reboot at this stage.

Kerry did ring the changes, and they did improve the side, but the truth is that Kildare have a new confidence about them and absorbed the pressure with an ease that shows just how far they have come and how well their newcomers have adapted seamlessly. I definitely wouldn't have considered Kildare in the shake-up at the start of the year. I'm very much changing my mind on that now. Yes, Kerry were definitely poor, and I'm not trying to hide or make excuses for that. I'm just saying that they were up against a very, very good team, and that should be acknowledged too. Impressive sub Keith Carmody and Pádraig Boyle pulled back two points on the restart, but any thoughts of a Kerry revival were hammered as Brian Byrne picked off a Kildare goal. James Burke added a free.. Pádraig Boyle had one last score before making way for Jordan Conway. Shane Conway and James Burke kept the scoreboard ticking over for their respective sides, but Kildare were always able to maintain that clear gap between the sides and Kildare's second goal, a fine strike by Gerry Keegan, effectively ended the game as a contest.

CAMOGIE

National League: Kerry 1-12 Derry 2-6

This was a result to sit up and really take notice. Fair enough, Kerry were at full strength for the first time this season and are starting to have real match finishing power from the bench – numbers rather than talent or scoring power was always their biggest issue. Talking of scoring power....well, Patrice Diggin scored a whopping 1-9 out of 1-12. Granted, most were frees, but it's the human dynamo who wins the frees as well. She really is just incredible.

She had four of the first five points as Kerry led by 0-5 to 0-1. They were rocked on their heels at that stage by a Derry goal from Aoife Shaw, but Derry weren't able to make much headway against a Kerry defence brilliantly marshalled by Sara Murphy – and that was a good Derry attack well led by Lauren McKenna.

Kerry led by six at half-time, which gave them the luxury of dropping Patrice back to centre back sweeping up in the second half. An early free from her stymied an early fightback by Derry in the second half and a penalty in the 40th minute expertly dispatched by the Kerry sharpshooter meant that a late goal was only a consolation effort for the hosts.

MINORS

Well done also to Kerry camogie minors on their 2-15 to 0-7 victory over Mayo, especially Killarney players Áine Devlin, Yen Leniston, Yasmin O'Brien, Chloe McCarthy, Kathryn Ryan, Hannah Ryan, and Anne Hickey.

RUGBY

Injury-Hit Ireland Impress to Set Up Grand Slam Chance

Six Nations: Ireland 22 Scotland 7

A great game. This was the real thing. I have never hidden my lack of respect for test matches – glorify them all you will, but they are the rugby equivalent of the GAA's McGrath Cup,

no matter how vaunted the opposition or how entertaining the games. There just isn't enough meat on those bones in terms of tradition, history,....caring. Six Nations is a different animal, and this was Six Nations at its best. A rough, tough, dog-eat-dog kind of attritional battle flecked with some brilliant flashes of skill. Mack Hansen gave probably the best individual display of rugby I have watched this year, but this was a heavyweight clash that was as much about endurance and intensity as brilliance. Ireland were tested to their very depths and passed with flying colours. Andy Farrell made six changes to a winning Six Nations team, but four of those were Lions and the other two were Dan Sheehan and Garry Ringrose. And they still had plenty of real power to call on from the bench - they would need every bit of it, and that's credit to their opponents. Scotland will be disappointed with the result, of course, and still lack a certain amount of refinement, but they showed real steel and this was no bad display at all by them. It was a big step up over some of their games in recent years where I thought they had a lot of huff and puff but lacked a strong core when the chips were down

The first half was a real battle, bodies crashing into each other left, right, and mostly centre. Ireland thought they had made an early breakthrough after Caelan Doris intercepted a quick and careless Scottish lineout for Dan Sheehan to athletically power to the line. It was disallowed because Scotland had used a new ball for the lineout (I hadn't known that) – frustrating, but it turns out that is the correct application of the rule. Scotland's mistake had saved their bacon.

Ireland are the better side but not getting space – Scotland are hitting hard but clean and working tirelessly. Mack Hansen almost finds space but Scotland force a loose pass and it's called back for an earlier penalty. Johnny Sexton, who has been digging deep in the unglamorous but vital spadework, slots over. Worryingly, though, Caelan Doris has gone off injured. Jack Conan is in, and Conan is a great player in his own right, but Doris brings that little bit extra to the table always.

It's Scotland's turn to go on the attack. Ireland defend brilliantly as a unit, absolutely seamless, to repel the first attempt but eventually Huw Jones manages to find enough space to get over. A very good try, and needed to be in the face of Ireland's defensive work. Anyone who thought Ireland would win this with a bit of comfort (oops. I have to admit that was me, your honour) is getting very quickly disabused of that notion. Scotland are running at us nonstop, and it's making for brilliant And with the under-appreciated Dan Sheehan and lain Henderson departing with injury, the pressure is ratcheting up.

Good rugby by Ireland....Hansen with a sliver of space, having started the move himself before gathering a great pass from Keenan out on the wing. He's the best thing on the pitch so far, but this is too tight. I actually thought that Van der Merwe had just gotten to him in time, but no. TMO confirms that it's a brilliant try and Ireland are in front by 8 to 7.

Scotland almost cancel it out quickly, Russell (who I thought did very well in limited space all through) sets up Van der Merwe but Keenan makes a simply fantastic tackle. That was a big moment and sent out a very strong message. Likewise Andrew Porter, so indomitable that we sometimes take his excellence for granted, clinically shutting down a last dangerous Scotland break with an emphatic tackle on Turner before the half-time whistle.

Ronan Kelliher can't continue, Cian Healy coming in for him. We're not quite down to the bare bones yet, not quite, but the rugby gods are clearly playing dice with Ireland today and not rolling in our favour. Grand, they are about to find out that there are fearless apostates wearing Irish jerseys. (Some of ye may get the impression that I'm practically bouncing around the room at this stage watching this. I won't say that ye are wrong.)

Both sides make attacks and both defences deal with them. Neither side is giving away much. Ireland are ahead by that single point, but it doesn't feel like anything near enough and Scotland are refusing to buckle. They can sense that there is something in this game for them. We've a flanker throwing the

Jamison Gibson Park and James Lowe are on by now. Like Hansen, those lads learned their rugby in different schools and they bring an extra dimension and width to Ireland's play. Jamison Gibson Park lofted a lovely ball, Mack Hansen rose high to gather, and off-loaded to James Lowe. He still had plenty to do – he had to balance himself perfectly to hold off the impetus of the covering tackle while getting the ball down on his other side. Technically very difficult, and Lowe made it look easy. At last, after 56 gruelling minutes, Ireland had a bit of breathing space, and Sexton extended it with a conversion that was a genuine test for an expert kicker. 15-7.

