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 KUNG FU PANDA 3 (PG) 105m Sat/Sun 12:30 2:30 4:30	 DIVERGENT :ALLEGIAN (12A) 105m Thurs 6:20 8:50	 GRIMSBY (16) 105m 7 Days 6:35 9:00	 LONDON HAS FALLEN (15A) 105m 7 Days 6:40 9:00
 SPOTLIGHT (15A) 135m 7 Days 8:45	 TRIPLE 9 (16) 125m 7 Days 6:25	 ZOOLANDER 2 (12A) 110m Sat/Sun 2:10 4:30	
 DEADPOOL (16) 120m 7 Days 9:00	 ALVIN & THE CHIPMUNKS (PG) 100m Sat/Sun 12:10 2:10 4:10	 HOW TO BE SINGLE (15A) 120m Fri-Wed 6:30 9:00	
 RIDE ALONG 2 (12A) 110m Sat/Sun 4:05	 ROOM (15A) 125m 7 Days 6:25	 DADDY'S HOME (12A) 105m Sat/Sun 2:10	
 GOOSEBUMPS (PG) 110m Sat/Sun 2:30 4:30	<p>KIDS CINE CLUB Sat 5th & Sun 6th March</p> <p>THE GOOD DINOSAUR (PG) 12:05</p> <p>CAPTURE THE FLAG (PG) 12:05 THE PEANUT MOVIE (PG) 12:05</p>		

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As election fever gripped the county, Kerry saw the Healy-Rae's take two seats, making political history by becoming the first siblings to represent the same constituency. Young volunteers are to the fore in this week's Killarney Outlook with Killarney Cardiac Response Unit co-ordinator heading off to pursue his dreams of becoming a paramedic and the story of how student Gillian Fitzgerald is ready to ship over 10,000 nappies to an orphanage in Chernobyl.

Former Governor of Mount Joy Prison was in town talking to parents at Gael Scoil Faithleann and we start the first of a series of historical articles on Killarney House.

With the weather set to stay cold and predictions of a white Easter widespread, keep an eye on elderly neighbours and make sure they are safe and warm.

Aisling Crosbie, Editor.

DREAM COME TRUE FOR DAMIEN AS BEGINS HIS PARAMEDIC TRAINING

A young Killarney man who set up the Killarney Cardiac Response Unit has taken up a place at a UK university to study Paramedic Science.

Damien Baker (22) dedicated the past 12 months of his life to the Killarney Cardiac Response Unit, getting it up and running and going live along with the National Ambulance Service in August.

To date the unit has responded to almost 80 calls and has a fantastic team of volunteers who cover 12 hours shifts 7 days a week.

The Killarney Cardiac Response held a very successful coffee morning at the Killarney Plaza Hotel on Friday last at which Damien stepped down and handed over the reins to Bridget Delaney who will take over as Co-ordinator along with Leo O'Connor, Assistant Co-ordinator.

Speaking to the Killarney Outlook Damien said "I would like to extend a very sincere thank you to the people of Killarney, businesses and councillors for their incredible support over



DAMIEN BAKER, RIGHT, HEAD COORDINATOR WITH KILLARNEY CARDIAC RESPONSE UNIT, LEAVES KILLARNEY FOR GREENER PASTURES TO FULFILL HIS DREAM IN LONDON AND TRAIN AS A PARAMEDIC. DAMIEN WILL KEEP THE LINES OF COMMUNICATION OPEN WITH BRIDGET DELANEY, LEFT, WHO IS LOOKING FORWARD TO THE CHALLENGE OF FILLING HIS ROLE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

the past 12 months as I set about establishing Killarney Cardiac Response Unit. I have stepped down as Co-ordinator of KCRU as I

have accepted a place in a UK University to study Paramedic Science. This has been my ambition for a long time".

"I am leaving behind a very dedicated team of Responders who will continue to provide a life saving service to the town. Bridget Delaney is now the new Co-ordinator and Leo O'Connor, Assistant Co-ordinator of KCRU and I would like to wish them the very best in their new roles. I am confident that KCRU is in very capable hands", he added.

At the coffee morning, the volunteers made a presentation to Damien.

"I will continue to be a member and intend to cover shifts when I am home. To the Responders, whom have become my friends, I am forever grateful for your trust and support for making this possible", he said.

The Killarney Cardiac Response Unit are always looking for more volunteers - if you have 12 hours to spare a week and would like to become part of this life saving group then contact **085-2330488**.

All training will be provided.



MEMBERS OF KILLARNEY'S CARDIAC RESPONSE UNIT GATHER TO GIFT AND WISH DAMIEN BAKER WELL ON AS HE LEAVES KILLARNEY TO STUDY PARAMEDIC SCIENCE IN LONDON IN THE COMING WEEKS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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10,000 NAPPIES AND COUNTING FOR GILLIAN'S APPEAL

Following her visit to Cherven Ophanage in Belarus last Autumn, Killarney student, Gillian Fitzgerald launched a nappy appeal - asking people to purchase a pack of nappies when they were doing their weekly shop.

This week Gillian is ready to ship over 10,000 nappies to the orphanage - which will go a long way to making the children more comfortable.

Gillian was shocked to find out that the children's nappies are only changed once in 24 hours when she was volunteering and vowed to do something about it.

Her appeal touched the hearts of many families in Killarney and as always they donated in their droves.

"I was absolutely overwhelmed at the response I received and the generosity of the people of Killarney and beyond who donated hundreds of packets of nappies, wipes, barrier cream and €500 in cash donations which went towards the purchase of 55 large boxes of nappies and 2 boxes of wipes", Gillian told the Killarney Outlook.

"These donations will go so far in Cherven Orphanage and I will never be able to explain just how happy those generous people have made the children and staff in Cherven.

The nappies will be going up to Ennistymon in the next 2 weeks and will be directly shipped to Belarus in a container by Brother Liam of The Burren Chernobyl Project. Gillian has extended



GILLIAN FITZGERALD, WHO HAS COLLECTED OVER 10,000 NAPPIES TO SEND TO CHERVEN ORPHANAGE IN BELARUS.

a huge thank you to everyone involved in the appeal.

"I would like to thank my parents, family and friends for all their support throughout the appeal, picking up nappies, boxing them etc, also the 5 fantastic drop off points (management and staff) of Dealz Killarney and Tralee, Sewell's Pharmacy, Trant's Pharmacy, O'Sullivan's Pharmacy and Kilcummin Post Office without their generosity this appeal would not have been anywhere as successful as it was. Also a huge thank you to Betty Crosbie,

who introduced my family and I to this fantastic charity, The friends of the children of Chernobyl, 17 years ago. We have hosted children in our home for as far back as I can remember and this was the reason I travelled to Belarus. Her help and the help of the committee along with the local media helped all this to happen", Gillian added.

If you would like to donate a pack of nappies you can still do so by dropping them into Dealz on High Street or by contacting Gillian on **087-3373627**.

A STAR AMONG STARS

Killarney Legion GAA club will honour one of their own on Sunday night. Dan Moynihan, who is an integral member of the Legion setup will be inducted into the Club's Hall of Fame. Dan played for the club and spent 7 years as Club Secretary as well as being involved in the management of many club team.

He also had the honour of refereeing the 1989 County Senior Football Final between Laune Rangers and John Mitchels. "We are delighted to be honouring Dan and it's a proud moment for his family who also served the club so well", Enda Walshe told the Killarney Outlook. As part of the night the Club are also inviting members to a very special evening with "A Night Full of Stars". Kerry Legends Eoin the Bomber Liston, Aidan O'Mahony, our own James O'Donoghue and All Ireland winner turned successful club coach Stephen Stack will be part of panel

hosted by Weeshie Fogarty in an open Forum.

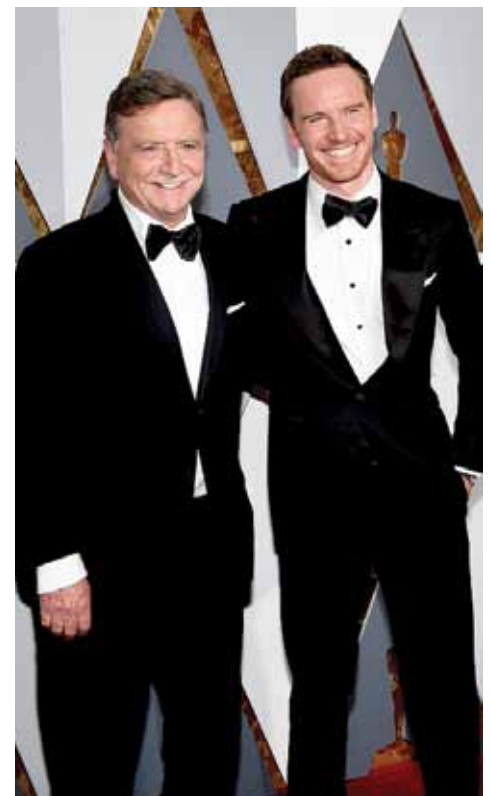
The Q and A session promises to make for fascinating listening as tales of old and new are regaled.

"Indeed Dan will be well chuffed to be presented with his Hall of Fame Award by so many members of Football Royalty", Enda added. So mark the date in your diary as Legion honour Dan Moynihan and play host to some of the best footballers in the county's long history. Sunday March 6th at 8.30pm in the Killarney Avenue Hotel.



DAN MOYNIHAN.

OSCAR SMILES



FOSSA NATIVE MICHAEL FASSBENDER AND HIS FATHER JOSEF PICTURED AT THE OSCARS IN HOLLYWOOD LAST WEEKEND.

THE FORMER ST. BRENDAN'S COLLEGE STUDENT WAS UP FOR BEST ACTOR AWARD FOR HIS ROLE IN THE STEVE JOBS MOVIE BUT LOST OUT TO LEONARDO DICAPRIO ON THE NIGHT.

HEALY-RAE'S SET FOR LATE LATE

Newly elected TD's Michael and Danny Healy-Rae are to appear on the Late Late Show tonight. Host Ryan Tubridy will interview the two brothers who have made political history by becoming the first siblings to represent the same constituency in Dail Eireann.

The brothers stole the show at the count centre last weekend with two out of every five

voters supporting them. Michael also made political history by achieving the highest vote ever in Ireland with over 20,000 votes.

Local band Truly Diverse who penned a song for the Healy-Rae's campaign were also asked to appear on the show but are playing at a wedding in Cork.

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A TALE OF TWO HOUSES: THE KENMARES OF KILLARNEY

By Aoife O'Carroll

The preview opening of the ornamental gardens on April 3rd brings us closer to the long-awaited reopening of Killarney House. Or does it?

What we now call Killarney House is a converted stable block of Kenmare House, built by Valentine Browne, the third Viscount Kenmare, in 1726. Killarney House was an extravagant mansion built by the fourth Earl of Kenmare on a site apparently chosen by Queen Victoria during her 1861 visit. A red-brick Elizabethan Revival manor that dominated its Knockreer setting, the original Killarney House was a vast creation, still unfinished in 1879 when fire caused extensive damage worth £2,000.

The Kenmares moved to the Isle of Wight until the 1890s, returning to Killarney House to continue the family tradition of entertaining celebrities, including royalty. Fire struck Killarney House again in 1913, but this was one fire too many for the Kenmares, who abandoned the ruined house and remodelled the stables of the 18th-century Kenmare House. Confusingly, this is the current Killarney House.

It was here that Tim O'Donoghue of New Street got a job in 1914, as a reward for saving the life of Valentine Edward Kenmare (Lord Castlerosse) when they both served in the Irish Guards during World War I. Thus started a family tradition, with Tim's son Paddy working as a butler for the Kenmare family, and his son Harry working on the estate under various employers from 1986 until today.

Indeed, the Kenmare estate employed many in Killarney. Horses drew timber for sale to Dublin during World War II, when coal was not available. A six-acre orchard was connected to the main

estate via a tunnel under the main road. Up to 40 gardeners were employed. Locals also worked threshing oats and wheat in the Half-Moon field, as well as rearing pigeons for dinner tables in the dovecote, one of only a few such buildings in the country. It was not all work: There was great excitement in Killarney when the flamboyant Lord Castlerosse returned from England with his new bride in 1943. A huge bonfire blazed at the Golden Gates to greet the newly-weds, with porter and music flowing that evening in the estate garage for the locals.

The title Earl of Kenmare became extinct in 1952, and the last earl's niece, Beatrice Grosvenor, sold the estate in the 1950s, thus starting a new chapter in the story of Killarney House.



VALENTINE BROWNE

WALKOVER BRIDGE PROPOSED

At the recent February 2016 Killarney Municipal Area Meeting, Councillor Michael Gleeson proposed that:

"Iarnród Éireann and Bus Éireann would jointly undertake the development of a Pedestrian Walk Over Bridge linking both stations in Killarney".

Councillor Gleeson stated that both Stations are immediately adjacent but paradoxically are in real terms some distance apart. As a result passengers wishing to transfer from one to the other have to walk quite some distance. This imposes hardship on many, particularly on older people who are carrying luggage. It also means that they have to endure the vagaries of the weather and frequently get wet as they walk from one Station to the other. The motion was unanimously agreed at the meeting and has been forwarded to both bodies.

DIRTY DANCING COMES TO THE INEC KILLARNEY

You have 12 months to get yourself ready for Dirty Dancing at the INEC. Dirty Dancing – The Classic Story On Stage will take place on February 27th – March 4th 2017.

Tickets from €38.50 available from

www.inec.ie or www.ticketmaster.ie from 10am on Thursday, 3rd January.

Any queries please contact Ceara Scanlon on 064 6671555 or ceara.scanlon@inec.ie

EVERYONE WELCOME TO KCFE OPEN DAY

There was once a time when students left the county in droves to do their PLC course in Cork and Limerick but, thanks to the vision of Kerry ETB, with the establishment in Tralee of Kerry College of Further Education (formerly Tralee Community College) students can now access a very broad range of post leaving certificate courses in a college setting without having to incur the cost of having to move to another county.

Kerry College of Further Education (KCFE) specialise in the provision of quality assured further education courses, otherwise known as PLC courses, offering certification at Level 5 and Level 6 on the National Framework of Qualifications.

'The courses at KCFE are designed to prepare students for work by giving them specific skills and training which enable them to find employment in a variety of career areas. The

PLC also acts as a stepping-stone to other third level qualifications at ITs and Universities. We have a very extensive list of links with colleges in Ireland and abroad. Our Guidance Counsellor Anne Doyle and Law lecturer Toireasa Ferris have developed even more progression links recently with UL and UCC allowing our PLC graduates to access courses there' said Mary Murphy, College PRO.

The college enrolled 585 students at the beginning of this academic year. About 60% of the current student body come directly from Leaving Cert while the other 40% are mature people who are upskilling, changing career direction and most importantly pursuing courses which focus on enhancing employability by providing the student with the skills currently in demand by industry.

The college is holding an Open Day on Wednesday 9th March from 11am-7pm at



its college campus in Clash, Tralee. School leavers, their parents/guardians as well as those mature people who are considering a return to education/training in order to gain a recognised qualification are welcome to pop in on the day. Two representatives from SUSI will be available in the college on the day to answer queries regarding grants.

The application system for those wishing to secure an interview for a place at the college is now open online at www.kerryfe.ie and any queries regarding the Open Day or any aspect of what the college offers can be directed to the college office on **066 712 1741**.

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KILCUMMIN GOES PINK

Men and women from Kilcummin and beyond donned all variations of the colour pink on Saturday night last to raise money for a very worthy cause. The raffle which was generously supported raised much needed funds for the Link bus, a service which is close to the heart of many members of the club and locals. The prize for the best dressed lady went to Mary O'Leary Casey and best dressed man went to Dan Horan, who never fails to impress with his creativity! Entertainment on the night was provided by the Dineen Brothers and following some words from representatives about the work of the Cork-Kerry Link bus everyone danced the night away. Carmel O'Riordan paid tribute on the night to two former active members of the ladies committee, Mary Lynch and Catherine O'Leary who sadly had passed away since last years event.

The ladies committee of Kilcummin GAA club thank everyone sincerely for their part in making their Pink Night in aid of the Cork-Kerry Link bus a resounding success.



