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 RUN ALL NIGHT (15A) 130m 7 Days 6:20	 SECOND BEST EXOTIC MARIGOLD HOTEL (PG) 130m Sat-Thurs 4:10	 FOCUS (15A) 115m 7 Days 9:00	
 SHAUN THE SHEEP MOVIE (G) 95m Sat-Thurs 2:10	 BIG HERO 6 (G) 105m Sat-Thurs 2:10 4:10	KIDS CINE CLUB Sat 28th & Sun 29th March SHAUN THE SHEEP (G) 95m 12:10 PENGUINS OF MADAGASCAR (PG) 100m 12:15 BIG HERO 6 (G) 105m 12:10 PADDINGTON BEAR (G) 105m 12:10	

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ITS OFFICIAL.... KILLARNEY IS IRELAND'S TOP DESTINATION



LOCAL HOTELIERS AND BUSINESSES CELEBRATE THE NEWS OF KILLARNEY REACHING NO.1 DESTINATION IN IRELAND BY TRIPADVISOR. PICTURED AT THE KILLARNEY AVENUE HOTEL WERE L-R PAUL O'NEILL, VICE PRESIDENT KILLARNEY CHAMBER OF TOURISM AND COMMERCE, SIOBHAN LINEHAN, KATE O'LEARY (PRESIDENT KILLARNEY CHAMBER OF COMMERCE), MAYOR JOHN JOE CULLOTY, DECLAN MURPHY, TOURISM IRELAND, MARIE CHAWKE, AINE O'DONOGHUE & JOAN COUNIHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Killarney has been awarded the top destination in Ireland by the Trip Advisor "Travellers Choice" awards 2015 beating Dublin to the premier spot. The town is also the only Irish town in the top 25 European cities to visit.

President of the Chamber of Tourism and Commerce Kate O'Leary told the Killarney Outlook "the nomination of Killarney as the best town in Ireland to visit and being the only Irish town in the top 25 European cities to visit is a wonderful accolade for the people of Killarney. There are generations who have worked tirelessly to enhance the experience for our visitors, maintaining and improving

not only the town of Killarney but all of the wonderful lakes, parklands and mountains that we are surrounded by.

Every year we see improvements, new walks, events, festivals, civic enhancements, new businesses and awards and of course our high ranking in tidest towns of Ireland As well as all of the wonderful places and things we have in Killarney our warmth and welcome sets us apart.

Local Mayor John Joe Culloty told the Killarney Outlook that the town is well deserving of this accolade. "It is a combination of the hard work and effort put in by all those living and working

in the town that has won us this award, he said. Adding "the standard of facilities and establishments in Killarney is second to none and this achievement proves that. It is hard work that has gained us this top award and everyone in the town should be very proud".

The award was gained after Killarney received over 57,000 positive reviews on the sites rating system, with visitors praising the scenery, location, landmarks, and accommodation among others. Visitors to the town submitted nearly five thousand pictures of local landmarks, including St. Marys Cathedral, the Franciscan Friary, Ross Castle, and Muckross Abbey, as well as images of the famous scenery around the town and surrounding areas.

Trip advisor is one of the world's largest tourism agencies, offering bookings and reviews of over one and a half million destinations and hotels worldwide. This Accolade coincides with the on going work of several new projects in the town related to tourism, such as the refurbishment of Killarney house, which is to be added to the Killarney heritage trail. Killarney are joined on the list by Dingle who attained the number 3 spot and Tralee at number 10.



LAUNCH OF NATHAN'S WALK

The Launch of Nathans Walk/Darkness into Light 2015 will take place on Tuesday night next, March 31st at The Porterhouse on Plunkett Street in Killarney. Kieran Brady, Director of Fundraising at Pieta House will launch the walk at 6.30pm. Taking place on Saturday, 9th of May, Darkness into Light is a unique, early morning fundraising event which begins in darkness at 4.15am as thousands of people walk or run a 5km route while dawn is breaking. This year the walk will depart from the Killarney Racecourse on Ross Road.

The Darkness into Light will take place in 80 locations in Ireland and abroad including in England, Scotland, Canada, the US and Australia. In Kerry, the event will take place in Killarney and also for the first time in Listowel and Dingle.

Registration and route information for Darkness into Light is available now at dil.pieta.ie and all are welcome to attend the launch in Killarney. The walk is organised every year by Nathan's family.



THE LATE NATHAN CARROLL

IT'S DAFFODIL DAY.... DON'T FORGET TO SUPPORT THE IRISH CANCER SOCIETY TODAY

Today, Friday March 27th is daffodil day in aid of The Irish Cancer Society and you can support this worthy cause in so many ways.

You can purchase fresh daffodils or daffodil pins from any of the official collectors that will be positioned around the town, you can offer up an hour of your time to help out or you can call

to the offices of Killarney Outlook where you can purchase Irish Cancer Society merchandise like mugs, tea-towels, notelets and keyrings.

All proceeds from the day will go towards the vital fundraising that the society undertakes. Their ambitions target this year is €3.5 million.



SADHBH STACK AND RHEA O'SULLIVAN HAVING FUN IN THE DAFFODILS AT MICHAEL O'SHEA'S FARM IN CLEENEY. PICTURE MARIE CARROLL-O'SULLIVAN. 087-3914808.



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CULINARY GREATS COME TOGETHER FOR KILLARNEY FESTIVAL OF MUSIC & FOOD



Killarney will welcome eight of Ireland's finest Michelin Star and celebrity chefs at The Killarney Festival of Music & Food at Killarney House Demesne on 27 & 28 June.

The Food & Wine Magazine Village, hosted by Norah Casey was launched at the Killarney Avenue Hotel on Tuesday evening.

Derry Clarke (L'Ecrivain, Dublin), Ross Lewis (Chapter One, Dublin) and JP McMahon (EatGalway Restaurant Group, which comprises Aniar, Cava Boedga, and Eat Gastropub), will join Clodagh McKenna (Clodagh's Kitchen, Dublin), Sunil Ghai (Ananda Restaurant), Noel Enright (The Lake Hotel, Killarney); Paul Treyvaud (Treyvauds, Killarney); Catherine Fulvio (Ballyknocken House) in the Chef's Kitchen where they will show food lovers how to prepare delicious mouth-watering dishes using locally produced, seasonal ingredients from Kerry.

The Killarney Festival Food Village will be an extensive showcase of wine and food not only for the region of Kerry but for Ireland as a whole. It will feature well established restaurants from around Ireland, local artisan food producers including Ring of Kerry Lamb, Ballinskelligs Duck, Hulberts Fine Food, Lizzy's Little Kitchen, O'Brien's Farmhouse Cheese, Sasta Sausages, Killarney Toffee, Valentia Island Dairy and Ballyhar Farm Produce including organic Kerry Rose Veal & Cow's Milk.



MAYOR JOHN JOE CULLOTY, NORAH CASEY (BROADCASTER & PUBLISHER) & KATE O'LEARY AT THE KILLARNEY AVENUE HOTEL SUPPORTING THE LAUNCH OF KILLARNEY FESTIVAL OF MUSIC & FOOD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE LAUNCH OF THE KILLARNEY FESTIVAL OF MUSIC & FOOD WERE L-R IRISH TV'S BRIAN HURLEY, NORAH CASEY (BROADCASTER & PUBLISHER), LOCAL CELEB CHIEF PAUL TREYVAUD & NICOLA WATKINS (FESTIVAL ORGANISER). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Food & Wine Village will also feature a Wine Bar, Craft Beer Lounge and Cocktail Bar. A variety of food vendors offering cuisine from around the world will also be on site to cater for up to 20,000 festival goers over the weekend. Norah Casey said "As a lover of both great

food and music, I'm very excited about the Killarney Festival of Music & Food as it has both in abundance. I'm really looking forward to seeing some of Ireland's gastronomic gurus create delicious dishes using the wonderful variety of produce that Kerry has to offer."

WALKING IN MEMORY OF VIVIEN

The annual Kerry Hospice Foundation Walk in memory of the late Vivien O'Shea will take place again this year on Good Friday, April 3rd. Registration will take place at The Garden Restaurant at Muckross House from 9am – 11am. There is no registration fee but there will be a bucket collection on the day along with a raffle with tickets for sale at €1 each.

There will be two walks from Muckross House via Dinis Cottage and a section of the Torc trail

and return to Muckross house - 8km approx. The shorter walk for kiddies, buggies etc is to brickeen bridge and back to Muckross House which is 6km approx. Marshals will be on duty at National park exit and re-entry points to assist walkers crossing the public road.

For sponsorship cards – contact Pat Doolan at 085-1543514.



THE LATE VIVIEN O'SHEA.

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WEDDING DAY SMILES AT MURPHY'S

A long awaited trip to Ireland proved to be a little more than new bride Caitlin Byko had anticipated.

Caitlin and her new husband Andrew Lucas landed in Killarney on Sunday last to spend a few days sightseeing and booked into Murphy's Bar on College Street.

What Caitlin didn't know was that on the previous day a wedding dress and wedding suit had arrived at the bar - courtesy of Andrew's brother Joe.

The couple got engaged at home in Pennsylvania, USA on March 12th before they headed to Europe on their trip. However

Andrew was planning a very short engagement and organised a surprise wedding for his fiancé in Killarney.

A surprised and delighted Caitlin and Andrew exchanged vows at the beautiful chapel in the Mercy Convent in a ceremony performed by Fr. Ger Godley and on their arrival back to Murphy's Bar were treated to a champagne lunch by staff there.

Killarney Outlook photographer Marie Carroll-O'Sullivan was on hand to capture the newly weds along with staff members at the popular Killarney hostelry.



SURPRISE!!!!!!... ANDREW LUCAS SURPRISES HIS GIRLFRIEND CAITLIN BYKO BY WHISKING HER OFF TO IRELAND FROM THE U.S. ON A WHIRLWIND OF ROMANTIC TRIP INCLUDING A WEDDING! PICTURED AT MURPHY'S BAR WERE THE BRIDE & GROOM WHO RECEIVED A CELEBRATORY WELCOME BY THE STAFF ON RETURNING TO THEIR ACCOMMODATION AT MURPHY'S. L-R SHEILA DINEEN, DENIS NASH, DANIEL CRONIN, ANDREW AND CAITLIN, MAUREEN GRIFFIN, MARIAN O'CONNOR & KAY DOONA.

BELOW CAITLIN BYKO AND ANDREW LUCAS ON THEIR WEDDING DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



COMEDY LINE UP ANNOUNCED

Killarney Festival of Music & Food is delighted to announce the line-up for the Comedy Tent at this year's festival which will take place on 27 & 28 June at Killarney House Demesne. Funny men Neil Delamere, Jason Byrne, Karl Spain, John Colleary, Foil Arms & Hog, Steve Bennett, Chris Kent, Colm O'Regan, Fred Cooke and Comedy Club 4 Kids with Howard Read &

Little Howard (CBBC) will join Après Match and Deirdre O'Kane.

The family friendly boutique festival also recently announced that popular 80's band ABC have been added to the stellar line-up as well as The Young Folk, Oh Emperor, Tucan, Little Hours, Oh Boland and Elastic Sleep.

WEDDING BLISS AT THE BREHON



Wedding Co-ordinator at The Brehon Hotel, Kelly Ann O'Connor has launched the first in a series of new Brehon wedding themes.

Kelly Ann and the team at The Brehon have created three wedding themes, Happily Ever After Begins Here, Weddingfest and The Great Gatsby and any of these can be incorporated into a Brehon wedding at no additional cost.

"We are offering our couples the option of choosing any of our themes," says Kelly Ann. "We have various props, specially designed menus and table plans and lots of clever ways to incorporate the various styles."

"Of course many couples have their own ideas for their special day we are only too happy to help to make these ideas a reality too. A theme can be as simple as using a particular colour or as lavish as our fairytale inspired Happily Ever After theme, the choice is yours."

To learn more about The Brehon's wedding themes, couples are welcome to attend The Brehon's Wedding Consultation Day which takes place on April 4 and 5 from 12 to 4pm.

WHEELCHAIR ASSOCIATION AGM

The Killarney South Kerry Branch of the Irish Wheelchair Association are holding their annual general meeting on Sunday 29th March at the Killarney Heights Hotel at 5pm. All are welcome.

The branch would like to pass on a vote of sympathy to the McMahon Family on the death of our member Pat. May he rest in Peace.

BINGO

Faha National School Parent's Association are hosting a bingo night this Friday 27th in Listry Community Centre at 8pm, with a guaranteed Jackpot.

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REF 720 **BER C2**



69 PARK DRIVE, PARK ROAD
Guide Price €220,000

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TOP AWARD FOR CARER'S HERO CLAIRE



PICTURED AT THE GLENEAGLE HOTEL FOR THE CARERS ASSOCIATION WEEKEND WHERE THE SOROPTIMIST INTERNATIONAL KILLARNEY DISTRICT 2015 AWARD WAS PRESENTED TO CLAIRE BOWLER BY NOLEEN O'SULLIVAN. FRONT ROW L-R CATHERINE McMULLIN, TERESA IRWIN, MAYOR JOHN JOE CULLOTY, CLAIRE BOWLER, NOLEEN O'SULLIVAN, ELIZABETH MCCARTHY & EILISH MCCARTHY. MIDDLE ROW L-R ANN WRENN, EILEEN FOLEY, SHEILA CASEY & ANN O'LEARY. BACK ROW L-R EMER MOYNIHAN, MARGARET SCALLY, PEGGY REICHERT, CATHERINE GLEESON & ANN O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A Killarney woman with a big heart has received the prestigious President's Award from the Killarney Soroptimists Club.

For over 23 years Claire Bowler has dedicated much of her spare time to the Carers Association. Claire's passion is the support of projects which look after the carers who are minding family members both in the home and in the community.

President of the Killarney Soroptimists, Noleen O'Sullivan said the award to Claire was "to honour her for her tireless dedication to the carers over the past 23 years."

"Claire had sent over 2000 carers from Kerry away on respite breaks. that record speaks for itself," President Noleen said.

"We know things don't happen work has to go in to it, she is a typical example of a volunteer." Claire's husband Teddy had been a tremendous support in her work, the president said. Claire's family were in attendance to celebrate this award.

Also in attendance was National president of Soroptimists Ireland, Margaret Geraghty, along with mayor of Killarney John Joe Culloty and his wife Mary.

Claire was presented with the award at the annual Carers Association Conference at the Gleneagle Hotel at the weekend. The conference was held for the third time in Killarney and was attended by over 370 carers from all parts of Ireland.

GET YOUR HOT YOGA BODY!!

HoT Yoga is in town and includes dynamic flexibility training, core stabilization, strengthening and balance work. By focusing on these vital elements, HoT Yoga can help you recover faster after workouts, open up the tight areas that hinder performance, improve range of motion, and develop mental focus and concentration.

One of the most common concerns that prevents people from going to a HoT Yoga class is their lack of flexibility, but it is not about how flexible you are, it's about strengthening your body and spine in all directions. All that matters is that you try the right way, go to your personal edge and you will get 100% of the benefit.

HoT Yoga is a 90-minute class consisting of a series of poses performed in a room heated between 30 – 40 degrees Celsius. Whether you are training to complete your first 5K road race or take part in team sports HoT Yoga is suitable for all levels of fitness.

You can find HoT Yoga classes in Killarney and Tralee. For more information on classes you can contact Reidin on 086 3427957 or find us on Facebook.com/hotyogakerry



PEDAL POWER GETS BEHIND CRUMLIN CHILDREN'S HOSPITAL

A charity cycle in aid of Crumlin Children's Hospital has been launched at St. Brendan's College, Killarney and the man behind it has a very good reason for taking on this charity event.

Brian Hannifan wants to give something back to the hospital who treated his young son Bryan during a recent illness.

The family were overwhelmed with the level of care Bryan received at the hospital.

"We met some really amazing people up there and I just wanted to give something back and help in raising some much needed funds for the Hospital. To be able to do this through our great passion for cycling is a bonus" said Brian. Young Bryan is now doing very well and is looking forward to leading out the cyclists at the official start along with his brother Luke and his dad.

The event is due to take place on Saturday April 25th at 10am sharp and there will be two selected routes 50km or 80km. Registration is now open on line at Eventmaster.ie. and will also be open on the morning of the cycle from 9.30am.

All monies raised will go directly to the

redevelopment of St. John's ward.

So whether you're young, old, advanced, training for the ring of Kerry or new to cycling you will be welcome to this Leisure event.

Brian also plans to continue his fundraising

efforts for Crumlin by taking part in one of Europe's most renowned events "Hot Chillee London to Paris Cycle 2015" from June 25th to 28th.



LAUNCHING THE CHARITY CYCLE IN AID OF CRUMLIN CHILDRENS HOSPITAL, CYCLIST FROM SLIABH LUACHRA, TRALEE LEE STRAND, TRALEE CHAIN GANG, TRALEE MANOR WEST & KILLORGLIN AT ST BRENDANS COLLEGE WHERE THE CYCLE WILL COMMENCE ON SATURDAY 25TH APRIL @ 10AM. PICTURED WITH KILLARNEY MAYOR, JOHN JOE CULLOTY, BRYAN HANNIFAN JUNIOR (ON THE BICYCLE), WHO HAS RECEIVED A HIGH LEVEL OF CARE FROM CRUMLIN HOSPITAL, WITH HIS DAD BRIAN ORGANISER OF THE CHARITY CYCLE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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Accommodation:
Spacious open plan kitchen/dining room/living room, utility room, large sitting room (to be completed), 4 bedrooms (all ensuites to be completed) main bathroom, large attic space fully floored suitable for future conversion, oil fired central heating, golden oak P.V.C. double glazed windows

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Superbly located Cottage set on 1 acre just 1km from Kerry Airport and Farranfore Train station and 15 minutes drive to the popular tourist town of Killarney and 5 minutes drive to Castleisland town. The property requires total refurbishment and restoration and is the ideal holiday home retirement property or investment property etc.

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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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Agent: ● Property Partners Gallivan ● College Square, Killarney, Co. Kerry ● Tel: **064 6634177** www.propertypartners.ie

Asking Price: €330,000 Ref:720



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

WINNERS ALL ROUND AT THE ST. PATRICK'S DAY PARADE PRIZEGIVING CEREMONY



AWARD WINNERS AT THE ST. PATRICK'S DAY PARADE PRIZE GIVING CEREMONY AT THE INTERNATIONAL HOTEL ON TUESDAY NIGHT PICTURED WITH KATE O'LEARY PRESIDENT OF THE KILLARNEY CHAMBER OF TOURSİM AND COMMERCE AND MAYOR JOHN JOE CULLOTY. PIC; MAREK HAJDASZ

Participants in the St. Patrick's Day Parade in Killarney were honoured at a ceremony in the International Hotel on Tuesday evening last.

This year's parade was an outstanding success with fantastic weather, a new parade route, entertainment for all the family and some fantastic entries in the parade itself.

The following are the award winners in each category.

Sean O'Keeffe Perpetual Trophy for Best Overall Entry

Raheen National School

Michael Courtney Perpetual Trophy for Best Interpretation of Theme

Killarney Valley Classic and Vintage Club

Killer O'Callaghan Perpetual Trophy for Best Sprıng Entry

Fossa GAA Club

Best Commercial Entry

Premiere Performing Arts Academy

Best Sports Club

Killarney Celtic

Best Marching Band

Millstreet Pipe Band

Best Children's Group

Bellview Woods

Best Activity Group

Killarney Athletics

Best Heritage Entry

Kilcummin Rambling House

Best Voluntary Group

Kerry Stars Special Olympics Club

Best School

St. Olivers National School

Most Entertaining

Dr. Crokes

Most Original

Spa GAA Club

Most Stylish Entry

Gerard Healy Vintage Morris Car

Best New Entry

Killarney Brewing

Best Marching Group

Capoeira

ROADS IMPROVEMENTS IN KILLARNEY

Cllr Brendan Cronin has welcome the following allocation of funding for road improvement/ maintenance works to be carried this year by Kerry County Council in the Killarney Municipal District. This funding



CLLR BRENDAN CRONIN

will carry out improvements and upkeep to important sections of our road network which are in need of improvement.

Restoration Improvement Grant

Coolgarrive Cross to Coolcorcoran Cross - €94,500

Scart Cross to Rossanean Cross - €113,400

Laharn Crossto Rockfield Middle - €66,150

Aghacurreen to Barleymount Cross - €94,500

Boulia Junction Firies - €35,000

Restoration Maintenance Grant

Scartaglin to John Richards Cross - €40,500

Scart Cross to Rossanean - €40,500

Barleymount Cross to Aghacurreen - €26,325

Finnegans Cross to Doneen - €15,750

Cllr. Cronin has also welcomed the improvement/maintenance of the follow roads in the town of Killarney:

New Road - €66,799

Ballycasheen Road - €68,713

Roundabout at Ballyspillane €25,750

LAUNCH OF 5K RUN/WALK/PUSH 2015!!

A fun 5k run/walk/push will take place in the Killarney National Park on Sunday April 19th at 11.30am.

The Kerry Spina Bifida and Hydrocephalus Association are running the event again this year and hope to surpass last years entry of over 400 people.

Funds raised on the day contribute to the cost of Halliwick swimming lessons and social group gatherings for the members. The group are encouraging families and clubs throughtout the county and beyond to come and support them on the day. It promises to be a great family event with lots of great prizes and face painting for the kids!

KSBHA is a parent led association, run on a voluntary basis. All monies raised from various events and collections are spent on their members in Kerry. Their main goal is to assist their members with their medical and social needs and to help make a positive difference in their lives.



AT THE LAUNCH OF THE FUN RUN WERE FRONT ROW: NATHAN GUERIN, ROY GUERIN, FRANCES HENDERSON, JACK HOULIHAN. AT BACK WERE WEEHIE FOGARTY, BRIAN KELLY, DON O'DONOGHUE, FIONN FITZGERALD AND MARY HOULIHAN.

ANNUAL FLAG DAY

Home from Home Afterschool for Children with Special Needs, Ballydowney, Killarney, is holding their annual flag day this Saturday 28th March, in the Killarney Town area from 10 - 6 pm. We would greatly appreciate your support on the day.

HEARTBEAT MEETING

Podiatrist Stephen Wrenn from the Oakdale Clinic will be talking to HeartBeat on all aspects of foot-care. He will specially refer to foot-care for diabetics. Stephen will also field questions on all other aspects of foot care. The March meeting of HeartBeat is at the Serenity Centre, St. Anne's Road, Killarney on Monday March 30th. At 8pm. All are welcome to this free event.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHAT OPTIONS HAVE I GOT WHEN DEPOSIT RATES ARE LOW EVERYWHERE??