That one seemed to hit Scotland hard. They had been wondrously, almost gloriously defiant for three quarters of a superb game. They had gone to toe with the supposed best team in the world right now and taken them right to the edge, tested everything they had...but their sails were deflating now. Stuart Hogg didn't have his finest game ever, but by God he lacks nothing in character and he made another try-saving tackle two metres from the line to stop a rampant Lowe. It couldn't spark his team, though, it was a makeshift and magnificent Ireland who were beginning to raise the bar beyond Scotland's reach, despite a very worrying head injury to Garry Ringrose that saw him carried off. Ireland's last try was arguably their best, certainly in terms of creation. Collective movement simply stretched Scotland too thin and Jack Conan was waiting to execute over near the corner flag. Johnny Sexton once again converted before being withdrawn - that scoring record will surely be his when Ireland host England in their final game. Not that Ireland's captain would need extra motivation (Sexton is the best self-motivator in the game anyway) with a Grand Slam on the line.

England have had their most miserable Six Nations that I can remember. They aren't in

as woeful a state organisationally as Wales (unfortunately, that strikes me as a bit of a self-made tragedy) but they are floundering. France were always going to be favourites against England at the moment, but I don't think anyone was expecting the absolute hammering that was dished out. That will provoke a response, it'll have to. I wouldn't be worried if Ireland were at full strength, but that injury list by Ireland and that quick turnaround....Andy Farrell is in for a long week, but it could culminate in immortality.

ATHLETICS

Congratulations to Oisin Lynch of Killarney Valley AC who was the Senior Mens' winner of the Kerry County Road Race Championship, winning the Tadhg Crowley Perpetual Cup in a time of 16:00.4. It was one of the largest entries at the Kerry Co Road Race Championships in many years and was brilliantly hosted by St. Brendans AC of Ardfert.

Athletics in Ireland is going through a golden era at the moment, our own incredible Sarah Leahy being a prime example, and absolutely no-one personifies that more than the truly astonishing Rhasidat Adeleke. Frankly, if she stopped right now, if she just did nothing else for the rest of the year, she'd still be a virtual certainty to be Ireland's Sportswoman of the Year. And yes, I know the Irish Womens' Team are heading to their first ever World Cup. Rhasidat is still the best sportswoman in this country in 2023 bar none. That is how high a bar she has already set. Now, Ireland being Ireland, the hype is already getting a bit out of control and I would be a little bit concerned that people's expectations are beginning to deviate from any possible reality. It's far, far too early to be talking about 'best in the world'. But her silver medal in the NCAA Championships in New Mexico last weekend, coming in at 50.45 for the 400m means that she is certainly in that type of conversation. Adeleke now holds the three fastest 400m times in the history of the University of Texas.



Congratulations to Oisin Lynch Killarney Valley AC overall winner & Senior Men's winner in a time of 16:00.4. Here he is being presented with the Tadhg Crowley Perpetual Cup from the Co board chairperson Martin Fitzgerald.

HARD LESSONS FOR KERRY

FC

League of Ireland: Galway City 9 Kerry FC 1

We knew there would be days like this, but we also know that they have to be very few and far between. Let's face it, anyone looking at Kerry's fixture list at the start of the season wasn't exactly targeting this game for points. Galway just missed out in promotion play-offs in the last three years and have brought in a seriously experienced bunch of players to go the direct route on this attempt. With four wins from four, you'd fancy them to do it too, even though it's early days.

Let's not kid ourselves. This was a bad night for us, even allowing for the difference in expectations. We are, or at least should be, much better than this. Galway's experience showed almost straight away. Their passes were that bit more clinical, their touch was that bit crisper. Fine margins, but a noticeable margin on every touch, and that accumulates very fast. I watched it on camera, and I will say that it's a fantastic system to have these games broadcast (other sports could do this affordably) and someone deserves huge kudos. This is a great way to build a following and pique interest. For far too long, the League of Ireland took an almost perverse pleasure in the reliance on diehard supporters in fairly ramshackle facilities to keep the League going while the FAI were...let's be charitable....otherwise engaged. The game is growing in popularity, and this broadcasting facility is a brilliant move. This particular one was directed by the likes of Wes Craven, though. Actually, no, George Romero was more the schlock horror movie guy. There were no psychological twists here; Galway just sliced us open repeatedly.

It took just ten minutes for Limerick native Ed McCarthy to slip neatly through a middle gap (quick feet) and slot home past Wayne Guthrie. Just ten minutes later Francely Lomboto sent it across for McCarthy to just tap it easily to the net. In the 26th minute Seán McGrath hit a great shot from long range, but it just curled a fraction too much. Good to see a Kerry player with the confidence to try it though; I guarantee you now that will be significant when this coltish Kerry team fully find their feet.

Wayne Guthrie did very well to clear the ball under direct pressure from a lively Francely Lomboto. Kerry did well to clear a dangerous Galway corner, but the pressure was constant and that always comes with a price tag. In the 33rd minute Rob Slevin got up far too easily to knock in a header that gave Guthrie no chance. Galway conceded a corner from the tip-off but that turned into a disaster as it meant that Kerry were caught too far forward, Lomboto with a simple tap-in of his own, and just on the stroke of half-time, Galway really twisted the knife when Stephen Walsh's shot crashed back off the post and Ed McCarthy was on hand to claim his hat-trick. There could have been another, with Guthrie out fast to just manage to cut out a deadly pass to Ronan Manning and then having to save a deflected Vincent Borden effort.

5-0 at half-time. Would you really want to be a fly on that wall? I wouldn't. Some days there really just isn't much you can say. Reorganise and battle for a bit of pride back. You know you aren't winning the game; everybody knows that now, but you can win this 45 minutes.

Yeah, that's not going to be happening, either. Kerry repulsed the first three attacks of the second half. Galway have their heads up now. They know that there are more goals for the taking, and they are going hunting them. It's all Galway. Guthrie denies Stephen Walsh with a great save. It's a matter of 'when' rather than 'if' in regard to the next goal, and it arrives when Darren Clarke lays off to Ibrahim Keita for another simple finish in the 62nd minute.