ENJOYING 'PINK NIGHT' IN AID OF KERRY/CORK CANCER LINK BUS AT KILCUMMIN GAA CLUB WERE BACK ROW L-R MARY TERESA MORIARTY, AILEEN MORIARTY, AISLING O'DONOGHUE, MARIE CRONIN, MARIE DEVANE, NOLETTE O'SULLIVAN, ELAINE O'SULLIVAN & MARGARET O'CONNOR. FRONT ROW L-R CHARLOTTE KELLEHER, RUTH MURPHY, AILEEN BROSNAN, NOREEN O'LEARY & KATHLEEN GALWAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILCUMMIN GAA CLUB FOR 'PINK NIGHT' RAISING MONEY FOR THE KERRY/CORK CANCER BUS LINK SERVICE WERE L-R KATHLEEN RYAN, CARMEL O'RIORDAN, JAY GALVIN (KERRY/CORK CANCER BUS LINK) & BREDA DYLAND. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILCUMMIN GAA CLUB FOR 'PINK NIGHT' AND RAISING FUNDS FOR THE KERRY/CORK CANCER BUS LINK SERVICE WERE L-R KARINA NAGLE, GILLIAN FITZGERALD, DINNY CONNOR & JOSIE MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE ORGANISERS OF 'PINK NIGHT' AT KILCUMMIN GAA CLUB RAISING FUNDS FOR THE KERRY/CORK CANCER BUS LINK SERVICE WERE L-R NIAMH DWYER, PATRICIA O'DONOGHUE & HELEN WILLIAMS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING 'PINK NIGHT' AT KILCUMMIN GAA CLUB RAISING FUNDS FOR THE KERRY/CORK CANCER BUS LINK SERVICE WERE L-R JOHANNA HOURIGAN, MARTHA TEEHAN, JOSIE MURPHY & MARGARET PRENDERGAST. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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WHIP CRACKING SHOW PROMISED AT THE INEC

The cast and crew of Killarney Musical Society are fine tuning their performance ahead of opening night of their production of 'Calamity Jane' at the INEC Killarney on Wednesday March 9th. The show will run until Friday March 11th 2016.

Killarney Musical Society's 31st production, follows on from their successful run of 'Ghost-the Musical' which was an Irish premier last year. This year's show is a fun, family show which will have you tapping your feet, and singing the songs as you leave the show! Calamity Jane, which is being played by Michelle O'Callaghan, can outrun and outshoot any man in Deadwood. Hard, boastful and desperate to impress, Calamity travels to Chicago to recruit a star, Adelaide Adams, for the Deadwood Stage. But alas, things don't go too smoothly for Calamity, as everyone in town favours the new girl and she struggles to keep her pride and jealously



THE CAST OF CALAMITY JANE



WILD BILL HICKOK, PLAYED BY DEREK O'LEARY

in check. It takes her long-standing enemy, Wild Bill Hickok, played by Derek O'Leary, to make her see sense, and realise her true secret love... This year, Killarney Musical Society are working with a new production team of Director Killian Collins, Musical Director John O'Brien and Choreographer Sarah Griffin. A show like this would not be able to go ahead without the endless support of our patrons, sponsors and especially our main sponsor, Independent Irish Health Foods, for which we are very grateful.

The cast of over 50 people, along with the back

stage and front of house crew, are working extremely hard to put on a show we hope you will all enjoy, to thank you for your generosity and belief in Killarney Musical Society.

Tickets are available on the INEC website, box office and on Ticketmaster.

Adult tickets are €20, Children, Students and OAP's €15 and a family ticket (2+2/1+3) is €50.00.

You do NOT want to miss this whip cracking production!

PARENTS ENJOY PARENTING TALK

Parents of students at Gaelscoil Faithleann enjoyed an inspiring talk by former Governor of Mountjoy prison, John Lonergan on Thursday night last.

Organised by the Parents Council at the school, John Lonergan shared his insights from years of professional and personal experience, as a father and grandfather on how parents can

guide and nurture their child. John spoke in his funny and memorable style to a very attentive audience.

According to John there are two questions we should ask ourselves:- Are my kids healthy? and Are my kids happy? Staying positive and praising your child is very important. John's

book 'Parenting - raising your child in Ireland today' is available with proceeds going to Barnardos. According to the secretary of the Parents Council, Mary Carroll, "It was a lovely social occasion for parents as well as a source of very useful information."



THE PARENTS COUNCIL OF GAELSCOIL FAITHLEANN KILLARNEY HOSTED THE INSPIRING SPEAKER, AND FORMER GOVERNOR OF MOUNTJOY PRISON, JOHN LONERGAN, WHO DELIVERED A PARENTING TALK AT THE SCHOOL. FRONT FROM LEFT ARE MARY CARROLL (PARENTS COUNCIL SECRETARY), JOHN LONERGAN, GUEST SPEAKER, JOHN BOWLER (PARENTS COUNCIL CHAIRMAN) AND PROINSIAS MACCURTAIN (GAEL SCOIL NS PRINCIPAL). IN SECOND ROW ARE PAUL PURCELL, PAUL SHERRY AND SEAN LOONEY. BACK FROM LEFT ARE FIONA NI CHONCHUBHAIR, MICHELLE O'SULLIVAN DARCY, TINA LYNCH AND FIONA CROWLEY. PICTURE: EAMONN KEOGH.



THE PARENTS COUNCIL OF GAELSCOIL FAITHLEANN KILLARNEY HOSTED THE INSPIRING SPEAKER, AND FORMER GOVERNOR OF MOUNTJOY PRISON, JOHN LONERGAN, WHO DELIVERED A PARENTING TALK AT THE SCHOOL. FROM LEFT ARE JOHN LONERGAN, GUEST SPEAKER, MARY CARROLL (PARENTS COUNCIL SECRETARY) AND PAUL SHERRY. PICTURE: EAMONN KEOGH.

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LEGION HONOURS AT SPRING PARTY

Over 220 people attended Legion Spring Party at the Killarney Plaza Hotel on Friday night.

The club decided to change the format of the Awards Night this year and placed the emphasis on having a club night with a wine reception and finger food which proved to be a great success.

Speaking to the Killarney Outlook, Club Chairman Enda Walshe said "we were delighted the way things worked out on the night and as with all our club activities these days Joanne O'Riordan is now part and parcel of the whole event".

"We are delighted that she is to be the Grand Marshall at Dublin St Patricks Day parade this year. First Legion member to have this honour", he added.

On the night the club also made a presentation to Peter Keane and his family. This was due recognition for the outstanding work done in 2014 and 2015 with the Senior team. Tara O Connor, talented local Artist, painted a portrait of Peter and his sons Michael, Barry and Peadar in typical pose.

The Senior team also presented the Keane boys with a signed framed legion jersey on the night. The club looked back on 2015 and presented Awards to their high achievers. These were:

The John O'Grady Cup for Senior Player of the Year to Podge O'Connor (presented by Sean O'



PETER KEANE AND HIS SONS, PEADAR, BARRY AND MICHEAL WERE PRESENTED WITH A PAINTING BY ARTIST TARA O'CONNOR AT THE AWARDS IN RECOGNITION OF THEIR OUTSTANDING WORK WITH THE SENIOR TEAM IN 2014 AND 2015. PICTURE: TOMMY REGAN.

Grady). The Jackie Lyne Cup for Junior Player of the Year to Alan Moriarty (presented by Desiree Crowley, Jackies niece).

The Tom Cooper Cup for Clubperson of the Year to Maura McCarthy (presented by Weeshie Fogarty).

The Jim Trant Trophy to Young Player of the Year Darragh O'Doherty (presented by Paul Trant.

The Ladies Player of the Year award went to the very popular Isabelle Corridan.

Special Merit Award in recognition of his Mc Namee Hall of Fame Award to Weeshie Fogarty. "I would like to congratulate all our Award winners and everyone who made the night such a huge success", Enda added, especially the Killarney Plaza Hotel who looked after us so well.

The club is looking forward to a productive and successful 2016.



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR KILLARNEY LEGION'S GAA CLUB AWARDS NIGHT WERE BACK ROW L-R WEEHIE FOGARTY, ISABELLE CORRIDAN (LADIES PLAYER OF THE YEAR), PODGE O'CONNOR (SENIOR PLAYER OF THE YEAR), ENDA WALSHE (CHAIRMAN), DARRAGH O'DOHERTY (YOUNG PLAYER OF THE YEAR) & ALAN MORIARTY (JUNIOR PLAYER OF THE YEAR). FRONT ROW SEATED JOHANNE O'RIORDAN & MAURA MCCARTHY (CLUB PERSON OF THE YEAR). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY PLAZA HOTEL ENJOYING KILLARNEY LEGION GAA AWARDS NIGHT WERE L-R JOHNATHAN LYNE, ADRIENNE BROSNAN, PODGE O'CONNOR, LEAH WESTE & DAMIEN O'SULLIVAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE KILLARNEY LEGION AWARDS NIGHT AT THE KILLARNEY PLAZA HOTEL WERE L-R AIDAN O'KEEFE, MARIAN O'CONNOR & PAT O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE MCCARTHY'S, PICTURED AT THE KILLARNEY PLAZA HOTEL AND OUT IN FORCE TO CELEBRATE MAURA'S 'CLUB PERSON OF THE YEAR AWARD AT THE KILLARNEY LEGION AWARDS L-R DAVID, ANDREA, MAURA, MIKE & RACHEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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WHO WILL BEAT THE KUBE?

Sports Stars, Teachers, Students & a host of Celebrities will go to battle to win €2,000 for charity!

Tralee's CBS, The Green is delighted to welcome 'The KUBE' sponsored by Lee Strand Protein+ Milk and Moriarty Construction to the Brandon Hotel & Conference Centre, Tralee on March 16th at 7:30pm. Thirty six contestants will battle it out on the night to win €2,000 for their designated charity. The contestants include sport stars James O'Donoghue, Kieran Donaghy, Colm 'Gooch' Cooper, Aidan O'Mahony, Marc O'Se, Alan Brogan, Barry John Keane, Tomas O'Se, Darren O'Sullivan, Donnacha Walsh, Tommy Walsh and Tweak Griffin. Teachers and pupils will also battle out with Radio Kerry's Elaine Kinsella, Andrew Morrissey and a host of celebrities on the night. The event promises to be a great night with local GAA clubs, Na Gael, Austin Stacks, Kerins O Rahilly's, John Mitchells, as well as St Brendan's Basketball and Tralee Rugby Club will also be represented in The Kube. The event is expected to sell out quickly with tickets priced Adults €15 and Students €10. Tickets can be purchased at the following outlets: Nolan's Garage, NCR, Tralee, The Grand Hotel, Claude Montes, Foley's Spar, Castlemaine Road, Tralee, Terry's Butchers, Oakpark, Tralee, EF Signs, Monavalley, Tralee and are also available in reception in CBS, The Green.

At the launch Principal Ms Anne O'Callaghan



WHO WILL BEAT THE KUBE? KIERAN DONAGHY, AIDAN O'MAHONY, MARC O'SE AND JAMES O'DONOGHUE ATTEND THE LAUNCH OF THE KUBE HOSTED BY CBS'S THE GREEN AND SPONSORED BY LEE STRAND PROTEIN+ MILK AND MORIARTY CONSTRUCTION AT THE BRANDON HOTEL & CONFERENCE CENTRE, TRALEE ON MARCH 16TH. ALSO IN THE PHOTO ARE TERESA WALKER, LEE STRAND, ANNE O'CALLAGHAN, PRINCIPAL, CBS THE GREEN AND ROBERT FLAHERTY DEPUTY PRINCIPAL, CBS THE GREEN.

stated "The 'KUBE' is part of our fundraising campaign to construct an All-weather Pitch on our school grounds. The pitch will enable us to continue our long and proud tradition of excellence in education and sport in Tralee town and surrounding areas. The concept of the KUBE is based on the popular TV game show 'the Cube' in the UK. It's the first time the KUBE has been held in Tralee town and we feel that this novelty event will attract a large audience. We are fortunate to have so many high profile

celebrities, who have given their time to take part in the event. We would like to thank our main sponsors for the event Lee Strand Protein+ Milk and Moriarty Construction and our heat sponsors, Nolan's Garage, Top Part, Ryall Travel, Quilter Bros, Power's Travel and the Muckross Park Hotel, Killarney.

Information on the event can be found on the school website www.thegreen.ie, Twitter @thegreencbs and www.facebook.com/thegreentralee

REMEMBER THE 'GLOBAL MAMMIES' THIS MOTHER'S DAY

Barraduff native, Martina O'Donoghue from Trocaire is calling on people to remember the extraordinary mothers across the developing world this Mother's Day.

This weekend people across Ireland will celebrate the mothers in their families and honour the women in their lives. The 'Irish Mammy' is a blessing to be cherished, but having worked and lived in the developing world I always also remember the 'Global Mammies' I have met who, despite struggling against unimaginable poverty and injustice, are making sure their children have a brighter future. Mothers across the developing world are struggling to feed their children and earn enough money to send them to school. The sacrifices mothers and families are making is extraordinary and highlights their strength and determination.

This week Trocaire is celebrating the women the organisation has been able to support thanks to donations from county Kerry and across Ireland particularly during the Lenten campaign. The Trocaire Box is our biggest fundraising campaign and provides the organisation with funds which are critical to our programmes overseas.



BARRADUFF NATIVE, MARTINA O'DONOGHUE FROM TROCAIRE

'This year our Trocaire box is dedicated to the thousands of people across Ireland who say "I'll do what I can".

"800,000 people support the Lent campaign each year through the Trocaire Box. Thanks to people across Ireland we are supporting mothers to grow enough food for their children and earn enough income to send them to school. They are working hard and their strength and determination is incredible. With the loyal support from county Kerry they will build a better life for their families", Martina said.

For more information: www.trocaire.org

DEAR EDITOR

On behalf of Cystic Fibrosis Ireland (CFI) and the wider cystic fibrosis community, I would like to thank the people of Kerry for their continued generosity and to ask for their support once more in the upcoming VHI Women's Mini-Marathon. Cystic fibrosis is a challenging disease and CFI works hard to support people with CF and their families by providing a range of vital services such as grants for exercise equipment, fertility treatment, transplant assessment, counselling and bereavement support. We also fund the development of dedicated state-of-the-art cystic fibrosis facilities in our hospitals. This ensures that people get the best possible care and that issues such as cross-infection are minimised. As a small member-led charity, with most of our funds coming from the generosity of the public, raised through fundraising events and donations, we rely hugely on the readers of the Killarney Outlook for their support.

The VHI Women's Mini-Marathon on June 6th is a major fundraising event for CFI.

For more information, visit www.cfireland.ie, telephone LoCall 1890 311 211 or email fundraising@cfireland.ie

Yours sincerely,
Philip Watt Chief Executive
Cystic Fibrosis Ireland
CF House, 24 Lower Rathmines Road, Dublin 6

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JASON IN 7TH BLACK BELT HEAVEN

Kerry Martial Arts instructor Jason Moriarty is in 7th heaven after receiving his 7th degree black belt.

Jason, who recently travelled to Budapest, was tested for his masters 7th degree black belt by the ITF union panel.

The former world champion, who has 31 years of training in the art, runs established clubs in Killarney and Killorglin for the last 15 years where he has trained and produced top black belt students, including some who have become world champions. Taekwondo is great for fitness and confidence building, respect and self defence and Jason teaches all ages from 5 years old up to adults.



TAEKWONDO INSTRUCTOR, JASON MORIARTY, PICTURED AT HOTEL KILLARNEY WHO HAS RECENTLY ACHIEVED A 7TH DEGREE MASTER UITF UNION IN BUDAPEST. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

"We are all really proud of Jason", one of his students, Maura O'Reilly told the Killarney Outlook "We wish him many more of happy

years practicing and teaching his knowledge and love of the sport and we are very proud to call him our master", she added.

KERRY GAA SUPPORTERS CLUB AGM

The AGM of the Kerry GAA Supporters Club will take place in the Ballygarry House Hotel on Monday March 7th next at 8pm.

MUNSTER SCÓR FINALS

Best wishes to the following Kerry Clubs who will take part in the Munster senior Scór finals which will take place on Saturday next, 5ú Márta, ag Club Éire Óg, Ovens, Co. Chorcaí:

Rince Foirne: An Spá; Amhránaíocht (Solo Singing): Gleann Fleisce – Eibhlín Ní Chróinín; Aithriseoireacht (Recitation/Storytelling): An Spá – Ray Ó Súilleabháin; Bailéadghrúpa

(Ballad Group): Na Gaeil; Léiriú Stáitse (Stage Presentation): Fosadh; An Seit (Set Dance): An Spá. Go n-éirí go geal leis na Ciarraigh! The Brothers Pearse Club (Cnoc na hEaglaise) Quiz Team will advance directly to the All-Ireland which will be held in the INEC (Cill Airne) on 2nd April.

