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KILLARNEY Outlook

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DJ Brendan Fuller supporting "Lots of Socks", the slogan associated with World Down Syndrome Day wearing odd socks - 'We are all different, we are all human, we are all the same' pictured at the Cahernane Hotel Coffee Morning with lots of supporting Mums & Babies. Back Row L-R Tom & Sheena O'Leary, Nicola & Aoibhin Browne, Christabell & Ella Quirke, Ben & Eve Mitchell with their Mum Rose. Front Row L-R Debbie & Katie Dillon, Simone & Ellie Leahy, Brendan Fuller, Mary & Aisling with Michelle & Fiadh Cronin. PICTURE: MARIE CARROLL-O'SULLIVAN

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Friday 22nd - Thurs 28th Mar 2019

Movie	Rating	Duration	7 DAYS	SAT/SUN
US	16	101 minutes	6:40 9:00	
CAPTAIN MARVEL	12A	116 minutes	6:40 8:55	2:00 4:20
FISHERMAN'S FRIENDS	12A	118 minutes	6:40 9:00	2:25 4:30
LEGO MOVIE 2: SECOND PART	PG	110 minutes		12:15 2:30 4:40
WHAT MEN WANT	16	125 minutes	6:30 8:55	
HOW TO TRAIN YOUR DRAGON	PG	110 minutes		12:05 2:10 4:15
FIGHTING WITH MY FAMILY	12A	130 minutes	6:40	
A DOG'S WAY HOME	PG	100 minutes		12:15 2:30 4:40

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€10,000 Raised for Down Syndrome Kerry

An amazing €10,000 has been raised at the annual Lir Café Coffee morning in conjunction with Monex.

Proprietor Alan Oliver and co-sponsor Frank Murphy held the coffee morning in aid of Down Syndrome Kerry and this week announced that they have raised this incredible amount.

The event is now in its third year and every year, Frank Murphy from Monex matches what Alan makes at the coffee morning.

"I cannot thank enough everyone who has supported this great

cause, all our regular customers and of course Frank Murphy of Monex who is so generous every year", Alan told the Killarney Outlook.

"It was a real loaves and fishes day - with people dropping in home baking along with their fantastic financial donations", he added

"I want to thank Gillian and Joan - who worked so hard this year along with everyone who supported the coffee morning. I am absolutely delighted with the amount raised for such a good cause", Alan added.



Alan Oliver, Lir Café and Frank Murphy, Monex who raised €10,000 for Down Syndrome Kerry.
PICTURE: MARIE CARROLL O'SULLIVAN

Killarney Mountain Meitheal Meet



The Killarney Mountain Meitheal group will be tackling the Blue Pool in Muckross on Sunday 24th March at 9 am. They welcome new volunteers, locals and residents of the area to join them in Rhodo eradication, meeting at the entrance to the Blue Pool, (first right after the Muckross Park Hotel, 100 metres up Mangerton Road. Pictured are Killarney Mountain Meitheal Volunteer Group members with Brendan Griffin TD, Minister of State at the Department of Transport, Tourism and Sport in Killarney National Park. From left, Conor Hennigan, Peter O'Toole, Park Ranger, Killarney National Park and Johnny Maguire. PHOTO: VALERIE O'SULLIVAN

EDITOR'S NOTE

Spring is in the air and with coffee morning season in full swing, Lir Café and Monex have raised an amazing €10,000 for Down Syndrome Kerry, Tiernaboul NS pupils have donned their odd socks and the two apprentices from Liebherr have reached the national skills competition finals.

Dr Crokes bid for glory ended in defeat in Croke Park on Sunday, as did Kerry's run of luck in the National League.

The town went green for St. Patrick's Day, a Killarney choir is going from strength to strength and it's County Clean Up time again.

Sit back, relax and enjoy this week's Killarney Outlook!

Aisling Crosbie | Editor



IF YOU HAVE A STORY...

Contact Aisling on: 086 0400 958

Eoin hangs up his boots

Dr. Crokes footballer and former Kerry player Eoin Brosnan has announced his retirement from senior club football.

The announcement came in the aftermath of Sunday's All Ireland club final when Brosnan tweeted.... "After 22 years with the Crokes senior team, it's time to hang up the boots. Last Sunday didn't go our way and well done to Corofin. They are some

side. I am looking forward to cheering on the black and amber from the side line now". After a decorated career which included three All Ireland Senior medals with the county in 2004, 2006 and 2007, eight county senior medals with Dr Crokes and last December he won an O'Donoghue Cup medal for the 12th time.

Possibly one of the highlights of his career was the All Ireland Club Championship win in 2017.

The 38 year old solicitor, who is married to Mary Collins has five daughters who will certainly keep him busy as he watches his beloved Dr Crokes from the sideline.



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Two Liebherr Apprentices in National Skills Competition Final

Two apprentices from Liebherr Container Cranes are set to compete in the National Skills competition in the RDS this week

The competition showcases over 20 varied skills and trades in a competitive setting, the winners in each event having the opportunity to represent Ireland at the World Skills Olympics in Russia. The National Skills Competition is open to skilled young people under the age of 23 across construction, engineering, and transport.

"Liebherr Container Cranes are very proud to have two apprentices competing in the National Skills competition finals in the RDS Dublin this week", Trevor O'Donoghue from the Sales & Marketing Department at the factory told the Killarney Outlook.

Kieran O'Halloran, a 3rd year Metal Fabrication apprentice from Ballyheigue, will compete in the Metal Fabrication final and Bill O'Connell, a 4th year Mechanical Automation and Maintenance Fitter apprentice from Scartaglen, will compete in the Industrial Mechanical final. Both Kieran and Bill have already competed successfully in preliminary regional competitions to progress to the national final.

Apprenticeships at Liebherr are mixture of practical and theoretical learning and training, and have always been of vital importance to the firm. Over 1000 apprentices to date have learnt a trade at Liebherr in Killarney, with many of them spending the entirety of their careers at Liebherr Container Cranes. An apprenticeship at Liebherr gives an excellent grounding in manufacturing and engineering and former apprentices are employed today in a large variety of roles within the Liebherr organization.

Liebherr Container Cranes would like to take this opportunity to wish Kieran and Bill the best of luck at the competition.



Apprentice Kieran O'Halloran with Charlie McCarthy - Managing Director Engineering, and Sean Dorris - Apprentice Training Instructor.



Apprentice Bill O'Connell with Charlie McCarthy - Managing Director Engineering, and Robbie Kennedy - Senior Apprentice Training Instructor.

TIERNABOUL NS CELEBRATE 'World Down Syndrome Day'

There were great celebrations in Tiernaboul NS on Thursday when pupils and staff at the Killarney school donned their odd socks for World Down Syndrome Day. "Down Syndrome is something that is very close to our hearts

here in Tiernaboul National School. We are blessed to have two pupils with D.S.", Principal Conor Gleeson told the Killarney Outlook. "We believe it is important that we do our part to heighten awareness around Down Syndrome

and raise some funds while doing so. ALL pupils, staff, parents and the wider community were invited to take part in an 'Odd Socks Day' and donate €2 to the great cause. The school will continue to accept donations up until Friday 29th March. Please note that extra contributions are extremely welcome. All monies raised will go directly to Down Syndrome Kerry.



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Fine food and Wine

for Recovery Haven

An evening of fine food and wine is in store at the Rose Hotel, Tralee when four of Ireland's finest chefs and former colleagues are joining forces once again to raise funds for Recovery Haven.

Executive chef of The Rose Hotel, Odran Lucey, executive chef of The Marker Hotel, Gareth Mullins, executive pastry chef and executive chef of The Merrion Hotel, Paul Kelly and Ed Cooney will come together on the 5th April 2019 to cook a five-course meal at The Rose Hotel to raise funds for Recovery Haven Kerry Cancer Support House.

The evening will kick-off with snacks created by the students from IT Tralee with all ingredients sourced from Taste Kerry producers and welcome drinks, followed by a special menu prepared by the four chefs. Each course on the evening will

be accompanied by a selection of wines sponsored by The French Market.

The team of chefs behind this worthy event first worked together 20 years ago in The Merrion Hotel and have remained firm friends over the years.

"It's important to us all to give something back, to highlight the good food on our doorstep, the positives of our profession and help our chosen charity", The Rose Hotel's head chef Odran Lucey said. Siobhan MacSweeney, Manager at Recovery Haven said "We are absolutely thrilled to join forces with The Rose Hotel and the other amazing chefs involved in this event, as it promises to be a truly memorable night. In 2018, over 3,500 people came to us for help at our three cancer support centres across the county – an increase of 30% on the

previous year and a record for the charity so we are absolutely delighted that The Rose Hotel have chosen to help us fundraise in this way."

The evening will be hosted by Elaine Kinsella of Radio Kerry and music will be provided by Celebration for those who wish to dance the night away after dinner. There will also be a range of spot prizes including a weekend in the Fairmount St. Andrews in Scotland with a round of golf as well as overnight stays at The Merrion Hotel and The Marker Hotel.

The evening on 5th April will start with a drinks reception at 7pm followed by dinner at 8pm and tickets are available for €80 per person. To book call +353 (0) 66 7199100 or for more details visit www.therosehotel.com

Kerry represented in the Big Apple for St. Patrick's Day

Cllr. Norma Foley, Cathaoirleach of Kerry County Council was accompanied by the Chief Executive of Kerry County Council, Moira Murrell at the annual St Patrick's Day Parade on 5th Avenue in New York on Saturday. Over 2,000 people of Kerry descent joined 200,000 other marchers in what was the biggest parade in recent years.

The Cathaoirleach and Chief Executive met the President of the Kerry Association in New York, Frank O'Keefe and other officers and thanked them for all their support for the Kerry GAA Centre of Excellence and other initiatives. Earlier they joined the Mayor of New York, Bill di Blasio for an early morning reception at his

official residence, Gracie Mansion. Among the other invited guests were the Minister for Justice and Equality, Charlie Flanagan and the current Rose of Tralee, Kirsten Maher.

On Friday, the Kerry delegation which included Tourism Officer, John Griffin, held separate meetings in Ireland House with senior executives of IDA Ireland and Tourism Ireland to discuss further investment and promotional opportunities for the county. They also met with members of the Ireland America Business Council and attended the launch of the Ireland-US Business Review 2019 hosted by the American Chamber of Commerce in the Irish Consulate.



Cathaoirleach Cllr Norma Foley and Chief Executive of Kerry County Council, Moira Murrell, with Frank O'Keefe, President of Kerry Association prior to the start of the New York St. Patrick's Day Parade.



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CELEBRATION OF WOMEN at KBN event

Kerry Businesswomen's Network celebrated International Women's Day in style on March 8th with an gala evening at Muckross Park Hotel.

Two amazing Irish women came to Kerry to speak exclusively for KBN. Actress and author Pauline McLynn and rally legend and motor sport pioneer Rosemary Smith who both inspired and entertained in equal measure!

Over 65 women from across Kerry came together to mark the celebration of women's social, political, and cultural achievements from the past and present, all in the gorgeous surroundings of the Muckross Park Hotel on Friday March 8th.

Attendees were welcomed by an exclusive Dingle Gin drinks reception in the gorgeous foyer of the Muckross Park Hotel prior to kick off. Guests on the night were treated to the inspiring story of motor sport pioneer,

Rosemary Smith – a woman who broke through the gender barrier to compete in, and win, some of the world's most iconic rallies. In 2017, aged 79, Rosemary became the oldest person to drive a Renault Sports Formula One team car.

Joining Rosemary was actress and author Pauline McLynn, who has worked with all major Irish theatre companies including the Abbey, the Gate and Rough Magic. Pauline is probably best known for her role on TV as Mrs Doyle in Father Ted, while she also appeared as Amy Huberman's mother in Comedy Central's Threesome. Pauline has also written 8 adult novels and two books for younger readers.

Elin Summed up the evening by thanking the

event sponsors - Kerry Local Enterprise Office, IT Tralee, Dingle Gin and The Muckross Park Hotel.

"KBN is dedicated to telling new and braver stories – by helping women play a bigger, better and more fulfilling role in their businesses and in society. Whether you're an entrepreneur carving out your place in business, a corporate player on the fast-track, a women keen to get back into business after a career break or simply someone who sometimes feels you're missing a connection somewhere – you'll find your place with us. Because on your own you're something pretty special, but together, we can really make a difference", Elin told the Killarney Outlook.



Karie O'Toole, Elaine Kinsella, Pauline McLynn, Rosemary Smith, Elin Sorensen, Helen Burns, Orla Diffily at the KBN event.



Yvonne O'Sullivan, Tara O'Donoghue, Kayleigh Breen, Cathy Troth at the KBN event.

LOCAL CREDIT UNIONS LAUNCH NEW AGRI LOAN PRODUCT

Six Credit Unions in the Kerry/Cork region have come together and launched a new Agri Loan product called Cultivate.

The Credit Unions involved are Listowel Credit Union, Killarney Credit Union, and Cara Credit Union in Kerry and Ballincollig Credit Union, Bantry Credit Union and Kanturk Credit Union in Cork.

The new Credit Union farm lending offering is branded under the name "Cultivate" and was officially launched on the 20th March 2019 by IFA National Chairman - Farm Business, Martin Stapleton. The Credit Union farm lending project is modelled on a pilot initiative by four Credit Unions in County Galway who launched the Cultivate brand in 2017. Since then 20 credit unions throughout Ireland have introduced the Agri loan product to members. Since its introduction, Cultivate has proved very popular with farmers with nearly €20m in loans issues to farmers. The Cultivate farm loans are for a wide variety of purposes,



everything from working capital, cash flow, farm development, livestock purchase, farm machinery purchase, rural enterprise funding, and start up farm finance.

Brendan Heneghan, former Regional Manager with Teagasc, is the project manager of the Cultivate brand stated "We are delighted to officially launch the Cultivate Agri loan products to credit union members in Cork and Kerry area. We have been working hard

on this project for the past number of months. Credit Union Agri loan staff have completed a bespoke 5-day course on Farm and Finance organised by Teagasc in association with Pallaskenry Agricultural college. Credit Unions are now open and ready for business" he concluded.

The Cultivate farm loan package will offer loans up to €50,000 for a variety of purposes. The loan rate is a competitive loan rate. The term of the loan can be up to 7 years. Loan protection insurance is also provided on the loan at no additional charge.

Mark Murphy, CEO, Killarney Credit Union stated "We hope that farmers will look to their local credit unions as an alternative for farm finance. After all, credit unions are embedded in their local communities and are in a position to lend to those living or working locally. Our loans are unsecured and we can offer a variety of repayment schedules to suit farmers needs". Appointments can be made to meet a Cultivate Farm advisor on 064-6631344 ext 2 or loans@killarneycu.ie Further information on Cultivate farm loans can be got from any of the Killarney Credit Union branches or on www.cultivate-cu.ie

BINGO

FAMILY FUN AFTERNOON

Sun, March 24th - Mangerton Suite, Gleneagle Hotel
Doors open 2pm-first game starts 2.30pm sharp

Brilliant spotprizes!

Large Raffle

Books €10 Adults €5 Children

Eye's down - 2.30pm sharp

All welcome - a fun afternoon for all the family!

Numbers called by the wonderful Ray O'Sullivan!

Fundraiser in aid of
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Open 30th & 31st March (weekends only)
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Mother's Day Afternoon Tea

31st March 2019
Booking Essential
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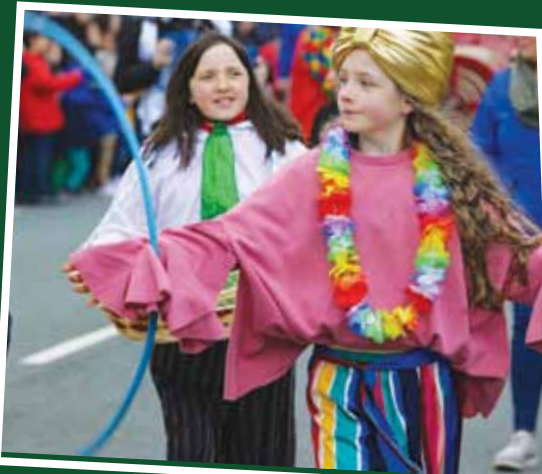
St Patrick's Day 2019



Conor and Tadgh Lucey. PHOTOS: VALERIE O'SULLIVAN



Alne O'Donoghue with Jennifer Rea, Aoife O'Donoghue with Eda Marmion.



Sarah Warren, Raheen National School.



The Marching Band from the Fire Brigade Ochsenhausen, Germany.



Paul Sherry, President of Killarney Chamber of Tourism and Commerce and Chairman of St Patrick's Festival.



Members of the Irwin Dance School, celebrating 50 years.