To their credit, Kerry were still battling away and got rewarded for it when Nathan Gleeson, a lone dynamo all night flickering around the Galway defence, got in a cross and Ryan Kelliher showed great instincts to dive between two defenders to head home. It was actually a brilliant goal, the best of those scored on the night

Galway came straight back down the field, with Guthrie producing an even better save to once again deny Walsh. Ibrahim Keita broke through again, though, and Walsh compounded a miserable night for the visitors with an 85th minute penalty before completing what can only be described as a rout in injury time.

Kerry have played four and lost three, but those three have been to the three sides at the top of the table. This one will be a hard lesson for a young team, but it isn't nights like these that define a team. It's how they react to them.

O'CARROLL APPOINTED TO NORTHERN IRELAND BACKROOM TEAM

Congratulations to Killarney Athletic schoolboy graduate Diarmuid O'Carroll, arguably the best player to emerge from the Kerry underage setup, who has been included in Michael O'Neill's backroom team as Senior Coach for Northern Ireland's Euro 2024 qualifying campaign. He will continue in his post as Assistant Manager of St. Mirren while preparing to face Denmark, Slovenia, Finland, Kazakhstan and San Marino.c





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FOSSA GAA

Our Killard Infrastructure sponsored minor boys had their 4th game home to Skellig Rangers Valentia. A super game that ebbed and flowed, Fossa getting off to a good start against the breeze and built up a commanding lead, goals from Ronan Bennett and David Butler. However, in a two minute period 5 minutes before half time our lead was wiped out as the visitors hit two goals. They kept this momentum early in the second half and had a 4 point lead with about 5 minutes to go. Credit to the lads, once again they didn't give up, they chipped away and scored the last 4 unanswered points to draw level before the final whistle.

On the day all put in a huge effort but Ryan Brady was solid and brave in goal, Cian Myers commanding at full back, Ted was Ted excellent again and the 5 young guns Jack, Fionn, Dylan, Conor & Derek – couldn't have done it without them. We play Annascaul/Lispole in Fossa next Sat at 3pm.

The Senior County League kicks off Sunday when our Golden Nugget sponsored team heads to Dromin, throw in there at 2pm. The senior B team have a bye.

Thankfully the weather stayed more or less dry and mild as the academy kicked off Sunday morning, a great buzz around as each child found their group and began to show their skills. We had a great turn out and it will continue Sundays at 11am until October.

LOTTO

The numbers drawn were 3, 18, 24 & 27. There was no jackpot winner. 5 consolations of €40 went to Margaret Moriarty, Beniska House. Gary McCormack, Curragh. Maurice O'Meara, Lackabane. Maureen McCormack, Curragh. Barbara O'Sullivan, Lackabane. This week's jackpot is €12,450

KILLARNEY LEGION

CLUB AWARDS NIGHT (FRIDAY MARCH 24TH)

This year's entry into the Club Hall of Fame and the recipient of the Vincent Doyle Cup needed little debate as he has been part and parcel of the Club for as long as this writer can remember.



Diarmuid O Donoghue has been left, right and centre in Club affairs and is always viewed as a solid middle ground to seek out for advice. Part of a family of eight, five girls and three boys, growing up they would have had little choice in where they would play their football as father Jameso was heavily involved in the Legion, a club he joined in 1951. A year later he married Lily Kerrisk and it was in the house growing up that the love for football was nurtured.

Born sometime around 1960(his fitness and youthful look belying the birth cert) he first came to prominence when he starred for the famed football nursery St Brendans College and a little known fact today is that he was the first "Day Boy" to captain the Sem, the position upto then was the preserve of a "Boarder". He also came to the attention of the Kerry minor selectors, making two appearances for them in 1976 against New York and Cork(on the day that the original Pairc Ui Chaoimh was opened, son James would kick ten points on the last game played there). In 1977 he suffered a serious leg injury while playing for the Sem and that put pay to his year.

Not to be deterred he soldiered on and by 1980 his performances caught the eye of Mick O Dwyer who called the young Knockeenduve man into his multi All Ireland winning panel. And while breaking into a forward line including all time greats and multiple All Stars was always going to be a big ask Diarmuid loved the cut and thrust of training ,while maybe privately bemoaning that serious injury may have robbed him of a vital half yard of pace.He was an ever present in the squad though, winning two All Ireland Senior medals in 1980 and 1984 plus an All Ireland Junior medal in 1983.

With Killarney(a combination of Dr Crokes and Legion) winning a Kerry County Championship in 1983 Diarmuid was nominated as Kerry Captain in 1984 and he led the team to a National League triumph in 1984, beating Galway in Limerick. He captained the team in the first round of the Munster Championship that year against Tipperary but again given the competition for places he remained a member of the panel but not the first fifteen for the remainder of the championship. The honour of captaining Kerry to the Centenary All Ireland was handed to Ambrose O Donovan. He would make twenty seven league appearances for Kerry but it is widely acknowledged by the people in the know that had Diarmuid been at his peak in any other era in Kerry football he would have walked into any forward line.

Meanwhile back at the club he was an everpresent in the senior team from 1976 until the early 2000s, years of pure and utter dedication. His eye for a score never diminished, his left leg was like a wand, always finding his man, and splitting the posts with regularity. And in that time too he found time to manage numerous underage teams in the club, most notably the 1990 East Kerry and County league winning minor team. He would later line out with the majority of that team in the senior jersey as they graduated through the club under his tutelage. The Senior team competed strongly in the County championship in the late 90s, reaching the last four on two occasions, in a team smattered with Diarmuid's proteges. Married to Rita(of Linehans Bar College St) they had two young sons Tommy and James now and he was also juggling his time as a physiatric nurse in St Finians Hospital.

Having hung up his boots(although he later made a comeback for a day in goal post his 50th birthday) he dived headlong into coaching. By my count he has been involved, and that's only in recent years, in eleven East Kerry and two County league winning juvenile teams. An incredible record!! He served as Juvenile chairman and also ran the Saturday Morning Academy . It would be impossible to equate the influence Diarmaid has had on the young players he has coached in the club but fair to say it has been immense.

Diarmuid follows in the footsteps of his father Jameso, who was inducted into the Club Hall of



jerseys and kit to Killarney Legion Senior Ladies team this week Announcing the Legion Senior Ladies team sponsorship, Legion Ladies Chairperson Ted Healy said, "We are very grateful to have such a strong Killarney brand as our new sponsor this year. The Sheahan family has strong links with the Legion for many years, and we are delighted to have JM Reidys on board this year as our senior Ladies sponsor".