A LEGION OF MEMORIES



ONE OF THE LEGIONS GREATEST SERVANTS BERNIE O'CONNOR (R) (RIP) BEING HONOURED FOR HIS WORK BY SYLVIE MASON (RIP) THE CHAIRMAN OF KERRY GAA BOARD NA NOG.



MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHAT YOU NEED TO CONSIDER BEFORE SAVING OR INVESTING YOUR MONEY.

Holding all your money on deposit is not always the best option in the long term – inflation can mean the value of your money could decrease.

Investing some of your money is a way to try and make your money grow more than if you held it all in a bank or building society deposit account earning very little interest.

There are four main types of investments, called asset classes: cash, bonds, property and shares.

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Funds have different degrees of risk – the amount that their value goes up and down.

You need to balance risk and return. In general, more volatile investments have the potential for higher returns over the long term, but they are more likely to suddenly fall or rise in value.

For any further information in relation to the above or any other matter you can contact **Dermot Cronin APA** at **064 6622775** or **dermotcroninifa@gmail.com**

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MOM'S THE WORD AT AHERNS PHARMACY...



PICTURED L:R: MAUREEN MURPHY AND MAURA CONROY FROM AHERNS PHARMACY.

Wondering what to get your mom for Mother's Day this year?

Then Ahern's Pharmacy, Farranfore, may have the answer that will take the panic out of this year's Mother's Day.

Aherns Pharmacy's own Skincare expert Maura Conroy explains how;

"We are holding an Anti-Age Event from Wednesday 2nd to Saturday 12th March to launch the new Vichy Neovadiol Compensating Complex range, which has been formulated for women in the menopause. It works to reduce

the appearance of signs of ageing that can appear as a result of hormonal ageing.

Throughout the event we will be holding free skin care consultations and advice on make-up application. Customers will also receive a free gift bag with any Neovadiol purchase.

To make picking the perfect mother's day present easier for you, we are also offering up to 20% off selected Vichy Gift Sets while stocks last.

We will also hold a draw for a Vichy filled hamper



for anyone who purchases a Vichy product between the 1st and the 5th of March."

Ahern's have the secret to making Moms happy this Mother's Day— don't miss out!



ADVERTORIAL

"THE PHOTOGRAPHER'S EYE"

AN EXHIBITION OF PHOTOGRAPHS BY KILLARNEY CAMERA CLUB

Killarney Camera Club are hosting an exhibition which is sure to capture the imagination of the public. The exhibition of photographs will take place in Killarney Library in March, commencing on Tuesday 15th and continuing until the end of the month. The Exhibition will hold huge appeal to a wide audience including members of the public, schools and organisations, as well as tourists and people with an interest in the arts, culture and especially photography.

Photographers see the world in ways that are unique, interesting and different and we want to share this view through our photography. Consequently the theme of this exhibition, "The Photographer's Eye" which portrays how we see the world through the camera lens. Based on the book of the same name, it is "the ability to see the potential for a strong picture and then organize the graphic elements into an effective, compelling composition". Photography is an art form that requires a lot of mental thought to be put into every shot, but it's all about creativity and individual style. This Exhibition will show the diverse range of styles of our members, who are all fuelled

by a common goal, a desire to take better photographs. Frank Lewis, Presenter with Radio Kerry will officially launch the exhibition at 7.00pm. Refreshments will be served.

A little bit about the club....

Killarney Camera Club was founded in 2001, and this year sees its highest membership ever of almost 50 enthusiastic photographers of all ages and levels of ability. The exhibition reflects the work and dedication of the club members and we are delighted that many of our new members who joined this year are featured in the Exhibition. Many members have years of experience, while more are beginners but we all improve our skills through the knowledge and experience shared by fellow members and through the club activities. The club meets every second Thursday at the Heights Hotel, Killarney at 7.30 pm. There is a very wide range of club activities, which include presentations, training and workshops, club competitions and outings. These outings are the life and soul of the club and are great fun, we travel far and wide in search of the perfect shot. New members are always welcome.



DERWENTWATER REFLECTIONS BY PAUL GARNETT.

Our main charity is the Ring of Kerry Charity Cycle, and we act as official photographers each year for this event. Many thousands of photographs of the cyclists are posted online for free download from the event. For further details contact Killarney Camera Club at: secretary@killarneycameraclub.ie <http://www.killarneycameraclub.ie/> <https://www.facebook.com/killarneycameraclub> Enquiries to Club Secretary - Ellen 087 6789599

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HOLOCAUST SURVIVOR TO ADDRESS KBN



RENOWNED AUTHOR EVA SCHLOSS.

Renowned author Eva Schloss, stepsister to Anne Frank has been announced as keynote speaker at the Kerry Businesswomen's Network International Women's Day.

The event will be held in association with Bon Secours Hospital, Tralee and is due to take

place on Tuesday 8th March in the Ballygarry House Hotel and Spa, Tralee. Ryan Tubridy RTE will host the interview live on stage. The event is open to both male and female guests.

"We are absolutely delighted to have Eva Schloss as our guest" says Liz Maher, CEO of Kerry Businesswomen's Network. "Eva is a strong, energetic and inspirational woman who has survived some of the worst atrocities of the 20th Century, she is a woman of great wisdom and we are very humbled to have her visit us here in Kerry." Eva was recently interviewed live on the Ryan Tubridy's show on RTE radio and was so eager to meet with Eva in person, that he was thrilled to accept KBN's invitation to interview her live on stage.

The Bon Secours Hospital are sponsors of the event and two of their most renowned consultants will participate on the night. Dr. John Curran, Consultant Cosmetic and

Reconstructive Plastic Surgeon and Dr. Deirdre Fanning, Consultant Urologist both from the Bon Secours Hospital, Tralee.

"We are looking forward to a superb evening with such inspiring role models," says Liz Maher. Eva Schloss has lived her life in the shadow of both the Holocaust and her stepsister, Anne Frank. Born in 1929, Eva and her family fled Nazi occupied Austria to Holland in the 1930's. In 1944, the family were betrayed and sent to the Auschwitz-Birkenau concentration camp. While Eva survived the camps, her father and brother perished – a story similar to her step sister Anne Frank. After the war Eva's mother married Anne's father, Otto Frank in 1953.

At 86, Eva, is sharp and energetic. Her first book, *Eva's Story*, published in 1988 is a memoir of her experiences during the Holocaust. In 2005 she wrote 'The Promise – A moving story of a family in the Holocaust', showcasing her incredible journey from such unbearable suffering and in 2012 received an MBE for her tireless work promoting tolerance through education as co founder of the Ann Frank Trust UK. Her latest book, *After Auschwitz* details her struggle to rebuild her life after the war, and to come to terms with the horror and inhumanity she experienced.

The event will take place on 8th March 2016 at the Ballygarry House Hotel and Spa, Tralee.

Tickets are €45 + booking fee & includes: Drinks & Press reception followed by 3 course Evening Meal.

For ticket purchases go to:

evaschlosskerry.eventbrite.ie

WHAT IS YOUR CHILD WATCHING?

Raising children in this digital age can be challenging.

Many parents don't know the contents of the internet sites their children are viewing.

A guide for parents to raising digital children in the digital age along with an information meeting will be held in the Ballyspillane Community & Family Resource centre on Thursday 10th of March at 7pm. Refreshments served and all welcome to attend

KERRY CCE NEWS

Last weekend saw our annual finals of Sult na Nog taking place in both the IT Tralee and Fossa Community Centre. Numbers this year rose to new heights as entries touched 470 entries. Saturday was a hive of activity in the IT as Musicians singers storytellers and comhra competitors gathering in the IT Tralee to compete. The standard again this seem to rise and it was great to see all the children getting their chance to take part in this wonderful competition. On Sunday Fossa Community Hall was packed as Set and Ceili dancers filled the venue. Each group took the stage and were greeted with a warm welcome from the audience. Children from as young as 7 were taking part for the first time on stage and was a wonderful sight to see these young competitors taking part. A special thanks to all those who helped over the weekend and to those who came forward on Saturday morning to help was fantastic. Your help over the weekend was very appreciative. To the management and staff of both the IT Tralee and Fossa Community Centre we are indeed grateful to you and thank you for your co operation. Branch meeting this week in Kilcummin CCE on Tuesday night. Ballydonoghue CCE Annual branch concert will take place this Friday March 4th in Tomaisín's hall at 7.30pm. This is always a very entertaining evening and your support would be appreciated. West Limerick Singing session will take place on Friday next 4th March in the Ramble Inn bar, Abbeyfeale at 9pm all welcome. Fleadh Cheoil Meeting will take place on this Tuesday in the IT Tralee. A fiddle was found at the IT Tralee on Saturday evening last if you are you know anyone who left it there you can contact us on 0876020990. All results from last weekends Sult na Nog and other up to date results can be found on our website at **www.kerrycomhaltas.ie**

ST BRENDANS COLLEGE WIN CORN UÍ MHUÍRÍ FINAL

It was all too easy for St Brendans as they won their first Corn Uí Mhuirí since 2010 and their 21st overall when overpowering High School Clonmel at Mallow on Saturday last. The Tipp side, conquerers of Rochestown in the semi final, were looking for their first win in the final since the inaugural final in 1928 but they were no match for the Killarney side in a one sided final. Two goals within 30 seconds of each other soon after the start from Evan Cronin and Michael Casey set the "Sem" on their way and a third goal before the break

from David Clifford, left the winners leading by an almost unassailable twelve points margin at the interval, 3-10 to 0-6. A string of points on the restart ensured that there would be no fightback from the Tipp boys and two further goals from Donnchadh O'Sullivan and William Courtney were the icing on the cake for the new champions.

St Brendans now play St Benildus College of Dublin in the semi final on March 16th. The Hogan Cup final is scheduled for April 2nd.

SNOW WHITE IN RATHMORE



The children of Rathmore parish will perform *Snow White & The Seven Dwarfs* at Rathmore Community centre, tomorrow, Saturday March, 5th at 7.30pm and on Sunday March, 6th at 3.30pm. Admission adult €8. Children €4. The children are donating the proceeds of the show to the Friends of the Children of Chernobyl.

For further details & tickets contact Lorraine: (086) 3481464 or Mags: (087) 9498344.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook



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28th Annual Easter REVISION COURSE

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Monday March 21st - Friday March 25th
at Brookfield College, Tralee &
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UPCOMING COURSES 2016

SUPERVISED STUDY

After School Study	Mon - Fri	4.20pm - 6.00pm
Night Owls Study	Mon - Fri	7.00pm - 10.00pm
Weekend Study	Saturdays	10.00am - 5.30pm
	Sundays	10.00am - 5.30pm

ORAL PREPARATORY COURSES

Saturday March 12th

Intensive One Day **Irish Oral Preparatory Course**

Saturday March 19th

Intensive One Day **French Oral Preparatory Course**

Saturday April 2nd

Intensive One Day **German Oral Preparatory Course**

Saturday April 2nd

Intensive One Day **Spanish Oral Preparatory Course**

EASTER REVISION COURSES

Monday March 21st- Friday March 25th

Intensive Revision for Leaving and Junior Certificate

BLOCK STUDY

Monday March 28th - Friday April 1st

Supervised Study 9.00am - 5.30pm (Easter Break)

ART HISTORY

Saturday 23rd April

One Day Revision Course of Art History for Leaving Cert.

CHEMISTRY

Saturday 23rd April

One Day Intensive Revision of Organic Chemistry.

(This section accounts for approximately 40% of the exam paper.)

BLOCK STUDY

Monday 30th May - Fri 3rd June

Supervised Study 9.00am - 5.30pm (Summer Break)

Information can be viewed and forms downloaded from our website.

(Go to application forms at top of page)

www.brookfieldcollege.ie

Email: info@brookfieldcollege.ie • Phone: 066 7145896

AILEEN SCOOPS SPA LOTTO



AILEEN O'SULLIVAN WAS THE LUCK LADY WHO WON THE BIGGEST SPA LOTTO SO FAR OF €15,400. HER NUMBERS WERE PULLED OUT IN THE TORC HOTEL LAST WEEKEND. AILEEN IS A WEEKLY BUYER AND PURCHASED HER WINNING TICKET OFF MICHAEL O'CONNELL (SPA LOTTO COMMITTEE). AILEEN LIVES IN KILLARNEY IN CHESIRE HOUSE FOR THE PAST 20 YEARS BUT ORIGINALLY FROM DINGLE. IN PHOTO CHAIRMAN GERARD MANGAN, MICHAEL O'CONNELL (SPA LOTTO AND SELLER), WINNER AILEEN O'SULLIVAN AND TADHG O'SULLIVAN, CHAIRMAN OF SPA LOTTO.



ENJOYING 'PINK NIGHT' AT KILCUMMIN GAA CLUB IN AID OF THE KERRY/CORK CANCER BUS LINK SERVICE WERE L-R DAVID O'SULLIVAN & GRAZYNA SMYCZEK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE KILLARNEY CARDIAC RESPONSE UNIT COFFEE MORNING WERE L-R EILISH COFFEY, DAMIEN BAKER, PAUL BAYNHAM CIVIL DEFENCE, MICHAEL O'DONOGHUE O'DONOGHUE/RING HOTELS & ASHLING COFFEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE KCRU COFFEE MORNING WERE L-R SUSAN TADDEI, JULIE DORRIAN, HELEN DUGGAN, ANNE O'CONNOR DR. JOHN GEANEY, LEO O'CONNOR & BRIDGET DELANEY AND IN FRONT HUGH DORRIAN & SAIRSE DORRIAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



"SCRUMPTIOUS".. LILY MCCARTHY & ABBIE O'SULLIVAN ENJOYING THE COFFEE MORNING IN AID OF KILLARNEY CARDIAC RESPONSE UNIT AT THE KILLARNEY PLAZA HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILCUMMIN GAA CLUB FOR 'PINK NIGHT' TO RAISE FUNDS FOR THE KERRY/CORK CANCER BUS LINK WERE L-R CATRIONA DOOLAN, RAY BROWNE, CONNIE DOOLAN, MARGARET O'CONNOR & KATHLEEN DOOLAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE TANGNEY SISTERS ENJOYING KILLARNEY LEGION'S AWARDS NIGHT AT THE KILLARNEY PLAZA HOTEL L-R CHRISTINA, CLAIRE & SINEAD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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Astrid

Longhurst

Life & Body Confidence Coach



EMBODY YOUR LIFE - MINDFUL MOVING MEDITATIONS...


There is a knowing deep within our body that contains the truth of our being. This inner and innate "knowing" is called Body Intelligence. It is something we were all born with, however as we grow, this sense of inner/body knowing becomes reduced as we learn to turn to our heads for the answers and forget our primary source of wisdom that lies deep within our cells, our heart, our breath and every part of our being. We have around 3000 movements at the age of six months. By the time we reach pre-school we have less than 300! And this continues to diminish as we grow up. Just as we think in the same rigid or self limiting patterns, our bodies too can become rigid and self-limiting as they internalize (literally) the thoughts we think and the way we habitually move through our life.

When you begin to move in new ways with a focused conscious awareness you begin to reconnect to your own body intelligence and inner wisdom. It's a powerful practice and one that is deeply restorative, re energizing, joyful and replenishing.

I have created the Chakranetics™ sacred energy technique/system (mindful moving meditations) to help people MOVE into their body and unlock the old patterns and habits from the past. The results are a deeper sense of wellbeing and connection with yourself, improved sleep, reduced joint pain and stiffness, increased mental clarity and focus, an ability to balance your emotions and an ever growing sense of your own personal presence, peace, joy and authenticity!

NEW SIX WEEK COURSE BEGAN MONDAY 29TH FEBRUARY AT THE TRAVEL INN, FOSSA, KILLARNEY - 7.30 - 8.45PM AND TUESDAY 15TH MARCH 10.00 AM - 11.15AM! BOOKING IS ESSENTIAL FOR THESE CLASSES...

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EFFECTS OF STRESS ON DIET AND EXERCISE.

I don't think I need to tell you the harmful effects that stress has on our lives overall, but did you ever think that stress could effect your weight loss efforts despite doing all the right things as regards eating healthy and exercising. Or did you ever think that stress might hamper your athletic performance in advanced exercises no matter how well you follow your programme.

Stress has many negative effects on the body physically as well as mentally. It disrupts your hormone balance within the body which effects weight gain and loss.

It effects you insulin levels thus effecting blood sugar levels.

It causes the gut to spasm affecting bowel movements and affecting nutrient uptake and absorption

It raises your levels of the stress hormone cortisol which makes you store and retain fat around the middle, which over time this belly fat starts producing its own sugar craving hormones which turns into a vicious cycle

It causes your heart to beat faster raising your resting heart rate and putting pressure on your cardiac muscle when elevated for prolonged periods. This will effect exercise performance as the cardiac muscle will be tired.