Nancy Hegarty, Maureen Vogel and Annie-Rose Vogel

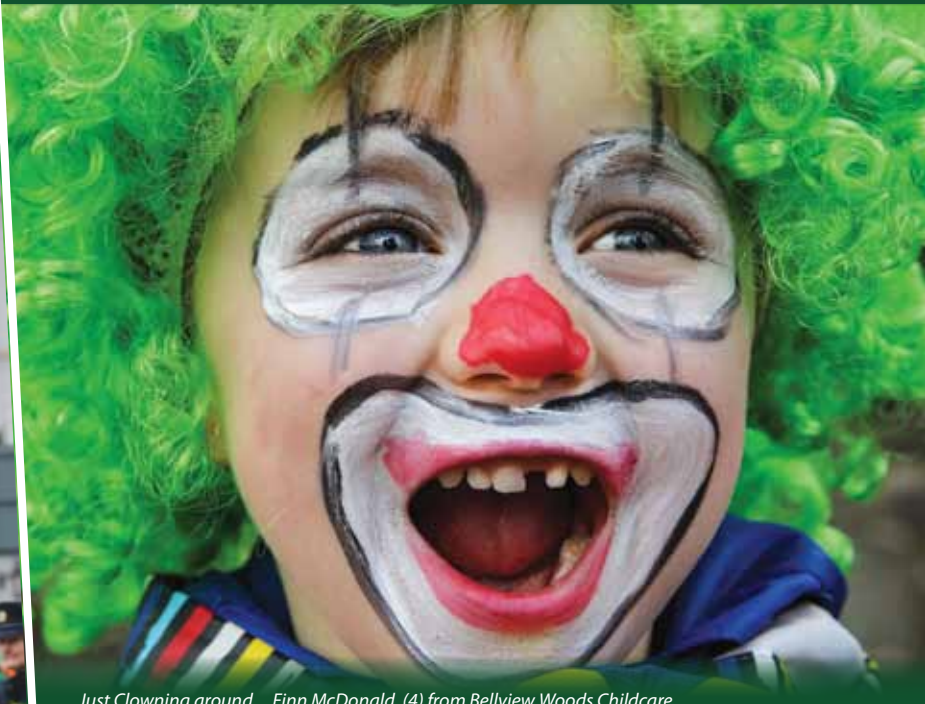


Members of the Gleneagle Concert Band.

St Patrick's Day 2019



The Marching Band from the Fire Brigade Ochsenhausen, Germany.



Just Clowning around...Finn McDonald, (4) from Bellview Woods Childcare.



Clodagh Hegarty, Legion GAA Club.



Marie Carroll, Organiser 'Darkness Into Light' in memory of her Son Nathan Carroll, with Seanie O'Donoghue, promoting the poignant 'Darkness into Light' 5km walk on Saturday 11th May.



Students from supporting Darkness into Light at the Killarney Parade.



Kingdom Gospel Choir going from strength to strength

A Killarney based choir is going from strength to strength and gaining new members on a regular basis.

The Kingdom Gospel Choir is a choir with over 120 members who range from the age of 16 to to the age of 90. It is an open, fun and inviting environment for all people, of all musical standards. The musical director Caoimhe Lynch set it up in January of 2018 when she was 19 years old and the choir has grown to be one of Kerrys biggest choirs. The choir sing a range of songs to satisfy everyone's musical taste. The choir rehearse every Friday at 8pm in the John Paul II pastoral Centre, Rock Road, Killarney.

'As long as we live - there is never enough singing.'

"I set this choir up to be a place for everyone to come and leave with the feel-good factor. Life has enough stresses and lows, I wanted to start something to give people a lift, and for it to be something that anyone could join. We started as a choir and now are like one big family. The atmosphere every Friday is electric. You cannot come to rehearsal and leave in a bad mood. It's a judgement-free, fun and open environment to come, sing and destress for an hour every Friday", Caoimhe told the Killarney Outlook.



"Caoimhe has such a big heart. She truly cares about all her choir members and you can sense that every week at rehearsal. The mood of a choir is set by the choir director and she has set such a positive, inviting and fun atmosphere. She is extremely charitable in her personal life, and within in the choir. She has raised money for numerous charities with the choir and has an ethos of spreading love and kindness to everyone she encounters. Caoimhe runs the choir voluntarily, free of charge, so that there are no restrictions when joining it. I absolutely love going to choir every Friday and I always leave feeling elevated. We all have such a laugh. It's a great start to the

weekend", one of the Choir members, Siobhan told the Killarney Outlook.

After the massive success of the adults choir, Caoimhe has gone on to start a children's gospel choir - "The Kiddie's Kingdom Gospel Choir". This choir started in January 2019, already has 50 children. They rehearse every Saturday at 12pm in the John Paul II pastoral Centre, Rock Road, Killarney. It is for children aged 7-14 to come, sing, laugh, make friends and have fun!

New members are always welcome to both choirs. For more information contact Caoimhe on 0870669858.



Adult members of the Kingdom Gospel Choir.



Caoimhe Lynch, Choral director.

Killarney Municipal District Notices of Motion

At the recent Killarney Municipal District, Cllr Donal Grady proposed the following Notices of Motion

CLLR DONAL GRADY: That we Killarney Municipal District would request our Engineers to refresh/

reline all road markings Killarney Municipal District area, especially disabled parking bays.

REPLY: The Killarney Municipal District Office will continue to monitor and will refresh faded road markings with the

Killarney Municipal District. Motion PASSED

CLLR DONAL GRADY: That we Killarney Municipal District write to Minister Shane Ross requesting to allow provisional drivers to drive to and from

work/college from 7:00am to 07:00pm whilst holding normal law outside these times. **REPLY:** This is a matter for the resolution by the Members. (Put to vote) Motion PASSED.



FIANNA Fáil
THE REPUBLICAN PARTY

John Brassil TD
Killarney Constituency Office

Open Hours:
Thursday 28th and
Friday 29th March from 9.30am - 5.30pm

Address:
The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.
(Just behind the Royal Hotel)

John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
Working with Cllr John Joe Culloty 087-1308000 cllrjcculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

For advice and representation please feel free to call into the office or clinics
Office: 064 66 94199/083 8541447
Email: john.brassil@oireachtas.ie John mobile: 087 2362330



Scott's Hotel, Killarney
Every Saturday 11.00am
Last Friday of the month
Scartaglin at 8.15pm.
Castleisland: River Island Hotel at 9.30pm and
Kearneys Bar at 10pm. Cordal Hughes Bar 10.45pm.


DANNY HEALY-RAE TD
3rd Monday of the month Walshes Bar Knocknagoshel
9.30pm & Flanagans Bar Brosna 10.30pm.

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CLLR MAURA HEALY-RAE
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CONTACT DANNY DIRECTLY:
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T: 087 2316055 / 087 9975419
064-6685315

Marie Moloney
Local Election Candidate,
Killarney Municipal District.



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Local Elections May 2019
Cllr Brendan Cronin
Independent



*"Keep your
local voice"*

*'I am seeking your support in May's local election in order to
continue being an active local representative in the
Killarney Municipal District. I have always sought public
accountability and transparency within our local government
structures. If re-elected, my commitment is to continue to
work for the future growth, development and recognition of local
communities both rural and urban while maintaining my record of
being a persistent, determined and experienced
voice at council meetings.'*

CRONIN (Non-Party)		1
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CONTACT: MOBILE: 087-2069657
Email: cllrbrendan.cronin@kerrycoco.ie
Ballyhar, Killarney, Co. Kerry.

PRES GIRLS BUILD A BANK IN DUBLIN

Sr. Brigid's Secondary School in Killarney were among over 100 schools from across the country who attended the national final of the AIB 'Build A Bank' Challenge at the RDS in Dublin last week.

The AIB Build A Bank Challenge is one of the longest running schools programmes in Ireland for Transition and 5th year students and this year saw over 2,000 students from schools across Ireland lend their support to over 100 school teams. Kerry was heavily represented in the final by schools including;

- Killorglin Community College;
- The Intermediate School Killorglin;
- St Brigid's Secondary School;
- Scoil Phobail Sliabh Luachra and;
- Castleisland Community College

AIB's Build A Bank Challenge encourages students to give back to their school and community, with participating teams engaging with their local communities and a variety of charities including Pieta House, Focus Ireland, the Irish Heart Foundation, St. Vincent de Paul and Autism Ireland. The AIB Build A Bank Challenge runs throughout the full curriculum year and enables its participants to develop business management tools, using their creativity and innovation in establishing their bank. An extremely popular programme with both teachers and students, the AIB Build A Bank Challenge inspires students to develop key business skills for senior level examinations and future endeavours.



Pictured at the finale of the AIB Build A Bank Challenge are Tressa O Sullivan, Ellen Hickey, Mairead O Donoghue, Ava Doherty, Grace Courtney, Clare Stagg, Aisling Coffey from St Brigid's Secondary School in County Kerry. PICTURE BY SHANE O'NEILL, SON PHOTOGRAPHIC.

Funds Raised for Divine Retreat Centre

Last year, local woman Aideen O'Connor responded to the call for help from the Divine Retreat Centre, which is situated in the South Indian state of Kerala. Aideen raised a fantastic €537.00 which went to the centre after a devastating flood had killed nearly 500 people and caused an estimated \$7 million worth of damage at the centre alone. The Divine Retreat Centre is the largest Catholic Retreat centre in the world run by the Fathers of the Vincentian Congregation and it sees an average of 3000 people every week, looking

after those suffering with mental illness, HIV patients, and destitute women and children. The extensive damage at the centre, saw their charitable homes submerged in flood water, and the loss of vital machinery, electricity supply boards, generators, elevators, material, farm animals, and housing. Aideen was in contact with friends who were keeping her updated on the tragedy, and she took it upon herself to help them by setting up a bank account to raise the much needed funds. Fr. Augustine of the Divine Retreat stated that

after the floods their priority was to clean up in order to restart the retreats, this took an entire month to complete. His Eminence Cardinal George Alencherry blessed the whole Centre taking out a Eucharistic procession in the campus. Any items that could be salvaged were sent to be repaired, and with the help of charitable donations they were able to purchase some animals, machinery and to start rebuilding their bakery. Fr. Augustine said that in the days after the flood they did not know where to start however people like Aideen have given them hope and allowed them to rebuild, they would like to thank people for their generosity in helping them and he will keep you in his prayers and asks that you do the same for them.





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FOR SALE

67 CASTLE FALLS, ROSS ROAD, KILLARNEY

Conveniently located three bedroom semi-detached property, located off the Ross Road, in quiet residential estate with south/easterly facing rear garden, ideal family home/investment property. The property is within walking distance of Killarney town centre

Price Region: **€265,000**

BER C3



DROMORE, FARRANFORE, KILLARNEY

Three bedroom bungalow conveniently located in Farranfore just off the main Tralee road and within walking distance of Farranfore village and train station. Private site with stream to the rear of the property. Well built cavity wall constructed bungalow with tiled roof and single glazed teal windows in need of modernisation/re-decoration. Ideal opportunity for first time buyer, investor, developer

Price Region: **€90,000**

BER G



MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



SHOULD YOU BE CONSIDERING SWITCHING YOUR MORTGAGE

Yes, because some of the Irish mortgage lenders have much lower mortgage interest rates compared to others. There has been a lot of discussion recently in the media recently as regards mortgage switching this is because there can be a very substantial difference in interest rates and monthly repayments between lenders. For example on a mortgage of €200000 over 30 years based on a property value of €300000 and comparing current fixed interest rates one lenders 2 year fixed rate is as slow as 2.30% (3.90% APR) which costs €770 per month whereas another lenders 2 year fixed rate is as high as 3.30% (APR 3.96%) monthly repayment €876 per month. The monthly repayment for the lender with the higher rate is a staggering €106 per month more expensive. Over the term of the mortgage you could pay €38,277.60 (approx) more in interest, assuming the interest rates don't change over the term of the mortgage. Of course you would need to qualify for the mortgage with the new lender and also there are many other considerations and information you need to know before proceeding further. An experienced mortgage broker should be able to discuss your options with you in plain simple english and answer any queries you may have.

If you have any other queries regarding the above or any other matter you can contact Dermot Cronin QFA, APA at 0646622775 or dermotcroninifa@gmail.com

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Cllr Mike Kennelly Listowel, Mayor of Kerry Cllr Norma Foley, Colm Cooper Killarney, Cllr Norma Moriarty, Charlie O'Sullivan KCC, Cllr Pat McCarthy and Sean Murphy KWD pictured at the launch in Tralee of the eighth County Clean Up which is due to take place on Saturday, 13 April. A call has gone out to individuals and communities across the county to get involved in the annual litter collection effort. PHOTO: DOMNICK WALSH

IT'S COUNTY CLEAN UP TIME AGAIN...

8,000 BAGS OF LITTER collected across the county last year

Saturday April 13th will see the eighth County Clean Up will take place in Kerry and a call has gone out to individuals and communities across the county to get involved in the annual litter collection effort.

Last year, some 5,500 volunteers were out and about on the day with the support of Kerry County Council and KWD Recycling as well as local organisations like Kerry GAA, Kerry IFA, and Kerry ICMSA, each of which are joining in the effort again this year. Colm 'The Gooch' Cooper will also be lending a hand on the day and is helping to promote the initiative.

The Cathaoirleach of Kerry County Council, Cllr Norma Foley, launched the event at Ballygarry House Hotel in Tralee to coincide with a seminar for Tidy Towns groups in the county:

KWD Recycling will again provide clean-up packs to groups which register at www.countycleanup.com

and collection points will be designated around the county to ensure that all litter gathered is disposed of.

Noel O'Reilly of KWD Recycling said: 'KWD Recycling is delighted to support yet another County Clean Up for the eighth year in a row.

This is a very important initiative – not only does

it get our highways and byways looking great, it also gets communities together helping to raise awareness of the effects of littering, which in turn deters people from throwing rubbish on our roads in the first place. It's a great testament to the people of Kerry and shows how proud we are of our county.'

A record 5,500 volunteers took part in the Kerry County Clean Up in April 2018 which saw 8,000 bags of litter collected, the highest ever tally in the seven years in which the environmental and community initiative has existed. KWD Recycling and Kerry County Council completed an analysis of the litter collected which revealed that single-use drinking containers were the most common item of litter retrieved from locations across the county, followed by sweet and chocolate wrappers.

Single-use **drinking containers** were the most common item of litter retrieved!

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6, Kings Avenue, Muckross Rd., Killarney. AMV €280,000
3 Bedroom semi-detached house, fully furnished and ready for occupation. Excellent location. Facing large green area. Vacant possession. BER Pending.



2, Beechwood Avenue, Park Rd., Killarney. POA
Newly built 3 bedroom semi-detached residence. In quiet location, just off the main Park Road. Very high quality finish. BER rating A2.



7, The Elm Courtyard, Bellview Woods, Ballydowney, Killarney. AMV €250,000 New To market
3 bedroom mid terrace house, beautifully finished throughout with many special features. Rear Garden with pedestrian access, and timber shed. BER rating C1



Ballyoughtra, (Killarney Road) Milltown. New to market POA
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Superbly located detached bungalow (1348 sq ft approx) on a large site in a tranquil cul de sac setting in one of Killarneys most attractive residential areas just off the Woodlawn road and in close proximity to the tourist town of Killarney and all amenities. This spacious bungalow in need of slight refurbishment is the ideal choice of family residence seeking privacy and peacefulness.

GUIDE PRICE: €305,000



1 ANNAGHMORE, KILLARNEY, CO KERRY

Stunning modern bungalow set on approx. 0.5 acres, 7 miles from Killarney Town and just 2 miles from the popular Barraduff Village, Shops, School, Pubs etc. The solid wood flooring, intricate tiling and fully furnished with new electrical appliances etc enhances the attractiveness of the property.

GUIDE PRICE: €230,000



Full Details Selling Agent Hennigan Auctioneers
064-6634582/087-2354416

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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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Address: Glenview, Coolnagarrahy, Lawlors Cross, Killarney, Co. Kerry. We present to the market a magnificent detached property 2600 sq ft finished to an impressive standard and enhanced by the electric gated entrance for added privacy and landscaped gardens and lawns with an array of mature trees and shrubs. The property is well located just off the main Killarney to Tralee road just 3.5 miles from the popular tourist town of Killarney.

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FARM FOR SALE

KILLARNEY TOWN

4 bed-semi with a 2 bed attached apartment. Close to Tesco shopping centre at Park Road. Suitable for business/family home etc. Front and back garden with ample parking. Needs some refurbishment

PRICE REGION POA
BER PENDING.

FARM FOR SALE

C.65 acres of good quality land approx. 4.5 miles from Killarney town. Elevated with panoramic views. Various sheds/slatted unit. Access road through the land. Selling with or without the 2 storey residence thereon. Further particulars from the sole selling agent. Viewing strictly by app. with the auctioneer.



UPPER LISSIVIGEEN, KILLARNEY.

V. spacious 5 bed detached, modern dormer, (2 en-suite) approx. 2,200 sq. ft. Ideal family home with quality kitchen and solid birch floors. On c. ½ acre with excellent mountain views and only 5 mins. drive to Killarney town. Great residential location.

P.O.A. BER PENDING.



THE PADDOCKS KILLORGLIN TOWN

Exceptionally spacious ground floor apartment(c.980 sq.ft.) 2 bed both ensuite. Guest w/c. Large lounge. Kitchen/dining. Concrete, modern build. Part of a town centre, private, gated development.

PRICE REGION €130,000
BER D1

KILLARNEY TOWN. 4 bed semi with a 2 bed aptm. attached. Close to Tesco shopping centre in Park Road. Suitable for business or family home. Front and back garden with ample parking. P.O.A.

BALLYCASHEEN GARDENS, KILLARNEY 4 bed, 2 ensuite, detached, 2 storey with conservatory, private back garden, exceptional quality finish, close to all amenities. Price region €315,000. Ber pending.

AGADOE KILLARNEY. 3 bed detached, about 1 mile from town, needs upgrading and renovation. Great location. P.O.A. Ber pending.

KNOCKLEBEDE, KILLCUMMIN, KILLARNEY Delightful, 2 bed, 1 ensuite, detached bungalow, all rooms bright and spacious, turn-key-condition, on c.1/2 acre scenic site. Price region €215,000 Ber pending.

UPPER LISSIVIGEEN, KILLARNEY. Spacious, detached, 5 bed dormer on c. 1/2 acre. extremely private, scenic and great residential location. Great family home with good garden to back and front.

8 ACRES OF DEVELOPMENT LAND only a few mins. walk to Killorglin town centre. Zoned residential. Dry, level, roadside, scenic property with great potential.

MANGERTON VIEW, OFF LEWIS RD. Killarney, Store/garage (14.5 ft.X 28ft.) on a site of total measurements 18ft.X100ft. Great location with good access

KILLARNEY 1 MILE Beautiful, new, stone fronted detached 2 storey, on large private site in a very small private development of detached large spectacular homes. This house is finished to "builders finish" and contains 6 bedrooms all ensuite with various lounges etc. Approx 3,000 sq. ft.