Niamh Sheahan of the Sheahan Group and J M Reidys presenting a new set of Niamh Sheahan (Sheahan Group), Ted Healy (chairperson/senior coach) pictured with the Killarney

an post

VACANCY NOTICE

An Post is setting up a panel from which we will hire part-time temporary Clerks to be employed at our Killarney Post Office from time-to-time, as required.

Selection will be a competitive process, comprising assessment test, competitive interview, medical and security clearance.

The successful candidates will have the ability to:

• Interact effectively with customers;
a full understanding of the importance of customers to our business; a commitment to maintaining a high standard of service quality; the ability to maintain a high standard of accuracy; an enthusiastic and flexible attitude and approach to work; strong interpersonal skills and the ability to work in a demanding team environment.

Application Forms can be obtained from Killarney Post Office.

Completed application forms must be sent to:

HR Resourcing Dept., GPO, Cork or direct to Branch Manager in Killarney.

To arrive by 5.00pm on Wednesday 29th of March 2023.

Late applications will not be accepted under any circumstances.

Please Note: Canvassing Will Disqualify.

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Fame in 1995, and back then everyone would readily acknowledge that walking in Jameso footprints would be a hard task. But fair to say Diarmuid has taken a good stab at it.

SENIOR LADIES PLAYER OF THE YEAR



The 2022 Senior Ladies Player of the Year is Isabelle Corridan. Isabelle has been part of the club since her early years in the Saturday Morning Academy and when she was too old to participate in the Academy she came back to help out with the coaching. She made her senior team debut at the grand old age of 14. Despite the usual distractions of school, work and college her commitment to the club never waned. To further emphasise that point this is her second time receiving the coveted award, having been honoured in 2015 initially. A versatile performer who has played in midfield and the forwards she found herself stationed at full back this year. And even though she is now based in Dublin where she is a physiotherapist, she trained with the famed Killmacud Crokes in an effort to keep herself in shape for the Ladies senior team. She willingly clocked up plenty of miles this year past, in a true sign of her dedication to the Club she loves.

YOUNG LADIES PLAYER OF THE YEAR

Since joining the club at the age of five Andrea Murphy has become a very popular and integral member of the Killarney Legion Ladies department. From an early age she showed a great willingness to train and take in all the promptings of her coaches. Even at that early stage she was providing great leadership to her teammates. The daughter of Enda and Dawn, she represented the club at intercounty level at U14 and U16 and so the ascension to the club senior team was only a matter of time and the call up came in 2022. Her personality and character endeared her straight away to the rest of the panel and she nailed down her place at wing back on the team. Despite suffering a dislocated shoulder (as she only found out



Dr. Crokes Award winners photographed at their social on Friday night.

afterwards) she soldiered on in a vital Donal Curtin Cup against MKL Gaels and helped the team gain a hard earned win. This year she is again a minor of a Kerry panel, the Minors, and there's no doubt her late grandfather, club stalwart Jimmy Murphy, is looking down with joy from above.

FIXTURES

Our Senior B Men's team entertain Beaufort in Round 1 of the County League this Thursday March 16th with a 8pm throw in. On St Patrick's Day the Division 1 campaign kicks off where we will be traveling to Ballymacelligott for a 2.30pm throw in. Best of luck to both teams!!

KILLARNEY CAMOGIE CLUB

UNDER 6 & UNDER 8

Training continues every Friday and Monday from 6-7pm in Spa with Mark, Martin, Alan & Peter. Hurleys & helmets can be provided on a rental basis for the season. Bring football boots, shin guards & water.....All girls with birthdays from 2015 to 2018 are eligible for this age group. **UNDER 10**

Training continues every Friday and Monday from 6-7pm in Spa with David, Karen & Laura. Hurleys & helmets can be provided on a rental basis for the season. Bring football boots, shin guards & water.....All girls with birthdays in 2013 & 2014 are eligible for this age group. New players welcome.

UNDER 12

Training continues every Friday and Monday from 6-7pm in Spa with Sarah, Sean & Sinead. Hurleys & helmets can be provided on a rental basis for the season. Bring football boots, shin guards & water.....All girls with birthdays in 2011 & 2012 are eligible for this age group. New players welcome.

UNDER 14

Training continues every Friday and Monday from 6-7pm in Spa with Gerard, Padraig & Kate. All girls with birthdays in 2009 & 2010 are eligible for this age group. New players welcome.

UNDER 16

Training continues every Friday and Monday from 6-7pm in Spa with Claudia & Denis. All girls with birthdays in 2007 & 2008 are eligible for this age group. New players welcome.

REGISTRATION

Registration is now open on www.foireann.ie for all age groups & mentors. For any details on registration, please contact Treasurer/Registrar Louise Moynihan or Secretary Sarah Breen. All details on how to register can also be found on our Facebook page.

ST PATRICK'S DAY PARADE

We will be participating in this year's St Patrick's Day Parade in Killarney. All details of meeting time, drop off point, collection point etc will be on our Facebook page.

KERRY MINOR CAMOGIE

The Kerry minor camogie team had a great win over Mayo at the weekend. Killarney were very



Referee Donal Casey with captains of Kill cummin and Dr Crokes, Sean OLeary and Gavin OShea



East Kerry Vice Chairman Gary O Halloran, Lee Cirillo and Gavin O Shea after Sundays final







well represented with 7 players on the panel – Yen Leniston, Kathryn Ryan, Áine Devlin, Chloe McCarthy, Hannah Ryan, Anne Hickey & Yasmin O'Brien.

EAST KERRY GAA NEWS

by Michael Healy

FRANK DORAN SPONSORED EAST KERRY LEAGUE DIVISION 2 FINAL

Spa 0 - 12 Currow 1 - 08

Played in tough conditions in Spa on Friday night, the home side just about got the better of Currow to claim the 2023 East Kerry League Division 2 Title.

EAST KERRY SUPER LEAGUE DIVISION 1B Rathmore 2 – 20 Glenflesk 2 – 08

ALL IRELAND MASITA POST-PRIMARY SCHOOLS ALL-IRELAND SFC FINAL RESULTS

Dr. Eamonn O'Sullivan Cup (Senior C Football)Congratulations to the St Pat's Castleisland Secondary Schools team on their win in the All Ireland C football Final on Saturday, and especially those from East Kerry club's.

CONDOLENCES to the families of Willie Casey Gneeveguilla RIP, and Timothy Tade O Leary Gneeveguilla RIP.

SCOR

Congratulations to all our Scor Na NoG 2023 winners and best of luck in the County Final Saturday week in Currow.