Stress Effects your mojo to train at your peak effort level when working out this not firing the muscles up to their maximum potential to get the most out of you session

It stops you losing weight!!! Your body will hold onto and retain fat as a protector in stressful times as the body goes into shock. Likewise it can have the opposite effects on other people which isn't healthy either as you will loose lean muscle mass which will cause rapid wright gain when you do return to regular eating patterns. And so the cycle repeats itself.

And finally there are the obvious negative effects of stress on the body that we could list for the day eg. Comfort eating, under eating, binge drinking, depression, lack of motivation etc....

MORE NEXT WEEK....

MORE TIPS NEXT WEEK...
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OUTLOOK FASHION ADD A SCARF

If your wearing a plain outfit and are contemplating on changing it, just add a scarf it can make the world of a difference. A checkered or patterned scarf can make a whole outfit come together.

HEALTH TIP START WALKING

Walking an hour a day can do so much for you! Walking does not only strengthen your bones and muscles but best of all walking is great for your mental health and relieve any stress.



Beauty tip

Shampoo tip

Shampooing ineffectively seems to be the biggest culprit for causing greasy hair, spending an extra five minutes scrubbing your scalp can result in shiny, glossy hair.



IRELAND'S FIRST EVER NATIONAL PHYSICAL ACTIVITY PLAN IS LAUNCHED

The Government launched Ireland's first ever national Physical Activity Plan last month which aims to get at least half a million more Irish people taking regular exercise within ten years. Currently only 32% of adults are meeting the national physical activity recommendations.

Some key features of the new plan include:

A new annual campaign to encourage more people to get active more often, including social media campaigns and a new Physical Activity Week as part of the European Week of Sport Support 500 new community walking groups, and extend the Active School Flag Programme to another 500 schools

Health professionals will get further training on using physical activity to prevent or treat chronic conditions

Build on the success of Get Ireland Walking by setting up new initiatives like Get Ireland Swimming, Get Ireland Cycling and Get Ireland Running

The getirelandactive.ie website will be expanded as a one-stop-shop for physical activity, including

a public database of national sports and recreation facilities

There will be a new push to get employers to encourage Healthy Workplace initiatives through walking and exercise activities, standing desks and other measures

More physical activity will be provided for people with physical or mental disabilities through guidelines and support materials

New guidelines will be developed on sedentary behaviour, including warnings about the dangers of lengthy inactivity

The National Council for Curriculum and Assessment will finalise a new PE curriculum framework at Senior Cycle level

A new topic called 'Wellbeing' will be launched next September as part of the new Junior Cycle to include Physical Education

Healthy lifestyles will be promoted in primary and secondary schools. Physical activity will be used as an educational tool, especially at primary level, and Professional Development Support Service on physical activity will be set up for teachers.

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interests include spinal care for all
ages and sports injuries.*

COMPETITION

CALAMITY

JANE



KILLARNEY MUSICAL SOCIETY ARE DELIGHTED TO
ANNOUNCE THEIR 31ST PRODUCTION.
"CALAMITY JANE" WHICH WILL TAKE TO THE
INEC STAGE FROM WEDNESDAY MARCH 9TH TO
FRIDAY MARCH 11TH 2016.

To be in with a chance to win 2 tickets to CALAMITY JANE on
Thursday 10th March, just answer the following question:

What is Calamity's second name?

A) Jude B) Jane C) Jess

Answer: _____

Name: _____

Address: _____

Contact number: _____

Please submit your answer, along with your name,
address and telephone number to **Calamity Jane Competition,**
Killarney Outlook, 30 High Street, Killarney.

Spiritual Intuitive Energy Healer

Trisha Moloney



Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry. Trisha channels intuitively, bringing messages of guidance, support and healing with spirituality through her belief in the **Angelic Realm**.

Over 12 years independently studying and working in healing people, she brings amazing energy in order to help people see their path in life and help them heal on all levels.

Also guidance is given if needed on diet as Trisha is also a Nutritional Coach.

For more information contact Trisha about clinic times in your area and one to one healing sessions.

Call Trisha on 085 1625095

Call: Trisha 085 1625095





THE PARENTS COUNCIL OF GAELScoil FAITHLEANN KILLARNEY HOSTED THE INSPIRING SPEAKER, AND FORMER GOVERNOR OF MOUNTJOY PRISON, JOHN LONERGAN, WHO DELIVERED A PARENTING TALK AT THE SCHOOL. FROM LEFT ARE LISA NI IARLAITHÉ, JOHN LONERGAN, GUEST SPEAKER, ANNE CRONIN AND PROINSIAS MACCARTAIN (GAEL SCOIL NS PRINCIPAL). PICTURE: EAMONN KEOGH.



INDEPENDENT COUNCILLOR KEVIN MURPHY PICTURED AT THE KILLARNEY LEISURE CENTRE FOR THE ELECTION COUNT WITH HIS FAMILY. L-R ELAINE MURPHY, ROAN MURPHY, NICOLA MURPHY, KELLY MURPHY, TRISTAN MURPHY, KEVIN MURPHY, BRID MURPHY & JAMES MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN -087 391 4808



JOHN LONG CHAIRMAN CHAPTER 23 CREDIT UNION WHO PRESENTED THIRD PRIZE TO ST OLIVER'S NATIONAL SCHOOL KILLARNEY QUIZ TEAM BEN GAUGHAN, AMY DOYLE, TIA McNABB AND JACK CRONIN WITH (BACK FROM LEFT) CHRISTY KILLEEN CHAPTER 23, TEACHER MARIA RYAN, JOY CLIFFORD KILLARNEY CU AND JACK HARRINGTON CHAPTER 23 AT THE CHAPTER 23 CREDIT UNION NATIONAL SCHOOL QUIZ FINALS AT BALLYROE HEIGHTS HOTEL, TRALEE ON SUNDAY.



JOHN LONG CHAIRMAN CHAPTER 23 CREDIT UNION WHO PRESENTED SECOND PRIZE TO HOLY FAMILY PRIMARY SCHOOL QUIZ TEAM FIONN MURPHY, PÁDRAIC FINNEGAN, JACK BUCKLEY, ANNA CASHMAN (BACK FROM LEFT) DONAL CREMIN RATHMORE CU, TEACHER ANNE MARIE MURPHY, NORA MURPHY, NEILIE O'MAHONY, ABINA O'SULLIVAN AND JERRY LONG RATHMORE CU AT THE CHAPTER 23 CREDIT UNION NATIONAL SCHOOL UNDER 11 QUIZ FINALS AT BALLYROE HEIGHTS HOTEL, TRALEE ON SUNDAY.



'THE STAFF AND MANAGEMENT OF TRICEL (KILLARNEY) WOULD LIKE TO CONGRATULATE RAYMOND MORIARTY ON 20 YEARS OF SERVICE WITH THE COMPANY. PICTURED AT A PRESENTATION TO RAYMOND WERE FROM LEFT TO RIGHT: TOM MURPHY, RAYMOND MORIARTY, MIKE O'LEARY & MIKE STACK.



AMY COOPER ST BRIGID'S SCHOOL, TYRESE COFFEY, AARON DUGGAN ST BRENDAN'S COLLEGE, AILEEN HEALY ST BRIGID'S SCHOOL AND SASHA FURLONG KILLARNEY COMMUNITY COLLEGE PARTICIPATING IN THE KILLARNEY SECONDARY SCHOOLS MATHS QUIZ IN ST BRENDAN'S COLLEGE KILLARNEY ON MONDAY.



JOHN LONG CHAIRMAN CHAPTER 23 CREDIT UNION WHO PRESENTED FIRST PRIZE PRIZE TO HOLY FAMILY NS RATHMORE QUIZ TEAM DARRAGH MORIARTY, PADRAIG FINNEGAN, MAGGIE BUCKLEY, CIARA O'KEEFFE (BACK FROM LEFT) JERRY LONG RATHMORE CU, TEACHER ANNE MARIE MURPHY, NORA MURPHY, ABINA O'SULLIVAN, NEILIE RATHMORE CU AND JOHN O'REGAN PRO CHAPTER 23 AT THE CHAPTER 23 CREDIT UNION NATIONAL SCHOOL UNDER 13 QUIZ FINALS AT BALLYROE HEIGHTS HOTEL, TRALEE ON SUNDAY.



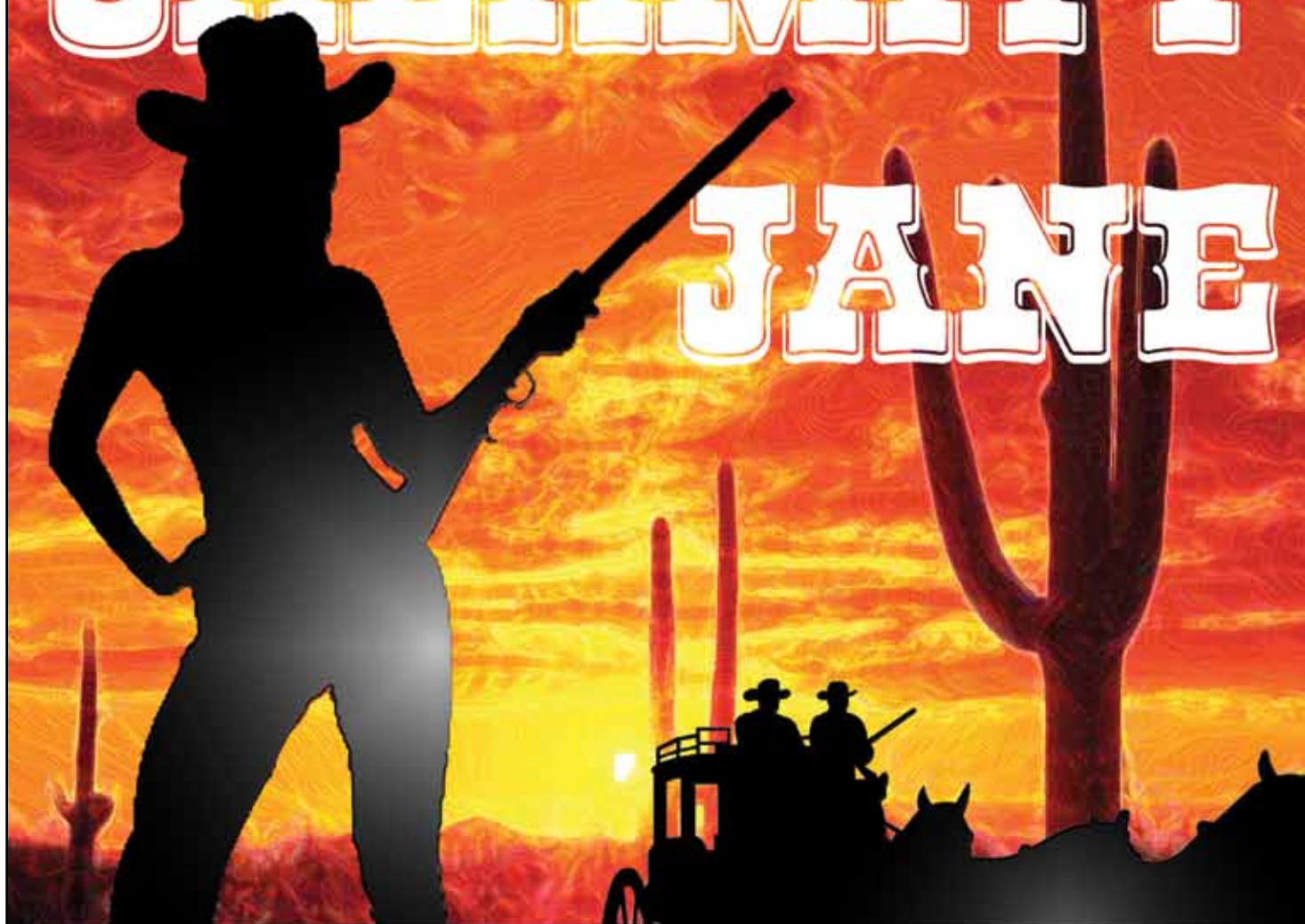
BRIAN MCCRORY ILCU PRESIDENT (SEATED FOURTH FROM LEFT) WITH (FRONT LEFT) LEO DALY INSURANCE OFFICER, MARY O'SHEA CHAPTER TREASURER, JACK HARRINGTON CHAPTER CHAIRMAN, DONAL CREMIN CHAPTER SECRETARY, JOHN LONG (BACK FROM LEFT) MARY PRENDERGAST, JERRY LONG, JOHN O'REGAN, ABINA O'SULLIVAN, TOM LAWLOR, NEILIE O'MAHONY, PATSY CURTIN, CHRISTY KILLEEN, CATHERINE COFFEY, JEREMIAH MCCARTHY, PAT DELANEY, DERMOT GRIFFIN, ALEX QUANE AND BLANCHE ROYNANE ILCU CHAPER LIASON OFFICER AT THE CHAPTER 23 AGM IN THE MANOR WEST, TRALEE.

KILLARNEY MUSICAL SOCIETY

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Adapted by Ronald Harner and Phil Park. From the stage play by Charles K. Freeman after Warner Bros. film written by James O'Hanlon. Lyrics by Paul Francis Webster - Music by Sammy Fain. This amateur production is presented by kind arrangement with Joseph Weinberger Ltd.

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HEALY RAE'S SWEEP THE COUNTY BOTH NORTH AND SOUTH

It took only the first twenty boxes to open in the Kerry count on Saturday morning for people to realise that the dream of sending two Kilgarvan brothers to the Dail would become a reality.

At that stage, Michael Healy Rae was polling well and in the end, he would take 4,530 votes out of the Listowel Area and 4,342 out of the Tralee. He left a trail of destruction in his wake as Tralee, and North Kerry based candidates saw their votes head South with Jimmy Deenihan and Arthur Spring feeling the brunt.

Next, up it was Danny's turn to shine and despite a campaign that lasted only ten days, he collected 8,711 in his "closed area" of Killarney municipal council area. "It was more than I expected" conceded Danny who felt "I just did not know how it would go. We put in a great effort and my team left nothing to chance but its only when you see the votes that you begin to believe"

It was quickly dubbed a "Rae Nua" Kerry style as the votes kept on coming. They even plundered 620 votes in Tom Flemings Scartaglin home booths

While all the rest around them were looking closely on Michael had collected his quota by the time 60% of the boxes were open and while it never looked like Danny would hit a quota after 80% of the boxes, it was clear that he would be the second highest candidate with Fine Gaels Brendan Griffin and Sinn Fein's Martin Ferris within 800 votes.

Michael was eventually swept past the post officially at 11pm on Saturday night with 20378 votes and it was celebrations on the double when Danny collected 3845 of his brother's surplus to be elected on the Second Count on Sunday morning.

Michael's surplus of 7165 was unprecedented in Kerry elections as the Kilgarvan TD was hoisted aloft with his brother Danny to the blasts of accordion music as well as a break out version of "Come on the Healy Raes" to the beat of the "Mighty Quinn".

"We are overwhelmed by the support of the people of Kerry both North and South and to be honest its means nothing to us where people are from as long as they are Kerry people and we can continue to provide that

great service, we have always provided to people. We will not let anyone down." Michael told the Tralee Outlook.

Once out of the way, the Healy Raes departed the stage, gathered every mode of available transport and travelled to as many towns and villages as possible, while the other contenders took centre stage.

Brendan Griffin, Martin Ferris and John Brassil were all in a strong position in the morning with Jimmy Deenihan having to chase them. As the counts were announced it was evident that this was one battle, Deenihan would not win and when Martin Ferris received, a generous transfer of 1139 from Brian Finucane and Michael Pixie O'Gorman it was game over. Griffin with the help of Arthur Springs transfers made it past the quota while Martin Ferris was comfortably ahead of John Brassil as he took the fourth seat on 12964 with Brassil taking the fifth and final seat 3013 votes ahead of Deenihan thus ending his 32 years of service in politics.

By Donal Barry.



DEPUTY BRENDAN GRIFFIN ELECTED 3RD CELEBRATES WITH HIS SUPPORTERS AFTER HE WAS DEEMED TO BE ELECTED TO THE 32ND DAIL ON SUNDAY IN KILLARNEY. PHOTO BY EAMON KEOGH.