BALLYHAR, KILLARNEY area 4 bed detached dormer on c. 1 acre. 3 ensuite, exceptional property with quality furnishings and fittings throughout. About 5 miles from Killarney town and very well located.

FIRIES AREA, KILLARNEY Country mansion on c. 39 acres approx of top quality land all in excellent condition.

FIRIES VILLAGE Modern licenced premises with a spacious function room and commercial kitchen. Generous living accommodation, lots of free parking and rear entrance .

SPA/TIRNABOUL, KILLARNEY . Opposite G.A.A. complex. C. 16 acres. V. scenic, subject to one planning. Exceptional location. (unique property)

KILLCUMMIN OR FIRIES area, semi or detached house wanted for cash buyer.

BARLEYMOUNT, KILLARNEY 6.5 acres approx. of rough land.

BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

SPA/KILLARNEY 1 acre site, subject to planning, dry elevated, great location

FARM WANTED. GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

CARAGH LAKE, KILLORGLIN, New, detached, 4 bed dormer, under construction. Close to n.s. very scenic area. Ber rating of "A" expected. Very modern build.

CARAGH LAKE/GLENCAR/KILLORGLIN area old 2 storey farmhouse on c. 2.5 acres. Very scenic tranquil setting in this very desirable location.

CROMANE VILLAGE Large, detached, 4 bed dwelling house, 4 bed, 2 ensuite, with former P.O. and shop attached. Large site c. ¾ acre. Needs renovation but ideal family home/ Eirb&b, hostel etc.

KILLORGLIN TOWN large purpose built, ground floor 2 bed apartment, both ensuite, lounge,

kitchen//dining. private, gated development. Price region €130,000.

KILLORGLIN TOWN Modern, detached 3 bed, 2 storey dwelling, concrete build, great location, private, gated development. Price region €240,000 Ber pending.

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

KILLORGLIN TOWN CENTRE Licenced premises. Great location with extensive street frontage. Large building with "spacious Beer Garden." Needs some upgrading but has huge potential for food, entertainment etc. Attractively priced.

DOOKS, GLENBEIGH. Beautiful, detached bungalow with spectacular views. Very private with electric gates and many special features. Close to Dooks golf club.

KILLORGLIN TOWN NO. 4 RIVERBANK LODGES. Detached 3 bed on the river front with magnificent views. (incl garage) All double bedrooms with excellent views. A very rare and exceptional property. Ber pending. Price region €300,000.

RING OF KERRY ROAD detached 2 bed off the Ring Of Kerry road between Killorglin and Glenbeigh. Needs some updating. €65,000. V scenic.

CASTLEISLAND TOWN approx. 14 acres of land zoned industrial. Extensive road frontage on the main Tralee road.

FARMS/LAND

BALLYFINNANE, FIRIES, KILLARNEY. 9 acres approx. in one field. Bounded by a river on one side and fronting the public road.

FIRIES AREA, KILLARNEY Country mansion on c. 39 acres approx of top quality land all in excellent condition.

140 ACRES APPROX. with a detached bungalow at Tullig Beg, Killorglin. C. 110 acres of "cutaway bog" and c. 30 of grazing land with a detached bungalow, v. scenic & on the main Ring of Kerry rd.

FARM OR SALE c.65 acres of good quality land with or without the 2 storey residence thereon. Approx. 4.5 miles from Killarney town. Various sheds and slatted unit. Good access road through the farm. Elevated with panoramic views. Viewing strictly by app. with the auctioneer.

COOLICK, KILLCUMMIN, KILLARNEY 10 acres approx. selling subject to 1 planning. P.O.A.

SITES

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

KILLCUMMIN AREA Large site with full planning permission for an attractive bungalow. NO RESIDENCY CLAUSE. Ready to go. Panoramic, breathtaking views.

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

FAHA, KILLARNEY, c. ½ acre, dry, roadside, great location, bargain.

SITE AT COOLICK, Kilcummin. ½ acre or more if required.

SITE AT ARDLAHAS, Beaufort c. 0.8 acre.

BALLYHAR AREA c. ½ acre site. Nice dry ground and has passed the percolation test. Price region €50,000 o.n.o.

KILLARNEY TOWN TALK



CAOIMHE SPILLANE

I hope everyone joined the celebrations last weekend! The parade was fantastic well done to everyone who took part. To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events.

If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

CHARITY EVENT

Lough Lein Anglers Association, will host their 32nd annual charity open fly fishing competition on April 28 at Ross Castle. The funds this year will be going to the National Rehabilitation Hospital (NRH) in Dún Laoghaire Co Dublin. The event takes place on Lough Lein, from Ross Castle and since it started in 1987, has raised over €229,000 in Kerry and Cork. Their aim this year is to raise €58,000 which is the cost of equipping 26 of the 120 bedrooms. As well as 'The Charity' the NRH has been chosen as a beneficiary of this year's Ring of Kerry Charity Cycle. The competition is open to members of angling clubs or associations which are TAFI or FISSTA associated. For further information about the event or donating to 'The Charity' contact Timo 087 9364886 or email: timo@eircom.net.

SUNDAY DANCES

There will be a series of Sunday Dances at the Heritage Centre Scartaglin featuring fantastic acts and lots of dancing. The first of these Sunday dances will take place on Sunday 24 th March featuring the P J Murrhy Band. The second Sunday will take place on 31st March featuring Dermot & Irene Ring. Neily O'Connor will take to the stage on the third Sunday, 7 th April. And Michael Collins will be performing on Sunday 14th April. Each Sunday the dancing will take place from 9pm to 11.30pm. Admission is €10 per person and there will be a Free Draw on door tickets. For more information call 087-9735113



NIAMH O'SHEA, CHAIR, KERRY BRANCH OF THE IRISH HOTELS FEDERATION PRESENTS A CHEQUE FOR €5000 TO IAN O'CONNELL, THE PROCEEDS FROM THE KERRY IHF BALL BEFORE CHRISTMAS. ALSO INCLUDED ARE FROM LEFT, MARCUS TREACY, KILLARNEY PARK HOTEL, MICHAEL O'CONNELL, (IAN'S DAD) MARK SCALLY, GREAT SOUTHERN HOTEL, EMER CORRIDAN, THE CAHERNANE HOTEL, BERNADETTE RANGLES, THE DROMHALL HOTEL, PADRAIG TREACY, KILLARNEY PARK HOTEL AND MICHAEL ROSNEY, KILLEN HOUSE HOTEL. PHOTO: DON MACMONAGLE

DANCING WITH THE CROKES

Dr Crokes will be hosting "Dancing with the Crokes" on March 29th in the INEC. David Rea of World Famous show "Celtic Steps" has been putting the 10 couples through their paces over the last number of weeks. The tickets are €20 for Adults and €10 for children and can be bought from any of the dancers or from Vince Casey office, Tatler Jack or online at www.drcrokes.com This year's Dancing couples are as follows: Chloe Bartlett and Sean Coppinger, Aoife O'Carroll and Ciaran Brosnan, Eric O'Connor and Mary Mc Mahon, Aoife Cronin and Caoimhin O'Donoghue, Karl Mc Mahon and Lorraine Fleming, Aisling Darcy and Alan Kelly, Eilis Cronin and Harry O'Neill, Mike Fleming and Emma Murnane, Maggie Mc Auliffe and Matt O'Neill, Leah Horgan and Bryan O'Shea So come along to the INEC on Friday 29th of March and see them all strut their stuff!

TEXAS HEART

Local band Texas Heart, the American country music act, featuring Henry Bartlett, Lisa Bartlett O'Callaghan and Dave Usher will be performing at Courtney's Bar on Friday March 29th at 9:30pm.

FOOD MARKET

The Killarney Food Market takes place every Friday from 10am to 2pm in Market Square, Newmarket Lane, in the heart of Killarney. There are lots of lovely stalls to choose from with local food producers specialising in local grown fruit and veg, salads, almond milk, ready meals, vegetarian and vegan friendly foods, gluten free, low sugar, baking, free range eggs, preserves and chutneys, hot sauces, fresh flowers. You can try something new and tasty for lunch while you pick up ingredients for dinner!



PARENT FIRST AID

KDYS Killarney are hosting first aid training for parents and childminders which will take place on Wednesday 3rd April from 7-9pm. The 2 hour practical classes aim to equip attendees with lifesaving skills. Course Pricing: Class Only – €35 Class + First Aid Booklet – €40 Class + First Aid Kit – €50, Class, First Aid Kit + Booklet – €55. Learn the following essential lifesaving skills and how to act quickly in the event of a family medical emergency: activation of the Emergency Services, CPR, How to deal with Choking, Burns & Scalds, Meningitis, Bleeding/Dressing Wounds, Breaks/Fractures and other critical areas. Book Online at www.parentfirstaid.ie

FREE CONCERTS

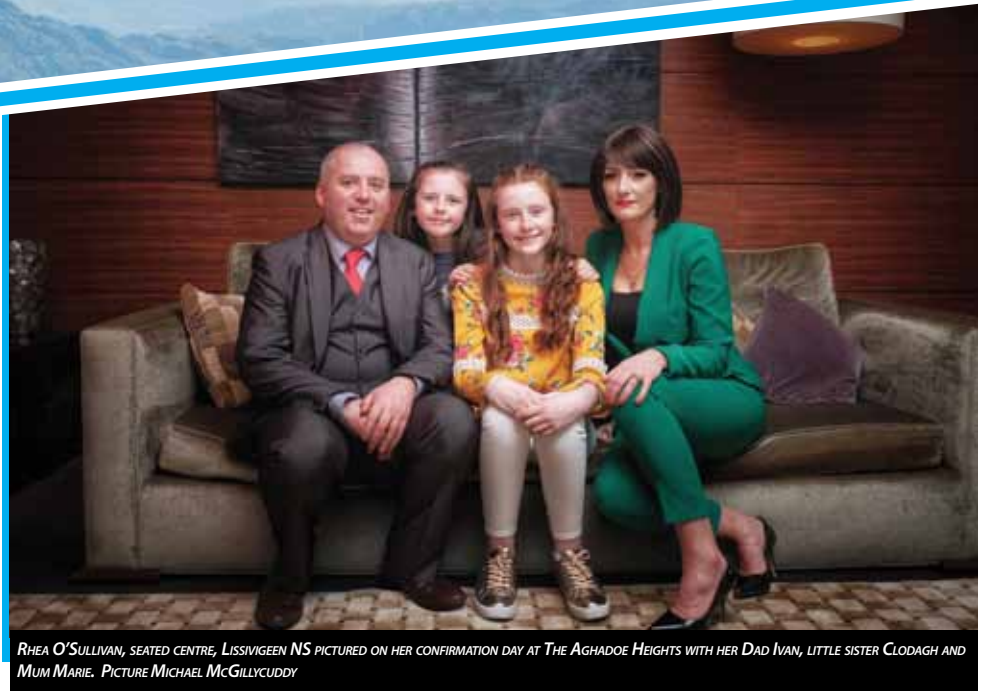
There will be upcoming free concerts in St Mary's Church of the Sloes where donations are invited to the Restoration Appeal of the church. The Birmingham Boys' Choir from Birmingham Alabama with directors Ken and Susan Berg and Pdraig Buckley along with the Killarney School of Music, will be performing on Thursday March 28 at 8pm. The Wenatchee High School Chamber Singers & Orchestra from Wenatchee Washington with director Beth Jensen will be performing on Monday April 1st at 8pm.

LEGENDARY PERFORMER IN KILLARNEY

Legendary American soul singer Buck Taylor will be performing in the Liquid Lounge, Killarney Grand on Saturday, March 30 at 9:30pm. He now lives and performs here in Ireland and throughout Europe. He is renowned for his spectacular voice, having been described as hauntingly similar to the late King of Soul James Brown, earning him the attention of the Irish media as well as having appeared on "Tubridy Tonight" the previous year, it is without a shadow of a doubt that Buck Taylor is one of the quintessential Soul singers. Blasting out the Soul Classics of the likes of James Brown, Sam Cooke, Al Green and others, audiences can expect a fabulous night's entertainment

HEARTBEAT MEETING

Financial Advisor Dermot Cronin will be speaking to us about money matters. He will also cover as much as is known about the Brexit effect on British pensions. Life Assurance Income Protection, Retirement plans and Investments



RHEA O'SULLIVAN, SEATED CENTRE, LISSIVIGEEN NS PICTURED ON HER CONFIRMATION DAY AT THE AGHADOE HEIGHTS WITH HER DAD IVAN, LITTLE SISTER CLODAGH AND MUM MARIE. PICTURE MICHAEL MCGILLYCUDDY

will also be looked at. Dermot talks to us at the Serenity Centre, St. Anne's Road Killarney on Monday March 25th at 8pm. All are welcome to this free event.

RORY'S STORIES

Comedian Rory's Stories will be bringing his debut Theatre Tour to the INEC Acoustic Club Killarney tonight Friday, March 22nd at 8.30pm. Rory O'Connor is Ireland's favourite online funny man and bestselling author, otherwise known through his social media sketches as Rory's Stories. Rory's Stories takes a hilarious and frank look at every aspect of Irish life. From the GAA to the Guards and everything in between, Rory's quick comedic wit perfectly captures what it means to be Irish. Bringing his sketches to life in his stand up shows, he has sold out venues across Ireland, and even as far as Australia and the Middle East. The show is over 16's only and tickets cost €20

KILLARNEY GIRL'S GENOROSITY

Many children have made their confirmation in the last week but one really stands out, 12-year-old, Muireann O'Brien, from Clash, Lissivigeen, has donated all the all the gift money she received for her confirmation to Marymount Hospice in Cork. Muireann is the daughter of the late Pdraig O'Brien who passed away at the hospice in November 2016. Pdraig owned and operated Stack O'Brien Opticians on New Street. Muireann donated the money in memory of her father. Her mom Eavan, and brother Rian are extremely proud of Muireann after she made the presentation to staff of Marymount. What a thoughtful and generous girl.

REMINDER CHARITY CONCERT

The Gleneagle Band Annual Charity concert will take place on Sunday March 31st at 7:30pm in the Mangerton Suite of the Gleneagle Hotel. This year's concert will be held in aid of Kerry Diocesan Youth Organization, Epilepsy Ireland, Samaritans Kerry, and the Gleneagle Concert Band Youth Development Programme. Conductor Vincent Condon will lead the band and there will be special guest artists Cork Butter Exchange Band. Join them for an unforgettable evening of fantastic entertainment with over 100 musicians taking to the stage. On the night they will perform everything from military marches, jazz numbers, classical music, film scores, choral music and vocal hits. Tickets will be available on the door on the night, they are also available from band members, INEC box office and the charities listed. Adult tickets cost €12.00, OAP and children tickets cost €10.00

COFFEE MORNING

There will be a coffee morning on behalf of the Kerry Hospice Foundation held from 11-3pm on Saturday 23rd March in Kennelly's Pharmacy at the Reeks Killarney. Along with tea, coffee and sweet treats, there will be face painting for the kids, lots of spot prizes to be won and a makeup demonstration. Donations are welcome on the day, everyone is welcome. All support is greatly appreciated.





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RULES TO WEIGHT LOSS AND WEIGHT LOSS MAINTENANCE

PROGRESSION

Rule 7 – Your nutrition plan must progress. As you get lighter, BMR goes down. Yes, that's right. . . stick thin people don't have 'fast metabolisms' they actually have much slower basal metabolisms than heavier people! So, as the weight comes off, you will need to create a further deficit. How can you do this? Not by going below BMR that's for sure! So, if you're not there yet, you can lower energy intake, if you are, you will need to look at your exercise or non-exercise energy expenditure (NEEE) basically any activity that is not structured exercise. So, taking the stairs instead of the lift type 'stuff'.

EXIT PLAN

Rule 8 – Have an exit plan. Who has EVER had an exit plan to their weight loss? I'll tell you who. . . bodybuilders! Many bodybuilders plan their off season diets (nutrition plans) like they do their competition diets. I'd say they were quite a good bunch to try and emulate. . . in that respect anyway. Once your weight goal has been reached, what are you going to do? Well, you have a few options. Eat more and keep exercise the same, eat the same and exercise less or . . . a bit of both. It may be that you keep to the same plan you have had but include a few more 'treats' here and there and allow yourself to miss a training session when you are really busy. It is up to you.

BE TENACIOUS

Rule 9 – Be tenacious about your nutrition plan. Do count calories (at least once), how else are you going to know if you are abiding by the rules above! Do create an eating structure that fits your lifestyle and don't be embarrassed about eating in meetings or at work. Especially during the weight loss phase of your new way of eating, you need to keep structure as hunger is your worst enemy if it is not planned hunger. Take a leaf out of many bodybuilders book, eat the same meals every day for a period as long as they are covering all of your needs. Get used to portion sizes, food types and cooking methods and then expand your menu with more variety in food choices etc.

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Sometimes it feels as if there are no other ways of being, doing and thinking, however, if you can step back just a little bit and slow down you will find that you have more choices and options than you previously thought. As the founder of the institute for body confidence & wellbeing coaching I help people every day to see things a little differently. One of the first steps in being able to change your perspective, is to become aware of where you are habitually making the same choices or having the same thoughts about situations. The second step is to challenge your own thinking and old patterns of behaviour. Most of the time we react to situations rather than respond in a conscious way, so this is key. One of the best ways to challenge your thinking and perspective is to ask yourself if you really believe that what you are thinking is true? Ask "Who would you be without this belief?" Sometimes the mind can be very stubborn and "locked" in an old belief system so you may need to be really strong with yourself. The more you can question your old thoughts and reactions, the more you step into a world of possibility and potential.