Solo Singing – Glenflesk. Recitation – Glenflesk. Ballad Group – Glenflesk. Instrumental Music – Glenflesk. Set Dancing – Spa. Figure Dancing – Dr. Crokes Best Overall Club - Glenflesk.

KERRY SENIOR FOOTBALL

Best of luck to the Kerry team and management in Round 6 of the National League against Roscommon in Audtin Stacks Park on Saturday night.

DR. CROKES

EK SUPERLEAGUE FINAL

Dr. Crokes 1-18 Kilcummin 0-15 (AET).

This was a highly entertaining game played in poor conditions in the Fitzgerald Stadium

on Sunday last. We came up against a very physical Kilcummin side who played their best football in the first half. Our boys played very defensively throughout the half with David Naughton, Brian Fitzgerald and Evan Looney in top form. Kilcummin had a goal opportunity after 24 minutes of play but thanks to our hardworking back lines it resulted in a point for the opposition. We trailed by two points at the half time whistle. Dr. Crokes 0-06 Kilcummin 0-08. The second half was entertaining as the first with some great long rang points from both teams and particularly from Shane Murphy, who finished the day with 4 points. In the 56th minute Chris Doncel found the back of the Kilcummin net after a fantastic run from the 45m line, giving us a three point advantage that we needed. From there it looked like we were going to finish out the game but Kilcummin pushed on and scored 3 successive frees. Full time score 1-11 to 0-14. We took control early in extra time with Mark O'Shea fielding well. Kilcummin were reduced to 14 men with 8 minutes to go when one of their players were shown a second yellow in the 2nd half of extra time. We ran out 1-18 to 0-15 winners after a hard fought 80 minutes. We play Killcummin again this Sunday in round 1 of the County League.

ACADEMY

The academy continues every Saturday. We have had a great response in the past two weeks since we came back. We cater for boys and girls aged 4 to 11 from the Killarney area. Hurling from 10 until 11 and Football from 11 15 until 12 15. All welcome bring a friend. Qualified coaches with an emphasis on fun and making friends. We hope to see everyone there! ST PATRICK'S DAY PARADE

The club will participate in the years parade. We are appealing to all club members to march with us especially the Academy members. We will meet on Mission Road at 1.45 and all participants can be collected after the parade in New Street Car Park.

SCÓR NA NÓG

Congratulations to our figure dancers who will represent the club in the district finals on March 25th at 6pm in Currow. A big thank you to their coaches Cliona King and Orla Clifford for all their hard work with this group. A huge well done also to our solo singers who represented the club so well last Saturday.

MEMBERSHIP is now due for the 2023 year. Follow the find below https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=11762#Anchor

LOTTO took place on March 13th Numbers drawn were 8, 11, 12, 16 Jackpot of €5,600 was not won. 7 patrons matched 3 and receive €60 each. Jackpot for draw on March 20th will be €5,900. We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below and follow instructions attached

https://play.clubforce.com/play_newa.asp?ll_id=734#Anchor

BINGO

Dr Crokes Bingo continues every Sunday night in St. Marys Parish Hall at 8pm. Doors open at 6:45. This week's jackpot is worth a whopping €2,600 with another €1,650 in prizes to be won in 10 games of bingo. Everyone Welcome.

PROGRESSIVE '31' c ontinues every Wednesday at 8pm. There are big prizes to be won. Bring €5 and a partner. All welcome.

CONGRATULATIONS to former chairman Patrick O'Sullivan who is being honoured by the Kerry Association of New York for his hard work and dedication to the county of Kerry on Friday March 24th in New York.

BEST WISHES to Tony and Marguerite McMahon who are celebrating 50 years of marriage on St. Patrick's Day.

CONDOLENCES to the Kerins and Looney families on the death of Billy Kerins, Tralee. Ar dheis Dégo raibh a anam.

NOTES

If anyone has anything they want to add to our club notes please email pro.drcrokes.kerry@ qaa.ie.

MID KERRY SENIOR LEAGUE FINAL DERMOT TWISS MEMORIAL CUP SPONSORED BY MKS SECURITY KILLORGLIN



Beaufort's Capt Fergal Hallissey was awarded the Dermot Twiss Memorial Cup from Eileen Roche on behalf of the Twiss family and Mike Sayers, Secretary of Mid~Kerry Board while the Man of Match sponsored by MKS Securities Killorglin went to Beaufort's Sean OBrien, presented to him by Morgan O'Sullivan, Mid-Kerry Board



Man of Match sponsored by MKS Securities Killorglin went to Beaufort's Sean OBrien, presented to him by Morgan O'Sullivan, Mid-Kerry Board



COMHAIRLE CONTAE CHIARRAÍ KERRY COUNTY COUNCIL

BÓITHRE Á nDÚNADH GO SEALADACH TEMPORARY CLOSING OF ROADS

ALT 75 d'ACHT NA mBÓITHRE 1993 SECTION 75 OF ROADS ACT 1993

Notice is hereby given that, pursuant to Section 75 of the Roads Act 1993, and the Temporary Closing of Roads Regulations 1994, Kerry County Council has decided to close to public traffic the street as detailed below in order to facilitate the holding of the *Wander Wild Festival from Friday*, 24th to Sunday 26th March 2023.

Road Closure Date	Road Closure Times	Streets Closed
Friday, 24th March	From 5.30 p.m. to 10.00 p.m.	Main Street
Saturday, 25th March	From 10.00 a.m. to 10.00 p.m.	(From Killarney Plaza Junction to Plunkett Street
Sunday, 26th March	From 9.00 a.m. to 6.00 p.m.	Junction).

A traffic diversion system will operate on the main approaches to the town.

Pádraig Corkery Senior Executive Officer, Corporate Affairs

KEEL GAA NOTES

CLUB LOTTO

Keel GAA Lotto Draw Monday the 6th of March. Numbers drawn: 5, 10, 16, 20. There was no winner of our jackpot of €3,200. Lucky dip winner of €50 were Eileen Delaney & Eileen Prendiville (online). The jackpot will be €3,250 for the draw on Monday the 13th of March. Many thanks for all your support this week and thank you to this week's lotto team for facilitating the draw. You can purchase your tickets for the draw via Clubforce or through the local outlets. Thank you for your continued support of our club lotto.

MEMBERSHIP

Membership is now due for 2023. Log in/ Register a new account on www.foireann.ie to register for the season ahead.

U17

Our Keel/Listry minors are at home to Laune Rangers this Saturday at 3pm. They also play An Ghaeltacht in a back on Monday the 27th at 6:30pm in Gallurus. Best of luck to the players and the management.