Firstly interest rates in some banks are better than others, for example one bank at the moment will give you only .01% per annum interest for having money on demand, so for €50000 you would only get €5.00 interest over 12 months and that's even before DIRT tax is deducted. However another bank will give you 1.50% per annum for an on demand account which is €750.00 interest over 12 months before DIRT tax. There is billions of euros on deposit in Irish banks earning ridiculously low rates of interest at present but by simply shopping around or getting an advisor to do this for you people can substantially increase the amount of interest they earn by just changing bank accounts, which is very easy to do. Also there are even better rates of interest available for other products where your capital is also guaranteed such as fixed term deposit accounts. This can be done for you by a financial advisor who is authorised to carry out this business by the Central Bank.

For further information on the above you can contact Dermot Cronin APA at 0646622775 or at kerrymortgagecentre@eircom.net

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Price Region: €195,000

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Large two bedroom penthouse apartment located in the centre of the town at the top of High Street, Killarney, convenient to all town centre amenities. Apartment has it's own dedicated marked car space included in the sale.



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5,000 DANCERS TO HIT TOWN

Killarney once again plays host to the 2015 An Comhdháil World Irish Dance Championships which kick off at Killarney Convention Centre tomorrow, March 28.

Competitors from America, Scotland, England, Europe and all over Ireland will compete for a world title in the championships which run from March 28 to April 4. In total, forty three competitions take place over the eight day championships and winners are announced every day after each competition. The competitions are held in the INEC auditorium. The youngest dancer in the competition is nine years old and the oldest is twenty five. Over 5,000 dancers will take to the stage over the course of the eight days.

The 5,000 competitors will be accompanied by an entourage of organisers, teachers, adjudicators, musicians, families, friends, supporters and spectators. This is Killarney's second year hosting these Championships.

"We are honoured to welcome the 2015 An Comhdháil World Irish Dancing Championships. The enormous economic benefit of these championships will be felt

right across Killarney's hotels, restaurants, shops, retail and other businesses. It has been confirmed by various agency surveys that events such as these championships generate in excess of €2.5m to the local economy," said Patrick O' Donoghue, Managing Director of Killarney Convention Centre told The Killarney Outlook.

An Comhdháil, the organisation who run the World Irish Dance Championships have an

extensive branch network worldwide and is one of the most progressive Irish Dance organisations, being the first Irish dance organisation to bring in the no makeup rule for girls under thirteen years of age in 2007.

Both male and female world champions will be crowned across a range of age categories from under ten through to adult while approximately 400 teams will take part.



DANCING QUEENS... FROM LEFT, PATRICIA SWEENEY, WATERFORD, ABBIE KEANE, CASTLETOWNBERE, SHAUNA TWOHIG, CORK, ANDREA TWOMEY, CORK, CIARA BRESNAN, WATERFORD, EILISH BROSNAN, CORK, CÉILIN ATKINS, WATERFORD, KAYLEY RIORDON, KERRY. PHOTO: VALERIE O'SULLIVAN.

SCOTT HAS WORLD CHAMPIONSHIPS IN HIS SIGHTS....

With the world at his feet, young Scott O'Meara is heading across the Atlantic to take part in the World Dance Championships in Montréal this week.

A pupil of the Scoil Rince Uí hÉigearthaigh (Hegarty school of dancing) Scott has been dancing since the age of 4 and is taught by his aunt Maureen and his mum Lisa Hegarty.

This is the first year that Scott has been eligible to dance in the World Championships, having qualified to do so at the Munster Irish Dancing Championships in the Gleneagle last November. Since then, he has been diligently preparing for the Worlds and has been competing in competitions all over the country and, most recently, in Scotland for the first time ever at the All Scotland's, where he placed 2nd and 8th. Scott has won many trophies and medals over the years competing in feiseanna, Fleadh cheoil and Scór, in set, Céilí and solo dancing. He has won gold at Fleadh Cheoil Na hÉireann in Céilí and Set dancing.

A 3rd class pupil at Lissivigeen National School, Scott is a real all rounder, as he also plays music with the Lenihans at the Killarney School of Music and will be competing in the county fleadh in June in both dancing and music. Scott



REHEARSING AT LISSIVIGEEN NS, SCOTT O'MEARA WHO WILL LEAVE KILLARNEY ON THURSDAY TO TAKE PART IN THE WORLD DANCING CHAMPIONSHIP IN CANADA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

heads for Montreal with his mum Lisa and his nan Nancy to compete in An Coimisiún World Irish dancing championships which will have dancers competing from all over the globe. "He will be there with the best in the world, it really

is an honour to have qualified to represent his dancing school, his town and his country in Montréal at Easter" said his teacher Maureen Hegarty.

TOWERS LEISURE TEAM SPIN FOR CANCER

Conor O'Leary and the team members of the Towers Leisure Club are today taking part in the annual cancer society fund-raising day. The team propose to spin their day away and hopefully raise some money for this worthy cause. They will be cycling for approximately

8 hours outside the Kube bar. There will be other activities running through out the day to coincide with our fund-raising drive. So if you are passing on the day you might consider dropping a few Euro in their boxes.

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FANTASTIC FOUR PEAKS CHALLENGE



PICTURED AT THE KILLARNEY COURT HOTEL AND PRESENTING A CHEQUE TO CONOR CUSACK (KILLARNEY HOSPICE) WERE THE ORGANISERS AND SUPPORTS OF THE FOUR PEAKS CHALLENGE. FRONT ROW L-R KEVIN MCGUIRE, MAGS GAYNOR & CONOR CUSACK. BACK ROW L-R MARK ALLEN, PAUL CASSIDY, MARION CLIFFORD, MARIA HORGAN, MICHELLE GRIFFIN, LAURA MARCELIN & MARGARET LUCEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Last July, a group of hikers took on the challenge of completing four of Kerry's highest mountains over two days. This was the fourth consecutive year of the charity event which is in aid of The Kerry Hospice Foundation.

The group chose the Hospice Foundation as their charity because of the marvellous work they do in providing palliative care to those suffering from illness and providing support to their friends and family.

The Kerry Four Peaks Challenge raised €3,775 in 2014 and to date has raised over €16,000 in order to try and help The Kerry Hospice Foundation continue with their work.

Organiser Kevin Maguire is the man behind the challenge. "I'd like to take this opportunity to thank all of the hikers that took part over the last four year and also the people who

sponsored them. These hikers take on a the challenge of a life time giving their time, energy and money freely to the cause. Despite some gruelling experiences I know for a fact that not one of them have regretted taking part and that we have all found not only support in one another but friendship as well", Kevin told the Killarney Outlook.

The Kerry Four Peaks Challenge 2015 is taking place on the 26th and 27th of June this year. I encourage anyone that has a love of hiking, new experiences and making friends or just wants to experience something amazing for a great charity then contact us, we are always open to new volunteers. If you're interested you can find us on Facebook or email kerryfourpeakschallenge@gmail.com

CLLR. NIAL KELLEHER WITHDRAWS FROM FIANNA FAIL SELECTION CONVENTION FOR GENERAL ELECTION

CLlr. Niall Kelleher (FF) from the Killarney Electoral Area has officially withdrawn from the Fianna Fail selection convention taking place this weekend in Kerry. CLlr. Niall Kelleher has made the decision to withdraw from the contest after it was announced that only one candidate is to be selected at the Fianna Fail selection convention.

Speaking about the Fianna Fail selection convention, CLlr. Niall Kelleher said, "As a party we have been informed here in Kerry by Party Headquarters, that only one candidate will be selected on Sunday at the selection convention. As there are approximately 1100 Fianna Fail members from the Kerry North part of the constituency entitled to vote at the convention out of a total of 1500, it is not possible for a candidate from South Kerry,

I believe, to be selected in a one horse race. I have informed the party hierarchy that I am available for consideration by the party to be added to the ticket if they want a young and energetic candidate ideally located in the Killarney Electoral Area."

"Since I made my announcement almost two months ago at a Fianna Fail Cumann meeting in Rathmore, I've been extremely encouraged by the support that has been shown to me by party members throughout the county. As a first time member of Kerry County Council it was a privilege to have been nominated by such a broad range of members of Fianna Fail to contest the General Election selection convention. However on this occasion, I will formally withdraw with the words 'Beidh la eile agam.'"

FANTASTIC TURNOUT AT MILLTOWN PARADE

The Milltown St Patrick's Day Parade Committee were delighted with the turnout for their annual parade.

In particular they would like to thank all the participants and the spectators for making the event a great success. Sincere appreciation to the local businesses and individuals for their generous support of sponsorship to organise the parade; to the Reviewing Party and judge, for the invaluable work of the stewards and helpers before, during and after the Parade; to the Gardai & Order of Malta and the Gleneagle Band. Thank you to all who assisted in any way to ensure the success of the Parade. Congratulations to all the Parade entrants with special mention of the following winners of the Steve Cotter Memorial Plaque – Listry GAA Bord na Og

Dan O'Connor Memorial Plaque – 3rd Kerry Scout Group
Brenda Hayes Memorial Plaque – Slieve Mish Comhaltas

Ken O'Neill & Sons Plaque – Naoilann Solais Milltown Childcare Centre
Dan Murphy [Concrete] Plaque – Original Hell's Angels Jim O Shea & Patty Sugrue
Andrew Piggott Plaque –
Fybough National School

James Ashe Memorial Cup – John O Connor [Killorglin] Vintage Tractor

The Parade Committee also thanks most sincerely everyone who gave so generously to the recent Church Gate Collections.

CLOSING DATES FOR GRANTS

Senator Marie Moloney is sending a reminder to clubs that the closing date for the Sporting Capital Funding Grants is April 24th at 5.00 p.m..

This round of funding which has been approved by Government, is for €40 million. As in previous years, all applications have to be online. Each applicant must first register on the OSCAR system (www.sportscapitalprogramme.ie). While registration for new applications will close on 10th April, those who registered last year do not have to register again. However if they wish to apply for a grant, they will need to submit a new application. This application process closed on April 24th at 5.00 p.m..

DEER SOCIETY AGM

The Kerry Deer Society will hold their AGM at The Malton Hotel Killarne on Monday 30th March 2015 at 8pm.

Everyone is welcome to attend.

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GOOD FRIDAY HOSPICE WALK IN KILCUMMIN

Get your walking shoes on for the Good Friday Hospice Walk which will take place in Kilcummin on April 3rd.

The annual walk in aid of the new Residential Palliative Care Unit Tralee will leave the recreation hall Kilcummin at 10.30am.

Donations will be accepted on the day. There will be a choice of two walks. 4km or 8km.

This is a walk suited to young and old and is a very enjoyable community event. Refreshments will be provided in the hall after the walk.



SOME OF THE ORGANISING MEMBERS OF THE KILCUMMIN HOSPICE WALK INCLUDING (LEFT TO RIGHT) PADDY O SULLIVAN, PAT FLEMING, KATE FLEMING, SHEILA O LEARY AND JOAN BURKE.

CHARITY FISHING COMPETITION ON LOUGH LEIN

By John Beecher

On 19th of April, 2015, the 28th annual charity fly fishing event organised by the Lough Lein anglers club will take place on Lough Lein. The event will raise money for the Kerry branch of the Irish Kidney Association, a voluntary organisation set up to support patients who suffer with renal failure. Their main aim is to promote organ donation, as well as to offer financial and emotional support to patients. They contribute to transport costs, counselling, research, trips to Lourdes and many other activities. They also give respite breaks to patients in a holiday home in Tralee. This is to be the 28th year of this event, and to date it has raised €194,000 for a multitude of charities. Corry O'Flaherty, of the lough lein anglers association said "the success of this great event is down to

the people who buy the tickets, sponsors, those who make donations and the anglers who sell their tickets". A dinner and raffle will be held at the Dromhall Hotel, Killarney on the night of the 'charity', with lots of spot prizes and a great night guaranteed. The competition is open to members of angling clubs or associations, which are TAFI or FISSTA associated. Uninsured anglers will be required to pay an additional €5.00 to cover insurance. Every angler must wear a flotation device and must not use a boat that has recently been on other waters, as to prevent the spread of invasive species. No outboard motor with a capacity greater than 6 horsepower is permitted on Lough Lein. Dinner vouchers are available for guests planning to attend the dinner at €20 each.



AT THE LAUNCH OF THE LOUGH LEIN ANGLERS ANNUAL CHARITY FLY FISHING COMPETITION AT ROSS CASTLE, KILLARNEY. THE ANNUAL EVENT WHICH IS SPONSORED BY LEE STRAND, WILL BE HELD ON SUNDAY THE 19TH APRIL, 2015 ON LOUGH LEIN. THIS YEARS BENEFICIARY IS THE KERRY BRANCH IRISH KIDNEY ASSOCIATION, A VOLUNTARY ORGANIZATION SET UP TO SUPPORT PATIENTS WHO SUFFER WITH RENAL FAILURE. THEIR MAIN AIM IS TO PROMOTE ORGAN DONATION, OFFER EMOTIONAL AND FINANCIAL SUPPORT TO PATIENTS. TO DATE THE LOUGH LEIN ANGLERS HAVE RAISE OVER €194,000 FOR LOCAL CHARITIES. AT THIS YEARS LAUNCH WERE, FROM LEFT, PANKAG CHARME, WHO IS AWAITING A KIDNEY TRANSPLANT, WITH HIS DOG MAX, PHIL HORAN, LOUGH LEIN ANGLERS, JERRY DWYER, MANAGER MILK OPERATION LEE STRAND, TIMO O'SULLIVAN, ORGANISER ANNUAL COMPETITION, THERESA LOONEY AND CONNIE BROSNAN, KERRY BRANCH IRISH KIDNEY ASSOCIATION. PHOTO: VALERIE O'SULLIVAN

3 CLIMBS CYCLE LAUNCHED

St. Brendan's College in Killarney will be the starting point for this year's "3 climbs cycle" and it will take place on Sunday 10th of May. Following on from its success last year The 3 Climbs Cycle was launched during the week by Legendary Kerry footballer Seamus Moynihan. This is a charity and suicide awareness cycle supporting Kerry hospice and livelife. There is 3 routes a 100km, 78km and a 35km route. This cycle has something for every grade of cyclist. You can take the challenge and cycle to the highest pub in Ireland or tackle the baby ring of Kerry route or cycle out the Muckcross road right beside the beautiful lakes of Killarney and experience some of the most angelic scenery in Kerry.

The cycle costs €30 on the day or €25 if you register online at the3climbscycle.com or you can email to hold your discounted place. Juveniles and students are €15 and family rates are available on request email the3climbscycle@gmail.com. Register early to avoid disappointment limited places available. There will be hot food at the finish line for everyone and photographers on route to capture all your smiles. O'Sullivan's cycles will be providing bike support on the day and their will be lead cars and full traffic safety plan in place on the day.

EURO BRIDGE CLUB

Club Pairs Competition

3rd March

1. Phyl Lynch and Pauline Lyne
2. Maureen Culloty and Phyllis O Regan
3. Betty Garnett and Helen O Donoghue

10th March

1. Marjorie Barton and Mela Burke
2. Anne Chute and Ann Healy

24th March

1. Marjorie Barton and Mela Burke
2. Miriam Darcy and Phyl Lynch

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KILLARNEY OUTLOOK OFFICES UNDER SIEGE



If you were passing the offices of Killarney Outlook on Monday you could forgiven for thinking you had stepped back in time to Medieval Ireland.

Friends Jack Pinson and Brendan Halpin stopped off at the High Street office on their epic challenge of trekking from Kerry to Galway wearing full medieval armour weighing over 25kg.

The duo were heading for the historical medieval site of the 1504 battle of Knockdoe in Galway on foot.

The pair are planning, along with several other members of the Irish Medieval Combat, to take part in sword fighting and archery at the world championships in Poland in April.

The duo have been lucky so far on their trip, having secured plenty of offers of lifts and light refreshments in exchange for photographs, including one with a confirmation boy in Listowel.

For more information on their journey log onto facebook.com/irishcombat.

PICTURE DES O'CONNOR.

STRICTLY GOES TO DVD

Dancers who participated in Strictly Come Dancing for the Irish Cancer Society got to see the show for the first time this week on DVD.

The group who were joined by committee members from the society met at the Backstage Bar in the Gleneagle Hotel for the viewing.

The DVD goes on sale in the coming weeks

and with money still coming in from the event the final total and cheque presentation will be announced next month.

All money raised on the night will stay in the Killarney area and go towards night nursing and care to drive



PICTURED AT THE GLENEAGLE HOTEL TO ENJOY THE DVD PREMIERE, THE CAST, ORGANISERS, CHOREOGRAPHERS AND COMMITTEE OF THE IRISH CANCER SOCIETY'S STRICTLY COME DANCING. INCLUDED ARE: MYRA FITZGERALD, EUGENE O'SULLIVAN, KATHRINE BREEN, ELEANOR O'DOHERTY, JOE BURKETT, BREA JOY, GEMMA KAVANAGH, KATE O'LEARY, LORRAINE KELLY, CATRIONA WHITE, NORRITTA CRONIN, BREA O'CONNOR, GRAINNE O'SULLIVAN, LISA RAGOSA, AISLING CROSBIE, DERRY HEALY, SEAN O'DONOGHUE, ADRIAN O'SULLIVAN, TERRY CUMMINS, BRIAN FINNEGAN, JOE GAFFEY, BATTY O'SULLIVAN, MIKE O'LEARY, LEONARD SULLIVAN AND MICHAEL BERNARD O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

NEW PETROL STATION AND SUPERMARKET FOR KILLARNEY

Construction has begun on a new Petrol Station and Supermarket on the Muckcross Road in Killarney. The project is the newest business being created by the Sheehan family. West Kerry and Killarney Businessman Pat Sheehan and his daughter Aishling are behind the project which will see the creation of 20 new jobs in the Killarney area.

Aishling Sheehan will operate the family project on completion. Business woman, Aishling already operates an existing petrol station and store in Glenbeigh, Co. Kerry.

Ladden Building Contractors have been awarded the contract and will be employing up to 30 trades and services during the construction programme, which will see the new Petrol Station and Supermarket opened to the public in the Summer of 2015.



STILL TIME TO VOTE FOR WISTERIA

There is still a chance to vote for Wisteria boutique who have been nominated for the Best Boutique Award by RSVP magazine.

The fashion house, which is situated on High Street stocks a full range of brands like Lila Calypso, Darling and Rant and Rave.

To vote just go on line at <http://rsvpmagazine.ie/best-boutique-readers-choice-awards>.



EASTER CEREMONIES



PALM SUNDAY: Solemn blessing of Palms will take place 6pm Saturday 28th March St Mary's Cathedral.

St Mary's Cathedral Saturday 28th 6.15pm vigil, Sunday 29th March 8am, 10.30am, 12noon.

Church of the Resurrection Saturday 28th 7.30pm vigil, Sunday 29th March 11am.

Muckross Church Sunday 29th 9.30am

CHRISM MASS: 7.30pm Tuesday March 31st, St Mary's Cathedral. At this Mass, Bishop Ray Browne will bless the oils to be used in the administration of the Sacraments throughout the Diocese in the year ahead. Our Diocesan priests will also renew their commitment to the Priesthood. Please join us for this special diocesan celebration. (Please Note: No 6.15pm Mass)

HOLY THURSDAY 2ND APRIL

ST. MARY'S CATHEDRAL

10.30pm Morning Prayer led by Youth 2000

7.00pm Mass of the Lord's Supper

Eucharistic Adoration after Mass until midnight. Silent Adoration: 8.30pm – 10pm. A led Holy Hour will take place between 10-11pm

CHURCH OF RESURRECTION

7.30pm Mass of the Lord's Supper

Eucharistic Adoration after Mass until 11pm

MUCKROSS CHURCH

8.00pm Mass of the Lord's Supper

GOOD FRIDAY 3RD APRIL

ST. MARY'S CATHEDRAL

10.30pm Morning Prayer led by Youth 2000

3.00pm Solemn Liturgy of the Lord's Passion

9.00pm Stations of the Cross

CHURCH OF RESURRECTION

3.00pm Solemn Liturgy of the Lord's Passion

7.30pm The Way of the Cross. This will be an evening of prayer, reflection and contemplation on the Stations of the Cross using visual media

MUCKROSS CHURCH

8.00pm Station of the Cross

HOLY SATURDAY 4TH APRIL

10.30am Morning Prayer led by Youth 2000

8.00pm Easter Vigil with Bishop Ray and all the priests of the Parish and Concelebrants, St Mary's Cathedral

Please take note:

There will be only one vigil Mass in the Parish on Holy Saturday.

EASTER SUNDAY 5TH APRIL

ST MARY'S CATHEDRAL

8am, 10.30am and 12noon

CHURCH OF THE RESURRECTION

11am

MUCKROSS CHURCH

9.30am


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Easter Cake

Ingredients

- 100g/4oz glacé cherries
- 225g/8oz butter, softened
- 225g/8oz light muscovado sugar
- 4 large eggs
- 225g/8oz self-raising flour
- 225g/8oz sultanas
- 100g/4oz currants

- 50g/2oz chopped candied peel
- 2 lemons, grated zest only
- 2 tsp ground mixed spice

For the Filling & Topping

- 450g/1lb marzipan
- 1-2 tbsp apricot jam, warmed

Method

- Preheat the oven to 150C/280F/Gas 2. Grease and line a 20cm/ 8in cake tin.
 - Cut the cherries into quarters, put in a sieve and rinse under running water. Drain well then dry thoroughly on kitchen paper.
 - Place the cherries in a bowl with the butter, sugar, eggs, self-raising flour, sultanas, currants, candied peel, lemon zest and mixed spice and beat well until thoroughly mixed. Pour half the mixture into the prepared tin.
 - Take one-third of the marzipan and roll it out to a circle the size of the tin and then place on top of the cake mixture. Spoon the remaining cake mixture on top and level the surface.
- Bake in the pre-heated oven for about 2½ hours, or until well risen, evenly brown and firm to the touch. Cover with aluminium foil after one hour if the top is browning too quickly. Leave to cool in the tin for 10 minutes then turn out, peel off the parchment and finish cooling on a wire rack.



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SouthWest
Counselling Centre

SELF-ACCEPTANCE

One of my favourite Oscar Wilde quotes says 'Be yourself, everyone else is taken'. So why is it so difficult for us to do just that? Liking ourselves and being ourselves has to do with self-acceptance. Self-acceptance refers to our ability to embrace all facets of ourselves and not just the positive, acceptable parts. Whilst we may recognize our limitations and weaknesses – accepting ourselves fully means we accept these aspects of ourselves too. We stop judging ourselves and being so hard on ourselves.

Research shows that before the age of eight we are unable to form a sense of ourselves separate from that which was transmitted to us by those who care for us. So often I hear clients say to me that their parents were unable or unwilling to communicate the message to them that they were totally okay and acceptable. In addition to this we may have received much disapproval and criticism from teachers, siblings, other relatives and/or our peers. Is it any wonder then that we come to see ourselves as inadequate in many ways? A consequence of this is that we may go on to regard many aspects of ourselves negatively. We 'beat ourselves up' often telling ourselves the very same thing that an overly critical parent or teacher may have said.