Remember that a belief is just a thought you have chosen to think hundreds and hundreds of times. Whenever you think a new thought hundreds of times, it becomes a new belief!

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

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

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WHAT IS MEIBOMIAN GLAND DYSFUNCTION (MGD)?

The normal tears of the eye are made up of three layers – an oily (lipid) layer, a watery (aqueous) layer, and a sticky (mucous) layer. MGD is when the glands that make the oily layer of the tears are not working properly and this allows the watery layer of the tears to dry out.

The Meibomian glands are inside the eyelids, and the openings are on the edge of the eyelids. The outer oily layer stops the watery layer of the tears from drying out. When the glands become blocked, the oily part of the tears cannot be released. This causes the watery tears to dry up more quickly which results in the eye becoming dry and can make it feel sore. It is not usually a serious condition, but can cause discomfort and sometimes blurry vision. If it is not treated, the glands may stop working permanently.

MGD can cause dry eye. It is common to have a combination of MGD, dry eye and blepharitis.

Risk factors
MGD is a common condition and can affect anyone. However, it is more likely to happen after the age of 50, if you have diabetes or oily skin conditions and it is also more common in women.

Symptoms
The eyelids can become sore and swollen as the glands become blocked. As the eyes become dry, they can feel itchy or gritty, as if there's something in the eye. The eyes may be red, and if they're sore, may be watery, which can cause vision to become blurry.

TREATMENT
Treatment involves releasing the oily tears from the glands using hot compresses. You need to get a face cloth, or cotton pads, soak them in hot (not boiling) water, close your eyes, and hold the hot cloth onto your eyelids. Wet the cloth again with hot water and keep applying the compress for at least five minutes. Repeat every day until the condition gets better. You can also use products known as 'heat bags' that are specifically designed for this condition. These bags make it easier to direct the heat and are much more effective than a hot cloth. To help stop the glands from blocking up again continue the treatment every day for a few minutes. Massaging your eyelids can also help to release tears. If the hot compresses or heat bags don't work, referral for further treatment may be required.

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EYES DOWN FOR A LIFESAVING CAUSE

Beaufort Defibrillator Group is holding a bingo night this April to raise vital funds to maintain the area's nine life-saving defibrillators.

The bingo night, which is open to the whole community and beyond, will be held at Beaufort Community Centre, on Friday 12th April 2019 at 7.30pm (doors 7pm). Children are welcome to attend so feel free to bring all the family along for an entertaining evening. Some great prizes will be up for grabs for calling a line or a full house, and there will also be a cash jackpot for a lucky winner.

Adult books are €10 each and children's books will be available for €5 each. Jackpot sheets are sold separately at €2 each. There will also be refreshments at the interval and a raffle.

As well as having a great start to your weekend

you'll be supporting a life and death cause. "Beaufort's nine life-saving defibrillators need to be consistently funded to remain in reliable working order to help save anyone who goes into cardiac arrest. Think of them as insurance for yourself and your loved ones should the unthinkable ever happen", Mary O'Connor, Chairperson of the group told the Killarney Outlook.

All funds made on the evening will go towards the running costs of Beaufort's nine defibrillators (including batteries and electrode pads which need regular replacement) and the provision of CPR and AED (Automatic External Defibrillator) training for the community and beyond.

For further information about the bingo night



or to book your place on the next defibrillator training day please call Mary O'Connor, Chairperson of Beaufort Defibrillator Group, on 0861992401. Beaufort's 9 life-saving defibrillators can be found in the following locations: Beaufort Community Hall, Kate Kearney's Cottage, Cronin's Yard, Kilgobnet National School, Cullina National School, Lord Brandon's Cottage, Curraghmore Black Valley (x2) and Kissane's shop.

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Engineers Ireland host Greenway Lecture

A lecture outlining the development of the Waterford Greenway from concept to completion will take place in the Sólás Building, IT Tralee North Campus, Tralee on Tuesday 26th March next.

The lecture is being delivered by An Ríocht who represent Engineers Ireland in Kerry and its membership is made up of all sectors of the engineering community, including third level education, local authorities, contractors, industry, semi-state companies and self-

employed engineers etc. The local committee organise meetings, evening lectures, site visits and social events for members in Kerry.

Evening lectures on various engineering topics take place throughout the winter at the Sólás Building, IT Tralee North Campus, Tralee, which serves as a focal point in the region for the further education and continuous professional development of engineers. These lectures are free to attend and everybody is welcome – not just members of Engineers Ireland.

Refreshments are served before the lectures. The Waterfor Greenway lecture will outline the development of the project addressing the appraisal of concept, design, approvals and obstacles (including Engineering challenges), the funding model and the outcome and will take place at 6.30pm. The proposed development of a number of Greenway projects in Kerry should mean that this lecture will be of interest to many people in the county.



KILLARNEY MOTORSPORTS RISING STAR

Kevin Coyne is a young Killarney man on the fast track to making it big in motorbike racing in Ireland. 16 year old Kevin is the son of Mark Coyne who owns Mark Coyne Tyreshop on the Ross Road, the love of motor sports obviously runs in the family! They have spent the winter designing a new look for Kevin and his Kawasaki 300 and he has just completed 3 days of testing in Cartagena Spain and is very excited about the racing year ahead. The test in Spain was a fantastic 3 days of great track experience which was a great success with his times coming down over the 3 days and the bike running very well.

His first race weekend is April 5th to 6th and while he is new to the racing game he is extremely passionate and hope to do very well this year his first year racing. Kevin will compete in the Junior Cup in the Dunlop Irish Masters Championship for 2019 which is Ireland's biggest Motorcycle Racing Championship. The championship attracts the best of Ireland's racers and the series has run since 2011. It is seen as the ideal proving ground for young Irish riders looking to build an International Motorcycle Racing career. Kevin would like to thank everyone who was able to make this possible in 2019. Good luck Kevin!



Kevin Coyne pictured with his dad Mark.

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St Patrick's Day 2019



Kevin O'Leary, from Killarney Celtic Football Club, at St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade. PHOTOS: VALERIE O'SULLIVAN



Katie Moloney, making memories.



Members of "Pleinfelder Hummel" from Killarney's twin town in Germany.



Martin Falvey, Bellview Woods Childcare.



Spa GAA Club, Killarney.



Sophia Ong, O'Leary School of Dancing.



Henry Walsh, left, and Eddie Óg O'Sullivan, enjoying the funfair at St Patrick's Festival Parade Killarney.



Ian and Eric Bowler, Legion GAA Club.

St Patrick's Day 2019



Twins Tabbita and Frankie Dully, accosted by Ken Cusack and his Superheroes.



Abina O'Leary, with Tom, Jack and Denis, Raheen Montessori Playgroup.



Members of Irlandfreude Leverkusen e.v.



Avril and James Rooney, enjoying the funfair.



Staff from Killarney Fire Brigade Service.



Staff from The Great Southern Hotel, Killarney.



Kate O'Leary, Killarney Chamber of Tourism and Commerce with Photographer Michelle Cooper-Galvin, about to cover her 40th parade.



The famous Kerry Stars.

RATHMORE/GNEEVEGUILLA

by Michael O'Mahony

IRISH CANCER SOCIETY DAFFODIL DAY

Coffee Morning and Cake Sale in St. Joseph's Day Care Centre 8.30 a.m. to 12.00 p.m. on Friday 22nd March, 2019 - Anyone willing to do Baking - Donate cakes - Donate Daffodils - Help in any way would be greatly appreciated. Please contact 064 7758588.

SOCIAL ACTION GROUP SAVE THE EARTH CAMPAIGN

The young people in the Social Action Group are starting a campaign to encourage people in the community and beyond to think of ways of cutting down on co2 emissions, to reduce the use of plastics and to do things that will help protect various species including bees that are endangered. People like David Attenborough are constantly warning us that we all must do more to protect the Environment. The young people are inviting everybody to do something constructive no matter how small that will make a difference. The Social Action Group members are organising a special Family Day in early May to launch their environmental campaign which will set out what people can do to make a difference.

SYMPATHY

To Humphrey Murphy and his uncle Owen Murphy, Kilquane on the death of his father, Patrick (Paud) Murphy, Killarney, whose funeral took place on Monday in Killarney. To Rita O'Connor and her son Tom O'Connor and family, Rathmore Townland, on the death of her husband Dan Joe O'Connor, whose funeral relast week . To Norman Wilson, Brú na Sinsear, on the death of his sister, Laura Dent, Derby, U.K. whose funeral took place in Derby during the week. May Patrick (Paud), Dan Joe & Laura rest in peace

SPLIT THE POT in Association with Rathmore Community Council with Rathmore Ravens, Sliabh Luachra Cycling Club & Sliabh Luachra Men's Shed. Be in with a chance to win. Tickets available from ticket sellers & in local businesses.

Tickets €2 each or 3 for €5. Draw held weekly at 9pm. in local Pubs. Seller wins €50 Voucher from local businesses.

NOTES

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

LISTRY

MILLTOWN LISTRY COMHALTAS

Congratulations to the Milltown Listry CCE St Patrick's Day Parade on their colourful entry, adding to the wonderful turnout in Milltown. Thanks to all in the Milltown Chamber Alliance who coordinated such a fantastic parade. Well done also to our young performers in the recent Sult competitions, including Coralee Howe, Becca Howe, Sadhbh Mannix, Brendan Allman, Mary O'Donoghue, John Sexton and Joe Horan and in dancing Becca Howe, Ella Kate Halpin, Kate Murphy, Louise Kimmage,



Fossa's Call..Members of Fossa GAA Club, taking part in St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade.Photo:Valerie O'Sullivan



Home are the Heroes...Kilcummin GAA Club with all their coveted silverware, taking part in St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade. Photo:Valerie O'Sullivan

Yvonne O' Connell, Eilis Tangney Ali O'Sullivan and Derina Burke. With Fleadh 2019 around the corner, keep an eye out for announcements about street entertainment over the festival weekend.

FOSSA

MINORS

Our minors had another good win on Saturday last with a score line of 6-13,0-12 in very heavy conditions our ever improving minors dealt with the elements very well 2 -7 from Emmett O'Shea, 2 goals from the excellent Harry Buckley ,Conor Horgan chipped in with a goal as did the very impressive Eoin Talbot,Ruairi Doyle made his first appearance of the season for us and was immense Padraic Talbot was outstanding again as were the whole team well done to both management and players and keep up the good work.

SENIORS

Fossa play Keel this Sunday at 2 pm In Fossa in round 2 of the Credit Union county league pls come and support in our first home game of the season.

MEMBERSHIP

A big thank you to all who have paid their

membership to date. Members are reminded that the GAA registration deadline is the 31st March 2019. You can do it online by logging in to the Clubforce App on Fossa GAA Facebook page, or alternatively drop it to Gene at his home. Rates remain the same, Family €60, Adult €30, Youth €15.

HARD LUCK

Hard luck to Dr. Crokes last Sunday a great achievement all the same.

LOTTO

11,15,17,20 no winner jackpot next week €10,050.

KILCUMMIN

ICA

Craft night Wednesday 20th March at 8pm in the Rural Development Office. All ladies welcome.

SCOIL FONN

In conjunction with Comhairle na Mumhan, Kerry County Board are running the annual Scoil Fonn workshops on Traditional singing in English and Irish, and slow air playing on fiddle, flute & Whistle. We are also running a workshop on Sliabh Luachra Slide & Polka. The above workshop will be held on Saturday 13th April in

the IT Tralee, North Campus, Tralee. Fee €15.00. All Entries to County Secretary, including fee by Wednesday 10th April 2019. Entry forms available from Helen in the RD Office.

TTCT TEACHER TRAINING COURSE

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

COMPUTER TRAINING

Word Processing Level 3 will commence on 29th April until the last Monday in May, resuming again in September in the Rural Development Office. This module includes producing a range of documents, letters, posters etc. Documents are saved to a memory stick for future retrieval, editing, formatting, printing and much more. Contact Mary McSweeney

(Tutor) for further information 087 7798573.

KILCUMMIN LOOKING GOOD

Thank you all for making such great use of the Recycling/Bottle Bank at the Village Inn. Please refrain from dumping your rubbish in this vicinity. We are looking for volunteers to assist in collecting rubbish on the roads in the area. Bags are available at the Rural Development Office and can be returned there when full. Mile Buíochas.

CREDIT UNION CO LEAGUE

Kilcummin are at home to Templenoe on Sunday next at 2pm in Rd. 2

WEB SITE

Visit Kilcummin GAA .com to relive that great day on February 9th when we became All Ireland Intermediate champions.

DEVELOPMENT PLANS

Please inform a club officer if you are able to give some free time to see the proposed club completed. It is planned to commence in six weeks and while there has been a great response from trades people the club would like to hear from any main contractors who are willing to discuss the project. Contact Chairman Eugene McSweeney on 087 2874432

MASTERGEEHA LOTTO

There was no winner of the lotto on Friday 8th March. Numbers drawn were 11,13,14,28.. Next Jackpot €8,200.



Raheen National School, taking part in St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade. Photo:Valerie O'Sullivan



Kevin Kelliher, celebrating 20 years of service in Tricel. Photo left to right: Mike O'Leary, Kevin Kelliher, Mike Stack (CEO) & Cian O'Sullivan.

GLENFLESK

KERRY INDEPENDANT ALLIANCE

"Councillor Michael Gleeson wishes to inform that the annual Church Gate collection for Kerry Independent Alliance will take place in the parish this weekend the 23rd and 24th of March. Your generosity is greatly appreciated. Thank you."

We are most grateful for your on-going kindness in this regard. Best Wishes to Glenflesk GAA for the year. Le Gach Dea-Ghuí.

Michael Gleeson.

GLENFLESK GAA LOTTO

No winner of the lotto which took place in John

Dans on 11/03/2019 Jackpot 7,600. Number were 07 15 16 30. Consolation Prizes 1. Jack O'Donoghue Shronaboy Seller KerryWay 2. Gene Kelly Ballaugh 3. Ian Sommers C/O MD O'Sheas 4. Ben Geaney C/O Mike O'Donoghue Next Draw will take place in Spillanes on the 25/03/19 Jackpot is €7,800.

SENIOR CO. LEAGUE RD 2

County League action next Sunday 24th March we play Castleisland Desmonds at Glenflesk Throw in at 2 pm.

EAST KERRY SCOR NA BPAISTI

Well done to all our competitors who took part in East Kerry Scor na Bpaisti held in Fossa last Saturday ,more news on that next week.

Keep up to date with the latest News and Sport on kerrynewsfeed.com

Kerry Newsfeed

Powered by Tralee Outlook, Killarney Outlook and Sliabh Luachra Outlook



Members of Killarney Rugby Club pictured at the St. Patrick's Day parade.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 15/03/2019, numbers drawn were 1, 8, 18 & 27. Sellers prize winner Margaret Hayes, €50 Y/T to John Browne Mt Keefe Newmarket, €0 to Francis c/o Mgt Hayes, €40 each to Aine Brennan Trim Co Meath, Sean O' Connor Nohoval & Marie O' Donoghue Credit Union. Bonus not won numbers drawn were 4, 14, 27 & 29. Next week's jackpot €17,600 plus €1,000 bonus.

COUNTY SPORTS HALL GAMES

to be held in Milltown this Saturday 23rd at 11.00 am. Ages being catered for are boys and girls U9 born 2011, U10 born 2010, U11 born 2009, U12 born 2008. Events in each age group are sprint, standing long jump, speed bounce, shot and relays. Ring 087/9339087 for further details

Gneeveguilla AC Open Sports: April 7th is the date for the club's open sports in Riocht Jack O' Keefe Juvenile races and Road Race: Monday April 22nd in Kiskeam

FOSSA BRIDGE CLUB

21/02 - CHARITY NIGHT

N/W - 1st Mary Ryan & Angela McGrath
2nd Finola Spillane & Don O'Sullivan
3rd Maire O'Sullivan & Peggy Barrett
E/W - 1st Neal Allen & Evelyn O'Leary
2nd Maire Moynihan & Maura McCarthy
3rd John O'Shea & Threase McCarthy O'Shea

28/02

N/W - 1st Gill Mangan & Kay Prendiville
2nd Neilus O'Regan & Ciaran Broadbery
3rd Phylis O'Regan & Don O'Sullivan
E/W - 1st Doreen Brosnan & Threase O'Donoghue
2nd Neal Allen & Evelyn O'Leary
3rd Kathleen Guerin & Finola Cronin

FARRANFORE MAINE VALLEY ATHLETIC CLUB

CLUB SUMMER TRAINING SCHEDULE

We would like to welcome our new coaches to the club who have recently completed their

Level 1. They are Brendan Lynch, Peter Vickers & Eileen Myers. From Tuesday 26th March we will be going outdoors in preparation for Outdoor Track & Field Competitions. Juvenile Training on Tuesday nights will be starting at 6pm for all ages. U9 & U10 will be for one hour where we will cater for all events, Sprints, Distance, Throws & Jumps. Our U11 to U16 group training is more specific in Sprints & Middle Distance, coached by Maria. It will be for 90mins (6pm to 7:30pm). €2 per session.

From Thursday April 4th we will be going to An Riocht Track, Castleisland. Start time is 7:45pm to 9:15pm. This is for all athletes U11 to U16 & Seniors. We will also cater for a select few in the U9-U10 ages. Its important that anyone attending the track must be registered with the club for insurance purposes and a parent / guardian is present. If not you will not be allowed to train. It is also important that anyone attending MUST compete at least in the County Track & Field Competitions in May. Admission is €3 and paid to Jerome on the track.