U11

Training continues in Keel on Monday at 6:30pm. A meeting was held for parents on Sunday evening in Keel clubhouse to discuss

the year ahead.

U9S

Training takes place on MONDAY from 7pm-8pm in Nagle Rice Astro MILLTOWN. Please bring water, gumshields & €3 for the pitch. **U5'S AND 7'S**

The U5's & U7's began their season in Keel Community Centre on Sunday morning. A great turn out of girls & boys. Well done to everyone especially those who were starting football for the very first time. Great to see so many coaches volunteering their time also. Training continues next SUNDAY in KEEL Community Centre. U5's 10:15-11:15. U7's 11:15-12:15. Please bring €2 for the hall, gumshields and water.

KERRY MINORS

Well done to Tirna Murphy and teammates who were victorious over Tipperary in round 3 of the Championship on Saturday.

MTU KERRY

Commiserations to Ciara Murphy, Caoimhe Evans and the MTU Kerry ladies team on their loss to Ulster University in the Giles Cup Final on Saturday in Galway.

REFEREE COURSE

Kerry GAA will be running our face-to-face Modules in Austin Stack Park, Tralee on the following nights Friday 24th March 19:30pm and Friday 31st March 19:30pm. Both

nights must be attended. Before you attend these nights, you must have registered and completed the first Modules online. Anyone interested is asked to contact Aisling on 086 3259750.

INCH CHRISTMAS DAY SWIM 2022

Many thanks to all who participated in the Inch Christmas Day swim, donated money, supported and helped out on the day. A whopping €2,196.14 was raised and recently donated to the Kerry Cancer Support Group. Here's to Christmas Day 2023 we look forward to welcoming you all to this ever-growing event.

FIRIES GAA

MEMBERSHIP 2023

Membership Renewal is now live on Foireann for rates and further information please see our social media channel.

BALLYHAR-FIRIES GAA LOTTO 13/03/2023

Numbers drawn were: 6,7,14,25. No jackpot winner. 5 x €30: Fiona Fell, Gurteenroe. Catherine O'Connor, C/O Bridie. Max Walsh, C/O Bridie. Laura Healy, Bridies Shop. Sean O'Shea, Keelties. Next week's jackpot €5700





DANNY **HEALY-RAE** TD

WEEKLY CLINIC ON:

SATURDAY AT SCOTT'S HOTEL, KILLARNEY AT 11AM

We are available to meet constituents at any time. Give us a ring to arrange a suitable time and place. CIIr MAURA **HEALY-RAE**



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Danny Healy Rae TD - Monthly Clinics

4nt Manday	Dathmara & Chancemeilla	2nd Eridou	Castleisland Area
1st Monday	Rathmore & Gneeveguilla	3rd Friday	
8.15 PM	Top of the Hill, Rathmore	7.30 PM	River Island Hotel, Castleisland
8:30 PM	Bridge Bar, Rathmore	8.00 PM	The Kingdom Bar, Castleisland
9.00 PM	Dennehy's Bar, Rathmore	8.15 PM	The Crown Hotel, Castleisland
9.30 PM	Richie McAuliffe's, Gneeveguilla	9.00 PM	Hughes Bar, Cordal
1st Wednesday	Killarney Area	9:30 PM	Lyon's Bar, Scartaglen
8.00 PM	Torc Hotel, Lissivigeen	4th Thursday	Killorglin Area
8.30 PM	The Village Inn, Kilcummin	7:00 PM	Golden Nugget, Fossa
9.00 PM	Old Killarney Inn, Aghadoe	7.30 PM	Galvin's Bar, Beaufort
9.30 PM	The Golden Nugget, Fossa	8:15 PM	O'Grady's Bar, Killorglin
1st Thursday	Glenflesk & Barraduff	8.45 PM	Larkin's Bar, Milltown
8.30 PM	The Kerry Way, Glenflesk	9.15 PM	Griffins Bar , Castlemaine
9.00 PM	Spillane's Headford	9.45 PM	Anvil Bar, Boolteens
9:30 PM	Murphy's Bar, Barraduff	4th Friday	Kenmare & Sneem Area
10:00 PM	Sweeney's Bar, Barraduff	8.30 PM	The Roughty bar, Kenmare
1st Friday	Tuosist & Lauragh	9.30 PM	Riney's Bar, Sneem
9:30 PM	Sailors Bar, Killaha West	10.00 PM	Blackwater Tavern
10:00 PM	Helen's Bar Kilmacalogue	10.45 PM	O'Connor's Bar Kenmare
10:30 PM	The Lake House Tuosist	Last Monday	Farranfore Area
3rd Monday	Knocknagoshel & Brosna	8:00 PM	Ulick's Bar, Farranfore
8.30 PM	O'Connor's Bar, Knocknagoshel	8:30 PM	James Daly's Bar, Farranfore
9.00 PM	Walsh's Bar, Knocknagoshel	9:00 PM	Cunniffe's Bar, Currow
9:30 PM	Kate Pat's Bar, Brosna	10:00 PM	John Hendersons, Firies
9.45 PM	Sportsfield Bar, Brosna		

PLEASE CONTACT

Danny **087 2316055** Office **064 6685315** Maura **087 7816432** Johnny **087 2354793** Eileen **087 9975419**

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com | maurahealyrae@gmail.com







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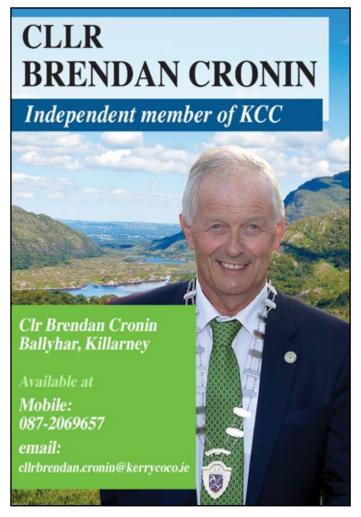
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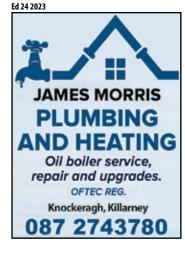