THE VICTORIOUS HEALY-RAE'S AT THE ELECTION COUNT, KILLARNEY LEISURE CENTRE L-R DANNY, JOHNNY & MICHAEL. PHOTO MARIE CARROLL O'SULLIVAN

KERRY: TOTAL ELECTORATE: 112,751 SPOILT : 476 VALID 79,273 NO OF SEATS : 5 QUOTA : 13,213

Candidates	Count 1	Count 2	Count 3	Count 4	Count 5	Count 6	Count 7	Count 8	Count 9	Count 10	Count 11
		Distribution of Michael Healy Rae Surplus	Distribution of Danny Healy Rae Surplus	Distribution of Gaynor and Murphy Votes	Distribution of Fitzgibbon Votes	Distribution of O'Donnell Votes	Distribution of Corcoran Votes	Distribution of Fitzgerald Votes	Distribution of Finucane and O'Gorman's votes	Distribution of Moriarty Votes	Distribution of Spring Votes
Healy Rae Michael (Ind)	20378	Elected	Elected	Elected	Elected	Elected	Elected	Elected	Elected	Elected	Elected
Healy Rae Danny (Ind)	9991	(3845) 13826	Elected	Elected	Elected	Elected	Elected	Elected	Elected	Elected	Elected
Griffin Brendan (FG)	9674	(707) 10381	(139) 10520	(88) 10608	(51) 10661	(211) 10872	(127) 10999	(234) 11223	(173) 11396	(1349) 12545	(1505) 14050 (Elected)
Ferris Martin (SF)	9458	(640) 10198	(116) 10314	(107) 10321	(43) 10364	(54) 10418	(72) 10490	(98) 10583	(1139) 11722	(463) 12184	(780) 12964 (Elected)
Brassil John (FF)	8156	(486) 8642	(77) 8719	(45) 8764	(193) 8957	(48) 9005	(132) 9137	(105) 9242	(253) 9495	(2480) 11975	(837) 12792 (Elected)
Deenihan Jimmy (FG)	8489	(338) 8827	(43) 8872	(29) 8901	(43) 8944	(224) 9168	(88) 9257	(68) 9326	(304) 9630	(219) 9849	(1890) 9779
Spring Arthur (FF)	8011	(380) 8391	(110) 8501	(20) 8521	(29) 8550	(200) 8750	(200) 8950	(200) 9150	(200) 9350	(200) 9550	(200) 9750
Moriarty Norma (FF)	4348	(545) 4893	(119) 5012	(20) 5032	(48) 5081	(235) 5314	(56) 5372	(80) 5452	(140) 5592		
O'Gorman Pixie (Ind)	1236	(120) 1364	(16) 1380	(107) 1487	(42) 1529	(71) 1576	(53) 1589	(85) 1674			
Fitzgibbon Michael (GP)	1011	(395) 1050	(8) 1058	(26) 1085	(38) 1123	(21) 1135	(87) 1222				
Finucane Brian (BSP/AAA)	981	(65) 1046	(12) 1058	(71) 1129	(32) 1161	(8) 1169	(92) 1261	(168) 1429			
Corcoran Donal (Renul)	776	(53) 769	(11) 780	(21) 801	(85) 886	(14) 900					
O'Donnell Grace (FG)	718	(41) 817	(10) 827	(9) 836	(18) 854						
Fitzgibbon Mary (Ind)	635	(55) 690	(17) 707	(45) 752							
Murphy Kevin (Ind)	464	(27) 491	(14) 505								
Gaynor Henry (Ind)	367	(8) 355	(1) 356								

CANDIDATES
REACTION

"I'm new to the game and I am still learning. It's a great learning curve. I only started 3 years ago with Tralee says No to the bank bail out, that issue is still very much alive. I was involved in Kerry save a wood campaign, it was a national campaign. We won that against the government and then I got involved in the water campaign. I'm going to use that momentum now to build myself up as a candidate and will be out again focusing on the Listowel Local Election and I feel that I am certainly getting closer all the time"

— Michael Pixie O’Gorman

"I had hoped to be number 9 on the list and we came in tenth and that was ok, it was a great opportunity to go around the county and raise awareness of green issues. I got a great reception and it was very positive. It was important for us to get our deputy leader and leader elected to the Dail. It gives us a basis to grow again. We ran a number of excellent candidates and while I may have been at the other end of the spectrum when it came to age, our young candidates were wise beyond their years and they will learn for this as well. I was delighted and grateful of the support I received from friends, family and people who knew me and very appreciative of anyone who voted for me

— Michael Fitzgerald (Green Party)

"We set out to do as well as we could and I think in the circumstances of a very competitive field we did that. It is just the start of a long journey really. I want to thank the family for their support and the people of Tralee and Killarney that believed enough in me to give me their numbers ones. The work for the local elections stay on Monday. Our task really was to get the name out (Renua) there, get them to see the physical website and get to look at our policies. I think it's part of a process and one that will have its rewards down the road"

— Donal Corcoran (Renua)

I am very happy with the way it went. It was my first time running and the reason I ran was to do something positive. There is only so much protesting you can do and you have to move on from that. I think enough people like to give out but it is only when you are part of the process that you are able to change things. I would recommend it to anyone, it was enjoyable.

— Henry Gaynor (Ind)

I would love to have canvassed more but I entered very late. I think there is a great sincerity out there from the people towards candidates that put themselves forward. I am delighted for the Healy Rae's; I had a lot to do with Michael in the marriage referendum. It is a fantastic experience to be involved.

— Mary Fitzgibbon (Ind)

COUNT TALLYS FOR KILLARNEY AREA

POLLING STATION		BRASSIL FF		CORCORAN RN		DEENIHAN FG		FERRIS SF		FINUCANE AAA		FITZGERALD GP		FITZGIBBON IND		GAYNOR IND		GRIFFIN FG		HEALY RAE D. IND		HEALY RAE M. IND		MORIARTY FF		MURPHY IND		O'DONNELL FG		O'GORMAN IND		SPRING LAB	
96	Fossa Ns	1	547	21	4	13	20	3	3	2	0	49	160	68	2	9	1	1	9	365	66.7%												
97	Fossa Ns	2	533	15	2	5	8	0	0	1	0	43	120	64	19	7	2	4	4	294	55.2%												
98	Carhooreigh NS	1	509	19	1	9	17	0	7	2	0	62	148	71	18	5	2	1	12	374	73.5%												
99	AnablahaNS	1	568	50	5	10	30	3	3	2	0	80	241	35	15	25	1	1	25	526	92.6%												
100	Firies NS	1	620	35	2	9	25	2	4	3	0	120	136	66	22	4	0	5	12	445	71.8%												
101	MeentoquesNS	1	584	34	4	9	13	3	2	4	0	43	250	34	13	1	2	1	6	419	71.7%												
102	Knockanes NS	1	541	19	5	5	16	4	9	4	1	59	200	48	18	8	1	1	8	406	75.0%												
103	Coolick NS	1	771	58	7	9	28	5	5	3	0	80	233	56	15	29	1	1	30	560	72.6%												
104	Loughittane NS	1	499	10		5	16	0		3	1	56	185	46	16	6	2	1	6	353	70.7%												
105	Loughittane NS	2	436	17	4	11	15	1	2	2	0	65	122	35	13	4	1	0	11	303	69.5%												
106	Currow NS	1	460	30	1	14	10	1	6	1	1	79	145	38	7	1	4	1	11	350	76.1%												
107	Currow NS	2	466	24	0	3	25	2	3	2	0	58	192	36	6	0	1	2	7	361	77.5%												
108	Black Valley NS	1	85	0	0	0	0	0	0	0	0	9	11	43	4	0	0	0	0	67	78.8%												
109	Shrone NS	1	262	6	0	7	10	0	0	0	0	22	140	18	4	1	10	0	5	223	85.1%												
110	Faha Ns	1	663	40	5	13	28	9	2	0	0	107	131	88	23	7	2	1	5	461	69.5%												
111	Faha Ns	2	630	16	12	10	29	4	4	0	0	106	165	79	34	1	1	1	10	472	74.9%												
112	Knockaderry NS	1	409	20	2	14	17	0	0	5	0	85	95	33	9	0	4	5	7	296	72.4%												
113	Knockaderry NS	2	472	24	1	10	20	1	0	0	0	74	140	54	6	0	0	1	8	339	71.8%												
114	Glenflesk NS		521	17	1	1	11	2	8	2	0	45	249	36	5	1	0	1	6	385	73.9%												
115	Gneeveguilla NS	1	443	27	0	1	3	2	0	6	0	23	221	21	5	0	0	0	6	315	71.1%												
116	Gneeveguilla NS	2	504	31	0	4	14	2	0	2	1	52	238	33	4	0	1	1	10	393	78.0%												
117	Tooreencahill NS	1	283	19	1	4	7	1	1	0	0	9	149	29	6	0	0	0	3	229	80.9%												
118	Barraduff NS	1	456	19	2	6	114	5	4	1	0	63	219	13	6	0	0	2	14	468	102.6%												
119	Killcummin NS	1	453	14	2	11	13	0	0	0	0	49	165	40	3	3	0	0	7	307	67.8%												
120	Killcummin NS	2	493	16	2	4	6	2	0	2	0	56	151	32	10	19	2	0	7	309	62.7%												
121	Mercy NS KYR	1	545	16	6	15	9	3	4	1	0	55	133	72	14	5	0	2	14	349	64.0%												
122	Mercy NS KYR	2	479	19	2	13	12	0	1	0	0	34	140	51	18	10	0	0	14	314	65.6%												
123	Gaelscoil KYU	1	693	9	1	5	45	5	2	3	0	19	173	117	10	11	0	1	16	417	60.2%												
124	Gaelscoil KYU	2	722	15	1	4	34	6	1	10	0	40	203	83	15	24	0	2	29	467	64.7%												
125	Mercy KY NSU	3	808	32	3	10	13	4	2	5	1	47	138	86	31	11	5	0	15	403	49.9%												
126	Mercy KY NSU	4	774	47	1	19	15	0	6	7	0	100	137	55	25	16	1	2	16	447	57.8%												
127	Presentation Monu	1	735	25	5	19	23	5	7	0	0	56	145	92	19	27	6	0	13	442	60.1%												
128	Presentation Monu	2	735	21	4	9	34	4	4	3	0	36	137	81	19	14	1	2	15	384	52.2%												
129	Presentation Monu	3	752	27	2	4	62	2	2	2	0	26	154	78	19	18	2	0	25	423	56.3%												
130	St Olivers NS KYU	1	768	23	4	23	15	11	12	5	1	75	150	85	28	29	0	0	31	492	64.1%												
131	St Olivers NS KYU	2	787	28	2	14	20	2	8	9	0	100	145	84	45	13	2	1	25	498	63.3%												
132	St Olivers NS KYU	3	734	28	12	8	31	4	6	9	0	69	177	104	28	15	3	0	29	523	71.3%												
133	Lissigiveen NS	1	429	23	6	3	15	0	3	4	0	48	165	39	10	4	2	2	7	331	77.2%												
134	Lissigiveen NS	2	476	28	12	8	31	4	6	9	0	69	177	104	28	15	3	0	29	523	109.9%												
135	Raheen NS	1	375	42	1	2	11	0	6	0	0	22	164	22	4	1	1	1	5	282	75.2%												
136	Holy Family Rath NS	1	623	33	3	10	22	1	2	3	0	30	240	31	15	1	3	2	7	403	64.7%												
137	Holy Family Rath NS	2	668	39	1	12	9	2	3	1	0	54	269	32	7	1	1	1	21	453	67.8%												
138	Scartaglin NS	1	702	49	0	4	15	1	1	2	0	60	344	41	18	0	2	1	5	543	77.4%												
139	Scartaglin NS	2	605	38	1	23	23	1	0	0	0	75	213	47	26	0	0	2	25	474	78.3%												
140	Teemaboul NS	1	731	32	5	8	21	4	7	5	0	66	230	60	22	19	2	6	12	499	68.3%												
141	Castleisland Con	1	731	52	7	35	51	8	3	0	0	66	151	55	17	3	2	3	22	475	65.0%												
142	Castleisland Con	2	705	49	1	48	34	2	5	7	0	78	147	69	15	0	1	3	9	468	66.4%												
143	Castleisland NS	1	772	50	5	30	40	4	3	4	0	80	180	166	10	1	1	4	15	593	76.8%												
144	Castleisland NS	2	745	56	5	25	37	4	0	4	0	76	186	84	8	1	1	5	20	512	68.7%												
145	Kilmurry NS	1	268	20	1	10	11	0	0	0	0	40	116	16	13	0	0	1	13	241	89.9%												



DEPUTY MARTIN FERRIS SINN FEIN CELEBRATES VICTORY WITH HIS SUPPORTERS AFTER HE WAS ELECTED ON THE 11TH COUNT WITH 12,964 VOTES. PHOTO BY DONAL BARRY.

TRUE INDEPENDENT

MICHAEL "PIXIE" O'GORMAN

"I would like to thank all of those who canvassed, supported and voted for me in the recent General Election."



FERRIS SECURES ANOTHER TERM

In the end, it was a very comfortable return for Martin Ferris. The Ardferd man cut a relaxed figure as he posed for photographs with supporters prior to the final count. His solid first preference of 9458 had given him a strong base and as Sunday afternoon wore on Ferris attracted transfers that kept daylight between him and

the chasing pack. In the end with, he was to take the fourth seat ahead of Fianna Fáil's John Brassil. Afterwards Mr Ferris told the hall "It was a great honour to have been given a vote of confidence from the people of Kerry to carry on the good and important work that Sinn Féin have done."

GRIFFIN THE SOLE SURVIVOR

The Kerry electorate reduced the Government representation from 3 seats to just one at the weekend but surprising to some it was Fine Gael's youngest candidate Brendan Griffin who secured his second term in office. In the end apart from the Healy Rae hurricane, he was the only

other candidate to exceed the quota. Afterwards Griffin told the Outlook he was looking forward to spending some time with his young family. "I have a small fellow at home, who has a poster of me reminding him what his father looks like" he joked

BRASSIL HOISTS THE FF FLAG

"We're back on the Kerry political landscape where we belong" was how Ballyheigue's Fianna Fáil councillor John Brassil summed up his election result. The long time councillor was seen as the party's front-runner and while his

election was comfortable, he still had to wait to the very end prior to securing the fifth and final seat. Focus will now turn to see who will replace Brassil in the Council, as he has to vacate the seat due to dual mandate.

A MESSAGE FROM THE HEALY-RAES



Dear Constituent,

From the bottom of my heart, I want to humbly and sincerely thank everyone who gave me a **No.1** or **No.2** vote in the recent General Election.

It is a great honour to be elected to represent the Kingdom of Kerry in Dail Eireann, this was a tremendous effort because as an Independent candidate, canvassing properly can only be done with a massive effort from everyone.

I am deeply indebted to the excellent canvassing team who stood shoulder to shoulder with me over an awful long period of time and insured that we did get to every house in Kerry. To the people who helped in every way such as putting up posters and in general conducting what was an absolutely tremendous General Election campaign.

Always remember the candidate is only a cog in the wheel, it is the team that makes the difference and I never forget that.

Over the coming weeks I will be publishing clinic details to ensure that I will provide an enhanced political service for the great people of Kerry.

Michael Healy-Rae

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Sandymount, Kilgarvan, Co. Kerry • 064-6685782
Dail Eireann, Kildare Street, Dublin 2 • 01-6183363
Email: michael.healyrae@oireachtas.ie
Find us on Facebook and Follow us on Twitter



Dear Constituent,

I wish to sincerely thank all the people who came out in such huge numbers to vote for me last Friday, especially those in the Killarney Electoral Area from Ballymalis, Beaufort, Listry, Fries and Currans in the West to Rathmore, Gneeveguilla and Scartaglin in the East. From Glenflesk and Clonkeen in the South, Castleisland, Cordal in the North and Killarney Town and all the areas in-between, thanks to everyone who gave me such a high percentage of No. 1 Votes. Also thank you to all the people who gave me their No. 2 Votes and other preferences from all around the County.

I want to especially admire the people who understood and adhered to our 1-2 vote management strategy at such short notice.

I especially want to thank my massive team of workers and canvassers, people who put up the posters, and everyone that helped me in any way - this seat would not have been achieved without all of this support.

I am deeply honoured to represent the Kingdom of Kerry in Dail Eireann and I promise to continue working for you all to the best of my ability.