COUNTY JUVENILE SPORTS HALL GAMES

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

CLUB TRAINING

Tuesdays @ Farranfore GAA Grounds, €2, Juveniles U9 / U10 Outdoors 6 to 7pm (All events)

Juveniles U11-U16 Outdoors 6 to 7:30pm (Sprints & Mid. Distance)

Thursday @ An Riocht Track, Castleisland, €3 Juveniles U11-U16 & Senior 7:45 to 9:15pm (All events)

NOTE

Must be Athletic Ireland Registered to attend. Maria's Strength, Endurance & Flexibility Exercise Classes. Final class on Tuesday 19th

March @7pm. We would like to thank Maria for holding this session and everyone who attended has benefited greatly.

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

ATHLETIC'S FIXTURES

Sat 23rd Mar: SIAB Schools International XC, Dublin

Sat 23rd Mar: County Juvenile 'B' Sports Hall Games, Milltown 11am

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

Fri 5th Apr: IUAA Outdoor Track & Field, AIT Arena

Sat 6th Apr: National Juvenile Indoors Day 3, AIT Arena

Sun 7th Apr. Gneeveguilla AC Juvenile Open Sports, An Riocht Track @ 1:30pm

Sun 7th Apr: Community Games XC Relays U10/U12/U13 & U14 Beaufort

Tue 9th Apr. Community Games U16 Marathon (7Km), Currow

Fri 12th Apr. County Awards Banquet, Kenmare Bay Hotel. Please contact club secretary, Mary, 085-1909509 to register for competitions in advance

See Kerry & Munster Athletics website for full fixture lists & timetable for events.

KRFC NOTES

ST. PATRICK'S DAY PARADE

Thanks to everyone who took part in our St. Patrick's Day Parade last Sunday. It was a wonderful day for all involved and a huge thanks must go to all the kids, parents and coaches who marched with us and to Ger Moynihan for putting the fantastic float together - a giant red split Bucket. Thanks to Liam and Tony for helping organize also.

SENIORS PLAYOFF

Next Sunday, the 23rd, our seniors take on Dungarvan away in the biggest game of the year - a promotion playoff final which could see the lads get promoted to Div. 2 for next season. Best of luck to head coach Diarmuid O'Malley, Captain Peter Kelly and the senior team. Let's

get out and support the lads in the big play off. Kick off is 2:30pm

SPLIT THE BUCKET

Congrats to this week's winner TJ Moriarty who won €385 and Barman Stephen of the Village Inn, Kilcummin who won €86. Not bad returns for only €2! So get your entry in and remember that there are guaranteed winners every week.

KILLARNEY CYCLING CLUB

It was a highly successful St. Patrick's weekend on the road for Killarney Cycling Club, with riders in action and taking podium honours in three events.

Tadhg O'Shea made the main club headline in An Caislean Nua Classic in Co Limerick on Saturday: still only 16 and just a First-Year-Junior, he won the Senior A3 race in very bad conditions. Conor Kissane also made the podium, taking 3rd in the Senior A1 race.

Conor went two steps higher on the podium on St. Patrick's Day, winning the Billy Nolan Time Trial which went up Sliabh Mish. Adam Lenihan was 2nd U-16 and Patrick Galvin 3rd, and Louis Steadman was 2nd U-14.

Meanwhile, Neil Hodges was flying the club flag brilliantly in Carrick-on-Suir and won the Senior A3 race.



Chairperson of Rathmore Gneeveguilla Community Games Aeneas O'Leary presenting Kerry GAA tops to winners of a recent Instagram competition. 1st prize was won by Jennifer Dineen and runner up prize was presented to Ryan Daly recently. Also pictured are Siobhan Daly and Caitriona Dineen. Big thank you also to Luke Quinn of the Kerry GAA store for his support with this competition.

OUTLOOK GOLF

ROSS GOLF CLUB - MENS

RESULT: On St Patrick's Day we held a two man scramble which was well supported and keenly contested.

The winners were Maurice Coffey and Sean Walsh.

FIXTURES:

Next weekend - March 23rd/24th we will hold the third round of the MD O'Shea Spring League with an Open SS competition. The timesheet is now available in the clubhouse.

CASTLEROSSE LADIES GOLF CLUB

1st competition of 2019

9 Hole Scramble Pairs

1st Sally Filby and Mary Jo Dowling 37.0

2nd Una Moroney and Kay Spillane 40.3

DEERPARK PITCH & PUTT CLUB NEWS

St Patricks Weekends Draws: A particularly good Sunday and Monday for Robbie O'Brien Snr as he featured in three of the four winning pairs in our draws at the weekend!

Results: Sunday (Two Ball Scramble)- Winners: Noel Moynihan & John Murphy 36 ½, Runners-Up: Sean O'Brien & Robbie O'Brien Snr 37 ½, Monday (Fourball Betterball)- Winners: Robbie O'Brien Snr and Sean O'Brien 37 ½, Runners-Up: Robbie O'Brien Snr & Sean Ashe 38.

Club Matchplay: (sponsored by Murphy's Bar) will take place over next two Sundays. Draw will be this Sunday @ 9.15am. Entry €10 per player. Play will continue down to the Final with the

Final itself the following Sunday over 36 holes. Please ensure that you have your membership paid to either Sean (086 0508686) or Colm (087 7673742) if you wish to play in same.

Upcoming Fixtures: On Sunday April 7th there will be a 36-hole Stableford event while the following Sunday (14th) there is a Three Ball Scramble for the Johnny Kelly Memorial Shield. Entry to both is €10 each per player. Please note these will be the first events where the optional use of a third club will be permitted following the recent Pitch & Putt Union of Ireland rule change.

Dr Crokes: Commiserations to Dr Crokes on their defeat to Corofin in the All-Ireland Senior Club Final in Croke Park last Sunday.

Killarney Students Support their Peers



Principal Stella Loughnane, Jigsaw National Council member Karen O'Donoghue and teacher Ms Denise O'Sullivan

Students from Killarney Community College attended the Peer Education Programme Celebration evening in the Muckross Park Hotel last month. The Peer Education Programme involved five students from the school working with Jigsaw Kerry to be trained to deliver a presentation to 1st year students. The presentation called 'It's Time to Start Talking' builds awareness of youth mental health, explores what kind of things help and hinder our mental health, and emphasises the importance of seeking help when feeling down, worried or stressed. The three Killarney secondary schools piloted the programme in 2018, with the programme extended to the three Castleisland schools in 2019. Donagh Hennebry of Jigsaw Kerry oversaw the project while the Jigsaw mentors who work

in conjunction with Ms. D O'Sullivan and the Jigsaw team were Aoife O'Brien, Caoimhe Fleming, Julia Olabode and Alison O'Sullivan. Leading the way in piloting the programme in 2018 were Karen O'Donoghue, Emma Lyne and Natalia Leane. Building on from their work, Karen and Emma now both sit on the Kerry Youth Forum for Jigsaw Kerry with Karen now taking up a position on the National Council for Jigsaw in Ireland. Principal Stella Loughnane remarked "we are very proud of our peer educators and know that they will fulfil their new role to the best of their ability" She also said that the school was "particularly in awe of Karen O'Donoghue who spoke at the event, she outlined how important the programme is and how important it is to talk about our mental health".

RUANE RAINS ON KERRY'S PARADE

KERRY 0-11 MAYO 1-10

Donal Barry watched Kerry suffer their first defeat under Peter Keane this season as Mayo struck late to take the points in this round six Allianz National Football league tie.

Kerry suffered their first defeat in the Allianz National Football League at the hands of Mayo last Saturday night before a crowd of 10,218 at Austin Stacks Park.

In many ways, the odds were high that it would have been a Mayo team that would end a five game unbeaten record come to an end, considering that the Westerners have now, not lost a league game on Kerry soil for a decade. With atrocious conditions to contend with, wind advantage to both teams proved crucial but it was James Horan's men who made the better of their turn with this advantage. Still Kerry fought well throughout despite a poor return in their scoring returns especially in the first half when they only converted eight of their 17 chances created.

Still in the end the decisive moment came down to a 67th minute goal when Matthew Ruane ran onto a through ball with Adrian Spillane trailing in his wake to shoot past the returning Brian Kelly, who was making his first start of the season.

Kerry won the toss and took the wind advantage from the off but it was Mayo that seemed the more composed and led the home side 0-3 to 0-0 inside the opening seven minutes.

While Kerry added, James O'Donoghue to the mix late on, it was the Mayo bench loaded with experience that made the bigger impact with the likes of Lee Keegan, Colm Boyle and Andy Moran all ensuring that the Mayo side would not be defeated for the third weekend in a row. Peter Keane's side took up until the 20th minute to find their groove. Mayo controlled the contest 0-4 to 0-2 on the scoreboard but the home side finally found their feet hitting five unanswered points to take the lead at the break 0-7 to 0-4.

Kerry would have gained some solace in keeping the Mayo side to just a single point inside the opening ten of the second half and when substitute Diarmuid O'Connor restored Kerry's three point lead, it certainly gave hope to the home supporters that another great escape could be on.

However on this occasion, it was Mayo who found greater composure and on the hour mark, they regained the lead 0-9 to 0-8 but Sean O'Shea hit back to get Kerry back level.

Jason Doherty had Mayo ahead yet again with his fifth point of the contest but the telling



Capt Paul Murphy (Kerry) and Diarmuid O'Connor (Mayo) shake hands before the Kerry v Mayo Games at Austin Stack Park, Tralee on Saturday evening also in pic is ref Niall Cullen, KBN-33 Yvonne O'Sullivan, Tara O'Donoghue, Kayleigh Breen, Cathy Troth.

move was yet to come, when Kevin McLoughlin played a through ball over the Kerry defence with only Matthew Ruane alert to the move, by the time he had possession he was through on goal and was rewarded for his bravery when he slotted past Kelly.

The six added minutes certainly renewed a bit of hope in the stand and when Sean O'Shea fired over a free into the wind it made things tense.

They got a lot tenser, two minutes later when James O'Donoghue found the posts on his return to the Kerry side but Mayo would hold onto their important advantage and inflict defeat number one on Peter Keane's new side.

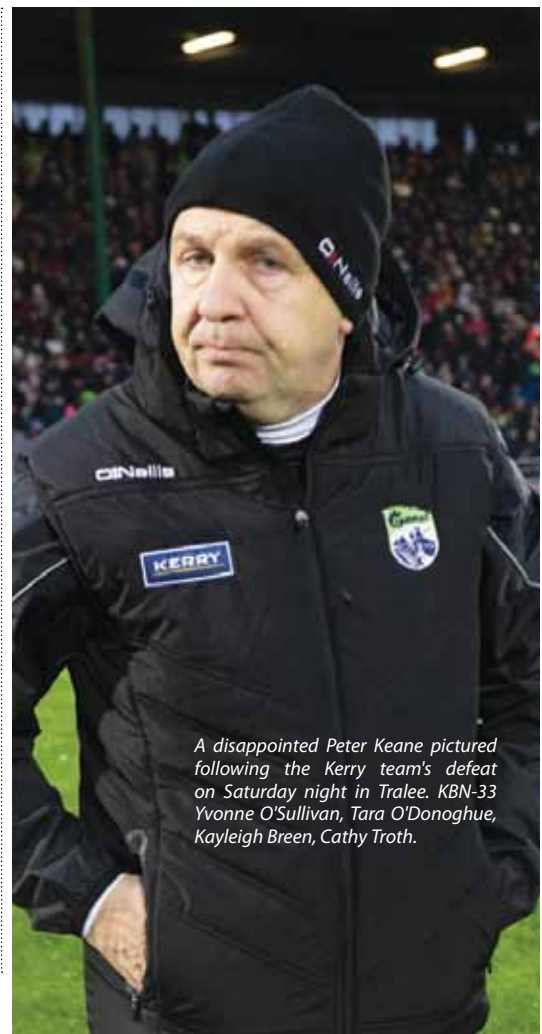
Kerry: B Kelly; P Crowley, T Morley, B O'Beaglaioch; G Crowley, P Murphy, T O'Sullivan; J Barry, M Griffin; D Moynihan, S O'Shea (0-6, 3fs, '45), G O'Brien; K McCarthy (0-2), T Walsh (0-1, mark), S O'Brien.

Subs: D O'Connor (0-1) for McCarthy; T O'Se for Moynihan; J O'Donoghue (0-1) for Walsh; A Spillane for Griffin; C Geaney for O'Brien.

Mayo: D Clarke; C Barrett, B Harrison, K Higgins; S Coen, M Plunkett, D Vaughan; M Ruane (1-1), A O'Shea; F McDonagh (0-1), C Loftus, D O'Connor; K McLoughlin (0-2), J Doherty (0-5, 4fs), J Durcan.

Subs: F Boland (0-1) for Loftus; A Moran for Durcan; L Keegan for Vaughan; C Boyle for Plunkett; R Hennelly for Clarke.

Referee: N Cullen (Fermanagh)



A disappointed Peter Keane pictured following the Kerry team's defeat on Saturday night in Tralee. KBN-33 Yvonne O'Sullivan, Tara O'Donoghue, Kayleigh Breen, Cathy Troth.

**DR. CROKES GAA CLUB SENDS GREETINGS
AND THANKS TO OUR SPONSORS.
WE ARE IMMENSELY GRATEFUL FOR YOUR GENEROUS SUPPORT.**



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Cronin's Butchers

Heineken

Killarney Glass

Willie Ryle Menswear

International Hotel

Victoria House Hotel

Greyline

Killarney Tyre Centre

New Ireland Assurance

The Laurels

Eviston House Hotel

Murray Spellman Insurance & Finance

Charlie Foley's Bar

Gallivan Murphy Hooper Dolan

John Trimble Pandora USA

Killarney Grand Hotel

MoneySense Financial (John Lenihan)

Gleesons Spar

O'Brien Coffey McSweeney

O'Carroll Engineering

Killarney Fruit & Veg Market

Senator Windows

Brian James Menswear

Flesk Restaurant

Ma Nolan's Pub (Nice & Cannes)

Killarney Oils

MP Moran

Rose Hotel Tralee

Outlook Publications

Failte Bar & Restaurant

Arbutus Hotel

Cronin's Restaurant

Mac's Restaurant

FEXCO

Tom Spillane Auctioneer

O CKT Accountants

KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO



Congratulations to Listry's young dancers and musicians who competed at Scor na bPaisti in Fossa last Saturday. They came 3rd in the Set dancing, 2nd in the Grupai Cheoil and 2nd in the Ballad group. Great achievement by all.



Kerry Travel to Roscommon

Last Saturday night was a difficult night in many ways for Kerry Supporters. The weather was dreadful and unfortunately the scoreboard wasn't on our side at the final whistle. Great credit is due to the brilliant supporters who braved the elements and were very vocal in their support of the team. Great credit must also go to both teams who battled hard in torrential rain. Mayo were the better team on the night and our performance was a little on the 'flat' side. Peter Keane and his team have had a very successful league campaign and this loss will serve as a great learning experience for the team as a whole. Peter Keane's focus from the start was the try out lots of players and build a team for the Championship, if we make the final then we are in bonus territory.

The pitch was in brilliant condition last Saturday night and huge thanks is due to Groundsman Ger O'Mahony and the Austin Stack Park Committee. Not only had they the grounds in great condition, they also, for the second time this League, put on a marvellous pre match show. Liam O'Connor yet again had the crowd and some stewards dancing and singing! Our final round game is an away fixture to Roscommon on Sunday at 2pm. A win or a draw is enough to guarantee a place in the Final the following weekend. Galway, Mayo and Tyrone are also all potential finalists. So it is all to play for next Sunday! The team will be announced at 8pm on Friday night on the Kerry GAA website.

Commiserations to Dr Crokes

Last Sunday was a difficult day in Headquarters for Dr Crokes. Corofin were excellent and never allowed Dr Crokes to settle into the game. In the Gaelic Grounds 2 years ago Corofin suffered a harrowing All Ireland semi-final defeat against Dr Crokes, but they haven't lost a Championship encounter on the local, provincial, or national stage since. They have managed the incredible

feat of back to back titles. As Selector Niall O'Callaghan said in the post match interview, it is only a game at the end of the day and not life or death. I have absolutely no doubt that Dr Crokes will come back from this even stronger and far better days await this club.

Kerry Petroleum Club Championship

Congratulations to Knocknagoshel and Tuosist who won their Kerry Petroleum Junior Preliminary Round last Monday. Knocknagoshel overcame Kilgarvan 2-12 to 1-7 and Tuosist overcame Sneem/Derrynane by the bare minimum as the game ended 1-11 to 1-10. Tuosist now go into Group 4 and will be home to Ballyduff in Round 1. Knocknagoshel now go into Group 1 and will host Duagh in Round 1.

Referees News

The Referees Foundation Course will take place in the Centre of Excellence Currans on the 29th March at 8pm. This is open to new referees but also to existing referees who missed the In-Service earlier this year. There are a number of referees officiating in underage games that haven't attended an In-Service course in a number of years and they are urged to attend this course. The Referee's Committee also request that the 10 clubs without Senior active referees nominate someone to attend this course and start refereeing or they run the risk of losing home venue in their last 2 home Senior Credit Union County League games. Also the referees are reminding all clubs that referees are instructed to implement the Mouth guard Rule. There are no exceptions to this rule.

Workshop for Football Coaches working with U 6 and U 8 Teams

On Monday 25th March a Workshop will take place for Coaches working with U 6 and U 8 Teams. This session will take place in Tralee

CBS Secondary School at 7.30pm. This session would also benefit coaches working with U 10 teams. This is going to be a practical workshop and will focus on Games and Activities to help develop and improve all the skills for these age groups. This is a good opportunity for Coaches to add to their existing knowledge and we would encourage clubs to attend. The cost of the workshop is 5 euros per coach.