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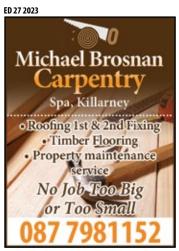
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- Ní mór é a choinneáil glan agus a ní go rialta
- Ní mór é a choinneáil i cruth maith agus gan a bheith mar fhoinse bruscair nó bolaithe
- Ní mór gan a bheith róualaithe agus na cláir a bheith dúnta go hiomlán orthu
- Ní mór a bheith in ann an dramhaíl a choinneáil gan doirteadh
- Caithfidh sé a bheith oiriúnach don chuspóir ar dearadh é
- Ní mór go mbeadh an soláthraí seirbhíse dramhaíola ábalta é a fholmhú go héasca

Storáil Araide

Ní mór Dramhaíl agus Araide Dramhaíola a choinneáil laistigh de teorainn an áitribh as a dtagann an dramhaíl, nó láithreacha stórála sainithe

Ní dhéanfar Araide

- aon áit phoiblí eile
- bóthar
- cosán

Ní mór an clúdach a dhúnadh go daingean

Amanna Bailiúcháin

Níl chead Araide Dramhaíola a chur amach le bailiú níos luaithe ná 9.00i.n ar an lá díreach roimh an lá bailithe

Ní mór na Araide bheith bogtha isteach roimh 10.00i.n. ar a dheanaí ar an lá bailithe ó

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CONTINUING OUR FOCUS ON

Every garden should leave a space for roses. The colour and scent will provide plenty of interest in your garden from early summer to late autumn. There are a lot of different classes of roses to choose from but most of the time it is the hybrid tea or floribunda roses that are usually used. A hybrid tea rose produces the showlest blooms of all roses. There is a huge range of hybrid team roses to choose from so take your time as not all hybrid tea roses are as good as each other. For example some blooms are affected by wet weather and some can be more vigorous than others so if you are going to have a mixed rose bed make sure that they are all going to grow to about the same size.

Floribunda roses: There are lots of good reasons to plant a floribunda rose even though the blooms lack the size and fragrance of the hybrid rose. The advantages of the floribundas would be the continuity of its flowering. Most floribunda roses will flower from early summer till late autumn and the flowers usually provide a much larger splash of colour than

Planting roses: When planting a rose, the most important thing to do is prepare the soil well as all roses are very hungry plants. Incorporate a lot of well rotted farm yard manure "horse manure' if possible before planting. When your roses are planted make sure you firm them in well with your heel as this will avoid any root disturbance later.

Pruning your roses: In early spring, cut out any old wood and any stems which are damaged. The pruned surface should be white if it is brown, prune back futher. Remove any stems which rub against another so you will end up with an open centre. You can now prune about a third of the stems that are left. In the autumn you can remove dead flowers and tidy up the rose. Make sure to feed your roses throughout the growing season.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES. KILLARNEY 087-2787160.

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AVAILABLE CLASSIFIEDS

ED13

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50 to 100 square metres.

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FOR SALE CLASSIFIEDS

FD10

FOR SALE: SEED POTATOES - Homeguard, British Queens, Kerr Pinks, and Golden Wonders. CONTACT: 087 - 9582727

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ED11

FOR SALE: FIREWOOD - HARDWOOD and SOFTWOOD by Trailer or Bags - also: For Hire man with a Log Splitter. CONTACT 087 - 2457513

ED10

FOR SALE: JACK RUSSELL PUPS - Two Female and One Male. Lovely Brown and White in colour. CONTACT: 086-1229155

FOR SALE: 4 WHEEL CAR TRANSPORTER - 14 Ft long by 6 Ft wide - all done up on the new to a very high standard: New full Steel Floor- New Mudguards- New Lights- Hitchbar fitted also Back Bar. Two Heavy Duty Ramps - Tied down hooks all round- Newly Painted -Good Tyres -very easily towed- well balanced trailer- no brakes- ideal trailer for Car, Small tractor or Hay Bales. Trailer will not be faulted: €1800 ONO.

CONTACT: 087 - 6237163



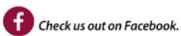
Welcome back dear student we wish you a very Happy St. Patrick's Day from all of the church family at Word of Victory Christian Fellowship! What are we celebrating on St. Patrick's Day? Think about it. Because for many it has become a day far from what Patrick represented - the Kingdom of God. Patrick brought the Good News to this nation; that Yeshua — Jesus, the Son of God, had died for all of mankind's sins to reconcile man back to God washed in His sinless blood because otherwise we have no hope of Salvation. "For as the Scriptures say......no-one is righteous - not even one. No-one is truly wise; no one is seeking God. All have turned away; all have become useless. No-one does good - not a single one. Their talk is foul, like the stench from an open grave. Their tongues are filled with lies. Snake venom drips from their lips. Their mouths are full of cursing and bitterness. They rush to commit murder. Destruction and misery always follow them. They don't know where to find peace. They have no fear of God at all" (Romans 3:10-18 NLT). No fear of God. What is the fear of God?

The book of Proverbs tells us that "the fear of God is the beginning of wisdom" (Proverbs 9:10). In our 'smart' world we have an overload of information but very little wisdom. Why? Because people are being brainwashed into turning away from God, groomed into thinking that evil ideals and agendas are what we are missing in our dull, boring lives. NO! What's missing is relationship with our Creator YAHWEH - Almighty God. People can follow every fad and new way of thinking but they are only going to end up finding destruction because it's not the Truth. The devil has laid traps for people to compromise their integrity into believing lies, so that they willingly give up their rights to think for themselves just to follow the crowd. These are God's beautiful children who are being led astray into all kinds of sin and depraved living all looking for the same thing — happiness, peace and fulfilment. Sadly on this quest they will be left feeling short-changed every time no matter how exhilarating the initial experience — the freedom and peace promised never lasts or never comes at all.

Human life is a fragile vapour, gone like a puff of air. And so many people go from experience to experience trying to get to that place of utopia when all the time it's there for them in the arms of Yeshua the Lord Jesus (Matthew 11:28-30). Then when their lives are over, spent without ever enjoying true peace, relationship and purpose, they end up separated forever from God in hell all because they obeyed and followed man and not God because in the world's eyes that was not cool or acceptable (Acts 4:19). "The Lord is like a Father to His children, tender and compassionate to those who fear Him. For He knows how weak we are; He remembers we are only dust. Our days on earth are like grass; like wildflowers, we bloom and die. The wind blows, and we are gone - as though we had never been here. But the Love of the Lord remains forever with those who fear Him. His salvation extends to the children's children of those who are faithful to His covenant, of those who obey His commandments (Psalms 103:13-18). Dear friend, God loves you so much, ask Jesus to come into your heart today.

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter -@WOVKillarney.