Danny Healy-Rae

Office Details
Constituency Details: Main Street, Kilgarvan, Co. Kerry
064-6685315 • Email: Clldhealyrae@eircom.net

Find me on Facebook



DEENIHAN DEPARTS ON A POETIC NOTE

It was somewhat fitting that Jimmy Deenihan quoted the late Garry McMahon in his concession speech at the end of the Kerry count. His final words as he left the stage were "We savour Kerry victories, we salute a gallant foe and when we lose, there's no excuse, we pick up our bags and go," and with it ended the political career (for now) of one of the longest serving North Kerry politicians. Deenihan had fought nine elections and up to this point had won each of them. A point not lost on Michael Healy Rae "Anyone who wins an election deserves respect and someone that wins nine deserves almighty respect" Deenihan was in trouble from the word go on Saturday morning as like many of his government colleagues he saw massive reductions in the local boxes. By the time of the first count he was already behind Martin Ferris and as the

counts went on it was further the Finuge man fell behind. Speaking to the Tralee Outlook Deenihan said, "You have to always respect the wishes of the people. I felt we fought a good clean campaign and got our message across but there is no doubt a turning point was the opinion poll that put me on 13%, it gave people the belief that I was safe and as you see now, there is no such thing as a safe seat" Deenihan was appointed to Seanad Éireann shortly after his retirement from Kerry in 1983 as a nominee of Taoiseach Garret FitzGerald. He later became involved in local politics as a member of Kerry County Council. He was elected to Dáil Éireann for the first time at the 1987 general election and was re-elected at the five subsequent general elections



BURKE PRAISES COUNT WORKERS

Returning Officer Pdraig Burke has praised the hard and diligent work that was carried out by the count staff at the General Election Count, which was held in the Killarney Sports and Leisure centre last Saturday and Sunday. In all 66 count staff and eight additional supervisors made up the team that began counting at 9pm on Saturday morning through to 11pm

on Saturday night. On Sunday, they began at 9pm again, right up until the final count, which took place around 7.30pm. "It is an exceptional long job, that requires exceptional attention to detail and as they have always have done, they did a professional job. I think all the candidates have acknowledge this as well."



John Brassil Thank You

"To the people of Kerry for putting your faith in me to represent you, it's an honour to have received your vote. I will do my very best to represent you and Kerry in Dáil Éireann. I will always be available to you and look forward to doing you proud."

"Building for the Future, A New Voice for Kerry"

FIANNA Fáil
THE REPUBLICAN PARTY

ACTIVE FLAG FOR CULLINA NS

The Active Flag sets out to create a framework for a co-ordinated approach to physical education, physical activity and sport in school and community settings for children. In Cullina National School we set out guidelines which engage children in physical activities for health benefits. By engaging in a number of physical activities indoors as well as outdoors the children in Cullina N.S. can achieve their potential and live an active healthy lifestyle. We also have a Healthy Eating initiative which complements our Health Promoting Strategies throughout the school.

We believe that children and young people should be encouraged to be active agents in their own learning when involved in physical education, co-curricular or community-based physical activities or sport. Their duty is to participate in a responsible, respectful, fair and safe manner in their own interest and that of others. It is important that children and young people enjoy their experience of physical activity, particularly in the early

years. As they get older, young people should take responsibility for the nature and extent of their participation in physical activity and begin to make choices that will enable them to engage in active, healthy lifestyles. These choices may refer to the types of activity in which they engage; the skills, knowledge and understanding they should have; or qualifications they may need in order to pursue these activities.

As part of our action programme each year the school organises an Action Week. The Active School Week is inclusive of all children and focused on cooperative games rather than competition. It is evident from the smiling faces and the atmosphere in the school during Active School Week that the children really enjoy the activities. The comments and feedback from teachers, parents and children further highlight the fact that Active School Week is enjoyable, rewarding, fun and most of active for all children in the school.



PICTURED AT CULLINA NATIONAL SCHOOL WITH THEIR ACTIVE FLAG ARE " LEFT TO RIGHT: MEABH CROWLEY, DONNCHA COFFEY, MS ALISON TUOHY TEACHER, MEADHBH KISSANE, MEABH COLEMAN-HORGAN, MRS UNA HARMON TEACHER, ADAM NEARY, MRS MOIRA CRONIN PRINCIPAL, JOSHUA COFFEY.

STUDENTS EXHIBIT 19 INNOVATIVE SCIENCE PROJECTS AT SCIFEST@ ST.BRENDAN'S 2016

Over 35 students from first, second and third year exhibited 19 projects in SciFest@School in St.Brendan's College, Kilarney. This was the school's second SciFest@School and it was the biggest one yet!

Students demonstrated their knowledge of science, technology, engineering and maths through their creative and innovative projects.

The overall prize went to Daniel O'Sullivan who constructed a computer console and game emulator. Second prize was awarded to Seán Myers, Seán Farndon and Aaron Duggan who are designing a revolutionary headphones set which is constructed by utilising the most desirable qualities of over 20 different existing headphone sets. David Osborne finished in third place for his research on modern day computer hacking and how it affects each person. The prize for best communicator went to Christian Casey and Jack Linehan with their project 'Phone locator chip'.

The prize for best research was awarded to Sean Collins. This student looked at the human brain structure. The prize for best visual display went to Armandas Bendaravicius. Tidal power, which could make a considerably energy contribution, has long been the goal of scientists the world over. Armandas' project addresses using tidal power. Armandas' project is about placing turbines underwater and using water currents to generate electricity.

The award for best environmental award went to Jamie Muldoon. Jamie discovered there is a large number of potential and established non-native species on the island of Ireland but Jamie wished to investigate which of these have damaging effects on native species and ecosystems and which will lend themselves to management? He investigated the effects of the introduction of Rhododendrum and Japanese Knotweed on Ireland's ecosystems.

The award for best biological project William Brosnan and Dylan Murphy. These students investigated the disease Emphysema and how it is a life long struggle.

Commenting on the success of the science fair, Mr. Seán Coffey said: "We are delighted to host SciFest@School in our school because the SciFest competition allows students to develop their study of science, technology, engineering and maths, outside of the classroom and apply it to everyday life. All of the students have worked very hard on their projects and should be very proud of their achievements. We all wish the best of luck to the students going on to the next stage of the SciFest competition which will see them compete in SciFest@College in Tralee IT."

STUDENTS RAISE €1000 AT ACCESSORY DAY



STUDENTS AT ST. BRIGID'S SECONDARY SCHOOL HELD A CHRISTMAS THEMED ACCESSORY DAY THAT RAISED ALMOST €1000 FOR AOIBHEANN'S PINK TIE - THE NATIONAL CHILDREN'S CANCER CHARITY. DENISE O'CONNELL REPRESENTING THE CHARITY WAS PRESENTED WITH THE CHEQUE BY THE STUDENT'S COUNCIL AND PRINCIPAL OF THE SCHOOL, ROISIN MOORE.

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Local Centres



CALL
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Mon to Fri, 9am to 8pm



LOG ON
www.citizensinformation.ie

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Kenmare: 0761 07 7810

Killorglin: 0761 07 7830

Dingle outreach: 3rd Tuesday of every month in the old C.B.S. Monastery Building John Street.

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T: 086-1081835 | E: markcurranqs@gmail.com



Michael Healy-Rae T.D.

Will Attend Scotts Hotel every Saturday at 3.00pm

Castleisland Clinic

River Island Hotel

last Friday of every month 9.30pm

Killorglin Clinic

Jim Shea's Vintage Bar

2nd Monday of every Month at 7.00pm

Kenmare Clinic

Atlantic Bar 10pm Every Saturday Night

Kilgarvan Clinic

Healy-Rae's Shop 9pm-10pm every Sunday

Healy-Rae's Bar 10pm-11pm every Sunday

Other Clinic held throughout the Constituency on a very regular basis and advertised locally

Office No.: 01 6183363

064 6685782

e: Michael.Healy-Rae@oireachtas.ie

Danny Healy-Rae MCC: 087 2316055

Johnny Healy-Rae MCC: 087 2354793



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INVITATION

Open Day: Saturday 5th March 10am-12noon

LEWIS ROAD KILLARNEY

Dr. Crokes GAA Club invites the Parents in the Killarney Area and their Boys and Girls to the **2016 Registration Open Day. Boys and Girls aged 4 to 10 welcome.**

Hurling - 10:00 A.M. to 10:40 A.M. • Football - 10:40 A.M. to 12:00 Noon.



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

On Registration:

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



GIRLS' GAELIC:

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



GAELIC FOOTBALL:

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



HURLING:

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

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



FREE Registration for all Children U6.
Each training session for all is **FREE OF CHARGE.**

www.drcrokes.com

KNOCKADERRY NATIONAL SCHOOL

Farranfore Village

Located in Farranfore Village beside the G.A.A. pitch
– turn off at the Pedestrian Crossing

Open Evening

Tuesday March 15th
6.30pm to 7.30pm

Excellent Pupil / Teacher Ratio

Very Central Location

NOW TAKING ENROLMENTS



T: 066 9764729

E: knockaderryns.ias@eircom.net

Scoil Bhríde Loreto Primary School



Applications for enrolments are now being taken
for **September 2016**. All Applications to be
received by **March 31st 2016**.

Please check our website at

www.loretonskillarney.com

or contact the school on **064 6632484**



You are welcome to visit the school to meet us.

 **DANÚ** 
Childcare Rathmore
064 77 58700 | danurathmore@gmail.com

Easter Camp at Danú 2016
Wednesday 23rd, Thursday 24th,
Friday 25th March
Wednesday 30th, Thursday 31st March, Friday April 1st
10am – 2.00pm. Ages: 3-6YRS
Easter hunt, Outdoor games, activities, sports, face painting,
song & dance Arts & Crafts, & Lots, Lots More!!!!
Places are limited. Call us on 064 7758700

John Ross

KERRY'S FINEST JEWELLERS

*First Holy Communion
&
Confirmation Gifts
From €13.50*

4 Lower Castle St. Tralee
066 71 21426

Deposits Now Being Taken



Tim Moore Memorial Table Quiz



*The proceeds are used to bring children with special
needs to Lourdes on a weeks Pilgrimage at Easter.*

Tuesday 15th March 2016
at the
Gleneagle Hotel, Killarney
at 8pm Sharp

*The prizes will be significant and will be in
proportion to the number of teams entered.
Teams can enter on their own behalf or under the
names of clubs, companies or firms.
Special prizes for teams of schoolgoers.*

€20 per team of schoolgoers
€40 per team of 4 persons

OAKVIEW VILLAGE CHILDCARE

HELPING YOUNG PEOPLE GROW

we're
HIRING!



Due to continued Expansion we are now recruiting for a

- Degree Qualified Preschool Room Leader
- Naíonra Room Leader
- Relief & Part Time Childcare Staff
- Part Time Cook

Please forward Cover Letter and CV to admin@oakviewhouse.ie

Oakview Village Childcare, Oakview House, Tralee, Co. Kerry.

T: 066 7127400 M: 086 1097135 www.oakviewhouse.ie

Self-motivated and enthusiastic Healthy Food Shop/Cafe Manager required

At least 2 years experience in a similar
position essential.

Keen interest in a health and fitness
lifestyle beneficial.

Computer literacy essential.

Apply with CV to Box no: 4122
Killarney Outlook Office, 30 High Street,
Killarney, Co. Kerry.

Due to the expansion of



We are now recruiting

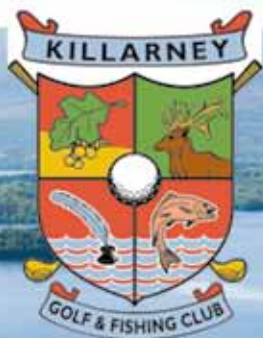
APPRENTICE PLUMBERS

Closing date is the 21st of March 2016

Applicants should email their C.V. along with a cover letter
describing why they are suited to this position to

recruit@cremur.com

Applicants should make sure to put C.V. in the subject
line of the email



Exciting Catering Franchise Opportunity at Killarney Golf and Fishing Club

Applications are invited from suitably qualified candidates to operate the clubhouse catering facility at Killarney Golf and Fishing Club.

APPLICANTS SHOULD INCLUDE:

- Details of your qualifications and experience
- A proposal for operation of the franchise
- Proposed price structure and sample menu



The closing date for applications is Wednesday 9th of March.

For additional information please contact Cormac Flannery – General Manager by email on cormac@killarneygolfclub.ie or call the club on 064 6631034.

SNEEM CHILDCARE CRECHE

**STAFF
WANTED**

Hiring Two Relief Cover Childcare Assistants

Sneem Community Crèche are setting up a relief cover panel for two relief cover Childcare assistants to cover holiday cover and sick leave cover. The position has no set regular hours so successful candidates will have to be flexible.

Candidates must have at least

- Fetac level 5 qualification in Childcare
- At least two to three years experience working in a childcare setting.
- Must have their own transport
- Able to work on short notice.

Successful candidates must be willing to be garda vetted.

C.V.s and two written references can be emailed to

sneemcreche@yahoo.com

for attention of Deirdre Murphy

or can be posted to **Sneem Community Crèche
North Square Sneem Co Kerry**

**For further information please ring on (064)6645551
Closing dates for applicants is Friday 18th of March**



ARE YOU THE PHARMACY SKINCARE SPECIALIST WE ARE LOOKING FOR?

Aherns Pharmacy is seeking an outgoing and enthusiastic individual to join their team in Farranfore.

This will be an excellent opportunity for an energetic and efficient person to:

- Assist on our Medicine Counter
- Grow our Specialist Skincare Department.
- Manage our Personal Make-Up Consultancy Service

If you love interacting with customers to ensure their needs are met and are motivated towards achieving sales targets, then this may be the career move for you.

The successful candidate will:

- Be a team player
- Have a positive attitude
- Be an excellent communicator
- Be flexible within their role
- Enjoy responsibility
- Possess good computer skills

Previous relevant experience in the Health & Beauty retail sector, while desirable, is not essential as full training will be provided to the successful candidate.

This is a contract position with a minimum of 32 hours per week, commencing in April 2016.

If you are interested in this position, please email your C.V., along with a cover letter to office@ahernspharmacy.com.
Closing date is **Friday 11th March 2016.**



WINNING PLAYERS FROM SPA ON THE SEM TEAM. DAVID SPILLANE, DARA MOYNIHAN, DAVID CARROLL AND EVAN CRONIN.

LEGION GAA NOTES

REGISTRATION

The club is hosting a special registration night on Monday, March 7th from 7.30pm to 9pm upstairs in Murphy's Bar. The plan is to register as many existing members as possible on the night and also to provide a point of contact for potential new members who might want to join. We hope to see you all there.

ACADEMY

The Academy is re-opening on Saturday, March 5th at 10.30am. Boys and girls aged 4-10 can come along to our home pitch in Derreen and learn the skills in a fun and friendly environment. As always, new members are more than welcome. If you'd like to register a child you can do so at the pitch this Saturday and every Saturday morning throughout the month of March.

AWARDS NIGHT

A big thank you to everyone who attended our Awards Night at the Plaza last Friday. Over two hundred people turned up and a great night was had by all.

CORN UI MHUIRI

Congratulations to Peter McCarthy, Cian Gammell, Finbarr Murphy and Mike Pierce, all members of the St Brendan's College team that won the Corn Uí Mhuiri last weekend in Mallow. The Sem defeated High School Clonmel by the astonishing scoreline of 5-21 to 0-7 and now advance to the Hogan Cup semi-final.

SCÓR NA BPÁISTÍ

Legion are participating in Scór na bPáistí on Friday, March 11th at 4pm. The event takes place at the Killarney Racecourse and it would be great to see as many people as possible out supporting our youngsters.

DR CROKES CLUB NOTES

EAST KERRY SUPER LEAGUE

DR CROKES 5-17 SPA 0-5: In this game, played in Lewis Road on Friday last, we had a comprehensive win over our neighbours Spa. We got off to a great start with early goals and this seemed to decide the outcome of the game, long before the fíanl whistle. We went

onto score a total of five goals by the interval. Our five goal scorers were Shane Doolan, Gavin O'Shea, Brian Looney, Bryan O'Shea and Kieran O'Leary. The visitors did have many attacks in this half and kicked some great points but they failed to find the back of the net. Spa did stop the crucial goal rush in the second half but they did have too much of a lead to overturn. The hosts went on to knock over the points for a comprehensive victory

DR CROKES: Johnny O'Leary, Mark Egan, Alan O'Sullivan, John Payne, Mike Milner, Mike Moloney, Jason Lyne, Ambrose O'Donovan, PJ Lawlor, Shane Doolan, Gavin O'Shea, Brian Looney, Kieran O'Leary, Daithí Casey, Bryan O'Shea. Subs: Keith O'Leary, Shane Murphy, Shane Lyne, Paul Clarke, Cian O'Neill.

PROGRESSIVE 31: Progressive 31 continues every Wednesday night. Time 7.45pm. Everyone welcome. Bring €5 and a partner.