The Kerry Association in Dublin

The Kerry Association in Dublin has organised a bus from the Gresham hotel in Dublin to Dr Hyde park next weekend. For anybody who would like to book a place, please email info@kerryassociation.ie

Also the Kerry Association's annual dinner, Oíche Chiarraí, this year takes place in Croke Park on Saturday 30th March, where 2019 Kerry Person of the Year, Tomás Garvey, will be honoured. Tickets can be purchased online at www.kerryassociation.ie

Annual County Clean Up

The eighth annual County Clean Up will take place this year on Saturday, 13 April and we are calling on all clubs across the county to take part and help make the county spick and span. Last year, some 5,500 volunteers were out and about on the day with the support of Kerry County Council and KWD Recycling as well as local organisations like Kerry GAA, Kerry IFA and Kerry ICMSA. Colm 'The Gooch' Cooper will again be lending a hand this year to keep Kerry clean!

County Committee Meeting

The next meeting will be held on Monday night March 25th in the Pavilion Austin Stack Park at 8pm. All delegates are asked to attend.



BALLYHAR-FIRIES GAA

COISTE NA NOG

The Firies GAA Coiste Na Nog will hold their annual table quiz on Friday the 22nd at 8.45 in Sheehans Bar Firies. Team of 4 (€40). All support on the night will be greatly appreciated and any money raised will go back into the running of the Coiste Na Nog club for the year ahead.

LOTTO

Last weeks number were 2, 10, 19, 26.

No Jackpot winner

€30 winners were

Bernadette Casey, Roxburo

Connor O'Sullivan, Cul An Bharraigh

Brendan Keogh c/o Frank

Farranfore Maine Valley c/o Jerome

Paudie Cronin, Kilanare

Next weeks Jackpot €9,600 in Hendersons Bar Firies draw will take place Friday night 22nd March. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

MEN'S FOOTBALL FIXTURES

Minor County League Firies Vs Kenamre, Farranfore (Saturday 23rd at 4pm)

Senior County League Firies Vs Listowel, Listowel (Sunday 24th at 2pm)

HURLING FIXTURES

U12 Firies Vs Rathmore, Farranfore (Saturday 23rd at 11am)

LADIES FOOTBALL FIXTURES

U12 Firies vs ISG, Farranfore (Sunday 24rd at 5pm)

BEAUFORT GAA NOTES

LOTTO

Lotto results of Sunday, 17th March for jackpot of €8,000.

Numbers drawn: 4, 16,20,28. No jackpot winner.

CONSOLATION PRIZES

€80 D.D. O'Sullivan, Cullina

€50 Ashley and Fionn Casey, Cromane, Eamonn O'Sullivan, Beaufort Bar, Denis O'Shea, c/o Joan. Next draw for a jackpot of €8,200 will be in Inn Between on Sunday, 31st March.

FIXTURES

Junior men away Austin Stacks, Connolly Park, Sun, 24th, 12 mid-day.

Senior men away Kenmare, Sun, 24th, 3pm. Both games round 2, Co League.

MEMBERSHIP

Club membership is now due. Family, Senior and Under 21 player and Individual gym membership are all €60.

Enquiries to Patie 087 2515311. For Ladies membership, please contact Susan Barrett.

SPA NOTES

Minor Co. League: Spa 8-17 St Michaels Foilmore 4-11

Our minor team played at home against St Michaels Foilmore in the final round of the Co League last Friday. Spa had a very strong first half and with goals from Ryan Kelliher, Michael Horgan and Cian Murphy they led comfortably at half time by 3-10 to 1-3. More goals followed

after the break with Ryan Kelliher hitting a hatrick and Michael Horgan and Oisín Walsh also on target. Spa have topped their group (based on scoring average) and await the outcome of other results to know who their opponents will be for the semi-finals.

Spa Team: Ollie Cremin, Connie Cremin, Matt McAuliffe, Keith Myers (0-1), Michael Kearney (0-1), Diarmuid Cahill, Liam Spillane (0-3), Alan O'Sullivan (0-1), Oisín Walsh (1-0), Ryan Kelliher (4-5), Calum Neher (0-1), Cian Murphy (1-2), Michael Horgan (2-2), Róiri O'Connor (0-1)

UPCOMING FIXTURES

- Senior Co. League Rd2: Spa v Legion next Saturday March 23rd at 4pm (in Spa). This is also doubling up as EK Senior League Rd4

- East Kerry Senior League: Spa v Kilcummin (back game) on March 17th was postponed due to unplayable pitches. Details of refixture tbc. The Girls U12 game v Glenflesk and Senior Ladies v Scartaglin were also postponed due to weather

ST PATRICK'S DAY PARADE

Well done to everyone who took part in the St Patrick's Day Parade - there was a great turnout from our juveniles, parents, coaches and club volunteers.

REGISTRATION MORNING AND OPEN DAY

Everyone is invited to Spa next Saturday morning March 23rd from 10am to 12noon for an Open Day. The clubhouse will be open for everyone to come and see the facilities, including the Sports Hall, new gym, dance hall, meeting rooms and walking track. Our Saturday morning Academy will also be there on the day for any boys or girls that would like to come and take part. Refreshments will be served and registration for all ages - Juvenile and Adult - will be available on the day. (Registration also available online at www.spagaa.com and please note NO registration will be accepted after March 31st)

LOTTO RESULTS

1, 8, 25, 26 - No Winner and €50 Lucky Dips to Jerry Cronin, Chase & Jodie, Timmy Doolan and Batt O'Connor. Next draw on March 18th is at the Arbutus Hotel and the JACKPOT is now €8,400. Tickets at usual outlets or play online at spagaa.com

SPA GEAR

The Spa Merchandise Shop is open on Saturday mornings from 10-11am and has a range of adult and juvenile club gear for sale. For enquiries contact Mathilda on 087 6487356 - and we also aim to have Spa gear available through the website in the coming weeks.

SPORTS HALL & MEETING ROOM HIRE

For bookings and enquiries please contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508

31 CARD DRIVE

Reminder that the FINAL of the 31 Card Drive Championship of Kerry will take place this Friday March 22nd in the Torc Hotel.

SCÓR

Scór na bPáistí: Well done to our Solo Singer and Set Dancers who competed in East Kerry Scór na bPáistí last weekend.

WALKING TRACK

The walking track in Spa will not be open this Thursday night March 21st.

JUVENILE TRAINING

Our ABC, U6, U8 and U10 boys and girls training continues every Saturday morning from 10am. Juvenile registration is ongoing and U6s are free. New members are always welcome. For more information on training times, please contact the Coiste na nÓg Secretary on 0871385612.

GOOD LUCK

Best of luck to Dara Moynihan and the Kerry team and management against Roscommon this Sunday March 24th in Rd 7 of the National League.

EAST KERRY GAA NEWS

By Michael O'Mahony PRO

EAST KERRY GAA SCOR NA PAISTI 2019 FINAL HELD IN FOSSA

Set dancing - 1st Kilcummin, Aibhe O'Sullivan, Ellie Finnegan, Cliona Doolan, Clíodhna Sweeney, Kerri Lenihan, Gavin Cronin, Aaron Buckley, Ronan McCarthy, & Michael Healy, 2nd Spa, Siofra Brosnan, Jess O' Sullivan, Aine O' Sullivan, Ciara O' Sullivan, Dara Brosnan, Diarmuid O'Donovan, Oisín O'Sullivan, & Colm O'Connor, 3rd Listry. Rebecca Howe, Louise Kimmage, Yvonne O'Connell, Ali O' Sullivan, Maria Griffin, Ella Kate O' Halpin, Eilis Tangney & Kate Murphy, Solo singing - 1st Glenflesk, Aibí Ní Chroinin, 2nd Listry, Paddy Tangney, 3rd Kilcummin Ruth Moynihan. Recitation - 1st Glenflesk, Aibí Ní Chroinin, 2nd Firies. Sean Daly, Léiriú - 1st - Glenflesk, Aibí Ní Crnoin, Ali Ní Dhonnechu, Sórcha Ní Dhonnchu, Muireann Ní Ealaithe, Aibí O' Glisain, Ballad Group- 1st Glenflesk, Muireann Ní Ealaithe, 2nd Listry, Paddy Tangney, Eilis Tangney, 3rd Firies Gavin O' Sullivan, Krisopas Griciunas, Meabh Dineen Laura Power & Elita Moynihan. Instrumental Music - 1st Kilcummin, Ryan Sullivan, Michael Healy, Aibhe O' Sullivan, & Noreen O' Sullivan 2nd Listry, Paddy Tangney, Sarah Fitzgerald, Louise Kimmage, John Sexton Sadhbh Mannix, 3rd Firies.

ALL SENIOR CLUB FINAL

Hard luck to Dr Crokes in their defeat over Corofin. Not our day today and we are proud of their achievements all year they back in future

LEGION GAA NOTES

FIXTURES

Saturday 23rd March County League Div 1

Spa v Killarney Legion @4pm

Minors Div 1 County League Sat 23rd March

Austin Stacks v Killarney Legion (Tbc)

RESULTS

Div 1 Minor County League Rd 3

Killarney Legion 1-9

Laune Rangers 2-8

A well fought battle between the sides at Direen, Legion put in a solid team performance with legion going in the stronger side at half time well on top on a scoreline of 1-5 to 0-2.

Second half saw Legion relax which left

Rangers come back into it, Laune Rangers took their scores and at the final whistle saw them win marginally on a final scoreline of 1-09 to 2-08. Well done to both teams on what was a great game of football in tough conditions.

MINOR LADIES COUNTY LEAGUE DIV 2

Castleisland Desmond's 0-14

Killarney Legion 1-10

Tough game for our minor girls today in Castleisland. In harsh conditions Legion played against the wind in the 15 a side encounter and only trailed by 3 pts at half time, having held up very well on the slippery pitch. The second half started with Desmonds getting 2 unanswered points and in heavy rain the Legion girls then traded points and then breached the tough Desmond's defence for a well earned goal. However the half time lead by Desmonds was telling as Legion failed to capitalise on the wind advantage in the driving rain and came up short by 4 pts at the final whistle, on a 0-14 to 1-07 scoreline. A brave and spirited performance by the girls who have two more games to look forward to in their division. Well done to the Management & players.

GOOD LUCK

The club wishes Sean O'Grady success in the launching of his new book 'The wonderful life of a councillor' on Friday the 22nd March @7:30pm at the International Hotel, Killarney. Sean and the O'Grady family have always been great supporters of the Killarney Legion Club & We wish you every success Sean.

JUVENILE ACADEMY

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

REGISTRATION

Registration is open now, if you have not already registered, you can renew online on our website on www.legiongaa.com, deadline is March 31st.

DR. CROKES

SENIOR TEAM

Commiserations to our Senior team and Management who lost out to Corofin in the All Ireland Club Championship at the weekend. It wasn't our day but the Club and Members are so proud of each one of you.

SATURDAY MORNING ACADEMY

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

SENIOR TEAM - 2ND AND 3RD TEAM

TRAINING

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

PROGRESSIVE 31

Progressive 31 takes place every Wednesday in Crokes Clubhouse. It will start at 8pm. You will need to bring money and a partner €5 per person. The last Wednesday for Progressive 31 is 27th of March. It will resume again in October.

CLUB MEMBERSHIP

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

DANCING WITH THE CROKES

Save the Date : March 29th in the INEC #DWTC Tickets now on sale now and are available from the Dancers, Vince Casey Office, Tatler Jack or online at www.drcrokes.com

DEEPEST SYMPATHIES

Deepest Sympathies to the Family of the late Tess O'Carroll. She was Kathleen Brosnan's Mother & Grandmother to Brid Cremin, Karl, Keith, Stefan Mc Mahon and Ashling O'Connor. She also has a number of great-grandchildren playing with the Crokes. RIP

KERRY COUNTY CLEAN UP

The eighth annual County Clean Up will take place this year on Saturday, 13 April and a call has gone to individuals, clubs and communities across the county to take part and help make the county spick and span.

Last year, some 5,500 volunteers were out and about on the day with the support of Kerry County Council and KWD Recycling as well as local organisations like Kerry GAA, Kerry IFA and Kerry ICMSA.

Colm 'The Gooch' Cooper will again be lending a hand this year and is helping to promote the initiative.

The clean up day has grown in numbers year after year.

As a county we are very reliant on our reputation for a clean and litter-free environment and everyone has a role to play.

A record 5,500 volunteers took part in the Kerry County Clean Up in April 2018 which saw 8,000 bags of litter collected, the highest ever tally.

KWD Recycling will again provide clean up packs to clubs which register on www.countycleanup.com and collection points will be designated around the county to ensure that all litter gathered is disposed of.

GNEEVEGUILLA GAA NEWS

Congratulations to Paul Fogarty who won last weeks jackpot of €5,000, numbers drawn were 3,9,11,21. County League result Currow 0 06 Gneeveguilla 1 14. Minor league result Dingle 0 09 Gneeveguilla 2 15. Our annual carnival will take place from 23rd to 25th of August

MILLTOWN/CASTLEMAINE NEWS

31 CARD DRIVE:

TONIGHT @ 8.30!

We had some more new faces at our Progressive 31 Card Drive on Tuesday last.

Why not join us this Tuesday in Nagle Rice Community Centre at 8.30 pm for some great cards - whilst enjoying Barry's Tea and Larkin's Brack! Buateoirí from Tuesday March 12 th were: Card Winners:

1st -Jimmy Boyle + Eileen Roche

2nd -James Mangan + Danny Fitzgerald

Joint 3rd- Padraig Breen & Pat Murphy

Dan McCarthy & Marie Connor

RAFFLE WINNERS:

1st -James Mangan

2nd- Johnny Moriarty

3rd -Brendan Twiss

Comhghairdeas to you all agus míle buíochas for your support.

ST PATRICK'S DAY PARADE:

Well done to all involved in organising this year's St. Patrick's Day Parade. Once again it was very well-organised and much fun was had by the all the participants and spectators.

SCOR NA BPÁSTÍ:

We had a fantastic turn out for our quiz team selection on Wednesday last. Well done to all participants who were presented with medals at the end. Unfortunately, we can only select a team of four with two subs. So our team going forward to represent us on Saturday April 6 th will be Grace, Conor, Sean and Diarmuid. Kate and Abbie will be our subs.

Comhghairdeas do gach duine.

UP COMING FIXTURES:

Sunday 24th: Senior County League: Div 3: Rd

2: MC Senior Vs Listry (Time and Venue TBC)

Senior County League: Div 5A: Rd 2: MC Senior

B Vs Kerins O Rahillys B (Time and Venue TBC)

GAELIC 4 MOTHERS AND OTHERS:

Gaelic 4 Mother's and Others will hold a 'Funday' on this Sunday, March 24 th in Nagle Rice Community Centre(2pm to 4pm)

This is a pre- registration event where there will be fun entertainment in association with Emmett Spring's 'Kingdom Bouncy Castles'. Emmett has very kindly offered his Bouncy Castles free of charge for the afternoon. If you fancy getting out of the house for an hour of fun and exercise, burn a few calories and make new friends. Then come join our club !! Their season starts on Monday April 1st at 8 pm.

Contact their Facebook page for more details- Milltown/Castlemaire Mother's and others.

Let the fun begin !

LAKERS PIPPED AT THE POST

By Eamonn Keogh
 Scotts Lakers Killarney 79
 Sligo All-Stars 81

IN the final league game of the regular season, Scotts Lakers were pipped by a basket against Sligo All-Stars in Killarney Sports Centre last Saturday night. Prior to this match, the Lakers had already qualified for a league semi-final but Sligo were chasing a similar slot and a win was vital for them to have any chance of qualifying. As it transpired their nearest challengers Dublin Lions also won meaning both teams finished joint second in the northern conference with a 17-6 winning record. However Lions had a better overall scoring difference and qualified to play southern conference champions Ballincollig while Scotts Lakers will play northern conference champions DBS Eanna. In the match last Saturday night both sides enjoyed the advantage at various stages. With Papito Hersisia and Sean O'Brien leading the way Scotts Lakers led 9-3 midway through the first quarter.

However Sligo responded well through Tobi Brockmann, Inigo Zabalo and Connor McClenaghan and the visitors enjoyed 19-17 advantage at the end of the first quarter.

Exchanges remained close with Cian Clernon impressing upon his introduction for the home side and a big three-pointer from him levelled matters at 27 points each midway through the second quarter. Cian Lally and Tobi Brockmann kept Sligo in touch but Lakers finished the half stronger with Papito Hersisia and Andrew Fitzgerald dominating under the boards while Cian Clernon and Sean O'Brien added timely three-pointers to help the Killarney side to a 42-36 interval advantage.

Upon the resumption Sligo started well with McClenaghan, O'Reilly and SanMartin helping them to a 42-43 lead after two minutes. Hersisia was the main scoring threat for the Lakers but they had an improved finish to the third quarter with baskets from Cian Clernon and Dailian Mason giving the home side a narrow 56-55 lead entering the final period. The Lakers fell six points down but Sean O'Brien

brought them back and levelled it at 64 each with 6:26 left. However Sligo completely took over with Zabalo and McClenaghan outstanding and they outscored Lakers 13-2 and the visitors enjoyed a 77-66 advantage with three minutes remaining.

It looked all over for Scotts Lakers at this stage but Papito Hersisia, Mark Greene and Sean O'Brien led a late rally. The home side also received a boost when Sligo's Connor McClenaghan fouled out with less than 90 seconds left. Hersisia and O'Brien narrowed the gap to 79-80 with 22 seconds left before SanMartin added a free throw for Sligo. Scotts Lakers still had a chance with a final possession but Sligo defended well and a last gasp effort from Sean O'Brien under intense pressure rolled around the ring and Sligo held on to secure the narrow victory.

Scotts Lakers: Papito Hersisia 35, Sean O'Brien 19, Cian Clernon 14, Dailian Mason 7, Mark Greene 2, Andrew Fitzgerald 2.

Sligo All-Stars: Inigo Zabalo 20, Connor McClenaghan 17, Tobi Brockmann 17, Oisín O'Reilly 12, Cian Lally 9, Jesus SanMartin 6.