So how then do we become more self-accepting?

Developing self-acceptance requires that we develop more self-compassion for ourselves. The Buddhist teacher Pema Chodron says that "Compassion isn't some kind of self-improvement project or ideal that we're trying to live up to. Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don't even want to look at".

However learning to be self-compassionate and kind to ourselves can seem like quite a new idea and represents a deep change in our attitude and way of being. In order to ensure our survival our brains have been designed in such a way as to give attention to the negative stuff. Self-criticism has in fact played an important role for us. However, this criticism needs to be tempered with kindness and not allowed to be a habit based response formed from patterns laid down in our early childhood. Whenever we criticise ourselves we are triggering the same threat and protection systems in the body and brain that get activated when threatened by other people.

By cultivating more self-compassion we come to like ourselves more and to view ourselves as deserving of love and respect. This in turn can lead us to showing not just more kindness and goodwill toward ourselves but towards others as well.

Next week we will look further at developing and cultivating self acceptance.

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

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

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

Health Matters.... With Dr. Michael Moloney

CROUP

CONTINUED...

WHAT CAN I DO TO HELP A CHILD WITH CROUP?

- Be calming and reassuring. A small child may become distressed with croup. Crying can make things worse. Sit the child upright on your lap if their breathing is noisy or difficult. Let the child find a comfortable position.
- Lower the fever. If a child has a fever (high temperature) their breathing is often faster, and they may be more agitated and appear more ill. To lower a fever:
 - Give paracetamol liquid or ibuprofen.
 - Lightly dress the child if the room is not cold.
- Give the child lots of cool drinks (if they are happy to take them).
- Cool air – some people find that it is helpful to have a stroll outdoors, carrying the child upright in the cool fresh air.

OTHER TREATMENTS

- A steroid medicine such as prednisolone is usually prescribed. Steroid medicines help to reduce inflammation.
- Antibiotics are not usually prescribed as croup is normally caused by a virus. Antibiotics do not kill viruses.

WHEN TO SEEK MEDICAL HELP

Always consult a doctor or nurse if you have any concerns about your child. Most children with croup have mild symptoms and soon get better. However, a minority need hospital care. In particular, see a doctor quickly if:

- Breathing symptoms get worse. (Breathing is often noisy with mild croup, but it is difficulty in breathing that is worrying.) Signs that breathing is getting worse include: rapid breathing; needing more effort to breathe; you may see the chest or neck muscles being pulled in with each breath.
- The child becomes restless or agitated.
- The child looks unusually pale.
- A high fever persists despite giving paracetamol or ibuprofen.

And call for an emergency ambulance if the child is:

- Blue (cyanosed).
- Unusually sleepy.
- Struggling to breathe.
- Drooling and unable to swallow.



Dr. Michael Moloney,
MB, BCH, BAO, BMedSci MMedSci, DOWH, MICGP
Specialising in Sports Medicine, Accupuncture,
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Sunday March 29th





TIPS TO HELP YOU STAY MOTIVATED

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YOU... EXERCISE OF THE WEEK THE GOOD OLD PLANK!!!!

This exercise is a total body toner. Its a static exercise (doesn't require much movement). It works the arms, Abs, butt, back, & legs. No equipment needed so this is an "I can do anywhere, no excuses" exercise. To be shown correct Technique for the this week's exercise of the week check out video demo on www.fitnesswithedele.com

TIP OF THE WEEK

Stop obsessing about the scales because you can gain muscle and lose fat & not see any difference in the scales. One pound of fat takes up a lot more room than one pound of muscle. The main thing is inch loss so focus on how your clothes are fitting if you are losing motivation from the scales.

BATCH COOK

If you are struggling with time to prepare healthy meals mid-week or at weekends, then why not try batch cooking! On your days off or when you do have an hour or 2 to spare, whack on the oven and get cooking. You can then freeze these meals for the evenings or lunches that you are busy and don't have time to cook

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION TIP:

Plus size fashions are having a moment right now and fabric choices really go a long way. If you are a curvy girl, if you are gonna wear something fitted, stay away from things that have a sheen to them. Go with a matte jersey as opposed to a silk jersey, because silk picks up light and makes you appear heavier. Go with a crepe or a wool that has a stretch, because it conforms to your body without exposing too much. You have to go for those good fabrics that glide over and contour creases nicely. The right poses, cuts, and colours can really take off 10 pounds."



Beauty Tip

Hair Care Tip

Shampoo is not the most important part of washing. You can buy the most expensive shampoo on the market, but if you aren't using it correctly you won't see results. The massaging of the scalp and hair as well as the rinsing are the most important parts of washing your hair. It is recommended using the cushions of your fingers to massage the scalp while you shampoo in order to get rid of the secretion of sebum (an oily, waxy substance) so hair follicles can grow healthily from the scalp. And always be sure to rinse the shampoo completely out of your hair to prevent buildup.



STOCK YOUR KITCHEN

Stock your kitchen with healthy, convenient foods. Having ready-to-eat snacks and meals-in-minutes on hand sets you up for success. You'll be less likely to hit the drive-through or order a pizza if you can throw together a healthy meal in five or 10 minutes. Here are some essentials to keep on hand: frozen vegetables, whole-grain pasta, reduced-fat cheese, canned tomatoes, canned beans, pre-cooked grilled chicken breast, whole grain tortillas or pitas, and bags of salad greens.



Cooking for health and wellness...

Imagine waking up full of energy and ready for the day? Every day! Your weight feels right for you and you feel good in your skin. People start commenting on how well you look and asking you what the secret is! Life is sweet!

Did you ever wonder why some days you feel on top form and other days you can't seem to get going? Or feel hungry even though you know you couldn't possibly be because you've eaten so much food. Do you wake up feeling tired and unable to function without caffeinated drinks? Or do you crave that bar of sticky sweetness mid-afternoon? I certainly have!

A few years ago Shirley Copeland was in "Food Information Overload" mode - should she eat meat or no meat? Raw or cooked foods? Butter and eggs? Vegan? Paleo?... When she met Patrick Holford on a training workshop and heard what he had to say about Low Glycemic Foods it made total sense to her. When we eat foods that keep our Blood Sugar levels stable then we can enjoy, and even recover, good health. Some of the conditions that improve when eating a diet of Low GI foods are Diabetes (type2), Cardiovascular Disease, High blood pressure, High Cholesterol levels, Depression, Confusion, Memory loss, Polycystic Ovaries, PMS, Menopause... and you can enjoy improved energy levels within a week, steady weight loss without going hungry and do your health a lot of long-term good by following a Low GI eating plan.

Shirley is now running a series of half day cooking classes to help people understand what Low Glycemic Index (Low GI) foods are and why they can help transform your health. Her recipes are simple, user friendly and tasty.

Shirley Copeland is trained in Medicinal Cooking, Personal Nutrition, Vegetarian Catering and is a Health and Wellness Coach.

She is holding a "Spring Clean" class on Saturday 18th April, "Lighten Up" on 23rd May and "Fast & Fresh" on 4th July - all at Kitchen Incubators Kerry, Farranfore. To book you can contact Shirley on 087-9525376.





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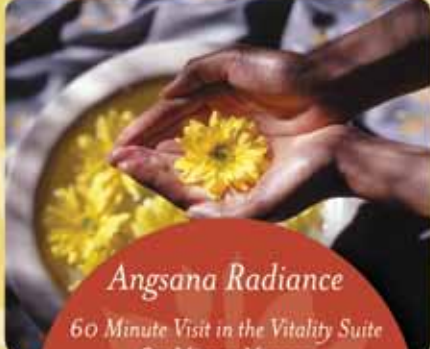


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Lunch in the Brehon Bar

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(Sundays - Friday ONLY)



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30 Minute Mini Facial
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30 Minutes of Relaxation Time
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Choice of one 60 minute treatment:

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are*

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full time
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*We look forward to
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as well as weekends also.*

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KILLARNEY STUDENTS HEAD TO SHANGHAI

17 Killarney students headed on a trip of a lifetime yesterday, when they departed from the grounds of St. Brendan's College for China. The Students, who are from the Killarney Secondary schools are learning Chinese as part of their Transition Year Programme. Part of that programme involves going to China

and staying on Campus in Shanghai university for a lucky few. The trip is organised and funded by the Confucius Institute in UCC. This is the third year students have been going to Shanghai. Students who have gone in previous years have said they were treated royally and that it was a life changing event for

them. While there, the group will learn more Chinese and experience Chinese culture first hand. They will be taken on all kinds of trips and will spend a weekend in the Marriot Hotel in Hangzhou. They will be accompanied on by Mr O' Sullivan, a teacher from St Brendan's College.

MELANIE SHOWS ARTISTIC TALENTS



MELANIE IS PICTURED WITH HER CLASS AT TAHILLA NATIONAL SCHOOL.

Melanie Schmidt from Tahilla has been Chosen as One of The Best Young Artists in Ireland at Sightsavers Junior Painter of the Year Awards 2015.

Melanie (12) from Tahilla National School has been recognised as one of the best young artists in Ireland for her entry to the Sightsavers Junior Painter of the Year Awards 2015. Melanie's painting entitled 'I want you to see an Indian sunset' was inspired by this year's competition theme, 'I want you to see...' and was a regional winner in the 5th & 6th class category. With thousands of entries from over 200 primary schools nationwide, Melanie is one of the 15 finalists that will have their painting displayed at an awards ceremony in Dublin in March where the overall national winners will be selected. She will receive a special regional prize in recognition of her amazing achievement.

STUDENT ENTERPRISE AWARDS



TRANSITION YEAR STUDENTS FROM SCOIL PHOBAIL SLIABH LUACHRA IN RATHMORE WHO WERE COUNTY FINALISTS IN THE STUDENT ENTERPRISE AWARDS HELD IN THE INSTITUTE OF TECHNOLOGY, TRALEE ON FRIDAY 20TH MARCH. THE STUDENTS ALSO REPRESENTED THEIR SCHOOL AS REGIONAL FINALISTS IN THE PDST GET UP AND GO MINI-COMPANY AWARDS WHICH WERE HELD IN THE VIENNA WOODS HOTEL, CORK RECENTLY. PICTURED ARE LAURA MCGILLICUDDY, SARA MICHNOVA, JERRY CRONIN AND CONOR STACK.

GLENEAGLE CONCERT BAND HOST ANNUAL CONCERT

The Gleneagle Concert Band held a concert on Sunday last in order to raise funds for the local St Mary's Church of Ireland window restoration fund.

Thousands of euro worth of damage was caused to the historic church when stone-throwing thugs smashed the Victorian nativity windows, at the rear of the altar, in an after dark attack.

The windows are regarded as very unique examples of 1800's creativity and they are an important part of Killarney's history and culture.

The talented host band was joined by the Blarney brass and Reed Band and The Clonakilty Brass Bands and the standard of all three bands was superb from start to finish.



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Kerry ETB Training Centre



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

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

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

MTA Software & Networking Fundamentals Course (ET1Z4) - Tralee.

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

Java Associate Course (ET0R7) - Tralee.

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

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

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

Food Preparation and Cooking Course (ET20D) - Tralee.

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

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

Legal Administration Traineeship (ETS07) - Tralee Training Centre.

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

Outdoor Activity Instructor Traineeship (ETS64).

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

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification. **Start Date:** 25th August 2015. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of tickets relevant to the industry.

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24th August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

For further information, testimonials and application details visit our new website at

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To apply or get further information on any of the above courses please contact

Kerry ETB Training Centre,
Monavalley Industrial Estate, Tralee,

TEL: 066 7149600 | 066 7149638 | 066 7149676, E-mail: training@kerryetbtrainingcentre.ie



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CONFIRMATION TIME IN KILLARNEY

PICTURE MARIE CARROLL-O'SULLIVAN



EVAN O'CALLAGHAN PICTURED AT THE KILLARNEY AVENUE HOTEL CELEBRATING HIS CONFIRMATION DAY FROM THE MON NS WITH HIS DAD DANIEL, MUM LOUISE, FAMILY & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



HAILEY O'RIORDAN CELEBRATING HER CONFIRMATION DAY FROM ST OLIVERS NS WITH HER FAMILY & SPONSOR AT HER HOME IN WHITEBRIDGE L-R MUM SHARON O'RIORDAN, BABY NOAH MCCARTHY, ELYSE MENDOSA (SPONSOR), ERICA & MICHAEL MCCARTHY.



DARRAGH BROSAN CELEBRATING HIS CONFIRMATION DAY FROM KILCUMMIN NS WITH HIS MUM JOANNE, DAD COLM & SISTER CIARA BEFORE MEETING WITH FAMILY & FRIENDS AT THE KILLARNEY OAKS HOTEL.



TWINS KATELYN & VICTORIA NOLAN CELEBRATING THEIR CONFIRMATION DAY FROM HOLY CROSS MERCY SCHOOL WITH THEIR FAMILY & SPONSORS AT THEIR LATE GREAT-NANA'S HOME ON ST ANNE'S ROAD. L-R KATLYN MOYNIHAN (SPONSOR), RAY NOLAN, KATELYN NOLAN, MUM DEIRDRE NOLAN, VICTORIA NOLAN, BERNIE NOLAN & EMMA RIORDAN (SPONSOR).



NIAMH STACK CELEBRATING HER CONFIRMATION DAY FROM LORETTO NS WITH HER DAD JASON AND SISTERS SADHBH & KATE AT THEIR HOME ON PARK ROAD.



EDEL SWEETMAN PICTURED AT ROSS CASTLE ON HER COMMUNION DAY WITH HER MUM CAROLINE, DAD MATT & BROTHER CHRIS.



ALANNA LOUGHNANE (LEFT) CELEBRATING HER CONFIRMATION DAY FROM HOLY CROSS MERCY NS AT THE AGHADOE HEIGHTS HOTEL WITH HER COUSIN EVAN AND SISTER RACHEL.

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Their Special Day

A look at the Wedding's taking place in Killarney.



PHOTOGRAPHED ALONG WITH THEIR BRIDAL PARTY ARE NEWLYWEDS DEIRDRE BUCKLEY & JOHN HANNON. THE COUPLE WERE MARRIED RECENTLY IN ST MARY'S CATHEDRAL AND HELD THEIR CELEBRATIONS IN THE MALTON HOTEL. IMAGE COURTESY OF IAN CRONIN / ICPHOTOSTUDIO

Photographers

who wish to submit wedding pictures for inclusion on the page can email them to

editorial@outlookmags.com

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PHOTOGRAPHED BY TORC WATERFALL ARE NEWLYWEDS JEMMA DOYLE & STEPHEN BROSNAN. THE COUPLE WERE MARRIED LAST SATURDAY IN BEAUFORT CHURCH AND HELD THEIR CELEBRATIONS LATER THAT EVENING IN THE KILLARNEY OAKS HOTEL. PHOTO COURTESY OF IAN CRONIN / ICPHOTOSTUDIO

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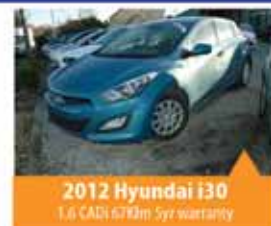
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2ltr TDI 88kms one owner full Audi History



2012 Ford Mondeo (Choice)

2ltr TDCi Titanium 80kms Full History



2012 Hyundai i30

1.6 CADi 67kms 5yr warranty



2011 Skoda Octavia

2.0L TDI Elegance, one owner Full History



2011 Ford Focus

1.6 TDCi Zetec Alloys, Fogs, Full Ford History



11 Seat Leon

White, 90kms One Owner FSH



141 VW Passat

1.6 TDI 30,000 kms

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- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 Mazda 3 1.6 DSL Alloys, Fogs, Aircon, Cruise control
- 07 Renault Megane Scenic 2yr Test
- 06 Citroen C4 3dr 1.6 TDI
- 05 Opel Mireva 1.3 CDTi, left hand drive
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi

- 03 Skoda Octavia 1.9 TDI, silver, 1 owner
- 131 Seat Toledo 1.6 TDI 30k
- 11 Seat Leon 1.6 TDI White 90k
- 08 Ford Focus 1.6 TDCi

CARS

- 132 Ford Fiesta Choice of colours
- 132 Ford Fiesta
- 12 Ford Fiesta 1.2
- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Nissan Almera 1.5 SXE, alloys, air con

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

COMMERCIAL

- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch



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CIRCUIT OF KERRY RALLY

The 41st running of the Tralee-based club's flagship event will take place on Sunday April 19.

Clerk of the course Tom Barrett said: Those who have competed in Kerry over the last 40 years knows only too well the quality of the Rallying, the warm Hospitality and the Mighty Craic which is all part of a Kerry Rally weekend. Fel's Point Hotel will continue as main sponsor for 2015 and I would like to welcome Advanced Cleaning Services as Associate sponsor and to thank both companies for their continued interest and support.

For 2015 the event will once again be Round 2 of the 2015 Overall, Junior and Historic Top Part West Coast Rally Championship, the longest running and most successful championship in Irish rallying."

Headquarters for the event will be the Four Star Fel's Point Hotel in Tralee. To help competitors save costs, there will be just two stages to recce, all in a compact route making up the six-stage event.

Mr Barrett added: "The rally will be run over two former Circuit of Ireland/Circuit of Munster

Classic Stages with low road millage, Rally Headquarters, Pairc Feirme, The Service Area are centralised in the same location adjacent to the Fel's Point Hotel. Scrutiny is just minutes away at the Kingdom Crash Repair Centre in the Monavalley Industrial Estate. Competitors who retire on any of the first 3 stages will be able to avail of "Rally 2" rules, which allow competitors re-join the rally after retirement and get value for their entry fee.

The entry fee will be €475, Junior and Historic competitors pay €295 for the first 4 stages. If Junior and Historic competitors wish to pay €475 they will have the opportunity to have their Junior rally decided on the first 4 stages and be part of the overall rally over the 6 stages."

For 2015 the club has decided to support the clubman competitors who make up the meat of the entry. To this regard the club is offering an unique prize fund of €1500 to be divided equally between the drivers of the first Ford sponsored by Lyons Ford of Limerick and Nenagh, the first Toyota sponsored by Kelliher's Toyota.ie and the first Honda sponsored by Relihans Car Dismantlers and Car Spares, to finish the six-stage 100km event. This prize fund is aimed directly at club drivers and competitors using World Rally Cars are not permitted to enter this separate race.

A separate King/Queen of the Stages competition sponsored by Aherns BMW.ie and WCP Services will also be incorporated into the event. Crews will get three chances to set the fastest time on each stage. The car with the fastest time of the day on each stage will walk away with the King/Queen trophy and they will leave Tralee with bragging rights that will last until the 2016 event.

A ceremonial start will take place in the centre of Tralee on Saturday before the event.

Southwest Motorsport Rally Rescue as well as the Irish Red Cross Ambulance Service will do an demonstration of a road traffic accident scene and what is involved in the safe removal of passengers from the damaged vehicles.

Mr Barrett added: "Sunday's event, which takes place between 2 and 5pm will rally enthusiasts and fans the opportunity to join, become a member and be more involved with a very active and long established motor club.

It is also an opportunity for our sponsors and advertisers to display their ware and hopefully get some business. It will be an ideal opportunity to reminisce over 40 plus years of rallying in the Kingdom."

LIAM LYNCH MOTORS WINS ŠKODA IRELAND DEALER OF THE YEAR

ŠKODA has announced that Liam Lynch Motors, ŠKODA's Kerry dealership, has claimed the ŠKODA Ireland Dealer of the Year award for the second time in three years. The Farranfore based dealership has beaten off stiff competition from 25 other dealers in the ŠKODA nationwide dealer network to scoop the coveted title of dealer of the year. The prestigious honour is awarded to Liam Lynch Motors for delivering an outstanding performance over the last year. The team at the Farranfore based dealership are being recognised for their excellence in sales performance, workshop quality repairs, aftersales and customer satisfaction.

Liam Lynch Motors, with a staff of 16, is renowned in Kerry and further afield for unrivalled customer service and moved to their current premises in Farranfore in 2001 after the acquisition of the ŠKODA franchise for Kerry. The business has grown from strength to strength with a significant investment made last year to construct new ŠKODA corporate showrooms with a more modern and contemporary layout.

Over the past year, Liam Lynch Motors has been involved with innovative sponsorship campaigns including the well renowned Ring of Kerry Charity Cycle among various other local activities.

Speaking at the announcement Liam Lynch of Liam Lynch Motors, said "We are delighted to be recognised by ŠKODA as dealer of the

year. This is the second time in three years the dealership has claimed this award and that is a testament to the hard work and effort that each member of the team has put in over the past year. To be number one in Ireland again is fantastic. The standards in the ŠKODA network are very high and it is an honour to accept this award on behalf of everyone at Liam Lynch Motors."

Also commenting, John Donegan, Brand

Director, ŠKODA Ireland said "We are thrilled to announce Liam Lynch Motors as the ŠKODA dealership of the year. Liam Lynch Motors is a consistent performer in every area of the business ensuring ŠKODA is one of the best-selling car brands in Kerry. Each member of staff deserves tremendous credit for the hard work and effort put in and this reward is very much deserved".



LIAM AND PHYL LYNCH, LIAM LYNCH MOTORS AND JOHN DONEGAN, BRAND DIRECTOR, ŠKODA IRELAND ALONG WITH LIAM LYNCH DEALERSHIP STAFF PICTURED RECEIVING THE ŠKODA IRELAND DEALER OF THE YEAR AWARD FOR THE SECOND TIME IN THREE YEARS. THE PRESTIGIOUS HONOUR IS AWARDED TO LIAM LYNCH MOTORS FOR DELIVERING AN OUTSTANDING PERFORMANCE OVER THE LAST YEAR. THE TEAM AT THE FARRANFORE BASED DEALERSHIP ARE BEING RECOGNISED FOR THEIR EXCELLENCE IN SALES PERFORMANCE, WORKSHOP QUALITY REPAIRS, AFTERSALES AND CUSTOMER SATISFACTION.

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Aherns BMW KERRY will be holding their 3 day BMW Sales Event over the Easter Weekend next Thursday 2nd, Friday 3rd and Saturday 4th April.

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PUT SOME SPRING INTO YOUR LIFE!

The evenings are getting longer, there are buds on the trees and the air feels warmer. It's Spring and the energy is fresh, new, alive and full of promise. As winter memories fade away capture Springs buoyant energy and make way for a fulfilled and joyous summer to come!