RESULTS WED FEBRUARY 17TH

1st. Derry O'Connor / Seamus O'Connor.

2nd. Dan Kelliher / Sean Clarke.

Spots Shiela Daly / Margaret Looney.

Jim Connolly / Joe O'Shea.

Jinx winners. Tadghie Fleming / Teddy Counihan.

Dermot Daly / John Daly.

Donie (Whitty) O'Sullivan / Sean Macassey.

Raffle Winners. Michael O'Shea;

Michael Fitzgerald.

RESULTS. WED FEBRUARY 24TH

1st. Donie (Whitty) O'Sullivan / Sean Macassey.

2nd. Jackie Looney / Malachy Walsh.

Spots. Niall Brosnan / Tim Brosnan.

John Lyne / Michael Murphy.

Jinx Winners. Seamus O'Connor / Derry O'Connor.

Jackie Looney / Malachy Walsh.

Niall Brosnan / Tim Brosnan.

Raffle winners. Denis O'Leary;

James (Wedge) Arthur; Donie O'Sullivan.

LADIES FOOTBALL: Are you interested in getting involved in coaching and training or just helping out with our ladies footballers. If so, please contact Tommy Brosnan or Catherine Keogh.

REGISTRATION: Membership fees are now due and must be paid before 31 March 2016 for all members. Players must have paid membership before being considered for Club teams. There is a variety of rates to suit all. For detail and to pay this years membership, contact Registrar Frances O'Sullivan (086-3895230) at the earliest opportunity. Frances will be at the Clubhouse from 7pm to 8pm on Wednesday and registration day for all juveniles on 5th of March.

SATURDAY MORNING ACADEMY: The first day of the Juvenile Academy will take place on Saturday, 5th March 2016. This day will also serve as a registration day for all existing and new members. For some of the girls and boys it will be their first time pulling on a pair of boots or taking to the pitch. Some will be sampling our facilities for the first time, while others will be following in the footsteps of their parents,

grandparents, uncles and aunts or older brothers and sisters. All will enjoy the fun and games provided by qualified coaches in a safe environment. The first Saturday morning of our academy is a special day in the Club calendar and we would ask all members and those wishing to join, young and old, to come along on the day to share the facilities the Dr. Crokes Club has to offer to the families of Killarney. Why not arrange to bring a neighbour, relative or friend along on the day as we are always open to new members. Any parent whose children are playing with the club are also most welcome to become official members of the Dr. Crokes Club. Activities kick-off with Hurling at 10:00am and Gaelic Football at 10:30am. Should be some day!

CONGRATUALIONS: Congratualtions to the Crokes boys and Vince Cooper on their win in the Corn Uí Mhuiri Final.

LOTTO: Lotto numbers 8, 16, 20, 22. Jackpot €3900 No winner Match 3 9 by €45. Next draw Sunday 6th of March in Speakeasy. Jackpot €4200.

DR. CROKES JUVENILE ACADEMY

NOTES: The Dr. Crokes Juvenile Academy returns this Saturday. 10 to 12 Hurling and Football, boys and girls aged 4 to 10. There is great excitement in the club as new and old boys and girls commence their Saturday Morning Gaelic Football and Hurling with the Dr. Crokes Club. New help is always much appreciated and parents or players male and female who would like to get involved in the Saturday Morning Academy are most welcome. Roll on Saturday Morning!

MILLTOWN CASTLEMAINE GAA NOTES

OPEN FAMILY FUN DAY: Nagle Rice Community Centre. On this Saturday March 5th our club is having an open day for the families of all the young boys and girls from the Milltown Castlemaire area. Catering for ages 6 and upwards, our day will commence at 10 am and finish at 1 pm. (10-11.30) for junior classes up to 3rd class and (11.30 - 1 pm) for 4th to 6th class children.

During this time children will be able to participate in some fun football activities and meet with some of our coaches who will be coaching within our club over the coming year. Our club caters for both boys and girls from (6 to under 12's) and boys only thereafter from under 14 to senior men. We also have a Gaelic football club for girls in the community.

This open day will be an ideal opportunity for new families or individuals who have joined our community to get to know each other in a fun and relaxed environment. Light refreshments will be served for children and adults throughout the day. Any queries contact Podge on (086) 839 8669 or Henry on (087) 945 1246

SCÓR NA BPÁISTÍ: Children in Milltown



and Castlemaine are busy gearing up for the forthcoming Scór Na bPáistí. A club night will be held on Friday 4th March, in the Nagle Rice Community Centre, at 7 p.m. in Milltown to decide which quiz team will go forward to represent us at the county final. It will also provide other entrants with an opportunity to perform in front of an audience in a non-competitive environment. Entries include an instrumental group, a solo singer, a ballad group and two quiz teams. It's sure to be an enjoyable night! The Mid Kerry Final will be held in the CYMS Hall, Killorglin on Friday 11th March at 7.30pm. The South Kerry semi-final is scheduled for Sunday 10th April, followed by the county final on Sunday 17th April (venues to be decided). Best of luck to all involved!

DEFIBRILLATOR: Our club defibrillator has now been relocated to outside the doors of the clubrooms and is available to the community. Please contact Deirdre on 086/1703332, if you wish to place your name on the list or private message me on FB.

EMAIL ADDRESSES: We are in the process of updating our contact details, which includes e mail addresses. If you have new contact details, you can private message me (Deirdre O'Sullivan) on my Facebook Page with new details. Some emails are coming back with an undelivered status.

MID KERRY SENIOR LEAGUE: Glenbeigh Glencar and Milltown Castlemaine ended up on a level score of 1/07 to 10 points at full time on Sunday last.

Our next senior league game is on this Sunday March 6th. We are at home to Keel. Game is at 11.30 to facilitate The Kerry v Donegal game in Tralee. Please make every effort to come along and support the players and management.

MINOR COUNTY LEAGUE: Milltown Castlemaine were defeated in the first round by Currow on Saturday last on a score line of 1/05 to 11 points. We wish Cormac Leane, both our minor and senior goalkeeper a speedy recovery from an injury which he sustained at the game. On Saturday March 5th, we are at home to St. Senan's at 4 p.m. Please come along and cheer our minors on.

COUNTY FINAL COMMUNITY GAMES

ART RESULTS: Congratulations to all the young boys and girls (some from our football club) who did fantastic in the Community Games Art competition in Listowel at the weekend.

REGISTRATION: Our club will hold a registration evening on Friday March 18th between 6 and 7 in the Nagle Rice Community Centre. Joining your local GAA Club is a wonderful way for children and adults to form new friendships whilst having some great fun playing sport. Our GAA Club here in Milltown Castlemaine, is very much part of our community and we look forward to welcoming both young and not so young to our club! Again Friday March 18th in the Nagle Rice community centre between 6 and 7 is the place to be for

Registration. See you there!

LOTTO: Our lotto jackpot for €6,200, generously sponsored by Mike O'Shea and Sons, Builders - Farran was not won on Friday last. Drawn numbers 4, 20, 26 AND 30.

Our next Lotto draw for €6,400 will be on Friday March 11th. Tickets on sale from usual sellers and outlets.

MID KERRY U 21 CHAMPIONS: Congratulations to our neighbours Laune Rangers on their victory over Beaufort in the Mid Kerry Final. Both teams, along with our own club, have some very impressive young footballers coming up along the ranks.

WINTER FUN FOOTBALL: Training for under 10's and under 12's only will continue in the Nagle Rice Community Hall, on Mondays. Please remember your €2 to cover hall rental and don't forget your Gum Shields. Any questions -please contact Garry on 087943746.

PLEASE NOTE: UNDER 12 AND UNDER 14 WINTER FUN FOOTBALL will be on TUESDAYS at 6. Same requirements as above.

LÁ NA GCLUBANNA: In 2016, the GAA plans to celebrate the importance of your club in your community. Lá Na gClubanna will take place on Sunday, 8th May, 2016. Counties have been asked to keep the morning and afternoon fixture free to enable all members to fully participate in this event. More details in the coming weeks.

ON GOING CLUB DEVELOPMENT:

GYM REFURBISHMENT: Our gym is currently closed for refurbishment. The floor surface in the club gym is currently being replaced to ensure our members have the most up to date facilities available to them. Gym membership is presently available to past or present players at the following rates: €20 for current players (over 16) - €100 for non-playing members - this includes club membership. These fees include membership up until December 31st 2016. Our toilet facilities are also in the process of being tiled. We are very grateful to those who are volunteering their time and expertise in these projects. Apologies for any inconvenience caused during these necessary works.

FIRIES/BALLYHAR COISTE NA NÒG

REGISTRATION FOR U6, U8 AND U10:

Registration for the U6, U8 and U10 will take place on Friday, 4th and Friday, 11th March in the meeting room (upstairs) in Pairc Eamon from 7pm to 8pm. It is anticipated that training for these age groups will recommence on Saturday, 19th March.

JUVENILE HURLING: Our club was very proud to be represented by three of our juvenile hurlers in the interval mini games with South Kerry during the recent Allianz Division 1B Hurling match, Kerry V's Limerick. Well done Cian Doe, Conor O'Sullivan and Eoghan McKenna.

POST PRIMARY COMPETITIONS: Well done to the Furies contingent who defeated HS Clonmel in the Corn Ui Mhuiri final with St. Brendan's. Commiserations to all our club members involved in the Frewen Cup semi-final with St. Brendan who bowed out the competition recently against a strong Colaiste Chriost Ri. Best of luck to the Furies GAA members competing in the Munster Post Primary Senior C Competition final with Milltown Presentation Secondary School in the immediate future.

MINORS: On behalf of the Coiste na nOg club, we would like to wish our minor counterparts every success in their efforts in the Minor County League against Gneeveguilla on Saturday, 5th March in Pairc Eamon at 4pm.

FOOTBALL COACHING WORKSHOPS:

Your final chance to avail of the coaching workshops for U6 - U8 is scheduled for March 7th in Mounthawk Secondary School, Tralee. Persons interested in attending should contact Vince Cooper at 086 4084690.

NEW MEMBERS ALWAYS WELCOME: If you have some spare time and would like to assist, be it coaching, administrative or something to enhance our club, please contact Coiste na nOg Chairperson Eugene Cosgrave at 086-2950021.

SPA GAA NEWS

COISTE NA NOG: U6 and U8 Boys: Coaches Seamus Moynihan, Tadhg Hickey and Shane Cronin U10 Boys: Coaches Adrian McCarthy, Mike Doolan and Denis Doolan.

Spa boys U10 training will start on the Saturday 27th February, from 12noon to 1pm indoors.

U12 Boys: Sunday 10-11 Coaches Kieran McCarthy, David O'Sullivan and Tim O'Connor.

U14 Boys: Coaches Robert Cremin and Neily Kerins: Training Indoors Friday nights 8.30-

9.30pm. Spa u14 boys: County League games commence Wednesday 30th (6.30pm first game, 7pm thereafter). First 2 games are at home. Next 3 are away. Trainers will advise full details. Semi-finals May 4th, Finals May 11th.

U16 Boys: Coach: Donal O Doherty. Training Outdoors Tuesdays 6.15pm - 7.15pm & outdoors Sundays 11am - 12.30pm.

LADIES FOOTBALL: U12 Girls Training Sunday mornings indoors 11-12 noon. The u12 preliminary rounds will start on Tuesday April 5th, games at 7pm.

GROUP E: Rathmore v I.S.G.

Glenflesk v Dr Crokes, Spa v Furies.

U14 Girls: Training Wednesday night indoors 6-7pm.

DIV 4 -13-A-SIDE: Beaufort, Castlegregory, Churchill, Dingle, Dr. Crokes, Kerins O'Rahillys, Moyvane, Spa.

DIV 4 RD 1 MARCH 20TH: Spa v Moyvane

DIV 4 RD 2 MARCH 27TH: Castlegregory v Spa.

U16 girls: Training Friday 6.30-7.30pm.

Senior ladies: Friday outdoors 6.30-7.30 pm.



SCHOOL FOOTBALL: Sem (St Brendan) Team Munster Champions.

SEM 5-21 TO HS CLONMEL 0-7: St Brendan's College, won a sensational Munster Colleges' Corn Uí Mhuiri with a 29-point victory over Clonmel in the final at Mallow last Saturday. This would be the Sems 21st Provincial title. Spa players all played their part, David Cartoll, Evan Cronin, Dara Moynihan and David Spillane. Dara Moynihan gave a spectacular performance receiving Man of the Match honour on the day. Special mention to the excellent Lee O'Donoghue who played brilliantly in midfield after his grandmother passed the day before.

SENIOR SCOR: Best of luck to our competitors in Rince Seit, Rince Foinne and Recitation in the Munster Final in Ovens, Saturday March 5th at 7pm.

SPA LOTTO: In McSweeney's, jackpot €3000. Numbers drawn 5, 8, 9, 18. No winner.

Next weeks draw in Jimmy Briens for a jackpot of €3,200

SYMPATHY: Is extended to Healy, Spillane families and friends of Maura Healy, Foiladown, Glenflesk who passed away last Friday.

LISTRY GAA

LISTRY WEEKLY LOTTO RESULTS: Sunday 28th February, 2016. Winning Numbers 8, 17, 22, 23. Jackpot €2,150. Not Won. Jackpot next week Sunday 6th March €2,300.

CHALLENGE GAME RESULT: Listry 3-11 Castlegregory 2-06.

MINOR COUNTY LEAGUE RESULT:

Ballyduff/Duagh 2-12 Keel/Listry 5-10.

CLUB MEETING: Next monthly meeting will take place on Tuesday, 8th March at 9pm in the clubrooms. All welcome.

NIGHT AT THE DOGS: Listry GAA club are holding a major fundraising night at the dog track Friday March 4th in Tralee Greyhound Stadium. We are asking all members to purchase at least one ticket each for €10. This is one of our main fundraisers and we are asking you all to support even if you are not attending on the night. Thanks in advance.

EAST KERRY NOTES

EAST KERRY SAFEGUARD SECURITY SENIOR LEAGUE

KILLARNEY LEGION 3-8 CURROW 1-5

Legion proved the stronger when they took on Currow in Dereen last Sunday in the Frank Doran Safeguard Security East Kerry Senior league, division 1A round 3 game. The sides were evenly matched in the opening 20 minutes but as they say goals win games and two Legion goals in close succession as the first half drew to a close, gave the home side a platform from which they pushed forward in the second half. The sides exchanged points in the opening ten minutes before Currow were

awarded a penalty, slotted to the net by Mike Hannafin, to take the lead. Legion equalised with three unanswered points but Currow again took the lead by the minimum, 1-2 to 0-4. The turning point came with two goals from Tom Moriarty just before half time. The first came when Shaun Keane burst forward from midfield and passed to his teammate who palmed the ball into the empty net. The second goal was proved for by Conor Keane who fired across the face of the goal for Moriarty to tap home. Mike McCarthy pointed a free on the stroke of half time to reduce the deficit to four points: Legion 2-4, Currow 1-3 at the break.

Legion got off to a dream start in the second half, when Tom Moriarty scored his third goal and point shortly afterwards gave the home side an eight point lead 3-5 to 1-3. There were a scattering of points from both sides in the last quarter and Currow were awarded a second penalty in the dying moments but Legion Keeper, David Gleeson capped a strong performance by keeping out the low strike. Final Score: Legion 3-8 Currow 1-5.

Referee: Christy Crowley (Gneeveguilla)

Legion scorers: Tom Moriarty (3-1), Derek Twomey (0-3), Conor Culloty (0-2), Conor Keane (0-1), Scott O'Mahony (0-1).

Currow scorers: Mike Hannafin (1-0), Johnny Buckley (0-2), Pa McCarthy (0-2), Mike McCarthy (0-1).

DR CROKES 5-17 SPA 0-8: Dr Crokes were always in control in this Frank Doran Safeguard Security East Kerry Senior League Division 1B round 3 game, played at Lewis Road last Friday night. The hosts got off to a great start with two early goals and went on to score a total of five goals in this half. These majors were scored by five different players, Shane Doolan, Gavin O'Shea, Brian Looney, Bryan O'Shea and Kieran O'Leary. Spa did have plenty of attacks in this half but while they were scoring some good points, the winners were finding the net. Spas keeper, James Devane, made great saved in both halves, at point blank range. The visitors had a mountain to climb in the second half and while they did stop the goal rush the gap was too great to make an impact. Final score Dr Crokes 5-17 Spa 0-8.

Referee: Donal Casey (Scartaglen).