League Semi-Final

Scotts Lakers will travel to Dublin this Saturday, March 23rd, to play DBS Eanna in the national league division one semi-final in Colaiste Eanna in Rathfarnham at 5.00 pm. The sides clashed last month at the same venue with the home side enjoying a 103-87 victory. The Lakers had led by ten points at one stage in the first half and were 45-42 in front at half-time. However Eanna took over in the second half with American Joshua Wilson leading the way with outstanding triple double stats of 24 points, 14 assists and 11 rebounds. Stefan Zecevic was equally impressive with 27 points and 14 rebounds while Conor Gallagher chipped in with 18 points and 10 rebounds. Eanna have only lost one league game this season and on that record they will be firm favourites entering this semi-final. However Scotts Lakers have the ability to succeed and team coach Cormac O'Donogue will be looking for

a huge performance from his players. Papito Hersisia enjoyed one of his best games of the season last weekend with 35 points and 14 defensive rebounds and the Lakers will be looking for a similar display from him again this weekend. Sean O'Brien has been one of the best American players in the league this season and is likely to play a very decisive part in this match. Team captain Mark Greene has enjoyed an excellent season overall and is one of the best three-point shooters in the league. Seamus Brosnan, Andrew Fitzgerald, Dailian Mason and Cian Clernon will also have key roles to play in a match that presents an opportunity for promotion to the superleague for the winners. The other semi-final pairing features Ballincollig at home to Dublin Lions and the winners of both games will face each other in the division one league final the following day in Waterford IT Arena on Sunday March 24th at 4.00pm. Clearly the fixture schedulers of this competition could have planned this better and might have benefited with the aid of a map of Ireland for starters! The winners of Sunday's final in Waterford will be promoted to the superleague and the runners-up of that match will face a qualification play-off with a current bottom club superleague team.



Sean O'Brien, Scotts Lakers St. Paul's, scores over Jesus SanMartin, Sligo All-Stars, in the national league division one match in Killarney Sports Centre on Saturday night. Picture: Eamonn Keogh



Andrew Fitzgerald Scotts Lakers St. Paul's, in action against Sligo All-Stars in the national league division one match in Killarney Sports Centre on Saturday night. Picture: Eamonn Keogh



The St. Annes Farranfore underage girls team that played a half-time exhibition game at the Scotts Lakers St. Paul's versus Sligo All-Stars national league division one match in Killarney Sports Centre on Saturday night. Picture: Eamonn Keogh



THANKS FOR THE JOURNEY DR CROKES

By A Hurler on the Ditch

St Patrick's Day was most certainly not a normal day. It was a day of mixed emotion; a day that started full of excitement and anticipation; a day that wended its way through nervousness, worry and eventual disappointment; but a day that rose again, phoenix-like, where the over-riding feeling was of pride and a sense of achievement, albeit without capturing the coveted Andy Merrigan Cup.

The reality is that our lads were beaten by a better team on the day and there can be no complaint about the outcome. Corofin were simply superb and Dr Crokes have had better days. And leaving Croke Park, there was a palpable air of bitter disappointment amongst muintir na Chrócaigh – disappointed for ourselves, but more so for the players and management. It was they, who put in the hard graft, who had braved the cold and wet nights for training, who had put their heads on the block.

And oh, the contrast with 2017, when Johnny and our beloved Amy hoisted Andy Merrigan aloft to rapturous acclaim. Two years on and it was a more silent and sombre exit from GAA headquarters. But is it not this very experience, the balance of tragedy and ecstasy that is the beauty of sport and, in particular, the GAA? It was Corofin's day to celebrate and Dr Crokes' to take it on the chin. The dignity with which the team took the crown in 2017 was echoed again in defeat this year. True sportsmen.

After a bite to eat and perhaps a toddy or two, it was back to the train for the journey home. With a bit of time to reflect and

put this game into perspective, what was expected to be a long mournful journey home turned into an unexpectedly high-spirited return. A session broke out in every carriage and a walk along the train gave a sample of songs from a wide range of genres. And why not? Weren't Dr Crokes All Ireland finalists, Munster Champions, County Champions, County Club Champions, County League Champions and East Kerry Champions – a lot to be high-spirited about. And a lot to be thankful to our senior players for. They have taken us on a long and joyous journey.

On arriving in Killarney, a good gathering of supporters, who got home earlier or who had not made the trip to Dublin were there to greet us. Along with the passengers on the train, they formed a guard of honour and clapped our boys back into the bosom of their own home town. This replicated the applause and cheer that their loyal supporters gave them, as they exited Croke Park after the game.

It was also enriching to meet people from different clubs. Mind you meet them on the field for a game and they would do all in their might to topple Dr Crokes. But it was a true testament to these true GAA people that they were genuine and considerate in their commiserations and appreciated that Dr Crokes were not just representing our own club, but Kerry and indeed Munster. But there is always a small few keyboard warriors, who take the opportunity to kick you when you're down.





I say to them what one of my teacher's drilled into us many moons ago – "easy to criticise, hard to do better" or as President Theodore Roosevelt more eloquently put it

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Dr Crokes are not down nor out. We look forward to a new year of competition, with three teams participating in the Senior County League on Sunday. Disappointed – yes. But very proud and very optimistic for the future. Na Chrócaigh Abú.





SCHOOL BOY/GIRL SOCCER

NO LUCK FOR CELTIC 14'S AS RAIN DECIMATES SCHEDULE

Skechers SFAI 14's Regional Final
Kildimo 3-0 Killarney Celtic
Tom Hayse 14's Cup
Killarney Celtic B 0-8 Park A
Tucker Kelly 16's Cup
Killorglin 4-4 Listowel Celtic AET
Listowel Celtic won 6-5 on penalties
Tralee Trophy World 16 Premier
Killarney Celtic 1-4 Ballyhar
Inter Kenmare 3-6 Camp Juniors
Girls League
12 Girls 1A
Killarney Celtic Green 3-0 MEK Kickers
1B
MEK Starz 6-2 Killarney Athletic
14 Girls Premier
Inter Kenmare 5-0 Fenit

LEAGUE OF IRELAND

15's Athlone 2-1 Kerry
Kerry made the trip to Athlone to open their League of Ireland 15's campaign but came away with a 2-1 defeat. Cianan Cooney got the Kerry goal with the team also having two goals disallowed. Athlone got the winner with 15 minutes to go. The Kerry management, while disappointed, will take a lot of positives from this game where 19 players made their seasonal debuts. They will be at home to Cobh Ramblers next week with the game in the KDL kicking off at 1pm. Cobh went down 4-0 to Galway in their opener.

The 13's home game against the same opposition was postponed and they will now open their campaign away to Cobh Ramblers on Saturday. The game takes place on the Carrigiline All Weather from 2pm.

REPORTS

KILLARNEY CELTIC 14'S NATIONAL CUP ADVENTURE IS OVER

While Killarney Celtic will be a little disappointed that they could not end their Skechers National Cup campaign with a win they will still look back on a good campaign.

They reached the last 32 of the competition and then beat Shannon Town to reach the 14's decider. They took on a good Kildimo United side on the UL All Weather. The Desmond League had knocked out Aisling Annacotty and Ennis to reach this final. And Kildimo did all the damage in the first half with Ciaran McMahon hitting two early goals. Celtic were finding it difficult to create any opportunities of their own and with 10 minutes to go to the break McMahon completed his hat trick. The Killarney side never gave up trying and in the second half had a few half chances but Kildimo held out to become the first team from the South West Region to win the 14's Regional title.

Park 15's the Last Team Standing: This leaves St Brendan's Park's 15's as the last Kerry side left in National Cup action. They have had a fabulous run to reach the Last 4 where they will welcome Stella Marris from Dublin to Tralee.

While a number of the Park players from this side have now moved onto the Kerry 15's League of Ireland they showed that the u14's that they can call on will not weaken the side. They proved this with the win over Kells /Blackwater in the Last 8. No side will look forward to coming to Christy Leahy Park with the big game scheduled for the first week of April.

PARK AND LISTOWEL CELTIC THROUGH IN 14'S AND 16'S CUP

The Park A as expected were too strong for Killarney Celtic B in the Tom Hayes 14's Cup. Goals from man of the match Dylan Hobbart, Venus Jahiri, Darren Cunnane, Jamie O'Shea, Callum O'Sullivan, Odran Ferris, Noah Townsend and Obina Izahi sees the Tralee side set up a home quarter final against Listowel Celtic.

The other sides left in the Last 8 are Inter Kenmare who will play the winner of LB Rovers and Dingle Bay, Killarney Athletic who are at home to Killorglin A and Mastergeeha welcome Iveragh United to Kilbrean Park.

There was a cracker in the Tucker Kelly 16's Cup where it took a sudden death penalty shoot-out to separate the sides. Callum Russell hit a hat trick and Dylan Moriarty one for Killorglin with Chris McQuaid and Dylan Quinn getting two each for Listowel Celtic as the game ended 4-4 after extra time.

Both sides missed on of their 5 penalties and then scored the first in sudden death. However Listowel Celtic keeper Jack Moloney became the hero as he saved Killorglin's next penalty and Cathal McElliggott showed great coolness to score his spot kick and wrap up the win.

Listowel Celtic will play Ballyhar in the Last 8 with the other ties being Park versus Iveragh United, Camp Juniors welcoming Inter Kenmare and

Killarney Athletic at home to the Park B.

LEADERS WIN IN THE 16 PREMIER

Camp Juniors have extended their lead to 6 points at the top of the Tralee Trophy World 16 Premier division. This came after their 6-3 away win at Inter Kenmare. Maurice O'Connell hit 4 with Thomas O'Donnell and Cian Cronin getting the other goals. Campo were 4-0 up at half time but Inter put in a great effort in the second half and had goals from Aidan Crowley, John McCarthy and Caleb Brosnan.

Ballyhar defeated Killarney Celtic at Celtic Park 4-1 to move up to joint second place in the Tralee Trophy World 16 Premier. Aaron O'Shea hit three for Ballyhar with Peter Cosgrave getting the fourth. Cian McMahon replied for Killarney Celtic. Ballyhar are now up to second place and are three points ahead of The Park but do have more games played than the Tralee side.

Girls League action on Bank Holiday Monday:

The Girls action this weekend took place on Bank Holiday Monday. In the 12's 1A Killarney Celtic Green defeated MEK Kickers 3-0. Jessica Leggatte hit two and Hannah Casey the other goal for Celtic who had Kate Murphy as their best player. MEK Kickers Kate Murphy had a great game in goals with Yvonne Carroll and Micheala Flynn also impressing.

In 1B MEK Starz proved a little too strong for a young Killarney Athletic side who battle hard all game. On the score-sheet for MEK were Keeva Riordan, Hooly Barrett, Emily Buckley and Avril Rooney.

In the 14 Premier a strong second half saw second placed Inter Kenmare close the gap on leaders Killarney Celtic Green. Inter are now 6 points behind the hoops but do have a game in hand. Inter led 1-0 at the break but added 4 unanswered in the second half with Tara Desmond 2, Chloe Cremin, Tamara Nikic and Laoise Carey the scorers.

KENNEDY CUP SQUAD NAMED

The Kennedy Cup 2019 will unusually run from Tuesday to Saturday due to the Republic of Ireland's Euro qualifier on the Monday. The tournament in UL is only 85 days away and begins on June 11th.

Kerry are second seeds and have been drawn in Group 5 with last year's runners up Kildare and District Underage League, Clare and Limerick County.

In a chance to the Group format Kerry will open against Limerick County and then take on Clare with their final Group game against KDUL.

Head Coach Robin O'Day and assistant Noel White have selected the following squad for the tournament: Calvin O'Sullivan, Luke O'Neill, Shay O'Meara and Timothy Moynihan from Killarney Celtic, the St Brendan's Park players Obina Tswakayi, Odhran Ferris, Ray McGrath and Richard Healy, the Listowel Celtic duo of Cormac Dillon and Shane Horgan and Iveragh United's Donagh O'Sullivan and Oisin Breen.

Inter Kenmare are represented by Sean Treyvaud and Yago Cornide, Killarney Athletic by Alex Hennigan and Maidchi Lynch with Hugh Lenihan (Mastergeeha), Alex Hoare (Tralee Dynamos), John Burke (Killorglin) and Sam Buckley (MEK) completing the squad.

Kerry continued their build-up to the tournament with a 1-1 draw against West Cork with Oisín Breen on the mark for the county.

Killarney Celtic

U16 PREMIER

Killarney Celtic 1, Ballyhar 4, Cian McMahon
U14 Regional Cup Final
Kildimo 3, Killarney Celtic 0
U14 Cup
Killarney Celtic B 0, Park A 8

GIRLS U12

Killarney Celtic (Green) 3, Mek Kickers 0
Jessica Leggate (2), Hannah Casey got the goals as the green team opened the 2nd phase of the league

CELTIC LOTTO

Numbers drawn 6,11,19,22. No jackpot winner. 3 receive €50, next jackpot €5,00.

Many thanks to all who gave of their time to help prepare our float for St Patrick's Day and many thanks to all from the youngest to the oldest who were involved on the day.

FIXTURES

Friday Mar 22 Youths League
Killarney Celtic home to Killarney Athletic 7.30pm
Sunday Mar 24, Premier A

Killarney Celtic A away to Tralee Dynamos 11.30am, Monday Mar 25 U17 League
Killarney Celtic home to Mastergeeha 7.30pm
Condolences to McMahon family following the recent passing of Tess.

Congrats to Calvin O'Sullivan, Timmy Moynihan, Shay O'Meara and Luke O'Neill who have been selected on the Kennedy Cup squad.

KILLARNEY ATHLETIC A.F.C.

ST PATRICK'S DAY PARADE

Huge Thank you to everyone who turned out on a cold day to take part in our St Patrick's Day Parade a special Thanks to Donie & Marie Murphy for preparing the float and Thanks to M D O'Shea's for providing the float.

RESULTS

Greyhound Bar KO Cup 2nd Round
Killarney Athletic 3 Asdee Rovers 0
Scorers Ryan Casey 1 & Lukasz Polak 2
Kerry SchoolBoys/Girls

FIXTURES

Thursday, 21st March
Under 12 Premier
Killarney Celtic v Killarney Athletic 6.00pm

FIXTURES

Saturday, 23rd March
Under 11
Listowel v Killarney Athletic 11.00
Under 13 JJ Naughton Cup
Killarney Athletic B v Listowel Celtic A 11.00am
Killarney Athletic A v Mastergeeha A 12.30pm
Under 15 Healy Family Cup
Killarney Athletic v Kenmare 1.45pm
Denny Under 17 League
Killarney Athletic v Castleisland A.F.C. 2.00pm
Friday 22nd March
Denny Youth League
Killarney Celtic v Killarney Athletic 7.30pm
Senior Fixtures
Sunday 24th March
Denny Premier A
Killarney Athletic v Fenit Samphires 11.30am
Denny Division 1 B
Killorglin A.F.C. B v Killarney Athletic B 11.30am

CONTACT

If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com. Please check the website on www.killarneyathletic.com or Facebook for match reports, club information and contact details.



Huge support for World Down Syndrome Day at the Cahernane Hotel Coffee Morning on Thursday. PICTURE: MARIE CARROLL O'SULLIVAN

Tadhg's Big Day

Baby Tadhg O'Leary, pictured on his christening day with his Mum Claire, Dad Danny, big brother Andy, family & friends. Picture Marie Carroll-O'Sullivan



Celebrating St Patrick's Day at Clearway Montessori were L-R Holly Shevlin, Olie Pyne & Sarah Crowley. Picture Marie Carroll-O'Sullivan 087 391 4808



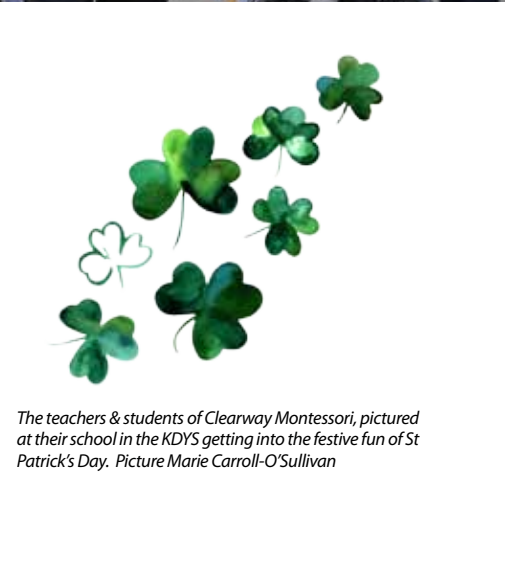
Cathal Mackie, Raheen Circus Group, at St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade. PHOTO: VALERIE O'SULLIVAN



Killarney Order of Malta, taking part in St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade. Photo: Valerie O'Sullivan



Meet the Judges... Yvonne Quill, left, Cathal Walshe, and Danielle Favier, a very hard task judging the St Patrick's Festival Parade Killarney, on Sunday, the theme of this years parade was 'the circus'. Thousands lined the streets of Killarney for the parade. Photo: Valerie O'Sullivan



The teachers & students of Clearway Montessori, pictured at their school in the KDYS getting into the festive fun of St Patrick's Day. Picture Marie Carroll-O'Sullivan

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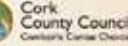


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How to claim if you are a PAYE taxpayer

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How to claim if you are self-assessed

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WATERFORD GREENWAY LECTURE


Date: Tuesday, 26th March 2019
Time: Lecture starts at 6:30pm sharp. Refreshments beforehand.
Venue: Sólás Building, North Campus, Institute of Technology, Tralee.
Free: Admission is free. Everybody is welcome to attend.