5 TOP TIPS TO BRING SOME SPRING INTO YOUR LIFE!

1. De-Clutter! This is the perfect time to get rid of anything that is worn out, doesn't serve you, isn't useful or that you simply don't like. This includes your thinking too! Free up your energy and create more space for new possibilities and opportunities by letting go of the old!
 2. Eat light! Begin to include more salads in your diet and plenty of water to feel hydrated in body and mind!
 3. Get outside! It doesn't matter what you do just get out in the fresh air and move!
 4. Begin something new! What is it you've been keeping on the "back burner" for too long? Begin that book, take that course, start that new project, create a new recipe! Focus on bringing something new into your life!
 5. Give thanks! Gratitude is the key to abundant living, fulfillment and inner peace. Find at least five things to be grateful for every day and give thanks for how blessed you are! *Have a beautiful Spring!*
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Know Your Rights: MEDICAL CARD HOLDERS AND PRESCRIPTION CHARGES

MARCH 2015

QUESTION

I am a medical card holder. I have just realised that I am paying more than the monthly cap of €25 for our family's prescriptions. Why did this happen and can I get a refund?

ANSWER

If you have a medical card, you are charged €2.50 for each prescription item you receive. Usually your pharmacy keeps records of how much you have paid and makes sure that you do not pay more than €25 each month on prescription charges. However, you may use different pharmacies in the same month or your family members may not have the same medical card number (for example, if a different doctor is used) and you may end up paying more than the cap of €25 per family per month. If a person or family pays more than €25 in a month, the Health Service Executive (HSE) will issue a refund at the end of the quarter, without you needing to apply. This is done on the basis of the information received from your pharmacy. However, if you think that you have not received the refund due you can also claim directly from the HSE using claim form PC1 (which you can download from medicalcard.ie, collect at your Local Health Office or get by phoning 1890 252 919 (Monday to Friday, 9am–5pm).)

You can set your family up as a family group on medicalcard.ie and print off a family certificate to give to your pharmacist. This will show all of the members of your family so that the pharmacy will not collect charges above the monthly limit. Your family is defined as you, your spouse or partner, any children under 16 years of age and any children between 16 and 21 years of age who are in full time education.

If you do not have access to the internet you can ask your Local

Health Office to help with setting up a family group. You can also call **1890 252 919** or your local pharmacist may be able to help you.

Further information is available from the Citizens Information Centre below.

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

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

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



Coronation Street

It's all action this week on the street as Faye Windass goes into labour. The teen mum who has only confided in best friend Craig Tinker about her pregnancy is distraught when she goes into labour. Following the birth of the new-born, both Faye's adoptive mother Anna and her biological father Tim are soon altered to Faye's plight. Drama however soon unfolds as Faye refuses to bond with the baby. It looks like the drama is only just beginning for this family.

Original Corrie teen mum Sarah Lou Platt returns to the soap in search of her wayward daughter Bethany this week but her eye is soon turned by the charms of bad-boy Callum. What will David say about his sister cosying up to his enemy?

SPOILER ALERT

Actor Jimi Mistry has quit the cobbles and his character Kal Nazir will exit the soap in dramatic fashion later this year.

Fair City

Poor love-struck Kerri-Ann when will she realise that Garda Frank just isn't the one and that her best friend Decco really is? This week it would appear that Kerri-Ann is one step closer to realising this when Frank requests that Decco isn't in their company anymore leaving Kerri-Ann to ponder her feelings for both men.

Red Rock

Superintendent James McKay faces a tough week in Red Rock as the pressures of his continued IVF treatment with wife Claire and the manslaughter charge laid against his brother-in-law Micheal all begin to take their toll.



ROWING TO RIO

**The Monika Dukarska
Blog. The story of a
Professional Athlete**



The National Trials have finally ended. Trialling for the team is stressful no matter how well you think you may be prepared. The goal is to perform to the best of ones' ability, shine on the day and be selected for the team. Sometimes you achieve all of the above and sometimes you fall short. This weekend turned out to be successful for me and my new rowing partner Leonora Kennedy. Leonora and I raced together in 2013 at the World Rowing Championships in South Korea. We raced the Women's Double Scull and we finished 10th overall. This year however we paired up in a sweep boat and raced in the Women's Pair event. The difference between sculling and sweep is as follows. In sculling rowers have an oar in each hand, they move up and down the slide and there is no need to steer. In a sweep boat, however rowers have one oar each (the oar is longer and bigger) and to place the oar in the water they rotate to their either left or right. In this combination, I am in a stroke seat and I am responsible for rhythm, steering and rate (how many strokes a minute we are doing).

The changes within the team were unexpected and quick. I felt challenged by the requirement of stepping into a sweep boat but I had to step up to the challenge and work hard at making the boat go fast! I did just that. After not even 3 weeks together, we raced our first race this weekend! We shined! We produced good speeds and ranked very closely to the top performing boats last and this season. The prospect of the Women's Double Scull was threatened this season as my last year's partner was injured and is still recovering. This season therefore I will challenge the world in the Women's Pair category. There are 11 qualification places at the 2015 World Championships and additional 4 places at the last qualification regatta in 2016. That's two more places than in the Women's Double category.

Coming back to the race, as a crew we had an attacking rhythm, we kept a high rate which was sustainable and coped well with cross head wind conditions which are challenging especially if you have only one oar. Moving together and balance are vital to going fast. Having done our first proper race, I am confident we can improve even more. Our paddling speeds are quick and we are only at the start of our anaerobic/ high-speed part of racing preparation. The future looks bright.

You can follow Monika on www.monikadukarska.ie



OVER THIRTY KERRY PLAYERS FEATURED IN O'CONNOR CUP WEEKEND



LORRAINE SCANLON IN ACTION FOR UL AGAINST DCU IN THE O'CONNOR CUP FINAL.

Ten Kerry players picked up winners medals this weekend at the conclusion of the blue ribbon event for Ladies Colleges Football played at the Cork IT. However, there was to be no fairy tale for Tralee IT as they lost out to eventual winners Trinity College in the Giles Cup.

The O'Connor Cup weekend is the ladies equivalent of the Sigerson Cup saw 14 teams fight it out for the three prizes on offer with no fewer than 32 Kerry players involved.

Six Kerry Ladies were on the panel of the University of Limerick side that conquered DCU by 3-16 to 0-9 in the O'Connor cup final. Lorraine Scanlon of Castleisland Desmonds impressed at Midfield scoring a wonderful first half point from all of 40 yards. Kerry keeper Edel Murphy who plays between the sticks for Laune Rangers, kept another clean sheet, her second in the tournament. Anna Galvin playing club football for Southern

Gaels named at full forward played deep for most of the game. Caroline McCarthy of Kenmare played at wing forward. Claire O'Sullivan also from Kenmare came on as a second half sub. Laura O'Sullivan yet another who represents Kenmare at club level, played on the Friday at Midfield in their semi-final win over NUIG missed the final due to a wedding. This was UL's second win in as many years.

In the Giles section, Rachel Coleman Horgan of Laune Rangers and Sinead O'Sullivan another Southern Gaels representative played key roles in TCD victory over Athlone IT. Horgan was named at corner back with O'Sullivan at wingback.

While Caoimhe O'Sullivan of Listowel Emmets played a pivotal part in DCU's win over DIT in their Lynch Cup victory playing at Midfield with Dingle's Deirdre Geaney a member of the panel.

KERRY SIDES EXIT LEAGUE DECIDERS

It was a mixed week for Kerry's Division One representatives as they both exited the league despite putting in two good performances. Tralee Imperials inflicted a rare defeat on Portlaoise Panthers 53-50 but

lost out on aggregate 115 to 106 While Team Den Joes Castleisland also suffered a home defeat to Dublin side Oblate Dynamos losing out on an aggregate score of 112 to 104.

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As part of my degree level course in **CLINICAL AND SPORTS MASSAGE** I have the great privilege and honour to be able to conduct a *research project* of my choice. Research in massage therapy is relatively new so I feel really grateful to be given this opportunity to delve deeper into a subject that I feel quite passionate about.

Sacroiliac joint pain is said to affect roughly 15-30% of the population and I will be conducting a comparative study between **massage therapy** and a **yoga based rehabilitative movement class**.

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LEGION GAA CLUB NOTES

KEVIN GRIFFIN

SENIOR COUNTY LEAGUE In the first round of this years county league , our senior side got off to a winning start in Div 1 with a good solid performance , defeating St Michaels Foilmore last Sunday on a 2-10 v 0-09 score line. Goals from Conor Keane and David McCarthy paved the way for this victory, played in Foilmore

FREWEN CUP Played in Kildare last Saturday St. Brendan's College have booked their place in the All-Ireland Final of the schools Under 16.5 competition by beating St. Mary's Clady, Derry on a score-line of 5-25 to 0-4. Cian Gammell started with Patrick O'Leary, Mike Cronin & Thando Dube being introduced in the second half. Unused subs were Paul Moriarty, Luke O'Donoghue & Robert Osborne. Well done lads

FIXTURES: Senior county league round 2 Legion v Glenbeigh Glencar on Saturday 5pm at Derreen

FOSSA GAA

WITH JOHN O'NEILL

LOTTO Numbers drawn were 6, 17, 18, 27. There was no Jackpot winner and next weeks Jackpot will be €9,450.

SENIORS The opening round of Division 4 of the County league was played on Sunday when

Fossa hosted Dromid in Fossa. Conditions were ideal for football and we were served with a very close and entertaining game. Final score Fossa 1-13, Dromid 0-13. Fossa will be happy with the 2 points in what will be a very competitive division and they now face a tricky fixture next Saturday at 4pm when they are away to Ballydonoghue. Dromid will be tough opposition for most teams even without the injured Declan O Sullivan.

U-16'S The U-16's kick off their East Kerry League campaign on Monday 30th March when they play Glenflesk in Glenflesk at 6pm, all support welcome.

U-14'S The U-14 Team will play their first game in the County League on Wednesday 1st April when they host Keel/Listry in Fossa at 6.45pm.

LADIES FOOTBALL On Sunday last our u14 Fossa girls started their Educate.ie County League campaign. Playing at home against Cromane this outing saw both sides put on a dazzling display of football. In what was a very competitive first round game that ebbed and flowed throughout it was Cromane who finished the stronger on a scoreline of 7-6 to Fossa 6-7. This was certainly the one that got away but all in all there is fantastic talent within the ranks of the Fossa Ladies Football.

BEST OF LUCK to Katie Talbot who is part of the Kerry Ladies Minor panel who take on Tipperary in their first round of the Munster Championship next Saturday March 28th. Kerry venue TBD.

Fossa have four girls on the u16 County Panel this year. Fay O Donoghue, Anna O'Reilly, Hannah O Donoghue and Erica McGlynn. The team are out on April 1st away to Cork. We wish the girls and their team the very best of Luck.

Fossa's Anna Clifford and Shelly Clifford are part of the u14 County Panel. They were defeated by Cork in their first round game. Their next game is on April 18th.

CONGRATULATIONS Congrats to Alec Rennie, David Clifford and Lee Lenihan who were part of the Sem team who defeated St Marys of Claudie in the All Ireland semi-final of the Frewen Cup, they now play St Peters of Wexford in the final in 2 weeks time at a venue to be decided.

SCOR The Munster Semi Finals of Senior Scór were held in Cappamore last Saturday. Congratulations to our Leiriú group who qualified for the Munster Final which will be held in Ovens on Saturday March 28th commencing at 6.30. Fossa GAA would like to wish the group of Eileen Lucey, Frances Healy, Theresa Kissane, Amy Moriarty, Mike Kelliher, Mike Sheehan, Gene Moriarty and Mike Griffin the very best in the final. Sincere thanks to Jackie Quirke and Seán Kelliher for their help in this production. For information re tickets for the final contact Theresa Kissane 087 681 6169. We would also like to wish the other clubs from Kerry who qualified the very best of luck.

MEMBERSHIP: Membership now due. Family membership is Euro60.00 which covers

LEGION GAA CLUB

WHERE ARE THEY NOW

A person doesn't always have to cross the water for people at home to wonder where they are now, sometimes they still live in the same county so we stay close to home this week as I take the short trek to the North Kerry town of Tarbert to catch up with former Legion midfielder and Killarney Celtic goalkeeper, Pato Leary. A lot of people had asked me if I could track down Pato for this article so when I started my search, I was somewhat surprised to find that he only lives forty miles away. Pato was genuinely delighted to be contacted by his former club and was proud that they still remembered him .

Pato was born and reared in Coolcorcoran in a house which ironically is situated a stones throw from what is now our upper pitch at our playing grounds in Derreen. His parents Eugene and Sheila are sadly passed away, with his sister Brigid still living at home. One of a family of five, his two other sisters, Mary and Aine now live in Blackwater and Ballygeary respectively with his brother Eugene living in Dublin.

Pato played all the way from U10 to senior, mostly in a central role, although he did take a sabbatical in 1985 for a few years when he went to work in Dublin but although he wasn't

playing Gaa at this time, Pato kept himself busy playing League of Ireland B soccer and Leinster Senior League with Dublin University from 1986 -1989, while also playing basketball with the Fairwater club in Inchicore during this period having previously played with St Vincents in Killarney alongside some great local basketballers like Pat o Shea, Connie Murphy, Timmy Moloney and Joey Sheehan. In 1989 Pato joined the Gardaí, a job that he had always wanted and it also gave him the opportunity to travel home to Killarney to play with Legion again and his next few years in the green n white were somewhat more rewarding than his earlier years because as a youngster, he says that he didn't win many titles as he was always up against good Dr Crokes teams that contained the likes of Connie Murphy of whom he regards as one of the finest players that he played against while also rating his own team mates Kevin Murphy and the late Pat Adams as outstanding footballers. But with the turn of the decade, Pato enjoyed a little more success ,winning back to back county junior titles for the first time in the clubs history and then going on to win the senior County league Div.1 title in 1993, finally getting one over on

his town rivals and then the following year, Pato added the County Club Championship title to his collection. During most of this time Pato was stationed in Coolock in Dublin so there was great credit to him for his efforts in travelling long distances to play for the club but sometime later, he got moved to Listowel station where he still works today and lives in nearby Tarbert where he is married to local woman, Mairead and has two children, Rachel 10 and Brendan 9. Pato is involved with Tarbert Gaa with their under 10 set up and also with the same age group for Ferry Bank Rangers in soccer.

Pato admits that he doesn't get home much anymore but still misses the beautiful scenery and the National Park for long walks but he says that he does follow Legions progress and is very proud of the strides they have made in recent years, something he says that, some of the people that he really admired throughout his club years, such as Mickey Culloty, Bernie O'Connor, Sean Counihan, Weeshie Fogarty and Jim O'Carroll would and should also be proud of .



all members of the family. , adult remains at Euro30.00, while youth/student is Euro15.00. All players have to be registered before they play or train. All non playing members for 2015 must have their membership paid by Tuesday March 31st. Gene will be available to take membership over the next three weeks.

EAST KERRY NOTES

WITH ÁINE NÍ SHÚILLEABHÁIN

EAST KERRY SENIOR COMPETITIONS

The East Kerry Board C.C.C. will meet during the week and we will have fixtures for competitions for next week's notes.

EAST KERRY UNDER 16 LEAGUE

The East Kerry Coiste na nÓg 2015 programme of competitions, got under way last Sunday with round 1 of the Under 16 League, sponsored by MD O'Shea. The results were Division 1A: Cordal /Scartaglin 6-18 Kilgarvan/Tousist 3-10. Division 1B: Beaufort 3-17 Glenflesk 2-07. Division 4: Gneeveguilla 3-09 Currow 1-08. Listry/Keel 3-09 Kenmare 1-12. The Under 16 league continues with round 2 on Monday the 30th March. Games start at 6pm. The fixtures are as follows, and first named team has home venue. Division 1A: Rathmore V Furies, Spa V Cordal/ Scartaglin, Kilgarvan/ Tousist – Bye. Division 1B: Legion V Beaufort, Glenflesk V Fossa, Dr Crokes –Bye. Division 4: Kilcummin V Currow, Gneeveguilla V Listry/Keel, Kenmare – Bye.

Scór Sinsear and Scór na bPaisti Congratulations on qualifying, last Saturday in Cappamore, for the Munster Scór Sinsear Finals to Glenflesk - Figure dancing, Spa (Ray O'Sullivan) - Recitation and Fossa – Léiriú. Best of luck to all in the Munster Finals on Saturday 28th March in Ovens, Co Cork. Go n-éirí an t-ádh libh.

Well done also to all the East Kerry participants in the County Finals of Scór na bPaisti, last Sunday, in the Gleneagle Hotel, Killarney. Congratulations to the East Kerry winners: Spa - Rince Foirne, Furies – Recitation and Solo Singing and Dr Crokes - Set dancing. Furies were also awarded the Best Overall Club title. Glenflesk came second in Ballad group and were presented with the Inaugural Healy O'Connor Shield. This was awarded for participation in all 3 different Scór competitions during the year and was presented for the first time last Sunday. Comhghardachas díbh ar uilig.

East Kerry Board Delegates Meeting

The March meeting of the East Kerry Board takes place on Tuesday the 31st March in the Killarney Heights Hotel, starting at 9pm.

SPA NOTES

ANNE HOLLAND

REGISTRATION DEADLINE

Anyone not registered this week will not be able to play football/participate in Scor/Ladies football or train with any team.

ALL MEMBERS need to registered with the club as per new rules in the GAA. Any player that's not registered before they play they are illegal as all team sheets are generated by Croke Park with the online system. Only registered players will be on the team sheet and no other form of paperwork will be accepted by referee or Co. Board. Deadline is March 31st. If you have any questions on this contact John O Donoghue, Coiste na nOg Chairman 087 9403517, Ladies Football Anne Holland 0857780883 and Scor Sheila McCarthy 0877614847.

COISTE NA NÓG Our underage are training. U16S Started their campaign on Sunday away to Furies. Lost to a very strong Furies team.

LADIES FOOTBALL

TRAINING U6/U8 and U10 girls continue to train indoors Wednesday evening 5-6.

U12 Girls/U14 girls are now training new night Wednesday 6.30-7.30 due to weekend fixtures.

U14 GIRLS Played their first game away to Ballymac in beautiful conditions. Down a few players but rallied a great battle but very unlucky not to equalize or win on many occasions. No doubt will gain experience from this but a great performance.

U16 GIRLS AND SENIOR LADIES

Friday evenings 6.15pm

U16 girls will be competing in the county league with Scartaglin for 2015.

Senior Ladies County League

Our next fixture is Sunday April 12th away to Kilcummin @ 12noon.

SENIOR MEN Co League Division 2 Round 1 The men started their campaign away to Laune Rangers in a close match with excellent football. Down by 2 pts at half time 0-6 to 0-4. Came out in the second half with a determined effort to not lose the first game. A draw with 11 pts a piece was a fair result on the day. Next Fixture Round 2 Saturday March 28th @5pm home to Gneeveguilla.

SCHOOLS LINK

SEM Congratulations to the U16.5 team on reaching the All Ireland in the Paul McGirr Cup defeating St. Mary's College, Clady in Kildare with a very impressive scoreline 5.25 to 0.4. Dara Moynihan played a captains role and the equally impressive David Spillane and Niall McCarthy.

SCOR

SCOR SINSEAR: Well done to Ray O Sullivan who qualified for the Munster final in recitation.

SCÓR NA BPAISTÍ: Congratulations to all our dancers in the County Final claiming first in the figure and second in Sean Nos. A huge achievement for our young girls which took place in the Gleneagle.

Well done to Sean Nós dancer Grainne Spillane Coach Triona Mangan

Figure dancing : Erin Holland, Kate Lawlor, Ciara Moynihan, Carrie Hickey, Roisin O' Sullivan, Laura O' Carroll, Alibhe Gallagher, Eleana O' Donoghue. Subs : Grace O'Connor, Grainne Spillane. Coaches Mairead Mangan and Mau-

reen Hegarty Vogels

CLUB MERCHANDISE Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

CLOTHES/BOOKS/OLD PHONES DRIVE COLLECTION ON SAT MARCH 28TH

We collect all year round. All proceeds goes towards the underage section of this club. Time to clear those wardrobes and can be dropped off to Spa clubhouse during the day or in the evening. All clothes any condition (clean), belts, bags, shoes and books (no school text books) and any old phones can be collected. Contact Anne Holland 0857780883 or John O Donoghue 087 9403517.

LOTTO No winner in The Torc. Numbers drawn were 6,16,18,25.

Whopping €6,000 next week in McSweeneys.

SPA COMMUNITY NOTES

Sympathy is extended to former Spa footballer Cathal Kelliher and the extended Kelliher family on the death of Christine Kelliher, York Terrace. Also to our former club caretaker Chris Jones and family, Anablaha, on the recent death of his partner Bridget and to the relatives of Mai O'Brien, The Rookery Ballycasheen.

May They Rest In Peace

FINAL OF 31 CHAMPIONSHIP OF KERRY,

Due to the huge number of qualifiers in the Spa 31 Championship of Kerry a special appeal is extended to all players to be present at 7-30pm in the Torc Hotel, Lissivigeen on this Friday night March 27th.

BEAUFORT GAA NOTES

Seniors Our Seniors travelled to Beale to take on the home team in the First Round of the County League Division 3 on Sunday last. Beale were promoted from Division 4 along with Na Gaeil and Beaufort last year and are also North Kerry Champions. Both sides took some time to settle into this game and had missed chances. Final score: Beale 0-10 Beaufort 3-6. It was great to see 12 subs toggled out by Beaufort. Hope this continues. Their next game in the County League is at home on Saturday evening next at 5pm against Skellig Rangers and will play Glenbeigh/Glencar in the Mid-Kerry League on Easter Saturday in Glenbeigh at 6pm.

LOTTO results of Sunday, 22nd March for jackpot of €3,600. Numbers drawn: 9,15,20,22. No jackpot winner.

UNDER 14 BOYS begin their County League campaign away Dingle on Wed, 1st April at 6.45pm

U16S Our U16s were at home to Glenflesk in the East Region League on Sunday last. They lined out without their outstanding player Luke Sweeney who picked up a serious knee injury last week-end. We wish him a speedy recovery. Final score Beaufort 3-17 Glenflesk 2-8. Their next game is away to Legion on Monday, 30th at 6pm.



KERRY LADIES The Kerry Ladies were beaten by Galway in Tuam on Sunday last. Bernie Breen and Patrice Dennehy lined out at mid-field and corner-forward and acquitted themselves well. Final score Galway 3-12 Kerry 2-9. Their next game is away to Mayo on Sunday next and their final game before semi-final stages will be at home to Monaghan in Castleisland on Sunday, 29th March.

CLOTHES COLLECTION that was advertised for April is postponed until the Autumn. Gym Beaufort Gym is open from 7.00am to 10pm. Great value in Membership at only €50- not only for GAA members. Memberships is also due for renewal. Please contact Patie on 087 2515311.