E: wovkillarney@gmail.com | Phone/Text - 087 4471797

ST PIO MASS, Monday 20th March in the Church of the Resurrection @ 7.30pm. Rosary at 7.15pm . St. Pio's Glove will be available for a blessing. All Welcome

DIOCESAN VACANCIES: The Diocese of Kerry invites applications from suitably qualified persons for the role of Pastoral Development Worker on the Diocesan Pastoral Team. Closing Date for applications is March 24th 2023. For further information, check out www. dioceseofkerry.ie

LENTEN TALK: Mickey Harte, former Tyrone football manager, Louth manager at present, will give a Lenten talk in Killarney Oaks Hotel on Wednesday March 22nd at 7.30pm. His autobiography is titled "Devotion" and he will speak about the importance of his faith, which helped him cope in the joys and sorrows of life, also his family and his football management and career. All are welcome, Admission Free

LÁ LE PADRAIG - ST PATRICK'S DAY FRIDAY MARCH 17TH is the Solemnity of our national saint, and is a Holy Day of Obligation. Masses are at the same time as weekends

Thurs 16th 6.15pm Vigil in St Mary's Cathedral

Fri 17th 8am, 10.30am, 12 noon in St Mary's Cathedral

Fri 17th 9.30am in Muckross Church

Fri 17th 11am in the Church of the Resurrection

(Please note that there will be no Fri 6.15pm Cathedral Mass)

St Patrick's Day: Solidarity among all who live in Ireland.

Many maintain that St Patrick's Day is celebrated with greater joy and emotion abroad than here in Ireland. Our history as emigrants extends back centuries. Think of the different waves of emigration to England and Scotland, to the United States and to Australia. While in so many situations, things worked out well, it was tremendously difficult for many and often they had to cope with great prejudice against them.

St Patrick's Day 2023 confronts us with a different reality. Over 70,000 Ukrainians have come to us escaping a tragic war. Our country has gone the extra mile to welcome them. There are also the refugees and asylum seekers from many nations who have come among us over the past decade and more. Skilled workers have come from many nations, particularly from within the E.U. All of these people represent many nations, many cultures and many faiths. In recent years many thousands have received Irish Citizenship at special ceremonies here in Killarney.

Jesus has said to us that in welcoming others we welcome Him, and "what you do to the least of my brethren you do to me". Pope Francis has said that there is one human family, that all people on earth are 'children of God the Father'. He entitled his Encyclical letter, 'Sisters and Brothers all', - 'Fratelli Tutti'. This was the spirit of St Patrick as he returned to Ireland to proclaim the Gospel fifteen centuries ago. As we hope that Irish people living abroad are welcomed and accepted, so we seek to welcome and accept all who have come to Ireland to live. As we hope that all Irish people abroad can live in safety, free from fear, so may all who have come from abroad live safely, free from fear among us.

As Irish people who have made their homes abroad have enriched their new communities, so those who have come among us enrich our communities. Many will participate in parades and other celebrations this weekend. This St Patrick's Day let us all celebrate our common humanity. Extend a hand of welcome to all who have come to live in our country.

On Tuesday 21st March at 8.00pm as a diocese we are hosting an Online Lenten Talk – Who Is My Neighbour? The three speakers have first-hand experience of working with Ukrainians, Asylum seekers and Migrants. Further information and the link to register are on the website, www.dioceseofkerry.ie

+ Ray Browne Diocese of Kerry 17th March 2023

IN MEMORIAM

TO PLACE A MEMORIAL ON THE KILLARNEY OUTLOOK

Please email details to: graphicdesign@outlookmags.com and the verse and photo you would like to include.

If it is a repeat anniversary we will have your photo and verse on file, just call Ria on: 087 7160372

Please include a contact name, address and telephone number.

Full Column: €20 2/3 Column: €15 1/3 Column: €10 Prayers: €10 each

payment can be made via credit card by calling **1800 71 40 40**

PRAYER TO ST. PADRE PIO

PRAYER

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

BIRTHDAY REMEMBRANCE

IN LOVING MEMORY OF MARY CASEY



Gortagullane Muckross, Killarney Whose birthday occurs on 18th March 2023

In loving memory of our beautiful Aunt, Mane. We miss you every day and we are thinking of you on your special Birthday this year.

Love Always from your 16 nieces and nephews and all the families xxx.

ST ROCH PRAYER

Prayerto Avert Contagious Maladies. O'
Most Merciful God who through an angel
promised St Roch whoever would invoke his
name should be preserved From pestilence
& contagious diseases. Grant that through
his intercession we may be preserved from
all dangers both of Soul & body. Through
Christ Our Lord Amen St Roch Pray for Us.
Feast 16 August.

9TH & 3RD Anniversary

In Loving Memory of

Kathleen & Dan T O'Sullivan





Kathleen who died on 10th May 2014 and Dan who died 29th March 2020. RIP

Late of Boulicullane, Farranfore, Killarney.

No matter how life changes no matter what we do a special place within our hearts is always kept for ye Sometimes it seems a lifetime sometimes only a day deep down within our hearts ye are never far away.

Sadly missed and never forgotten by your loving family.

ANNIVERSARY

IN LOVING MEMORY OF

DONAL MULCAHY



ARD MHUIRE, RATHMORE WHO DIED ON ST. PATRICK'S DAY, 2012 REST IN PEACE

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

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours.

This time I ask you this special one, (mention favour).

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

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

Amen.

Say this prayer three times for three days and your favour will be granted. Thank you for favours received

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WHO IS MY NEIGHBOUR

ONLINE LENTEN TALK - WHO IS MY NEIGHBOUR -

Responding to the Reality of Immigration will take place on Tuesday at 8pm the 21st March.

Guest speakers include **John Lannon** is CEO of the migrant support organisation Doras.

Marilyn Catapat-Counihan, originally from the

Philippines, came to Ireland in 1983. She is an accountant by profession. Since coming to Ireland she has undertaken further training in counselling and a Master's Degree in Third Sector Management. Working with people has somehow always been her passion. In 2001 she got involved with KASI, a local voluntary group based in Killarney (at the time) only supporting Asylum Seekers who arrived in Killarney as part of the dispersal programme of the then government.

Berni Smyth is CEO of KDYS. She has demonstrated strong leadership, governance and financial management and has contributed at national level to areas such as service improvement and quality assurance. Highly skilled youth and family support practitioner. The children of St. Oliver's Primary School Choir will lead us in song and reflection.

You can register for the conference at www.dioceseofkerry.ie

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Say this prayer three times for three days and your favour will be granted. Thank you for favours received

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