Synopsis: The Waterford Greenway is a spectacular off-road cycling trail between Waterford City and Dungarvan. It opened in March 2017, on what was originally the Mallow/Waterford railway line. The Waterford Greenway features 11 bridges, three viaducts and a 400 - metre tunnel and runs between the city of Waterford, Mount Congreve, Kilmeaden, KilmacdThomas, and Dungarvan, and passes along part of the Copper Coast. At 46km, it is Ireland's longest greenway. This Presentation will outline the development of the "Déise Greenway" from conception to completion addressing appraisal of concept, design, approvals and obstacles (including Engineering challenges), the funding model and the outcome.

Speaker: Paul Daly. Paul works as a Project Delivery Manager with Roughan & O'Donovan Consulting Engineers. He previously worked as Director of Services for Roads, HR, Fire and Emergency Services in Waterford City and County Council.

FOR MORE INFORMATION CONTACT:

George McMahon
Chair, An Ríocht region of Engineers Ireland
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Ed 33 2019

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TODAY IS WORLD WATER DAY

March 22nd each year is global World Water Day. Officially assigned in 1993 by the United Nations General Assembly, it is a means of focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources. The theme in 2019 is 'Leaving no one behind'.

When the 2030 Agenda was adopted in 2015 by the UN, all countries and stakeholders set out an ambitious agenda envisaging a world free of poverty, hunger and disease. A world where all life can thrive and where no one is left behind. But today, billions of people are still living without safe water – their households, schools, workplaces, farms and factories struggling to survive and thrive. Marginalized groups – women, children, refugees, indigenous peoples, disabled people and many others – are often overlooked, and sometimes face discrimination, as they try to access and manage the safe water they need. This World Water Day is about tackling the water crisis by addressing the reasons why so many people are being left behind.

CREATE A LOVE OF READING

It's never too early to start reading to your baby. Take a book with big, clear pictures of animals and read it to your children. Point to each animal, say its name and mimic the voice it makes. For example, point to the cow and say "moo," point to the dog and say "ruff ruff," and continue to do so with the other animals. Reading is an excellent activity that exposes your baby to new things and develops their ability to connect sounds to visual images.

DID YOU KNOW?

Fabric softener damages the fibres in towels and creates a layer on top of the material which will prevent the towel from absorbing water as easily. It also means your towels will get rough more quickly, since the fibres are damaged. If you want to add a nice scent to your towels, go for a natural fabric softener from a nature shop. Drying them in the tumble dryer seems to make them nice and soft, but it actually causes them to absorb water less easily. They also get damaged quicker this way, which means you'll have to buy new ones sooner. You're better off drying them outside in the wind. The movement of them waving in the wind will cause them to remain soft. If you really want to dry them in the dryer, put it on the coldest setting.

A HEAVENLY JOB REFERENCE

Betty Tenney used to work as a nurse's aide in a hospital, where she befriended an elderly

patient. They shared stories and jokes – Betty even revealed her lifelong dream of being an illustrator and one day as they were discussing accommodation she mentioned her own furniture was shabby and the patient said "Maybe one day a good leprechaun will come and help you." Soon afterward, she passed away. A couple of days later, there was a knock on Betty's door. It was the patient's son with a truckload of furniture for her. It had belonged to his mother, and she wanted Betty to have it. Then he handed her a note saying: "Betty, I promise to put in a good word for you in Heaven so you can get the job you've always wanted." Just three months later, she got an illustrating job. Her friend had kept her promise.

RARE CONDITION CAUSES CAT'S FUR TO GO FROM BLACK TO ALMOST COMPLETELY WHITE IN JUST ONE YEAR

Vitiligo, a condition that causes the loss of skin colour in blotches, affects around 1% of humans and is even rarer in animals. Elli, one of the few known cats suffering from Vitiligo, was born with a mostly black coat, but just one year after being diagnosed with this mysterious condition, her fur is almost completely white.

Nicole, the cat's owner, found Elli and her sister on a farm in Germany, when they were only four-month kittens. They were both in poor shape and in desperate need of medical attention, so Nicole adopted them and nursed them back to health. Both cats were black with white spots on their chests, which made them look like they were wearing fur tuxedos, but one day, Elli's tux started losing its colour. It was just a tiny white spot at first, but as months went by, her black coat turned into a black and white mosaic.

Over the next few months, more small white spots appeared on the cat's black coat, so Nicole took her to the vet to find out what was going on. She was surprised to learn that Elli was suffering from Vitiligo, but luckily the effect is purely aesthetic, so it doesn't bother the cat one bit and despite the radical change of colour, Elli is a healthy, happy and very playful pet.



ON THIS DATE - MARCH 22ND

1969 - Sean Dunphy topped the Irish charts with The Lonely Woods of Upton.

1972 - The US Senate had passed the Equal Rights Amendment (for women) and sent it to the States for ratification by March 22nd, but it fell short of the three-fourths approval needed.

1981 - Raymond McCreesh and Patsy O'Hara

began their Hunger strike in the H Blocks of Long Kesh Prison for Political Status for their comrades.

1983 - Belfast-born and Dublin-educated Chaim Herzog was elected president of Israel.

1992 - The People's Socialist Republic of Albania, was disbanded on this day. In the first parliamentary elections (held on the same day) the 'Democratic Party of Albania' won 92 seats out of 140.

1995 - Russian cosmonaut and Medical Doctor Valeri Vladimirovich Polyakov returned to Earth after staying in Space for 14 Months.

1998 - Sonia O'Sullivan won her second gold medal at the World Cross-Country Championships held in Marrakech, Ethiopia.

2000 - Over 2,000 student nurses walked out of hospital wards and lecture halls in a protest over tuition fees.

2001 - The Government declared a national emergency in a bid to contain the Republic of Ireland's first foot and mouth outbreak in 60 years.

2002 - A 43-year-old woman living in Great Britain who was paralysed from the neck down and kept alive for more than a year on a ventilator won the right to have her life support switched off so she could "die with dignity".

A SWIMSUIT NOT TO BE WORN IN A SWIMMING POOL

The first thing you expect to be able to do when buying a swimsuit is swim in it, but that doesn't apply to the Gucci Logo Swimsuit, a €340 designer swimsuit that the company specifically stated should not come into contact with chlorine. The high-end one-piece swimsuit featured Gucci's iconic logo across the bust, cross-over straps, and had a vintage air to it. But since it's made of 80% and 20% elastane, two materials that just don't get along with chlorine, you wouldn't have wanted to be caught anywhere near a pool in this swimsuit.

By last September the swimsuit was sold out by all its online and most of its High Street stockists and apparently was on display far more at poolside's than beaches, which just goes to show that a brand name is more important than functionality by people with more money than sense.

ZEPPELINS CAUSED A SAUSAGE BAN IN GERMANY

Zeppelin airships were a key weapon for the Germans during the 1914 to 1918 war but production placed a huge demand on cow guts, used to make gas holding cells. In order to manufacture the gas-holding bladders used in dirigibles, enormous amounts of cow intestines were needed and to ensure they could meet the war's demand, Germany and the countries it occupied were forced to halt all production of sausages. Nearly a quarter-million cows went into each Zeppelin and Military police were sent out to butcher shops, demanding the intestines of every cow in Austria, Poland, Northern France, and Germany.

PRIVATE CLASSIFIEDS - COST: Up to 10 words €5 | BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20

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BUSINESS

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ED 13, 2019

DANCE - HERITAGE CENTRE SCARTAGLIN

- Sunday 24 th March : P J Murrhy Band. Sunday 31st March : Dermot & Irene Ring . Sunday 7 th April : Neily o Connor. Sunday 14th April : Michael Collins Dancing - 9 to 11.30. Adm. €10 Free Draw on door ticket - **Tel 087- 9735113**

ED 17, 2019

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ED 12, 2019

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ED 12, 2019

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Killarney and surrounding areas from June 28th and July for 2/3/4 weeks for Spanish and Russian kids. Host families need kids from age 10 up. Weekly allowance paid. OPEN DAY in Manor West Hotel on 26th March from 4-7.30pm. Call into us for further information.

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ED 13, 2019

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ED 12, 2019

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A Word of Victory



Welcome back dear reader continuing on the Holy Spirit, Who is also our Counsellor. No-one gives counsel like Him. It's great to get help with issues from a counsellor or friend, or, if you have legal problems, you get counsel from your Solicitor, but the counsel the Holy Spirit gives goes way deeper than human wisdom. When a person repents of sin and confesses Jesus the Son of God as Lord, the Holy Spirit comes and lives inside of you and your human spirit is re-created and re-connected with God. You are changed (or born again as Jesus put it in John chapter 3) and have access, as a child of God born of the Spirit, to the Father and all His resources. In Jeremiah 33:3 God tells us that when we call upon Him, He will show us great and mighty things which we have not known. As we get to know the Lord through reading His Word and meditating on it, the Holy Spirit reveals God's truths into our spirit and transformation occurs within us. So where previously a person maybe was beset by terrible fears, as he or she learns what God promises in the Bible, that fear is driven out when they realise that God loves them and that He is for them so who can be against them? (Romans 8:31; 1st John 4:18) Do you know that God is for you friend? You may be for one football team and me for another - but God is for us! He is for you and not against you! You may not like where your life is right now, but circumstances are subject to change. It is pointless for you to do the same thing you have always done and expect different results. Call upon the Lord Jesus and ask Him to come into your life and heal you and He will forgive you of your sins (Romans 10:9). Holy Spirit will lead you and guide you (Romans 8:14), and you will begin to get to know God as the Good Father He is, and you will make better decisions based on God's wisdom founded upon His Love for you. 'You will hear a voice behind you saying this is the way walk in it whether to the right or to the left' (Isaiah 30:21). Receive the Spirit of God and be victorious!

See more on wordofvictory.net

More next week...

@WOVKillarney



E: wovkillarney@gmail.com - T: 064-6622950 - wordofvictory.net

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HEALING FROM BETRAYAL



**SouthWest
Counselling Centre**

This week we examine how to heal when trust is broken, or when betrayal happens. There are examples throughout history and in every religious script of serious betrayals, and many great pieces of literature contain betrayal as the main story. This occurs between individuals, e.g. Jesus and Judas; between countries, too many to mention and between religions e.g. Hindu and Muslim. So we all have a clear picture of what happens when betrayal occurs but how do we recover or heal from betrayal. For most of us this is not so easy to do, especially if it has happened in our lives more than once, or if the same situation or person keeps hurting us.

Everyone is different, so any guidelines for how to heal or forgive when betrayal has happened must fit for you, there is no one size fits all. Research in restorative justice, which means what justice helps the person wronged heal, and the person who has done wrong learn and accept the consequences in the most constructive way, has shown that some key steps or issues must be addressed. These steps are quite helpful to think of in terms of healing in relationships as well.

- The person who has betrayed or broken trust must acknowledge her behaviour has caused hurt or pain directly to the hurt person
- The hurt or wronged person must face this person that hurt him and say what the effect of those actions has had on him
- Sorry is a good start, but not enough, the person has to actively say what he is going to work on to do things differently in the future, and where or what help she will seek to ensure that this does not keep happening
- The person who betrayed or hurt has to ask the person what will help to make it better as well, and accept whatever the wronged person asks for, within reason of course.

Now all of this sounds quite ideal, if not a bit confusing, but these are steps to start not end with. Good communication is the key, and a hurtful situation can be the opportunity to change a pattern.

Often the person who caused the hurt is no longer in our life, and then a way to begin the healing process is to imagine or actually write that person a letter, telling him or her all the pain it caused, then imagine or actually write a letter to yourself from that person asking for forgiveness.

By forgiving others we start to heal ourselves.

"To err is human, to forgive divine"

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

Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com.

To make an appointment call: 064 6636416/064 6636100
SouthWest Counselling Centre is a not-for-profit organization.
All funds raised through fundraising go directly to service provision.



On the box

Killarney Outlooks

weekly soap column

self-confessed Soap addict, Joe Burkett takes a look at what's in store in the soaps this week

EASTENDERS SPRING PREVIEW

Sean Slater will arrive back and quickly become involved in his mother Jean Slaters cancer story. He's also got some scores to settle with Jack Branning, will he snatch Amy Branning? Ben Mitchell returns to the Square with Lola Pearce and their daughter Lexie Mitchell. They are hiding a big secret, what is it? Phil and Sharon Mitchell will fight to keep their family safe as Sharon assaults a drug dealer who is targeting her son Denny Rickman while Phil's enemies from Spain are coming to get him. Will Louise Mitchell be kidnapped? Ruby Allen will face her rapist in court, a new family arrive in Walford as Karen Taylor and Mitch Barker's daughter Chantelle Atkins moves in with her husband and daughters and Bex Fowler and Kush Kazemi share a kiss.

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr,
You who quickly brings things to pass
You who never delays, I come to you in need:
(Clearly express what you want and ask him
to find a way to get it to you)
Do this for me, Saint Expedite, and when it is
accomplished, I will as rapidly reply with an
offering to you (State your vow or promise)
Be quick. Saint Expedite!
Grant my wish before your candle burns out
and I will glorify your name
Amen. Thank you St. Expedite for answering
my request. I promise publication to spread
your devotion.
For anyone in need say this prayer and your
request will be granted. Thank you for favours
received. Amen. X

NOVENA TO ST JUDE

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

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything
and show me the way to reach my ideal.
You give me the divine gift to forgive and
forget the wrong that is done to me and who are
in all instance of my life with me.
In this short dialogue I want to thank you for
everything and confirm once more that I never
want to be separated from you no matter how
great the material desires may be. I want to be
with you and my loved ones in your perpetual
Glory. Amen. (Say this prayer three consecutive
days without stating the request, after the third
day the request will be granted no matter how
difficult it may be. Promise to publish this as
soon as your request is granted.
In thanksgiving.

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)

THE MIRACLE PRAYER

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

THE MIRACLE PRAYER

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

PRAYER TO ST. THERESE

O glorious Saint Therese, whom Almighty God has
raised up to aid and counsel mankind, I implore
your Miraculous Intercession.
So powerful are you in obtaining every need of
body and soul our Holy Mother Church proclaims
you a "Prodigy of Miracles...the Greatest Saint of
Modern Times." Now I fervently beseech you to
answer my petition (mention here) and to carry out
your promises of spending Heaven doing good upon
the earth... of letting fall from Heaven a Shower of
Roses. Henceforth, dear Little Flower, I will fulfill
your plea "to be made known everywhere" and I
will never cease to lead others to Jesus through you.
Amen. Say the above for 9 days and you will receive
a flower or a rose in some form during or after
9 days as an indication that your request will be
granted.

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr,
You who quickly brings things to pass
You who never delays, I come to you in need:
(Clearly express what you want and ask him to
find a way to get it to you)
Do this for me, Saint Expedite, and when it is
accomplished, I will as rapidly reply with an
offering to you (State your vow or promise)
Be quick. Saint Expedite!
Grant my wish before your candle burns out and
I will glorify your name
Amen. Thank you St. Expedite for answering my
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For anyone in need say this prayer and your
request will be granted. Thank you for favours
received. Amen.

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

NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great, so
strong, so prompt before the throne of God, I place
in you all my interests and desires.
O Saint Joseph, assist me by your powerful
intercession and obtain for me from your Divine Son
all spiritual blessings through Jesus Christ, Our Lord;
so that having engaged here below your heavenly
power, I may offer my thanksgiving and homage to
the most loving of Fathers.
O Saint Joseph, I never weary contemplating you
and Jesus asleep in your arms; I dare not approach
while He reposes near your heart. Press Him in my
name and kiss His fine head for me, and ask Him to
return the Kiss when I draw my dying breath. Amen

PRAYER TO OUR LADY OF MOUNT CARMEL

Oh, most beautiful flower of Mount Carmel,
fruitful vine, splendor of Heaven.
Oh, Blessed Mother of the Son of God;
Immaculate Virgin, assist me in my
necessity. Oh, Star of the Sea, help me and
show me you are my Mother.
Oh, Holy Mary, Mother of God, Queen of
Heaven and Earth, I humbly beseech you
from the bottom of my heart to succor me
in my necessity. (Mention your request
here) There are none that can
withstand your power.
Oh, Mary, conceived without sin, pray for us
who have recourse to thee.
(say three times).
Holy Mary, I place this prayer in your hands.
(say three times).

NOVENA TO THE SACRED HEART

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

10TH & 24TH ANNIVERSARY

IN LOVING MEMORY OF

JOHN R & SIOBHAN (JOAN) O'DONOGHUE



CURREAL, GLENFLESK,
KILLARNEY
WHO DIED ON 26TH
FEBRUARY 1995
& 23RD MARCH 2009

*No matter how life changes,
No matter what we do,
A special place within our hearts
Is always kept for you.*

ALWAYS REMEMBERED BY
YOUR LOVING FAMILY.

POWERFUL NOVENA OF CHILDLIKE CONFIDENCE

(This Novena is to be said at the time time
every hour for nine consecutive hours - just
one day)
O Jesus, Who hast said, ask and you shall
receive, seek and you shall find, knock and
it shall be opened to you, through the
intercession of Mary, Thy most Holy Mother, I
knock, I seek, I ask that my prayer be granted.
(Make your request)
O Jesus, Who hast said, all that you ask of the
Father in My Name, He will grant you through
the intercession of Mary, Thy Most Holy
Mother, I humbly and urgently ask Thy Father
in Thy Name that my prayer be granted.
(Make your request)
O Jesus, Who hast said, 'Heaven and earth
shall pass away but My word shall not pass'
through the intercession of Mary, Thy Most
Holy Mother, I feel confident that my prayer
will be granted.
(Make your request)

GRATEFUL THANKS

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

dancing with the crokes



Friday 29th March 2019
Live @ INEC

Doors Open: 7.00pm Show Starts: 8.00pm

Adults €20 Child: €10

Proceeds to Team Training Fund

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