MEETING/ACTIVITY ROOM There is a new Room available in the Clubrooms for anyone who wants to hold Meetings, Activities etc. Contact Bridget on 087-9975737

DR CROKES NOTES

TERRY POTTS

MATCH REPORTS

CO. FOOTBALL LEAGUE DIV 1

Dr Crokes 2-10 Milltown/Castlemaine 1-8
Sun 22 Mar 2015

We secured a victory in our first County League fixture of 2015 against Milltown/Castlemaine at Lewis Rd.

Great to see Colm Cooper in the Black and Amber again, as he took his place among the substitutes for this game.

Next up for the Division 1 squad is a trip to South Kerry to face Waterville this coming weekend.

CO. FOOTBALL LEAGUE DIV 4

Firies 2-12 Dr Crokes 1-15
Sun 22 Mar 2015

In a season opener for our Division 4 side, we had to settle for a share of the points at Farranfore. Crokes next host Cordal in Round 2 of the County League Division 4.

SCOR: Congratulations to our young set dancers who are County Champions, following the Scor na bPaisti finals at the Gleneagle on Sunday 22 March 2015. Many thanks to Hanna Majella O'Donoghue who coached this Dr Crokes group to such a high standard. Thanks to all the parents who insured no training session was missed and thanks to all the supporters who came to support our representatives. Well done to everyone involved.

JUVENILE ACADEMY: The Juvenile Academy continues to flourish with large numbers enjoying the Hurling coaching from 10:00-10:40 and Football from 10:40-12:00 where there is plenty of activities and no shortage of fun and games for the children aged 3-10.

We are always open to new members and with fully qualified and Garda vetted coaches, all

children are guaranteed to learn the skills of Gaelic Games in a safe, friendly environment. Come along next Saturday to sample the fun.

GENERAL MEETING The first General Meeting of all Club Members was held Thursday 19 March 2015 with Chairman Denis Coleman updating those in attendance on all aspects of Club affairs while also listening to various queries and suggestions. A most welcome, regular forum for all relevant club matters.

LOTTO: Draw took place in the Tatler Jack Bar on Sunday last. Numbers drawn 6,8,15 & 17. There was no winner of the jackpot of €4,500. Draw will take place in the JackCs Bar on Sunday 29 March 2015.

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

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

PARADE Well done to all who organised and participated in the parade on behalf of the Dr Crokes Club. It was great to be so well represented in one of the largest and most successful Killarney parades to date.

SYMPATHIES: We offer our condolences to the family, relatives and friends of Mai O'Brien Rookery Rd, Christine Kelliher Lewis Rd and to James Arthur on the death of his Mother, Mrs Annie Arthur, Mullingar.

Ar dheis Dé go raibh a n-anam.

GOLF SOCIETY Leading the troops for 2015 are Brian O'Callaghan, Captain and Mike O'Leary, President. Membership must be paid before the first outing at Lackabane on 28 March if playing, or by 30 March to any committee member. Time-sheet in operation in the Speakeasy two weeks prior to each outing or via the club website, www.drcrokes.com

Thanks to outgoing Captain Denis Coleman and President Tom Looney for a successful year in 2014 and congratulations to Brian Looney on winning Player of the Year.

CONGRATULATIONS: Congratulations on their recent wedding to Morgan O'Brien and Jennifer Gannon.

GOOD LUCK Two of our juveniles are heading to the World Irish Dancing Championships in Canada this week. Best of luck to Mark Clifford who is travelling with Mom and Dad, Mark and Eileen and sister Rocha and also to Scott O'Meara who is accompanied by Mam Lisa and Grandmother Nancy. Enjoy the competition and experience.

THE SEM Congratulations to St Brendans U16.5 team who secured the Frewen Cup (Munster) on Monday 16 March with a hard-fought victory over Tralee CBS thanks largely to the accuracy of Billy Courtney from frees. They went on to secure a place in the All-Ireland Final by beating St Marys Clady, Co

Derry comprehensively in Kildare town on 21 March, assisted by goals from both Mark Harnett and Jack Griffin and a fine performance from David Shaw. Well done to all the large Crokes contingent involved.

For all the latest news, photos and videos, visit our website DRCROKES.COM as well as our Facebook page (facebook.com/DrCrokesGAA) & Twitter Accounts (@drcrokessgaa & @nextgencrokes).

Any items for inclusion in Club Notes or on our social media outlets, email to crokescubhouse@gmail.com or contact P.R.O. at 085-8426667.

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

LISTRY GAA NOTES

PAULA COURTNEY

LISTRY WEEKLY LOTTO Results Sunday 22nd March, 2015

Winning Numbers 4, 11, 19, 23

Jackpot €2,450 Not Won

Jackpot next week

Sunday 29th March €2,600

CHALLENGE GAME Listry played at home to Renard last Sunday in a challenge game and won with a score of Listry 1-10 Renard 0-3.

SENIOR FOOTBALL LEAGUE 2015 Listry Seniors are due to play at home to An Ghaeltacht on Saturday, 28th March at 5pm. All support welcome. For any updates please check www.listrygaa.ie and Listry Gaa facebook page.

MINOR FOOTBALL LEAGUE Keel/Listry Minors are playing away to Laune Rangers on Friday 3rd April at 6.30 pm. Please come along and support.

MILLTOWN/LISTRY LADIES FOOTBALL

Senior Team had their second win of the year last Sunday beating Clonmaccon. This was a great team performance from start to finish and everyone gave an impressive display. Full time score 2 14 to Milltown Listry and 2 4 to Clonmaccon. Thanks to all mentors trainers and supporters on a glorious day.

U 14 had their first game of the season in Lispole on Sunday evening against Corcha Dhuibhne this was a very tough game with an impressive display on both sides but Corcha Dhuibhne had victory in the end. Well done to both teams for a great display of football. Thanks to G.M.H.D. Insurances in Killarney for their generous donation of sponsorship to Milltown Listry Ladies Football. We are fundraising to buy a set of jerseys for the Senior Team and any donations or sponsorship would be greatly appreciated.



SEM REACH ALL IRELAND FINAL

St. Brendan's college qualified for the Paul McGurr (u16.5 all Ireland Colleges A Final) last Saturday in a warm and sunny Round Towers GAA club in Kildare beating St. Marys of Clady from Derry in a comprehensive win on a score line of 5-25 to 0-04 points. 'The Sem' got off to a blistering start with early points from David Clifford, Mark Harnett and a 45 from Billy Courtney. They were now in complete control of the game and goals followed from David Clifford and wing back Jack Griffin. By half time the Sem had taken complete control of the game leading 2-9 to 0-01. The second half followed on from the first half in similar fashion with St.Brendans College scoring at will, and in complete control throughout, with their backs playing extremely well, in particular Chris O'Donoghue and Michael Potts. After some excellent scores from the all impressive full forward line of Mark Harnett, David Clifford

and Donnachadh O Sullivan who scored 4-12 between them this result was never in doubt. Credit to Clady who tried there heart out and never gave up till the final whistle; especially there corner forward Odhran Quinn who was very impressive throughout the game. However they were no match for the Killarney side who now go on to play Good Counsel of New Ross, Wexford in the All Ireland Final. Time and Date TBC.

Team: Alec Rennie (Fossa) Oran O'Donoghue

(Glenflesk), Niall Donohue (Firies) Michael Potts (Dr.Crokes) Mark O'Shea (Dr.Crokes) Chris O'Donoghue (Glenflesk) Jack Griffin1-1 (Dr.Crokes) Billy Courtney0-4 (Dr.Crokes) David Shaw 0-4(Dr.Crokes) David Spillane0-2 (Spa) Dara Moynihan0-2 (spa) Cian Gammel 0-1(legion) Mark Harnett1-2 (Dr.Crokes) David Clifford1-7 (Fossa) Donnacadh O'Sullivan2-3 (Firies) subs Ciaran Flynn0-1(Firies) Michael Cronin0-1 (legion) Lorcan McMonagle(Dr. Crokes) Patrick O Leary(Legion) Thando Dube (Legion).



THE VICTORIOUS ST. BRENDANS TEAM.

SCHOOL'S HURLING GETS BIGGER AND BETTER

Last year, the South Kerry Hurling Bord na nÓg successfully introduced Hurling / Camogie Coaching to the National Schools in the greater Killarney and Rathmore areas. This initiative has been warmly received by all schools and the children really enjoyed their experience in playing our national game. This year they intend to build on the achievement of last year and extend the scheme to involve more schools and organise blitzes and tournaments during May and June for schools to participate in. The schools hurling initiative requires a significant amount of money to fund the equipment and pay the coaches. In fact, last year the group spent in excess of €18,000 getting the initiative up and running. They have applied for funding from Kerry County Board and Munster GAA Council and expect a positive response. In the meantime, they have to raise



HURLING TRAINING AT LORETO NATIONAL SCHOOL.

funds ourselves to maintain this worthwhile and rewarding initiative. The group are also appealing to the schools for their help in raising the required funds to keep the initiative going. Schools can, if they wish, make a contribution to the initiative or alternatively participate in the schools draw that we are organising. O'Sullivan Cycles,

Killarney have partnered with us again this year to sponsor a 2015 Trek 1.5 Road Bike (RRP €999) and we have 2nd and 3rd prizes of €150 and €100 vouchers respectively for the Kerry GAA Store in Killarney. There will also be a prize for the card sellers. The draw will take place on Easter Sunday, 5th April 2014.

MERCY GIRLS IN EPIC SPIKE BALL BATTLE

The Holy Cross Mercy School in Killarney went all the way to the All Ireland Schools Spike Ball competition this week at Mary Immaculate College, Limerick. The girls had qualified from their group in first place beating teams from Kildare, Galway and Laois. They faced an epic battle in the quarter final against the Dublin champions but came out on top by two points.

In the semi-final against The Heath from Co Laois, the girls played outstanding and were victorious going on to face defending champions St. Ita's from Galway in the final. Despite an enormous effort and great play our girl came up short on the day a very deserving St Ita's team. Well done to the girls on being the First Holy Cross Mercy Team to reach an All-Ireland Final in Spikeball. A Super achievement.

SPIKE BALL ALL IRELAND FINALISTS - HOLY CROSS MERCY SCHOOL, KILLARNEY. BACK ROW L/R AMY MYERS, TARA MURPHY, ISABELLE MURPHY, CIARA CASEY, AVA SHEEHAN. FRONT ROW L/R DEIRDRE LYNE, EVE CROWLEY, HOLLY POWER





WORKMEN'S ROWING CLUB

SKIBBEREEN REGATTA: Training is well underway for this event which will take place over the weekend of April 11th/12th and will be the first regatta of the year for the club. All crews have been taking advantage of the recent fine weather and it's been wonderful to see so many boats out on the water each weekend. It's also been fantastic to have our own Pat Doc back out on launch driving duties, ensuring the safety of all crews during training. Congratulations to Hannah Moynihan and the Dr. Crokes Set dancers who won the Kerry finals of Scor na bPaisti at the INEC on Sunday evening. Well done to Hannah for all her hard work with the dancers, hopefully she'll have stopped crying in time for Saturday training! Membership: Our very committed treasurer, Pauline, would like to remind anyone who has yet to pay membership for 2015 that she has a list, she's checking it twice and if she finds you, she won't be nice!!

New members of all ages, both beginners and experienced rowers, are always welcome to join Workmen's RC; anyone interested please contact Mary on 086 8098182.

FIRIES COMMUNITY GAMES

ART AND HANDWRITING: Congratulations to Orna O Leary who won the handwriting u10 competition and will go forward to represent Kerry in the All Ireland final in Athlone. Well done to Brian McCarthy who came 3rd in U12 boys handwriting co final and to Simon Foley who came 4th in U10 boys handwriting competition. Kimberley O'Brien won U14 girls art and will represent Kerry in All Ireland Community Games final.

DRAUGHTS: Furies had 3 teams competing in draughts. U14 Tomas Scott, Ciara Kearney, Eoghan McKenna, Robert Nealon and Lee O Donoghue. U12 Brian Scott, Eileen O Leary, Patrick Kearney, James Horgan and Rachel Murphy. U10 Siun Horgan, Orna O Leary, Farrah O Sullivan, Katie Doe, Martha Fitzgerald, Emer Kearney. Thank you to Padraig Scott, Frances Murphy and Ciara Murphy who managed the teams.

MODEL MAKING: Good luck to our competitors taking part in the model making competitions on Sunday 29th March in Gael Scoil, Castleisland. They are as follows U10 girls Chloe O Sullivan, Isabel Norris, U12 girls Rachel Murphy, Emma O Sullivan, U14 girls Kimberley O'Brien, Aoife O Shea. U12 boys Jack O'Brien, Hugh Walsh. contact Hazel on 0879548348 for further details.

BASKETBALL: U16 Girls won silver medals in the recent co finals. congratulations to Aine Barry, Emer Riardon, Elaina Norris, Amy Kennedy, Roisin Deniel, Diane Cooper, Emma Murphy, Rachel Hoctor. Thank you to Mike Cooper who managed and trained the team. The girls U13 basketball took place on Sat 21st March. Well done to our team who took

part. They are Julianne Murphy, Eileen O Leary, Muireann Ring, Lisa O Halloran, Ciara Kearney, Kimberley O'Brien, Katie Brosnan, Caoimhe O Shea, Martha Fitzgerald. Thank you to Mary O Halloran who managed the team.

The Boys U13 also took part at the weekend. Congratulations to this team who won silver medals. Well done to Tomas Scott, Cian Doe, Conor O Sullivan, James O Leary, Conor Brosnan, Dillon Callaghan, Darren Daniel, Tadhg Riardon and Michael Brosnan. Thank you to Jerry Riardon who trained the team and to Miriam Deniel who managed the team.

Other events to take part soon in Community Games are projects U11, U13, U16 on 10th April, Basketball U11 mixed on 11th April, Basketball U16 On 12th April, Soccer Boys U12 on 26th April, tag rugby U11 and U14 on 10th May, More results next week.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

CONGRATULATIONS to our U13 Boys Basketball team who won Gold at the County Finals in Duagh last Sunday by beating Furies in the final. They will go on to represent our area at the Munsters on July 4th in Limerick. A big thank you to Loretto O'Leary and John O'Leary, our coaches and well done to the following players for a superb performance on the day. Jim Brosnan, Ciaran Cremin, Damien Cronin -(joint captain), Mark Cronin, Paraic Finnegan, Andrew Moynihan, Padraig Murphy, Mark O'Leary, Paudie O'Leary - (joint captain), Michael Twomey.

A big congratulations also to the U13 girls basketball who won Silver in Castleisland on Saturday, a big thank you to trainers, Shirley, Joan and Jeremy for all their coaching and thank you to the parents for all their support. Well done to the following girls that took part, Ciara Hickey, Aislinn Brosnan, Roisin McAuliffe Megan McCarthy, Alice O'Leary, Lilly Sheehan, Caoibhe Dineen, Cornelia Cybul, Katie O'Sullivan, Michelle Fleming.

GOOD LUCK We would like to wish our U10 boys indoor soccer team and their coaches, the very best of luck as they travel to Duagh for the Indoor soccer finals this Sunday 29th March.

We would also like to wish Roisin Collins the very best of luck in the Model Making competition that takes place in Castleisland this Sunday 29th March.

U14 SPIKEBALL TRIALS continue every Sunday, in Gneeveguilla Hall, 6pm for girls and 7pm for boys. €2 per child.

SPAMUCKROSS COMMUNITY GAMES

Some of the events taking place in March & April are Model Making, Projects, Chess & Swimming. Please see www.kerrycommunitygames.ie for full details on

these events, and other team competitions. Anyone interested in entering any competitions should contact Margaret O'Sullivan, Secretary on 087 6735782 (after 1.30pm)

KILLARNEY DARTS TOWN LEAGUE

Sponsored by Mustang Sally's

Thursday night the 19th March saw the Group 4 Final being played in Teddy's Bar, High St. The 98 Bar B team took on Charlie Foley's B team, Foley's were the first to win the first set, The 98 B were not to be outdone and won the next 2 sets making it 2-1. Foley's were not taking it lying down and made it 2-2. The 98 B team still had a few surprise's up their sleeve and won the next 2 sets. After the singles it stood at 4-2. Next came the doubles, it was all down to tactics by the two captains, Foley's had an uphill struggle needing 3 games to win, while the 98 only needed 1. Foley's set out and won the first game of doubles to make it 4-3. It was starting to look good for Foley's, but the 98 B Team were not giving up that easy, taking the next set and winning the final 5-3. It was the 98 B Team's night, but Charlie Foley's Team fought well on the night and were unlucky at times and I am sure you will see them in future finals. Well done to the 98 B Team who played great darts on the night, celebration's went on into the early hours and some say are still going on.

There are 3 finals on this week, and there should be some cracking games of darts. In the Premier Final and The Plate Final each leg counts and the first to win 14 legs shall be the victors, while in the Group 3 Final, it's the first to 5 sets, each set consists of 3 legs. Plate Final between The Sportsmans Bar and Dunloe Lodge A, had to be postponed until Wednesday the 25th March at 9:00 p.m. due to unforeseen circumstances and takes place in Mustang Sally's.

Group 3 Final between The Old Killarney Inn and Charlie Foley's A, takes place in Murphy's Bar on Thursday 26th March at 9:00 p.m..

Premier Final between The Tatler Jack and Murphy's Bar takes place in Mustang Sally's on Friday 27th March at 9:00 p.m.

Best of luck to all the Teams involved, All welcome.

MILLTOWN/LISTRY COMMUNITY GAMES

INDOOR SOCCER Our U13 boys team are playing next Sunday March 29th in Kerry finals in Duagh at 10 am. This team won their group section in Listowel on March 8th and they now play the other 3 group winners in a round robin system.. The winners will go forward to



represent Kerry in UL on July 4th. We wish Mike, Colman and the boys the very best of luck on Sunday.

ATHLETICS DAY: Please note our Athletics Day including novelty events will be held on Saturday April 25th at Listry GAA Pitch with registration at 1.30 pm. More details on this day will be given in the coming weeks. We would be delighted to get more volunteers to help us out on this day and also with training afterwards prior to Kerry finals in An Ríocht Track Castleisland on June 20th/21st. Any queries please contact area secretary Denis 087-9662332

FACEBOOK Please check out our Facebook page which is updated regularly

SPA MUCKROSS AC

Competing in his first County Road Championships on Sunday in Fries, was Denis McCarthy. Denis had a great run and finished in 4th place in the Novice race. Also competing, this time in Athlone, was Sarah Leahy competing at the National Juvenile Championships. Sarah had a great run in the U17 60 final, and though she was outside of the medals she ran a new PB of 7.95.

THE COUNTY JUVENILE INDOOR SPORTSHALL GAMES were held in the KCYMS on Saturday last and we had a great turnout of young athletes there who came home with plenty of medals for their efforts. Medal winners are as follows: Gold to Sam Griffin in the U12 Long Jump Silver medals to Ronan Fahy U9 Long Jump, Oran O'Neill U10 Long Jump, Darragh Murphy U12 Long Jump, Rian Kelly U12 Shot and the U12 Girls relay of Aine Devlin, Lynn Fahy, Rachel Griffin and Grace Daly. Bronze medals went to Sam Griffin U12 60m and the U12 boys relay of Darragh Murphy, Sam Griffin, Donagh O'Connor and Rian Kelly. Just out of the medals in 4th and 5th respectively in the U12 sprint were Rian Kelly and Darragh Murphy. Darragh Murphy was 4th in the shot while Rachel Griffin was 4th in the U12 sprint. Also competing very well for the first time at this competition were Evie Fahy, Grace O'Connor, Aine O'Sullivan, Lea O'Connell and Ronan Fahy who qualified for the final of the U9 sprint. Well done to the athletes and to Annette Murphy, Jerry Griffin and Elaine Clifford who took charge of them for the day. The next competition will be Leevale Open Sports on 19th April in CIT.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS - BOYS U14 DIV I

Cougars enjoyed a successful tournament at the Annual Jimmy Curran Memorial Tournament at the weekend in the Moyderwell Gym, Tralee. Teams from Cork Dublin Sligo Cavan and Kerry all competed for the title with Cougars getting through to a finish in the final four.

Cougars topped their group to make it through to a quarter final meeting with the Cavan Eagles with Cougars coming out winners of a thrilling game 28 - 21 with Sean O'Brien 10pts, Ruairi Murphy 10pts, Eoin Talbot and David Bartlett in top form. Cougars met a strong Neptune Cork in the semi final but despite leading in the opening quarter the Cork side took control in the second half to finish 27 17 winners. Before the Final the Tournament All Stars team was selected with two Cougars players Ruairi Murphy and David Bartlett were both named in the All Stars team.

GIRLS U15 CLBB

Mallow 32 - Killarney Cougars 46
Cougars travelled to Mallow on Thursday last at came away with the points in a competitive game, Cougars led throughout but the Cork side trailed by just five points entering the final quarter. Cougars with a couple of three pointers by the impressive Kate Maher and good inside baskets by the in form Erica McGlynn saw the home sides challenge to consolidate a place in the top four finals with two league games remaining.

GIRLS U12 DIV I

Killarney Cougars. 39 - Gneeveguilla. 19
Cougars finished their league campaign with a comfortable victory over Gneeveguilla at the Pres Gym a result that saw an unbeaten run at home in the league that secured a runners place in the league with just one loss to away to eventual winners Glenbeigh Falcons. Cougars raced into a early lead in the game with an impressive 13pts by Meave Bellew. Cougars dominated the first and second to lead at halftime by 10pts. Gneeveguilla improved in the second half with some great scores but Cougars finished well with good performances by Holly Clifford, Katie Joy, Fiona Dineen, Alicia Burke and Adele O'Brien.

COUGARS ACADEMY

Cougars Cubs Boys & Girls travelled to the U10 Gala in Causeway at the weekend with Cougars Boys and Girls both competing with the Vixens and Bobcats. The Cougars turned in great performances for the excellent attendance in a very exciting days basketball. The Academy training concludes ahead of the Easter holidays this Friday March 27th at the Parish Hall.

Full details of fixtures, results and upcoming fixtures are on the website at www.killarneycougars.com

DEERPARK PITCH & PUTT NOTES

CONDOLENCES from Deerpark are extended to the relatives of Christine Kelliher, Lewis Road and Mai O'Brien, The Rookery Ballycasheen who passed away during the past week. May they Rest In Peace.

SENIORS OUTING ON APRIL 1ST Next Seniors Outing will be to Castleisland on next Wednesday April 1st 10am

MEMBERSHIP The Clubhouse will be open from 10 am to 10-30am tomorrow Saturday and Sunday to accommodate any person wishing to pay their membership or to enter their names for various competitions. Entry forms are on display on the noticeboard.

CLUB MERCHANDISE As the playing season is now coming to full swing the club would like to remind anyone that is interested in purchasing merchandise which includes polo shirts, jumpers, bags etc is now available and can be purchased online at www.oneills.com and by entering Deerpark in the search box.

KILLARNEY RUGBY CLUB NEWS

ST. PATRICK'S DAY PARADE 2015: Killarney RFC was proudly represented by our minis section, in this year's Killarney St. Patrick's day parade. We had a great turn out for the big parade and would like to thank everyone involved.

UNDER 12'S TRIP TO ROCKWELL: The Killarney U12s made the long trip to Tipperary for the annual Rockwell Blitz. The opposition was not revealed until arrival at the venue and Killarney were lining out against the big guns on Munster namely Cork Constitution and Clonmel. Copsewood Gaels of Pallaskey were the fourth team in the pool. First up was Clonmel who provided stiff opposition.

Next up were Copsewood Gaels and Killarney played some champagne rugby with scrum half Colin O' Sullivan dictating the pace. A fine win for Killarney. The Final Game was against the mighty Cork Constitution. The Killarney Lads dug deep and the game was level at half time. Cork Constitution eventually ran out winners in this David and Goliath battle, but the coaches were extremely proud of their young warriors. All in all it was a great day and enjoyable for all involved. What a day for rugby.

BAG PACKING FOR HABITAT IRELAND:

The club is bag packing for Habitat Ireland a charity that provides homes for families and homeless in Ireland. We need to recruit packers from the age of 12 upwards and the more adults we have the better it is. We will start at 11:00 am Easter Saturday 4th April. We will run till 8pm depending on requirements and availability and Tesco's. Contact Mike Fuller on 087 6489628 or Anne Clifford on 087 2229039. All proceeds are shared 50-50 on the day.

AGHADOE: The Trim Trail works are underway at our new pitch in Aghadoe and the committee are busy planning the further development of the site including the perimeter fencing and lighting.

#lovekillarney

SCHOOLBOY/GIRL SOCCER NATIONAL CUP JOURNEY COMES TO AN END:

National Cup 14's ¼ final - Killorglin 0-2 Mervue Kerry's interest in this season's National Cup came to an end at the weekend with defeat of Killorglin in the quarter finals of the u14 section. They went down 2-0 to Mervue in the Dragon's Den as the Galway side got revenge after Killorglin knocked them out at 13's last season. It is a great achievement for the team and management to get to this level two seasons in a row.

KILLARNEY CELTIC GIRLS PROGRESS:

KILLARNEY CELTIC U16 GIRLS are into the 2nd round of the Munster WFAI Cup after a 5-0 win over an understrength Ferrybank side from Waterford. Celtic were always in control and amongst had goals from Lauren Rintoul, Fiadhan Tangney, Kate Stack and Aoife O'Callaghan to set up a quarter final trip to Dungarvan.

IVERAGH PROGRESS IN SHIELD

There was one local Shield game on Sunday with Iveragh United defeating Killorglin B 4-1. Ian Moriarty got a hat trick including one from just inside his own half and Dylan Huggard got the 4th.

KERRY TO FACE NEIGHBOURS IN KENNEDY CUP:

The draw for the Group stages of the 2015 Kennedy Cup was made at the weekend's SFAI Council meeting attended by League Chairman and Council member Martin Conway. Kerry are seeded 11th and therefore were in the second pot of 8.

The draw saw Kerry placed in Group 3 alongside top seeds Limerick District, West Cork and West Waterford / East Cork (WWEC).

Kerry will open their campaign at 4pm on Monday June 8th when they take on West Cork. Tuesday is as always the big day with the sides playing two games. Kerry will kick off at 10.30am against WWEC before the top two seeds clash at 4pm when we face Limerick District.

Depending on results Kerry will face the winners of Group 5 (Galway, Limerick County, Roscommon or Clare) if we also top our group. If we finish second in our group we will take on the runners up in Group 7 (Waterford, Dundalk, NEC, Inishowen) with these games on Wednesday at 1pm.

However manager Brendan Hogan is not looking that far ahead. "With the developments in coaching having improved so much in every League the gap between all the sides has narrowed considerably. We will have to prepare to the best of our ability and be mentally and physically right for 4pm on June 8th for our first game. That is our only focus now and we are not looking beyond West Cork."

Perennial winners, although not as impressive as usual in recent years, the DDSL are in with Kilkenny, North Tipp and Longford while Cork face Donegal, Limerick Desmond and Wicklow.

SHIELD AND LEAGUE ROUND-UP:

11'S SHIELD:

Inter Kenmare 1-6 Killarney Athletic

JOHN MURPHY 12'S SHIELD:

Killarney Athletic 0-3 Camp Juniors B
Killorglin B 0-1 Killarney Celtic B
Tralee Dynamos B 0-6 Park B.

TOM HAYES 14'S SHIELD:

Tralee Dynamos B 0-2 St Bernards.

TUCKER KELLY 16'S SHIELD:

Castlemaine 3-1 Park B.

LEAGUE:

JK SPORTS 12 PREMIER:

Killorglin 4-1 Park

Tralee Dynamos 1-4 Listowel Celtic

Killarney Celtic 3-0 Camp Juniors.

12 DIVISION 1:

Mastergeeha 2-0 Ballyhar

12 GIRLS PREMIER:

Inter Kenmare A 0-3 Inter Kenmare B

DALY'S SUPERVALU 13 DIVISION 1:

Killarney Celtic B 5-3 Killarney Celtic C

FOUNDATION SPORTS 14 PREMIER:

Tralee Dynamos 3-0 Killarney Athletic

Park 1-2 Killarney Celtic

14 DIVISION 1:

Killarney Celtic C 2-6 Camp Juniors

Mastergeeha 2-0 Ballyhar

14 GIRLS PREMIER:

Killarney Athletic 3-9 Listowel Celtic

TRALEE TROPHY WORLD 16 DIVISION 1:

Inter Kenmare 1-2 Killarney Athletic.

16 DIVISION 2:

Killarney Celtic B 3-3 Iveragh.

REPORTS:

SHIELDS BEGIN TO TAKE SHAPE:

There was one game in the Moriarty's Centra 11's Shield with Killarney Athletic defeating Inter Kenmare to progress to the quarter finals. In the Last 8 they will be at home to Castleisland. The Even Age Shield Quarter Finals are beginning to take shape following the weekend's games. In the John Murphy 12's Camp Juniors B will be away to Mastergeeha B. They were 3-0 winners over Killarney Athletic. Killarney Celtic B defeated Killorglin B 1-0 away and now face Park B in the quarter finals. Park B knocked out neighbours Tralee Dynamos B at the weekend to reach the next stage.

The other 2 games in the 12's Shield Quarter Finals are Asdee at home to Killarney Celtic C and Killorglin C taking on Park C.

In the first round of the Tom Hayes Shield St Bernards defeated Tralee Dynamos B 2-0. They are into the Last 8 where they will be at home to Killarney Celtic B.

The quarter final line-up of the Tucker Kelly 16's Shield is now completed after Castlemaine got the better of Park B to go into the Last 8. The quarter finals are Fenit v Killarney Athletic, Ballyhar at home to Inter Kenmare, Listowel Celtic B taking on Park A and Castlemaine at home to Iveragh.

LEAGUE ROUND-UP:

BLITZ: The under 9's and 10's series of Blitz's continued at the weekend with Killarney Celtic, Inter Kenmare, Tralee Dynamos and Ballyhar enjoying their day at Celtic Park while in Christy Leahy Park there was some great action with the hosts The Park welcoming LB Rovers, Asdee, Fenit and Listowel Celtic.

BALLYHAR MISS CHANCE TO GO TOP OF DIVISION 1:

Two second half goals

were enough to see 4th placed Mastergeeha close that gap on the sides above them as they defeated Ballyhar 2-0. Ballyhar remain in second 2 points behind Inter Kenmare.

CELTIC BEAT CELTIC IN 13'S DIVISION 1:

The all Killarney Celtic clash in the Daly's Supervalu 13's Division 1 saw the B's beat the C's 5-3 in a cracker. Jackson O'Mahony, Godwin Osicba and Daniel Okute scored for the B's while Colin Russell and Kristian Weilgus were the C team scorers.

KILLARNEY CELTIC GO TOP OF 14 PREMIER:

With Killarney Celtic and The Park locked together at the top of the table their clash in Christy Leahy Park was always going to be a big game. Many of these players are part of the Kennedy Cup squad so things were always going to be tight. In the end it was the visitors who took the points on a 2-1 score-line with Darragh Lyne getting both goals for Killarney Celtic who now move three points clear at the summit of the Division.

Tralee Dynamos kept in touch with the sides above them thanks to a 3-0 home win over Athletic. Brian O'Dowd, Leo Gaxha and Sean Kennedy were the Dynamos scorers.

Leaders Camp Juniors win while second placed Mastergeeha draw:

Camp Juniors continue their unbeaten run in the 14's Division 1 as they won away to Killarney Celtic C. Sean Og Moran, Chris Kane 2, Colin Moriarty and Jack Farrell were the Camp scorers who are now unbeaten in 8. Second placed Mastergeeha were held to a 2 all draw which sees them slip a little in the title race. Philip O'Leary and Paul O'Shea scored for Mastergeeha while Dylan Callaghan and Aaron Flynn were on the mark for Ballyhar.

GOOD WIN FOR ATHLETIC IN 16'S

DIVISION 1: Goals from Sean Boyne and Ethan Fleming earned Killarney Athletic an important 3 points following a 2-1 away to Inter Kenmare. Dylan O'Connor replied for the home side.

ALL LEVEL AT THE TOP OF DIVISION 2:

Joint leaders Killarney Celtic B and Iveragh United met on Friday night under lights and after a 6 goal thriller the two sides could not be separated as they drew 3 all.

MASTERGEEHA FC

U12 Mastergeeha 2 Ballyhar 0 In this game the boys were the better side but visitors defended well especially in the first half. In the second half Mastergeeha continued to create the better chances and took the lead when Keelan Murphy finished well after a good move. With 50 minutes gone Mastergeeha doubled their lead when Brendan O Leary scored after a good pass by Cian Foley. All played well and deserved the win.

U14 Mastergeeha 2 Ballyhar 2. In this close game the boys had to come from two goals down to earn a draw. In a close opening half both sides created some chances but defences were on top. In the second half the visitors started better and went a goal ahead from the penalty spot. After this Mastergeeha pushed forward but on the counter attack Ballyhar scored again. In the 60th minute Mastergeeha got a goal when Philip O Leary finished well

after a pass by Darragh O Leary. Masteregeeha continued to push forward and in the closing stages Paul O Shea scored the equaliser following a good run. In this game all tried their best and kept battling right to the end.

TOMMY HEALY CUP Masteregeeha 2 Castlemaine 1. After a close opening half the visitors took the lead early after the break after a defensive mix up. Masteregeeha continued to play the better soccer but the Castlemaine defence were on top. In the 70th minute the seniors equalised when Noel Moynihan finished off a good move. With 10 minutes remaining Masteregeeha took the lead when Eoin Horan scored a penalty after Tom Templeman was fouled. Masteregeeha now qualify for the quarter final of this competition.

MASTERGEEHA F.C. LOTTO There was no winner on Friday 20th March. Numbers drawn were 5, 8, 18 & 20 Jackpot now €1650

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES Kerry Schoolboys/Girls League
Saturday 28th March

KERRY CUP UNDER 11 SHIELD QUARTER FINALS Inter Kenmare or Killarney Athletic v Castleisland 11.45am

KERRY CUP UNDER 12 GIRLS
Killarney Athletic v Killarney Celtic 10.00am

SENIORS The senior A team home to Rattoo next Sunday morning 11.30am . Please support the boys in blue.

NEW 300 MEMBER CLUB Next draw on 28th March in Scott's at 9.00pm. Also tickets still available for March to December draws for €100. Please contact Mike O'Shea on 087 2226185 for further details or any club officer.

TOPAZ CASH FOR CLUBS Topaz cash for clubs- please support us in this great fundraising initiative. Simple get €40 fuel at topaz and get a card stamped.
Club name : Killarney Athletic
Club registration code : 10378

KILLARNEY ATHLETIC ABROAD Brendan Moloney booked in the last minute going down to a last minute strike to lose away to Bury and a dent in their playoff hopes.
Diarmuid O'Carroll's crusaders lost 1 nil to Glentoran in the Irish Cup.

RESULTS

SENIORS Killarney Athletic B 0 - 1 Ballyheigue. In the replay of the Dominos Pizza Kerry cup, Athletic were at home to division 2b leaders Ballyheigue in a game that Athletic should have won but unfortunately, it wasn't to be Athletic's day in their chances to reach another cup final in 3 years. With Ballyheigue set up defensively, Athletic created few chances and a sloppy deflection from a corner in the 60th minute ended up in the Athletic net. Not helped with injuries to JP, Damien and Alan, Athletic were forced into subs sooner than expected. Late chances for Joul, Chris and David were not to be and Ballyheigue advance to the quarter final. Best for Athletic Tommy Counihan and Shane Lyne.

UNDER 14 Killarney Athletic under 14's lost

3-0 away to Tralee Dynamos. What could have been a super match was all but decided when home team scored twice in 1st 5 minutes after a terrible start by our lads. Both teams had lovely passages of play after, but periods of poor attitude by some Athletic players very evident. Tadhg Doolan involved in most things positive with super attitude shown by Seamus Gallagher, Harry Potts and David Moriarty on a tough day not helped by ourselves.

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

KILLARNEY CELTIC NOTES

CONGRATULATIONS to St. Brendans College, especially a large contingent of Killarney Celtic players, who qualified for the ALL Ireland U16.5 All Ireland football final last Saturday.

RESULTS Greyhound Cup: Killarney Celtic 6 Inter Kenmare 1

Killarney Celtic proved too strong for an Inter Kenmare side who were missing a few regulars but nonetheless gave a good account of themselves. John McDonogh finished off a nice passing move in the 8th minute for the opener and Gary Keane doubled the lead after exchanging 1-2 with William Courtney. William Courtney scored the third and he and Gary Keane combined to set up Stephen Hayes for our fourth.

After the restart a great piece of skill saw Stephen Hayes find space, he slipped neat ball to Conor Randall, whose cross was met by an unstoppable volley from Anthony O'Leary. Inter Kenmare stuck bravely to their task and got a just reward when Killian Harrington powerfully headed home, they were also unlucky when a brilliantly struck Josh Holland free was just millimeters above the top corner, but after Kevin O'Sullivan found Darren Coakelin who swung in a great cross, Trevor Nagle turned the ball home at the back post for one more Celtic goal.

YOUTHS LEAGUE: Castlemaine 1 Killarney Celtic 4

A blistering performance against a good Castlemaine side has nailed us to the top of the table with two games to go, great going by manager Gerry Falvey and all the lads. Conor Randall struck twice, with Cathal O'Shea and Fergal O'Donoghue also on the mark

U16 GIRLS ADVANCE IN WFAI CUP

In truth, Ferrybank had to travel with a vastly weakened side and Celtic, inspired by Lauren Rintoul, Fiadhna Tangney, Kate Stack, Elizabeth Mohan, and Carmel Looney, always had the upper hand here. Ferrybank were well outclassed on the field, but they showed a different sort of class in being willing to travel so understrength and aware of how gargantuan the task was going to be - a lot of teams would have phoned up and just conceded. They brought everything they could and gave everything they had on the day, and teams with that kind of heart and courage deserve and will get rewarded one day. Fair play to them.

U16 DIV ONE: Killarney Celtic 3 Iveragh United 3

Micheal Devlin laid claim to the match ball with a hat-trick for us, while Pierce McGill, Garret Evans, and Eoghan McDaid starred for the impressive visitors. Both sides are level at the top of the table and, with both sides having to play Listowel Celtic yet, a play-off for the title looks a strong possibility

U14 PREMIER: St. Brendans Park 1 Killarney Celtic 2

This was a massive win, especially as we were missing a few key players, but the lads showed great courage and workrate. Darragh Lyne scored both goals, while Mike Lenihan was a colossus at centre back. Others to stand out were Darragh Dennehy, Jared Barton, James Darmody, and superb stand-in keeper Mark Cooper.

U14 DIV ONE: Killarney Celtic C 2 Camp United 6

Ian O'Connor scored our first from a free kick that deflected off a defender, and Cian Crowley got our second, but Camp were deserved winners. U13 players Ian O'Connor, Cian Dineen, and Alan Dineen gave it everything. Thanks also to the B team players Evan Lyne, Evan Smith, and Tommy Maugier who willingly helped to make up a team.

U12 Premier: Killarney Celtic 3 Camp United 0
Cillian O'Sullivan slotted a penalty, Daniel Okwute got the second, and Jackson O'Mahony scored the third. This was a superb display against a canny and defensive Camp outfit, especially in the second half.

U12 Div One Shield: Killorglin B 0 Killarney Celtic B 1

A brilliant strike by Darren Ryan was the difference between two good teams.

U9/U10 Friendly Blitz: Celtic Park was host to a big gathering of enthusiastic young players on Saturday afternoon and a great time was had by all. Thanks again to all the great volunteers working at the real grass roots of the game, including those from the visiting clubs who contributed to a great atmosphere.

FIXTURES

Denny Premier: Killarney Celtic at home to Castleisland, Friday, 7.30pm

U17 League: Killarney Celtic at home to Castlemaine, Saturday, 2.30pm

U15 Kerry Cup: Killarney Celtic at home to Tralee Dynamos, Saturday, 11.45am

U15 Shield: Killarney Celtic B away to Inter Kenmare, Saturday, 10.30am

U15 Div One: Killarney Celtic C at home to Park B, Saturday, 11.45am

U13 Kerry Cup: Killarney Celtic at home to Tralee Dynamos, Saturday, 1.30pm

U13 Shield: Killarney Celtic B at home to Fenit Samphires, Saturday, 10.30am

U13 Shield: Killarney Celtic C at home to Park C, Saturday, 10.30am

U13 Girls Cup: Killarney Celtic away to Killarney Athletic, Saturday, 10.30am

U11 Cup: Killarney Celtic B at home to Listowel Celtic, Saturday, 1.30pm

U11 Cup: Killarney Celtic C at home to LB Rovers, Saturday, 1.30pm

CASTLEROSSE GOLF CLUB

RESULTS Competition played on Sunday 22nd March, 18 Hole Stableford, winner Mick Clifford (22) 42 pts. Overall runner up, Peter McGrath (21) 40 pts. Overall 3rd place Danny Lynch (20) 40 pts.

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

AWAY-DAY to Newcastlewest Golf Club Saturday 18th April. Please add your name to sheet, tee time 1pm.

KILLARNEY GOLF CLUB - LADIES

FROM EILEEN TARRANT PRO

RESULTS of Competition Sunday, 22nd March, 2015, Sponsored by Malton Hotel- singles Stroke-Mahonys point,

1st	Katie O'Connell	(34)	68
2nd	Evelyn O'Donoghue	(33)	69
3rd	Patsy Hanley	(22)	71
B.G.	Mary Sheehy	(4)	76 gross points
4th	Julie Leonard	(24)	72 (bk6)
5th	Liz O'Connor	(24)	72
CSS			72

Next Competition Sunday next 29th March, Sponsored by Daly's Supervalu S/ford, Killeen Course.

KILLORGLIN GOLF CLUB

LADIES: 18 Hole Stableford sponsored by Eileen Bell, Hon Secretary.

1. Eibhlin McCarthy (8) 39 pts. 2. Agnes Carey (25) 39 pts. 3. Jenny Pigott (19) 37 pts.

FIXTURE: 18 Hole Singles Stableford sponsored by Little Pavilion. Milltown can be played Sat 28st/Sun 29th/Tues 31st. Play either day and arrange.

EXCHANGE DAY: Castleisland Exchange Day sponsored by Bunkers Bar & Restaurant is on Sunday 12th April. Time Sheet in Pro Shop. 12 Hole re-entry sponsored by Mary Lawlor finishes Sat 4th April.

BEAUFORT GOLF CLUB (LADIES BRANCH)

21st/22nd March – Easter Egg Competition (11



MEMBERS OF BEAUFORT GOLF CLUB WHO RECENTLY ATTENDED THE LONG DRIVE EVENING HELD AT SWING STUDIO KILLARNEY IN ASSOCIATION WITH GETGOLFING.IE.

hole	Stableford – sponsored by Ladies Branch)	
1st	Peggy O'Riordan (34)	25 pts
2nd	Noeleen Mackessy (27)	22 pts
3rd	Lady Captain Eve Bird (36)	19 pts

FORTHCOMING EVENTS

28TH/29TH MARCH last weekend of our 9 hole re-entry Spring League.

1ST APRIL TO 30TH SEPTEMBER – Summer League – 11 hole re-entry (play any day of the week).

LADIES GOLF TESTER SESSION – Monday 13th April 6.30pm – 8.30pm at Beaufort Golf Club – Cost Free

Open to any Lady who would like to try the game of golf. Tester session will be followed by 8 week beginner programme (cost €60 for 8 weeks). Why not give it a try. Enjoy some exercise, fresh air and socialising. Ring golf club to book a place for Monday 13th April.

ROSS GC, KILLARNEY-GENTS CLUB

RESULTS On Sunday March 22nd we held the second round of the MD O'Shea Spring League. This was an 18 hole single stableford competition sponsored by Cronin's Restaurant

The winners were:-

1...	Thoms O'Regan	(12)	39 pts
2...	Mike Brosnan	(6)	39 pts
3...	Jordanas Joniakitis	(16)	36 pts
4..	Tadhg Moynihan	(15)	36 pts.
5..	Tom Coleman	(18)	36pts

The spring league is now if full swing and it is proving to be very competitive with less than 15 points covering all the teams so it is all to play for as we head in to the third round.

ON SUNDAY MARCH 29TH we will hold the third round of the MD O'Shea Spring League with an 18 hole 2 flag single stableford competition sponsored by Linehan's Bar. The timesheet is now available in the clubhouse so please add your name to it as soon as possible

THE KINGDOM CHALLENGE SHIELD The Ross GC team had a great victory over Tralee GC in the second leg of the County Final of the Intermediate Section of the Kingdom Challenge Shield last Saturday. Heading to Tralee one down from the first leg our team really did us proud to win by two up and collect the first silverware of 2015. Congratulations and well done to all involved

CLUB MATCHPLAY The entry sheet for the Killarney Trophy & Medal Centre Club Match-play championship is now available on the noticeboard. Please get your name on the sheet immediately.

RING OF KERRY GOLF

WEEKEND 21ST / 22ND MARCH

Singles Stableford GOTY

1st	Joe O'Neill (3)	41pts ocb
2nd:	Noel Moylan (7)	41pts
3rd:	Chris Harrington (25)	38pts

Inbhear Sceine Swing Event (18 holes ROK and 18 holes Kenmare)
36 Hole Competition

1st:	Joseph O'Neill
2nd:	Geoffrey Mahony
3rd:	Pat O'Dwyer

Best 18 at ROK - Daniel Taylor

Best 18 at Kenmare - Michael O'Neill

UP COMING FIXTURES

Sat 28th / Sun 29th March - OPEN Singles Stableford

Members €8 Visitors €20

KILLARNEY GOLF CLUB MEN'S

Singles Stableford

Stableford, Killeen, 22/03/2015

1.	Colin Denman (10)	41Pts.
2.	Pat Cussen (6)	40Pts.
3.	Patrick Howard (16)	40 Pts.
4.	Ronan Kelliher(3)	39Pts.
5.	Brian O'Regan(7)	38Pts.
Cat 1	Derry McCarthy(6)	37Pts.
Cat 2	Shane Conole (11)	36 Pts.
Cat 3	Pdraig Sheahan(12)	38Pts.
Cat 4	Michael Dennehy(20)	34Pts
C.S.S.		35 Pts.

Sign-up sheets on the noticeboard in the clubhouse for those interested in playing Pierce Purcell (must have been 12+ handicap for 2014) and Jimmy Bruen (must have been 6+ handicap for 2014) for 2015. Both require 4 counting single's competitions played in 2014.

KILLORGLIN GOLF CLUB MENS

RESULTS FOR MENS COMP 22/03/2015

AT KILLORGLIN GOLF CLUB Galvin /Murphy/Hooper /Dolan Sponsored Competition

1st	Kevin Guilfoyle	41 pts
2nd	Mark O'Sullivan	40 pts
3rd	Jerry Sheehan	38 pts.
Gross	Shane Collins	38 pts
4th	James Lucey	38 pts
Senior	Jer Joy	37 pts.

12 Hole Comp.

1st Mikey McKenna 30 pts.

BEAUFORT GOLF CLUB (MEN'S BRANCH)

21st/22nd March – Easter Egg Competition – Sponsored by Frank Coffey (CSS 35 pts)

1st	Donal Carroll (21)	39 pts
2nd	Shane O'Sullivan (7)	37 pts
3rd	Timmy Lyne (22)	37 pts

FORTHCOMING EVENTS

28th/29th March – Round 3 Spring League – Sponsored by Cahilane Butchers – 14 hole Stableford (yellow tees – re-entry play both days if you like).

WEEKEND AWAY – Midleton Park Hotel – 28th/29th March.

GOOD FRIDAY APRIL 3RD – Open Club Fundraiser (4Ball B/B) – sponsored by The Malton Hotel. Open to Members & Non-Members (any combination). Timesheet open - ring clubhouse to book your tee time.

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

WORKING DAY AND NIGHT AT KINGDOM CO-OP LIVESTOCK MART

It's Tuesday evening, darkness is settling in, and while most people are heading home after a day's work, it is only just beginning at Kingdom Co-op Livestock Mart Limited. On the outskirts of Tralee at Carrigeendaniel, there is a slow queue building with each arrival adding to its length until before long there is only a constant hum of engines and the bellowing of young calves.

For those in the know it's the Tuesday evening Calf sale, for those not in the know it is a remarkable gathering of farmers who having completed a day's work and have come to Tralee to sell their calves in what they hope will be a good sale that will give them maximum reward for the best young calves around.

"We started it I suppose to cater for the need of farmers who found it difficult to sell their calves during a day sale with a lot of extra demands on them today," Philip Healy Mart Manager tells the Tralee Outlook as we take a visit to the night event.

He might have the title of Manager but Philip is just one of the lads this evening as he double checks the cards to make sure that each of the calves pinned have the correct card number before applying a sales number to their backs.

As the sellers arrive, their passports are checked and then each person is given a unique number for their calf. They are then pinned and as the pins fill so too does the noise. As the evening progresses, there is a look of mayhem to the whole scene but there is no mayhem here as all the staff work quickly to get each customer in without fuss and then the process starts all over again. "We're well used to it at this stage, the lads are very good and we get people in quickly so that we can get going around 8pm."

Before long people head to the ring as the auctioneer swings into action and the fun begins. "Selling the calves is a quicker process than cattle at times with prices ranging from €60 to almost €400 at depending on the calves"

The Kingdom Co-op Livestock Mart Limited made the bold step to move out of the town centre in order to make it easier to access some years ago and with it, they bought the site at Carrigeendaniel, and under some shrewd management of their Committee, they turned the site into a business park in which they have many tenants. "I suppose we are primarily an agricultural business but it is certainly something that helps out. Now we have the NCT Centre as

one of the bigger tenants but it is the Mart that is still the main provider. It's kind of ironic that we moved away from the town and it seems to have followed us out"

Like most Marts, the Kingdom Co-op is a cooperative with the ownership belonged to shareholders who elect a committee on the basis of localities so each area is well balanced.

As the sale progresses, the Auctioneer wastes no time and calves are sold within minutes. Within an hour and half there is an emptying out as calves are now loaded to their new owners who are a mix of experienced buyers and some locals who are on the lookout for young calves. "A lot of the calves will be for export and a lot of the buyers will travel here for the night sale



PHILIP HEALY MART MANAGER

as they can take in another Mart up the country during the day. We have found since we brought in the night sale that the numbers are good with many people finding it a lot easier to do a day's work, head home have a bite to eat to then head to us."

The Kingdom Co-op Livestock Mart Limited also provide a service where they arrange to collect your calves if you do not have the transport.

Catering for the Tralee agricultural hinterland The Kingdom Co-op Livestock Mart Limited operates two marts each week with a cattle sale every Monday at 1pm as well as their calves and weanling sale each Tuesday evening at 7.30pm. Finally the last few calves are ran through the ring as both onlookers and buyers begin to drift away and with it a night of excitement ends with the car park emptying as some hang on to talk about their new acquisitions.

Philip is happy with this evening's sale "It went very well, the numbers were up and the sales were strong. I think both sellers and buyers got good value tonight" but he is already looking ahead to another big day.

"We have our annual multi breed pedigree registered bull sale on Monday 13th April and that is usually a good day with a lot of interest locally" and with that admission Philip is called on for another small job. The life of a manager is never easy.



KIERAN O'SULLIVAN CAUSEWAY WITH HIS CALVES AT THE CALF SALE AT KINGDOM MART, TRALEE ON TUESDAY EVENING. PIC. JOE HANLEY



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MACRA MATTERS

Kerry Macra held their titles night last Saturday night in Sheehans Bar Fries. The night was a great success. Kerry Macra wish to congratulate the new county representatives for the up coming competitions. They are Mr. Personality, Patie Looney Kenmare Macra, Queen of the Land, Christine Buckley Killeentierna Macra, Miss Blue Jeans, Zeta Ashe Mid Kerry Macra and Miss Macra, Catriona Mahony Killeentierna Macra. No doubt they will do their club and county very proud. Kerry Macra would like to sincerely thank the staff of Sheehans bar for the use of their venue and also to the judges on the night Brid Cooney, Moses Roche and Lorna Jennings who had to make the difficult decisions.

I.T Tralee Macra are holding a dinner dance in the Ballyroe Heights Hotel on Thursday 26th March at 7pm. Tickets are €30 and can be ordered from Edel 0879461097.

Kerry County round of Dairy stock judging will take place on the farm of Mossy Hart Ballyheigue on the 31st March at 7.30pm. Members that are interested in taking part are asked to contact their club secretary's.

Tommys Farming Week

March is drawing to a close and we are counting out the grazing's left to April 10. In an ideal world, if we could farm by the calendar this would work well. We could put a ring around the date and say this is when we start the second rotation. All the farm will have been grazed once, either in 3 hour picnic events when the ground conditions are poor or thankfully as was the case this year, in more relaxed outings of daily and nightly grazing's.

Leaving the cows out after evening milking and bringing them in by flashlight at nine or ten o'clock is no chore when the alternative is a couple of hours of putting out feed in the yard. The reality is that April 10 is an aspiration, a good guideline to be manipulated backwards or forwards depending on grass growth and volume. This in turn depends on soil temperatures, air temperatures, humidity or most likely degree of waterlogging, damage done to land the previous autumn and grass grown over the winter. Soil type, aspect and elevation, mention also soil fertility, are all factors but ultimately a pair of wellingtons and a notebook will take all the equations out of the calculation. Growth of grass in February will be no more than 5 to 10 kgs per day and the first half of March is no better.

Compare this to a good day in May when 80 kgs is possible. However, those few KG's inflate winter/

early spring are great for man and beast and will be minded and used sparingly. Milking cows only need apply. This springs grazing has been an easy one, good winter growth and land in great condition after last autumn has left an abundance of early grass. Ground conditions for the main part have been good. But there is never enough grass, rationing is the name of the game and it may be 8 or 10 or 12 KG's of grass per cow per day but your eye will still be on April 10.

The oldest 30 heifer calves are out in grass with a house to go back to at night, still on milk and increasing their intake of concentrates. Only a dozen cows to calve and still no health problems in the calves, (touchwood) to talk about. The same unfortunately cannot be said for the cows, we saw a virus hit the herd about a month ago and it took its toll on a segment of freshly calved heifers and cows. We had a hospital ward in operation for almost two weeks but fortunately, it disappeared as quickly as it arrived and the last few weeks have seen no

sign of its return. Fertiliser has now been spread on all ground and the grazed section of the farm was covered by the umbilical slurry system last week. Electric fence wires are being checked and repaired. Water troughs cleaned out and checked out.

Strip wires are being erected, taken down and moved from paddock to paddock with cows following. Busy days, but when the sun is shining it promises much, even allowing for the odd shower. "Magic Day" is just around the corner.

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IFA WELCOME DECISION TO ACCOMMODATE 'OLD YOUNG FARMERS' UNDER THE NATIONAL RESERVE

IFA President Eddie Downey has welcomed the decision from the Minister for Agriculture Simon Coveney to accommodate the 'Old Young Farmers' under the 2015 National Reserve.

He said from the outset, IFA identified and lobbied for this particular group of new farmers, who due to the closure of the installation aid scheme in 2008 were unfairly excluded from start up support.

Eddie Downey said "IFA made it clear to Minister Coveney during the negotiations on CAP Reform and the National Reserve that a solution had to be found to accommodate this group of deserving young farmers". The IFA President said this group of farmers did not have the opportunity to benefit from the young farmers installation scheme because of its sudden closure in 2008. In addition, they were not eligible to qualify as a 'young farmer' under the existing National Reserve because of the five-year rule requiring them to have

established since January 1st 2010. Eddie Downey said this specific group can now be accommodated under the National Reserve and may be allocated new entitlements or given a top-up to the value of their existing entitlements under the changes provided for by Minister Coveney.

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RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

DAFFODIL DAY Coffee Morning and Cake Sale in St. Joseph's Day Care Centre Rathmore 9 a.m. to 12.30 p.m. on Friday 27th March, 2015.

Anyone willing to do baking, donate cakes, daffodils or help in any way would be greatly appreciated. Any enquiries Please call 064 77 58588

BUS TO VOICE OF THE GLEN SEMI FINAL at Glen Theatre, Banteer for support for Teddy Herlihy, Cahirbarnagh Lower on Friday March 27th. Leaving Rathmore @ 7:15pm. sharp. Advance booking contact: 0876676817.

RATHMORE CREDIT UNION EASTER COLOURING COMPETITION: Children please collect your colouring sheets in Credit Union Office. Closing Date 31st March.

RING OF KERRY CHARITY CYCLE 2015 & RATHMORE SOCIAL ACTION GROUP.

The Social Action Group is celebrating its fortieth anniversary this year. It was founded in Rathmore in 1975 to provide young people with an organisation through which they could make a positive contribution to their community. The Social Action Group caters for many of the needs of our older adults including those suffering from various illnesses. The care provided in our Day Centre St. Joseph's, which covers a wide catchment area, is of enormous

benefit not just to the many people who attend but also to their families. Our service for older adults also includes Housing, Meals on Wheels and a Laundry Service.

To mark our anniversary, we will shortly begin a major project, the construction of several more houses and apartments for our older adults.

All funds raised will be used for our care programme and anniversary project.

To register and support us please contact:

Telephone: 0647758588 Mobile: 0870579933

Email: info@sag.ie

SYMPATHY: to families & relatives and friends of late, Sheila O'Meara, Firegrove, Bunratty, Clare & Gneeveguilla, who died recently. May she Rest in Peace.

DANÚ EASTER CAMP 2015

Wednesday 1st and Thursday 2nd April

Wed 8th, Thurs 9th, and Fri 10th April

10am -2.30 pm. Ages: 4-10 Easter hunt, Outdoor games, activities, sports, face painting, song & dance Arts & Crafts, & Lots, Lots More!!!!

To book phone Christina or Norma on 064 7758700 or email danurathmore@gmail.com

RATHMORE COMMUNITY COUNCIL has organize Spring Cleaning for 2 weeks started Monday 23rd March to Monday 6th April, in Rathmore.

RATHMORE COMMUNITY MARKET every Friday at Teach lasagain 10:30-1:30

Each Friday Further information contact: 0831588404,

RATHMORE LADIES FOOTBALL

The Rathmore ladies football social was a great success on Monday 16th March. Medals were presented to the U16s and senior Ladies. Most improved player of the year U14 award was presented to Sarah Nagle, U16 most improved player was awarded to Chloe O Connor and Senior player of the year was awarded to Jodie O Sullivan.

RATHMORE U14 GIRLS got their league campaign underway last weekend with a great win away to Casteisland on a scoreline of Castleisland 4 - 08 Rathmore 4 -10

BEST OF LUCK to Rathmore minor girls involved with Kerry who open their championship with a home game against Tipperary next on Saturday 28th March, venue to be confirmed.

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

FOSSA NEWS

FOSSA/TWO MILE COMHALTAS will hold a ceili on Sunday 29th March from 3pm to 6pm in Fossa Community Hall. Music by Ui Bhrian. Tea served.

FOSSA COMMUNITY GAMES NOTES:

Here are a few more dates for your busy diaries The U14 Quiz will be on the 3rd of April - anyone interested please contact Amanda O'Brien 086-3283778

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

FOSSA COMMUNITY CENTRE: Volunteers urgently needed to help with the running of the community centre. If you would like to help with a specific task or become a member of the committee please contact any of the following, Derek 086 389 5142, David 086 323 9148, Eileen 087 628 4053, Billy 064 6644391, Tim 087 241 3116. If help is not forthcoming we may be faced with the situation whereby this fine facility may have to be closed.

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

FOSSA LOTTO Numbers drawn were 6, 17, 18, 27. There was no Jackpot winner and next weeks Jackpot will be €9,450. The €40 consolation prize winners were Tim Crowley, c/o Pierces Aghadoe, Christine Flemming, c/o An Post, Donal McCarthy, Two Mile School, E Sheehy, Helen Geaney, Grenagh Fossa. Next draw takes place on Sunday night 29th March at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets.

FUNDRAISING CONCERT AT THE SEM



ST. BRENDANS COLLEGE MUSIC TEACHER MISH O'DONOGHUE CONDUCTING THE SEM CHOIR AT THE LIAM O'CONNOR MUSICAL CONCERT AT ST BRENDAN'S COLLEGE CHAPEL ON TUESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



BROADCASTING LEGEND MICHAEL O'MUIRCHARTAIGH AND POET GABRIEL FITZMAURICE WITH ST. BRENDANS COLLEGE MUSIC TEACHER MISH O'DONOGHUE AND PRINCIPAL SEAN COFFEY AT THE LIAM O'CONNOR MUSICAL CONCERT AT ST BRENDAN'S COLLEGE CHAPEL ON TUESDAY NIGHT PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



MEMBERS OF THE SEM CHOIR AND TRADITIONAL MUSIC GROUPS AT THE LIAM O'CONNOR MUSICAL CONCERT AT ST BRENDAN'S COLLEGE CHAPEL ON TUESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

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This Weeks Gardening Tips

1. Plant up containers / hanging baskets with pansys, primroses and violas.
2. Mulch around Camellian and Rhodes with brown solid soil enricher.
3. Sow seeds of vegetables now.
4. Plant fruit bushes and trees.
5. Houseplants can be potted if root bound.

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BEAUFORT NEWS

QUIZ Special Olympics Come along and support Rose O'Neill in her fund-raising Table Quiz in aid of the Special Olympics which will be held in The Manor Hotel, Killorglin on Friday, 27th March at 8pm.

HEALTHY CLUB PROJECT Our Good Friday Walk will be held again this year in association with Kerry Cancer Hospice on Good Friday April, 3rd. The Walk will begin at Kissane's Shop and Registration is at 11.00am. The Walk will head up to Cronin's Yard, Mealis and will return via Lisibane Carpark to Kissane's Shop again. We hope to have a good crowd from the Parish taking part in this Walk to raise monies for such a good cause and for everybody's well-being. More activities will be organised throughout the year for the community. Please support this worthy cause.

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

ATHLETICS Fiona Doyle, Star of the Laune A.C. won a silver medal in the u15 girls high jump at the Athletics Ireland juvenile indoor championships, which were held in Athlone last weekend.

Fiona jumped 1.58 m which is a new personal best.

This weekend, Fiona continued her success with two silver medals in the Munster Indoor Championships. The first came in the u15 high jump with 1.45 and the second was achieved in the u15 hurdles.

Fiona finished the weekend with a well won gold in the u15 800m.

Fiona's sister, Aoife Doyle, won gold in the u18 shot putt. Outstanding performances from both sisters.

Well done to Marina Eagar and Erin Murphy, both of Star of the Laune A.C., who won silver and bronze respectively in the u10 sprints at the Kerry Sportshall Games in Killorglin last Saturday.

Well done also to the u11 girls relay team of Erin Murphy, Aoife Cleary, Marina and Lola Eagar who won silver.

Marina also won a silver medal in the long jump.

LISTRY NOTES

Milltown/Listry branch of Kerry Hospice.. Our annual fundraising walk will take place this Good Friday April 3rd starting at 10am from the community centre, The Square, Milltown.. Refreshments afterwards in Ashborough Lodge. Your support would be greatly appreciated..

VOTES OF SYMPATHY: At recent meeting of Listry Community Council a vote of sympathy was passed to the bereaved family relatives and friends of Mrs Eileen O Shea of As borough, Gurrane East, Killorglin & Lissavane East. John Behan of Rocklodge, Killeery, Lough hill, Limerick. Dan (Donie) O Meara of Culleeney more, Denis Scannell of England & James Hickey Cullen & Kerry. Mrs Noreen Foran of O'Kelly's villas. Mary Doyle of Culleeney more. May their souls rest in peace.

PARENT & TODDLER GROUP Listry/Milltown parent and toddler group is been held at Listry community center on Friday mornings 11am to 12.15pm. all we

BINGO: March bingo will be held on Friday 27th March 2015 at Listry Community Center at 8pm. This bingo is a night of great spots, fun & prizes being held by Faha School parents association.

COOKERY CLASS FOR MEN: Listry Community Council in conjunction with Kerry Education Services are organising a Cookery class for men commencing on Wed. night April 1st @ 7.30pm-there are two vacancies on this course. Anybody who is interested in participating should phone Joan immediately on 0867944494. It is hoped to organise cookery classes for Ladies in the Autumn-details will be advertised later.

LISTRY SOCIAL COMMITTEE: We wish to remind Seniors in the Listry / Milltown Parish and surrounding areas that the next Social day will be held in Listry Community Centre on Tuesday March 31st from 12 noon to 4pm. The usual Bus service will operate on the day and will start collecting passengers at 11am approx. We look forward to meeting you all again.



DECLAN MURPHY (KILLARNEY TOURIST OFFICE), AISLING CROSBIE (KILLARNEY OUTLOOK) & TERENCE MULCAHY (INTERNATIONAL HOTEL) AT THE LAUNCH OF THE KILLARNEY FESTIVAL OF MUSIC & FOOD AT THE KILLARNEY AVENUE HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

SPA NOTES

SCOR NA BPAISTI COUNTY CHAMPIONS

Well done to all the competitors in Scor na bpaisti over the weekend in The Gleneagle. East Kerry Clubs were very successful on the night.

Spa claimed first prize in the Figure and silver in Sean Nos.

FIGURE DANCERS: Erin Holland, Laura O Carroll, Kate Lawlor, Ciara Moynihan, Carrie Hickey, Roisin O Sullivan, Alibhe Gallagher and Eleana O Donoghue. Subs: Grainne Spillane and Grace O Connor. Coaches Mairead Mangan and Maureen Hegarty Vogels.

SEAN NOS: Grainne Spillane Coach: Triona Mangan

LEE STRAND SCOR NA BPAISTÍ RESULTS:

Figure: 1. Spa 2. An Tóchar

Solo Singing: 1. Firies 2. Moyvane

Recitation: 1. Firies 2. An Baile Dubh

Music: 1. St. Senan's 2. Foilmore

Sean Nos: 1. Ballydonoghue 2. Spa

Leiriú: 1. Ballylongford 2. Na Gaeil

Ballad Group: 1. Dairbhre 2. Glenflesk

Rince Seit: 1. Dr. Crokes 2. Currow

Quiz: 1. Na Gaeil 2. Rathmore



IN PHOTOS FIGURE DANCERS. LEONA TWISS CULTURAL OFFICER, JACKIE WALSH VICE CHAIRMAN COISTE SCÓR CHIARRAÍ FIGURE DANCERS: ERIN HOLLAND, LAURA O CARROLL, KATE LAWLOR, CIARA MOYNIHAN, CARRIE HICKEY, ROISIN O SULLIVAN, ALIBHE GALLAGHER AND ELEANA O DONOGHUE.



DR CROKES ARE SCOR NA BPAISTI COUNTY SET DANCING CHAMPIONS, EMERGING TRIUMPHANT AT THE FINALS HELD IN THE GLENEAGLE HOTEL, 22 MARCH 2015. THE CHILDREN WERE COACHED BY HANNAH-MAJELLA O'DONOGHUE.

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KILCUMMIN NEWS

KILCUMMIN COMMUNITY GAMES Anyone interested in taking part in Swimming Competitions – aged from U8 through to U16 – please contact any committee number by Friday April 3rd. All events will be held in Tralee Sports Complex on Sunday April 19th. Best of luck to our U14 Quiz team who take part in the County Final on Friday April 3rd.

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

KILCUMMIN HOSPICE WALK The annual Good Friday Hospice walk in Kilcummin will commence at 10.30am. Registration from 10.00am when donations will be accepted. The walk starts at the Recreational Hall across from the church. There will be a choice of two walks, 4km or 8km. Refreshment will be provided in the hall after the walk. Proceeds from the walk will be donated to the Palliative Care unit in Tralee. This is a new 15 bed residential unit, the construction beginning this year. Please come along and support. This is a very enjoyable walk, suited to all age groups. It's also a great opportunity to get together with the Community after the walk.

ICA

The annual general meeting of the guild will be held on Wednesday 1st April at 8.00pm in the Rural Development Office.

KILCUMMIN COMHALTAS We will be holding an Easter Raffle at the Village Inn on Sunday 12th April. If you have any unwanted Christmas gifts suitable for prizes, we would be very grateful if you could drop them to the Rural

Development Office. Raffle cards now available €2 per line.

MUSIC SESSION Our next monthly music session will be on Sun 29th March at 2.30 to 5pm in Kilcummin Recreational Hall. All newcomers very welcome! Refreshments for all at approx. 3.30pm. For more information contact Mike McGurl 087-666-2707 or Mags Connolly 087-696-1681 or visit Kerrycomhaltas.ie, under weekly PRO news - Kilcummin Branch.

ANABLA NATIONAL SCHOOL PARENT ASSOCIATION Are holding a new/used clothing and mobile phone collection. Collections dates and locations. Sunday 12th April 2015, 10.30am to 12.30pm at Recreational Hall, Kilcummin Village, Wednesday 14th April 2015, 9am to 11am at Recreational Hall, Kilcummin Village, Monday 13th April to Thursday 16th April 2015, 9am to 10am and 2pm to 3pm at Anabla National School. The following items of new/used unwanted clothing can be included; Men's, women's, children's clothing, household textiles (i.e. curtains, towels etc.), shoes, handbags, belts, ties, linens etc (any condition once they are clean). If you have clothing or old mobile phones that you would like to donate and you are unavailable on the collection dates, please contact any member of the committee or e-mail anablaparentsassociation@gmail.com

G.A.A. COUNTY LEAGUE

Credit Union Co. League Rd 1 Division 1 Glenbeigh/Glencair 0-8 Kilcummin 3-15 Kilcummin got their campaign off to a promising start in Glenbeigh last Sunday with a resounding victory over the local team returning to the top flight in 30 years.

A great team performance was enhanced by

excellent performances from Philip Casey, James Devane, Gary O Leary and Kevin McCarthy. A feature of the second half was that all Kilcummin's scores came from play except a penalty scored by Shane Murphy. Team Shane Murphy 1-1, Sean Brosnan, Donal Maher, James Devane, Damien O Leary 0-1, Daniel O Leary, 0-1 Tommy Cooper, Philip Casey, Kevin Gorman, Noel Duggan 0-1, Shane McSweeney 1-1, Gary O Leary 0-2(1F), Kevin McCarthy, 1-6 Matthew Keane, Kelvin Teahan, 0-2. Next Round this Saturday in Kilcummin at 5pm v Austin Stacks

KILCUMMIN'S ACADEMY Will continue this season on Sundays from 12- 1pm for girls and boys from ages 6 to 10 years. We will run the academy on Sunday's and will switch to Saturdays on 11th April. Please note that the wearing of gumshields/mouthguards is now compulsory and children should have these when training. Children should bring €1 euro with them for the academy each week.

UNDER 12 GIRLS Football training on Thursday nights from 7pm to 8pm

GAA CLUB HURLING COACHING Under 6 to under 12s at the Legion GAA grounds at 6pm on Thursdays. We are hoping to enter an u12 team in the county league. Contact Garry at 087 2884478

THE GAA CLUB'S EASTER CAMP Will take place between 31st March and 2nd April. Contact Nessa on 087/2897312.

GAA CLUB MERCHANDISE

Anybody seeking to purchase club merchandise should contact Marie Lehané on 087 9181973

KILCUMMIN'S RAMBLING HOUSE

Will next meet at 8.30pm on Friday March 27th instead of the first Friday in April (Good Friday)

GLENFLESK NEWS WITH DONAL KELLY

COUNTY LEAGUE DIV 2: The Glenflesk senior team, sponsored by the Jarvey's Rest, travelled to Cahersiveen on Sunday March 22 to play St. Mary's. In a keenly contested game Glenflesk eventually went down by a single point on a scoreline of 2-12 to 1-14. Glenflesk hit the front with time almost up but unfortunately St. Mary's snatched victory with a last minute goal. Well done to the lads for a great opening performance that promises good things for the season ahead.

COUNTY LEAGUE DIV 2: The second round of the county league takes place on Saturday evening with Glenflesk scheduled to face Rathmore at 5pm in Glenflesk.

HEALY O'CONNOR SHIELD: On Saturday night in the INEC the Glenflesk GAA club was awarded the inaugural Healy-O'Connor shield to mark the club's level of participation in all three Scór competitions at County level during 2015. This award is recognition of the talent and commitment of all our Scór participants and a tribute to those who work off-stage year after year to keep traditional music, song and dance alive in our club. Well done to everyone and long may it continue.

GLENFLESK LOTTO: Next draw will be held on Sunday March 29th in John Dan's, Jackpot €4,400. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea 085 1741219 or Denis O'Donoghue at 087 2257915.

CLUB MEMBERSHIP CLOSING SOON:

Glenflesk GAA club membership will be closing shortly. Players must be club members in order to play football and only paid-up club members are entitled to be included in any All-Ireland ticket draws that may be held. Membership can be paid directly to the following officers: Mike O'Shea Registrar 087 9490240, James Furlong Assistant Registrar 087 23331916, Mary O'Brien Registrar Track Membership 087 9643851 and Cathy Somers Treasurer 087 2900476.

SCÓR SINSEAR: Well done and best of luck to the senior figure dancers who have qualified for the Munster Final of Scór Sinsear, which takes place this Saturday March 28th in Ovens, Co. Cork. Well done also the senior Ballad Group who delivered an excellent performance on the night but were unlucky not to qualify.

SCÓR NA BPÁISTÍ: In the county final of Scór na bPáistí held in the INEC on Saturday March

21 the Glenflesk Ballad Group were placed second while the Leiriú team also gave a brilliant performance. Well done to all involved and their trainers: Ballad Group: Sinead Gleeson, Caitlin Cronin, Éabha Healy, Sarah Moran, Molly O Donoghue. Léiriú team: Caitlin Cronin, Caoimhe Crowley, Éabha Healy, Sarah Moran, Molly O Donoghue, Abbie Cronin, Aoise O'Donoghue and Muireann Healy.

LADIES FOOTBALL: U 12 girls continue training Thursdays 6-7 in small pitch. Our U14s had a tough opening game against Laune Rangers even though they battled hard Laune rangers were much stronger on this occasion. Next Sunday, March 29th, we are at home to Legion at 5pm. On Friday March 27th the Senior Ladies are playing Annascaul in Glenflesk.

RAHEEN NS: Fun fundraising bingo Saturday 28th of March at 8.30 pm in the school. €10 a book this includes refreshments. All Welcome! Congratulations to Caroline Kissane who had the winning lotto number 11 on Saturday the 21st of March.

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DOG SHOW

Tralee & District Canine Club All Breed Open Show (under license of the Irish Kennel Club) will take place at the Community Centre, Currow, Farranfore on Sunday 12th April at 1.30pm. Entry Fee €5 First Dog, all other entries €3. If you would like to enter your Irish Kennel Club registered dog in this event you had better hurry as entries close today (Friday, March 27th) with Hon. Show Secretary Mrs. Maudie Burke, "Sandwood", Killarney Road, Castleisland, Co. Kerry. Phone 066 7141 423. E-mail traleecanineclub@hotmail.com

EARTH HOUR IS THIS SATURDAY

Earth Hour 2015 will be held across the world tomorrow night from 8:30 p.m. to 9:30 p.m. local time. Since the first symbolic lights off event in Sydney, Australia, in 2007 Earth Hour has grown to become the world's largest grassroots environmental movement and it is hoped that this year's Earth Hour will be an even bigger and better event than ever before, uniting millions across the globe in taking action to prevent runaway climate change. Will you switch off all unnecessary electric lights just for the one hour to show your support for climate action?

SUMMER TIME

Summer time begins on this Sunday, March 29th at 2am. So before you go to bed tomorrow night make sure to set the new time on all watches, timers etc by putting them forward by one hour.

FUND RAISING DANCE IN AID OF RECOVERY HAVEN CANCER SUPPORT HOUSE ON TUESDAY NIGHT

The Annual fundraising dance in aid of Recovery Haven will take place in the Earl of Desmond Hotel, Tralee on Tuesday March 31st. Music on the night by P.J. Murrihy and Patrick O'Sullivan. Admission only €10. Dancing from 9pm. Fantastic Spot prizes to be won. All profits on the night go directly to Recovery Haven Cancer Support House, located at 5 Haig's Terrace, Tralee which offers cancer patients from all parts of Kerry counselling service, massage, stress management, beauty treatments etc. All its services are free of charge to those who are dealing with the trauma of cancer or finished treatment and the service

is also available free of charge to families and carers. For further information on all the services available please phone 066 719 2112, e-mail recoveryhaven@gmail.com or just call in during opening hours - Mondays 10am to 4pm. Tuesdays 10am to 4pm. Wednesdays 10am to 7pm. Thursdays 10am to 4pm.

ONE IN SIX MEN WILL BE A VICTIM OF DOMESTIC ABUSE IN THEIR LIFETIME

They come from across the spectrum – doctors, solicitors, gardai, successful businessmen and the unemployed – but they all have one thing in common. their lives are hell. It is now widely accepted in Ireland that both men and women can be victims and perpetrators of violence in the home. If you are a Male Victim, YOU ARE NOT TO BLAME, YOU ARE NOT 'WEAK', YOU ARE NOT ALONE. AMEN provides a confidential helpline and support service for male victims of domestic abuse, their helpline is 046 902 3718 or visit their website at www.amen.ie Email: info@amen.ie or write to AMEN, St. Anne's Resource Centre, Railway Street, Navan, Co. Meath. Men have exactly the same rights as women to be safe in their own homes. All statutory services (such as the Gardaí, Courts, and social services) have a duty to provide services to all, whatever their gender. Men are protected by exactly the same laws as women - anyone who has assaulted another person, regardless of the gender of either, can be prosecuted. Domestic violence is any incident or threatening behaviour including physical violence, verbal abuse, psychological, sexual, financial or emotional abuse, isolation and false allegations between adults who are or have been intimate partners or are family members, regardless of gender or sexuality. Men who have experienced sexual abuse can contact their local Rape Crisis Centre or the National Rape Crisis Helpline on 1800 778 888 (operated by Dublin Rape Crisis Centre) for support and information. One in Four (01 6624070) also provides support to individuals who have, or are concerned about someone who has, experienced sexual violence or abuse. Rape Crisis Centres and One in Four also provide support and information to adults who have experienced sexual abuse in their childhood.

ADVICE FOR MALE VICTIMS OF DOMESTIC ABUSE - Don't hit back, If you do, you're totally discredited because you become an offender yourself. Realise that you have choices, even though your confidence may be very low. Talk to a friend or family member, or seek help

from an organisation such as AMEN. Keep everything within the law and seek good legal advice from free legal aid or through AMEN. It's wise to stay in your home until it becomes impossible to do so, getting out of the home is not as easy as a person might think. In an emergency situation a woman can apply for a refuge but not a man. Consider the possibility of getting the abuser out of the home. If that's not going to work, consider, in conjunction with your support worker, the possibility of leaving yourself.

If and when you leave, make sure you have a prepared safety plan. This is a collection of important telephone numbers, clothes, documents, passport, PPS number, marriage certificate etc. Your support worker will help you to work out your safety plan. If you cannot get your abuser out of the home and don't want to move out yourself, continue to link in with the support service. Your support worker will help you ensure that you know how to disengage from potentially volatile situations and keep yourself as safe as possible while still living in the same environment as the perpetrator.

FOLLOW-THROUGH IS CRUCIAL: don't apply for a barring order or safety order if you don't intend on following through on it; make your appearance at the hearing, and call Gardaí when appropriate, because if you don't follow through on a plan of action, the perpetrator knows it's an empty threat. Think about getting counselling. The Amen charity, which helps male victims of domestic abuse, has said it received over 7,500 disclosures of abuse in 2013.

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Nearly 1,500 bottles of water are consumed per second in America. About 17 million barrels of oil are used every year to produce these bottles.

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ANSWER TO LAST WEEKS RIDDLE

You can start a fire if you have alcohol, petrol, kerosene, paper, candle, a full matchbox and a piece of cotton wool. What is the first thing you light? A match, of course.

QUOTE

People that hate cats will come back as mice in their next life. ~Faith Resnick

ON THIS DATE – MARCH 27TH

1351 - The Battle of the Thirty: two teams of thirty knights, one English, one Breton, fought to decide ownership of Brittany. The Bretons won.

1650 - Kilkenny surrendered to Cromwell.

1839 - Birth in Co. Antrim, of John Balance (son of a tenant farmer) and Prime Minister of New Zealand.

1848 - John Parker Maynard patented medicated adhesive plaster.

1860 - M L Byrn patented "covered gimlet screw with a 'T' handle" (corkscrew)

1912 - First Japanese cherry blossom trees planted in Washington DC.

1931 - Charlie Chaplin received France's distinguished Legion of Honour.

1945 - The last German V2 rocket fell on England, killing a woman in Kent.

1968 - Death of Yuri Gagarin, in aircraft training accident he was a Russian cosmonaut and first human in space.

1970 - The Concorde made its first supersonic flight.

THIS WEEKS RIDDLE

If there are 3 apples and you take away 2, how many do you have? Answer next week.

TONGUE TWISTER

One-one was a race horse. Two-two was one too. One-one won one race. Two-two won one too.

AMSTERDAM HAS A BICYCLE PARKING PROBLEM

Amsterdam is a city where getting around by bike isn't just a 21st century urban trend or some kind of touristic diversion — it's a deep-rooted cultural tradition. The Netherlands is a country blessed with flat-terrain and mild weather as a whole and is largely defined by its bike culture so being unable to accommodate its bike-commuting population has become a very real and very pressing problem.

According to statistics, 57% of Amsterdam residents bike daily, with a huge percentage of them using pedal power to commute to and from work. Due to Amsterdam's size, age, density and unique, canal-heavy topography there are only roughly 400,000 designated public bike parking spaces scattered throughout the city. While parking is a colossal headache for the cyclists themselves, the bike parking shortage has also proven to be a financial burden for the city (and taxpayers). In 2013 alone, authorities impounded 73,000 illegally parked bikes at the cost of around 70 euros per bike, while it only costs neglectful owners around 12 euros to get them back from the city's bike pounds. Amsterdam Officials are fully aware that additional bike parking spaces are urgently needed; the city has committed 200 million euros to improving cycling infrastructure including new dedicated cycling paths and the addition of 21,500 bikes spaces by the year 2030.

A recently announced scheme would involve constructing a massive, underwater garage with room for 7,000 bikes adjacent to

Amsterdam Centraal station, one of several areas identified by authorities as being in dire need of more spots. Tunnels would potentially connect the garage directly to the main metro and train station, the busiest transit hub in the city. The decision to place a bike garage underneath Amsterdam's waterfront isn't a decision based purely on available real estate, the historic European city that's littered with chained bikes in certain areas detracts from Amsterdam's singular beauty. Stashing away bike parking in less conspicuous but still convenient locations helps bring the focus back to the buildings, the parks and all the other things that make Amsterdam such a stunning place to live and visit.

The proposed parking plan backed by Amsterdam Mayor Eberhard van der Laan, is currently under review by the city's Infrastructure and Sustainability committee and will be voted on in the beginning of April.

SAM SIMON'S DOG, COLUMBO, WAS BY HIS SIDE UNTIL THE END

Just recently the world said goodbye to Sam Simon co-creator of the Simpsons, a man who dedicated his life and fortune to improving the lives of animals throughout the world. But few are feeling the loss quite as strongly as the one to whom he meant the most — his cherished dog, Columbo. "It's been hard for Columbo to not be seeing Sam," Tyson Kilmer, a close friend who has adopted the dog said. "The entire process of Sam's health over the last few years has been very hard on him. His animals were there for the good days and the bad days, when he was in pain. So it definitely takes its toll." Columbo and Mr. Simon's other dog, Gertrude, who recently passed away, were more than just pets — they were family. When working or conducting meetings for his animal foundation, his two beloved dogs were always by his side. "He dedicated his entire space to them. It was a dog paradise," said Mr. Kilmer. "Sam just loved them to bits. He was very connected with his animals." Through his long battle with cancer, the bond between Mr. Simon and his surviving dog only deepened, especially in his final days. "Columbo absolutely brought him comfort near the end," said Mr. Kilmer. "As Sam's physical condition worsened, it became harder to get Columbo up on his bed, so just in the last couple of weeks, we had put some stairs beside the bed so he could continue to sleep with him. Sam would just cuddle up with this dog always and at all times." Mr. Kilmer added that Columbo has been suffering with back pain, likely made worse by the stress of losing his human companion, but that he seems to be settling in to his new home well.

DISTRACTED DRIVING IS NOT ONLY DANGEROUS; IT'S DEADLY

Distracted driving is any activity that could

divert one's attention away from the primary task of driving. Estimates suggest that distraction contributes to 16% of all fatal crashes. Studies have shown that a driver dialling a mobile phone is 2.8 times more likely to get into a crash than a non-distracted driver, while texting makes the risk of crashing 23 times worse. But it's not just texting or making calls that we should be worried about, since distraction comes in many forms, including using a navigation system, watching a video, adjusting the radio, eating and drinking, smoking, and even grooming.

WILL THIS MAKE SPELLING EASIER?

Next year a group of experts will convene to discuss the adoption of an alternative spelling system, as many people are unhappy with current English spelling rules.

Language is constantly evolving, and massive spelling changes have been made to languages before. In 2008 Portugal's parliament voted to change the spelling of hundreds of words so they'd be spelled more phonetically and standardise spelling across Portuguese-speaking countries. English isn't the easiest language to learn. It has about 44 sounds, but unlike many languages — such as Finnish and Korean — these sounds aren't represented with the same number of spellings. English actually has 185 spellings, and 69 of them have more than one pronunciation. For example, consider the multiple ways the following "ough" words are pronounced: though, through, cough, bough, rough and take a look at the various ways we spell words that produce an "oo" sound: shoe, blue, through, flew, you, two, too. It's confusing spellings like these that can make learning the English language difficult, even for children raised in countries where the language is widely spoken. "It takes English-speaking children up to two years longer to master the spelling of basic words compared with children who speak other European languages," said Stephen Linstead, chair of the U.K.-based The English Spelling Society (TESS), an international organization that raises awareness of the problems caused by irregularities in English spelling. Linstead and TESS believe alternative spellings would make it easier to become proficient in English, and the organisation has proposed an International English Spelling Congress (IESC) to implement an alternative spelling system. The IESC will be held in early 2016 and will bring together linguistic experts from English-speaking countries across the globe. Linstead acknowledges that making extensive changes to the English language would be a monumental task, but he hopes the IESC's proposal will eventually gain support among English speakers and replace traditional spelling.

BIRTHDAY REMEMBRANCE

19th Birthday Remembrance of



CHRISTOPHER O'SULLIVAN

Late of 37 Gleann Ruá & Freemound, Rathmore whose Birthday occurs on the 30th March

Slowly the leaves of memories fall
Gently we stoop and gather them all
They bring a smile, sometimes a tear
But always a wish, that you were here,
Today is a day memories so sad
of the one we loved and wished we still had
Time slips by but you still stay
As near and dear as yesterday.

Happy Birthday Christopher

Deeply loved & Sadly, missed Mum,
Brendan, Tyrone, Daniel & Thomas
XXXX

Will those who think of Christopher
today, a little prayer to Jesus say.

6TH & 20TH ANNIVERSARY



IN LOVING MEMORY OF

JOHN R & SIOBHAN (JOAN) O'DONOGHUE

**Curreal, Glenflesk, Killarney
Who died on 26th February 1995
& 23rd March 2009.**

*Our thoughts are forever with you,
Though you have passed away,
And those who have loved you dearly,
Are thinking of you today.*



**Always remembered by
your loving family.**

1ST ANNIVERSARY

In Loving Memory of



KATHLEEN BRADY

**Late of Ballaugh Cross, Killarney
& Formally Drumheckna, Co.
Cavan who died on 25th March**

It's hard to believe one year has gone
But memories have such lovely ways
of bringing back our yesterdays
And when old times I do recall
Its then I miss you most of all

Always and forever in my heart
love from Sharon O'Sullivan
Rest in Peace

NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO THE SACRED HEART

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

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A WORD OF VICTORY

Welcome back dear reader following on from last week - about Jesus' death on the Cross for our Salvation, let us look at the word 'saved'. Saved comes from the Greek word 'sozo' - it's used by God over one hundred times in the New Testament and it means to deliver from sin, to heal from disease, to rescue and keep safe forever. It's a complete package freely available to everyone who fully accepts that Jesus is the Saviour promised from the beginning - ('He will crush the serpent's head' Genesis 3:15). Our Salvation is a free gift and not of works lest any man should boast (see Ephesians 2:8-9). If we receive a gift from someone and we try to offer to pay for it, or even give a part payment the giver is offended because it is then not a gift. The one who gives the gift loses to the cost. The cost for our Salvation was the death of the Lord Jesus and the shedding of His Precious blood so it is an insult to the Father Who has shown His everlasting love for us by holding out His wonderful free gift when we try to pay for our sins. There is nothing to pay - penances or anything else! By trying to offer God money or sacrifice towards redemption for sin we are saying that Jesus was not punished enough at Calvary and did not complete the work that God sent Him to do. What a terrible thought to entertain. Before Jesus died He said 'it is finished' (John 19:30). The total cost of mankind's salvation was paid in full. That is the Gospel message in a nutshell. Friend it is not an accident that you are reading this message, God the Father loves you so much and He wants you to become His child. Call on Jesus now and be saved! If you have a query on Scripture or any prayer need please call **064-6622950** or email **wordofvictory@eircom.net**. More next week...

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

THE MIRACLE PRAYER

O wonderful St. Anthony, glorious on account of the fame of your miracles, and through the condescension of Jesus in coming in the form of a little child to rest in your arms, obtain for me of His bounty the grace which I ardently desire from the depths of my heart. (State your intention)

You who were so compassionate toward miserable sinners, regard not the unworthiness of those who pray to you, but the glory of God that it may once again be magnified by the granting of the particular request (State your intention) which I now ask for with persevering earnestness. Amen.

This prayer must be published immediately.

A

PRAYER TO THE VIRGIN MARY

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NOVENA TO THE SACRED HEART

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

x

ST. TERESE OF THE LITTLE FLOWER

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 specifics 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. C.H.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

M.L.

THE MIRACLE PRAYER

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Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

M.L.

NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say 9 Hail Mary's for 9 day's with a lighted candle. Pray whether you believe it or not. Publish on the 9th day. "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and always. Request will be granted no matter how impossible it may seem. Publication must be promised.

L.B.W

NOVENA TO THE SACRED HEART

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

x

NOVENA TO THE SACRED HEART

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

M.H.

DEBT REMOVAL PRAYER

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

In your name I pray. Amen.

You must say 3 Our Fathers for 7 Days. Must promise publication.

Never Know to fail.

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