DIVISION 2 - ROUND 2 BACK GAME

Firies 1 - 11 Fossa 5 - 14

Fossa began this Senior league division 2 tie in explosive fashion with a goal by Fintan Coffey and 2 points before Firies got into their stride. Points by Stephen Foley and Pdraig de Brún brought Firies back into the game. The sides traded points and a Firies penalty converted by William Courtney had the sides level. However, a well worked goal by Fossa's David Osterloh followed by a point from Tadgh O'Shea, gave the visitors the lead at the break on a scoreline of Firies 1 - 7 Fossa 2 - 7.

On the resumption, Firies opened the scoring with a point by Colm O'Shea before the visitors found the net for 3 goals, from Fintan Coffey,

Mike O'Shea and Paudie Clifford giving Firies a mountain to climb, 5-7 to 1-8 in favour of Fossa. To their credit, the home side did not give up and rallied with points by William Courtney and Colm O'Shea. However, Fossa finished stronger and points by Paudie Clifford and Fintan Coffey to left the final score 1- 11 to 5 - 14 in favour of Fossa. This means that Scartaglen lead the league table with 4 points while Firies and Fossa are on equal points, with 2 each, making next Sundays games, Cordal V Fossa and Firies V Scartaglen important for all teams involved. Referee: James Brosnan (Currow)

BEST WISHES MUNSTER FINALS SCÓR SINSIR

The very best of luck in the Munster Final of Scór Sinsir next weekend to all clubs from Kerry and a special good wishes to the East Kerry Participants: Amhranaiocht Aonair - Eileen Cronin, Glenflesk; Aithriseoireacht Ray O'Sullivan- Spa; Leiriú - Fossa -with 'Enemy of the State'; Rince Foinne & Rince Seit - Spa Go Games 2016

Kerry County Board are hoping to run U8/U10 Go Games Blitzes in Tralee on Wednesday 30th and Thursday 31st of March. The U8 Go Games format will be 7 aside. Clubs may bring two teams on the day. The U10 Go Games format will be 9 aside. Clubs may bring two teams on the day. Closing date to enter is Friday 18th March. Please contact me by email in advance of closing date to confirm your club is taking part.

CLUB SUMMER CAMP 2016

Any East Kerry/Kenmare club hosting a club summer camp is asked contact East Kerry/Kenmare GDA Vince Cooper by email with the date as soon as possible. This is to maintain a link with all host clubs running a camp during the summer months. East Kerry/ Kenmare GDA Vince Cooper would like to visit the club camps to provide support and assistance to club coaches during the summer.

CONGRATULATIONS

Congratulations to St Brendans, Killarney team and mentors on winning the Corn Uí Mhuiri last Saturday.

FIXTURES

6th March 2016

Safeguard Security East Kerry Senior League

First named team has home venue

All games at 12 noon

Division 1A - Round 4

Currow V Gneeveguilla

Rathmore V Legion

Glenflesk - bye

Division 1B - Round 3 back games

Listry V Spa

Kilcummin V Kenmare

Division 2- Round 3

Cordal V Fossa

Firies V Scartaglen



KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS:

SENIOR LADIES CUP FINAL:

KILLARNEY COUGARS 41 ST ANNES 49

The Duagh Sports Complex was the venue for the Cougars as they met St Annes in this senior final and a good contest saw the Farrenfore side take the Cup with a good performance.

This new young Cougars team have been having a very good first season and it is the first time the Killarney Cougars have had two senior ladies in County board competitions and they have produced some very spirited performances to reach the final and they gave this game a great effort but just came up short after a slow start to the first qtr which saw them trail by 9pts.

Cougars had a great second qtr to trail 24-18 at halftime and were unlucky not to be closer with the impressive Marguerite O'Connor hitting 6 pts. The teams went basket for basket in the third and fourth qtr but with St Annes always dominating on the boards the Farrenfore side always responded when Cougars got to close with good baskets by Orla O'Sullivan, Clodagh Fitzgerald and Ciara Murphy to maintain their first qtr advantage to win. Cougars had great performances on the day by Louise O'Sullivan, Fiona McSweeney 14pts, Marguerite O'Connor 12pts.

SENIOR LADIES LEAGUE DIV II

KILLARNEY COUGARS 40

CAHERCIVEEN 37: Cougars met the league leaders Caherciveen at the Pres Gym and the Cougars kept their league title hopes alive with another good win at the Pres Gym. Caherciveen led 13-9 after but Cougars responded well with good baskets by Marguerite O'Connor and Abigail Graham to take the lead 21-20. The visitors had a great third qtr putting Cougars under pressure to regain the lead 33-30 enter the final qtr. Cougars thanks to Ciara Meaney 7pts dominating the final qtr and just held on taking the lead with a minute to go as time ran out for the south Kerry side in a very entertaining game. This was Caherciveen last game of the season and they remain on top of the league with Cougars needing to win their two remaining games to stay in contention for the title in what is proving to be a very successful first season for the new Cougars ladies team.

JUVENILE NEWS: GIRLS U14 DIV II

KILLARNEY COUGARS 21 KCYMS 15

A good win for the Cougars girls at the Pres Gym in an exciting game which saw little between the sides throughout. The home side made a great start to the game with Katie Joy on target with 6 pts as Cougars led at the end of the qtr. A good second qtr saw Kcymys get on top to see the teams level at half time with Holly Clifford impressing for the Cougars. The game remain tied by the end of the third qtr with defences on top by both sides. Cougars made home advantage count in the final qtr

as baskets by Meabh Coleman Horgan, Niamh Stack and Katie Joy gave Cougars the lead with tie running out the Cougars did enough with Emma O'Sullivan and Fiona Dineen also working hard on defence their was no way through for the Kcymys girls.

GIRLS U16 DIV I:

BOBCATS 28 KILLARNEY COUGARS 50

Cougars despite another sluggish start to the game finished with a good winning margin on the road against the Bobcats. This was the third meeting of the season having met in the Cup also but again it was the same result as Cougars better shooting proved to be more clinical as the game progressed. Cougars had strong performances by Kate Maher, Kelly Ahern, Anna O'Reilly and Ciara Griffin to comfortably take the points in the Moyderwell Gym.

COUGARS ACADEMY TRAINING: Fridays Parish Hall. Girls 5pm and boys 6pm. Ages U8 and U10. All welcome.

Further details on training schedules, fixtures and results log onto the website

www.killarneycougars.com or facebook.

FOSSA COMMUNITY GAMES NOTES

Well done to all of the great artists who represented Fossa in the county art competition in Listowel last weekend. Special congratulations to Catriona McKenna who won gold in the U10 girls category and also to Luke McCann who won a bronze in the boys U8 category.

Anyone interested in being on the U-14 Quiz team please contact Amanda (086-3283778)

All those interested in competing in swimming or gymnastics please contact Katherine(086-3152247).

Details of all events in Kerry can be found on www.kerrycommunitygames.ie

KILLARNEY VALLEY AC

Killarney Valley AC would like to wish the award winners all the best for the County Athletics Awards night in the Dromhall on Saturday night. Cian Lynch and Kathryn Ryan and their families will also attend on the night. Christine Cooper, Sarah Leahy and Brid Stack are getting a special presentation for their National League Bronze Medal – the 1st time ever a Kerry Ladies team got a podium finish.

KERRY COUNTY JUVENILE INDOOR DEVELOPMENT GAMES: Saturday 19th March Milltown Community Hall at 11am.

U9 – Born 2008 Sprint, standing long jump, speed bounce, relay. U10 – Born 2007 Sprint, standing long jump, speed bounce, relay. U11 – Born 2006 Sprint, standing long jump, speed bounce, shot, relay. U12 – Born 2005 Sprint, standing long jump, speed bounce, shot, relay. • Relays are for all age groups and normal championship age category rules apply.

• Athletes who have won a medal at County, Munster or National level are excluded from

this competition. • Athletes are required to be pre-entered and there is no entry on the day.

• Clubs are asked to submit their entries before Wednesday 16th of March. • All participating clubs are asked to submit names of at least one person who can help on the day

Don't forget our walk/run/jog evenings continue on Monday evenings from the Sem Gym at 7pm – over 16s only, bring a high viz vest and €2 and sign in – nobody to go with? No worries there are plenty of people here to keep you company and nobody gets left behind! It has been a great success so far!

There has been great attendance at the indoor training nights. We are always looking for people to help to train our young athletes and now more than ever as our numbers have grown. Our volunteer coaches give up a lot of free time to coach the athletes but there is no such thing as too much help – if you are interested in being a volunteer coach then please contact the club on 0872499566.

For upcoming fixtures please see <http://www.munsterathletics.com/fixtures/fixtures.htm> and <http://www.athleticsireland.ie/juvenile/fixtures/> or check our facebook page

www.facebook.com/KillarneyValleyAC

If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are €25 each. Killarney Valley AC now have club hats for sale at €10 each. Our new Half Zip Club Jackets are now in – contact Brid if you would like to buy one.

If you have any news you would like to include in the notes please text Maighread on 086 8588988 and please like our Facebook Page www.facebook.com/KillarneyValleyAC to get our news and updates.

WORKMENS ROWING CLUB

TRAINING: Training continues as per your coaches' communications, both on and off the water. Last weekend was a pleasure, with crews young and 'not-so-young' enjoying some much anticipated, time on the lake.

UPCOMING EVENTS: The Muckross Head of the River takes place at the National Rowing Centre in Iniscarra, Cork, this Saturday 5th March. We're all hoping for a calm day as many of the Workmens crews head there to compete. Safe driving to all our drivers, and best of luck to all those competing.

For a full list of upcoming rowing events, please visit www.rowingireland.ie

TESCO TOKENS: We are still being included in the 'Tesco Community Fund' at Tesco, Deerpark. Please continue to ask for the blue tokens and place them in the collection point provided.

BIRTHDAY GREETINGS: Breithlá Sona to our 'Club Person of the Year', Mikey O'Donoghue this week, as he celebrates in style on Monday 7th March. Also Happy Birthday to Irene Horan on Wednesday 9th and to Darragh O'Hare Doherty who'll no doubt be painting the town red when he celebrates his birthday on Friday 11th March.



PICTURED AT THE CASTLEISLAND COMMUNITY CENTRE WHERE THE DIVISION 5 KERRY LADIES DOUBLES BADMINTON CHAMPIONSHIPS TOOK PLACE WERE L/R : WINNERS, ELAINA & JESSICA GALVIN (KILLARNEY) ALONG WITH RUNNERS UP AINE & RITA KNIGHTLEY (ANNASCAUL).

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 26/02/2016, numbers drawn were 3, 14, 16 & 27. Sellers prize winner Aeneas O'Leary, €50 Y/T prize winner Bridget O'Riordan Annaghmore, €50 to Eilish Coffey Woodlawn, €40 each to Reen's Syndicate c/o Austin Murphy, Joan Crean Gneeveguilla, Tadhg Collins Gneeveguilla. Bonus not won numbers drawn were 3, 8, 25 & 28. Next week's jackpot €8,800 plus €1,000 bonus.

5K WINTER SERIES: The final leg of the club 5K winter series was held on Saturday last in The Demense, again a big turnout. Overall series winners as follows; Men: senior: Tim O'Connor Riocht, Sean O'Sullivan Riocht, John Barrett G/g, George Murphy FFMV, Robert Purcell Snr GG, Maurice Feehan Gg, Declan Murphy, Tim Long Riocht, Robert Purcell Jnr, Kevin McCarthy, O35: Michael Quirke, Kieran O'Donoghue, O40 Peter Ryan, Ger Tagney, O45 Seamus Murphy, John Guerin, O50; Jerome Foley FFMV, John Healy Kenmare, O55 Tim Horgan, Eamonn Grooves, O60 John Walshe East Cork, Kerry Constant Cork BHAA, O65 Patrick O'Shea Iveragh, O70 Jim Langan Tullamore, Ted Feehan GG, U14 Donal Daly GG, Donal Burke Millstreet, U16 Patrick Cronin Millstreet, U20 Andrew Purcell GG, Wheelchair; Ger Daly, Visually Impaired: Ross Gallagher GG.Ladies Senior; Siobhan Daly GG, Kerry Eagar SOTL, Mary O'Shea GG, Caroline Murphy GG, Ann Mangan SOTL, Mary McKenna Tralee Tri, Mary O'Connell GG, Caoimhe O'Leary Millstreet, Eimear O'Leary Millstreet, Aoife O'Connor Millstreet, O35: Mary Barrett Riocht, Muriel Cronin Millstreet, O40: Siobhan Falvey SOTL, Bridget Fitzgerald, O45: Bernie O'Mahoney FFMV, Mary Carey SOTL, U14 Shauna McCarthy FFMV, Marina Eagar SOTL, U16 Sarah Burke Millstreet, U12 Danielle O'Riordan GG, Delia Foley GG. Again thank you to all people who ran the series this year. Thank you to management and staff of The Old Monastery for the use of the premises for registration each

week and for the prize giving on the final day. Thank you to management and staff of Killarney National Park for accommodating us. Thank you to the people using Killarney National park for their understanding and patience while the race is in progress. Much appreciated is the help of our volunteers and stewards for their invaluable help in coordinating the event on a weekly basis.

COUNTY AWARDS: Kerry County Awards night is on next Saturday night in Killarney. Those club members receiving awards are as follows: Master Ladies: Brid Stack, Annette O'Brien & Shelia O'Donoghue, Master Men; Robert Purcell Snr, County League Ladies Team: Lauren Kennelly, Hannah O'Sullivan, Mairead O'Neill. Club Awards: Donal Daly and Jack O'Leary. Junior Award: Mathew Collins.

CRUSADERS BRIDGE CLUB

The following are recent results

3/2/16

1st John O'Shea and Eileen Crehan.
2nd Gerard Walshe and Carmel Daly.
3rd Neilus O'Regan and Eileen Twomey.

10/2/16

1st John O'Shea and Eileen Crehan.
2nd Phyllis O'Regan and Anne O'Shea.
3rd Pauline Lyne and Joan Linehan.

Our annual Torc Congress will be taking place in the Brehon from the 4th - 6th of March. The committee is busy making arrangements at the moment and are looking forward to a large attendance and support from all bridge players.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The fourth and final race of Gneeveguilla AC 5Km Winter Road Race Series took place in Killarney on Saturday 27th February 2016. Weather conditions were ideal. We had a good turnout from our club with, George McCarthy, Jerome

Foley, Shauna McCarthy, Bernie O'Mahoney, Eabha & Rhian McCarthy all doing very well. After the 4 races the following from the club took a prize. George McCarthy finished 4th overall, Jerome Foley won the O50 category, Shauna McCarthy won the U14's and Bernie O'Mahoney took the O45 first prize. A big thanks to Gneeveguilla AC for organising such a great winter 5K series.

CLUB TRAINING: Tuesday at 7pm indoors at Farranfore Sports Hall, Maria has her cardiorespiratory, strength, endurance and Flexibility Exercise Class. The programme is designed to improve all the components of fitness that constitute physical fitness of an individual. €5 per session.

JUNIOR / SENIOR TRAINING: Thursday at 6:40pm in GAA grounds Farranfore. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES: Saturday 5th March - County Annual Awards Banquet, Dromhall Hotel Killarney 8pm.

12th, 13th & 19th March - National Juvenile Indoor Championships, AIT Arena, Athlone

Saturday 19th March - Kerry Juvenile Indoor Development Games (U9 to U12), Milltown Community Hall, 11am.

Sunday 20th March - National Indoor Masters Championships, AIT Arena, Athlone.

MILLTOWN/LISTRY COMMUNITY GAMES



CATHAL O'DONOGHUE, MILLTOWN/LISTRY, WHO CAME FIRST IN THE UNDER 12 HANDWRITING COMPETITION IN LISTOWEL ON SATURDAY.

Well done to Cathal O'Donoghue who came 1st in the U12 Handwriting competition in Listowel last Saturday. This was a fantastic achievement and Cathal is now through to the all Ireland Final in August!

Well done also to Brendan Casey who came 4th in the U12 Art competition in Listowel.

Thanks to all the boys and girls who represented us proudly in Listowel and well done on your fantastic effort on the day. We hope you all enjoyed it. For a full list of our local winners in



our Art and Handwriting competitions please view our facebook page.

UP COMING EVENT: Our Local quiz for U14 Boys and Girls will be held in Nagle Rice Primary School, Milltown on Tuesday March 8th at 4.30pm.

Project closing date for entries is 23rd March. However, any children who are interested in competing in this event can please contact Paul Sexton to register interest before March 7th.

Our local Athletics Day will be held in Mid April, so time to start training!

KILLARNEY RFC NEWS UPDATE



DYLAN MCCARTHY HAS BEEN SELECTED TO THE MUNSTER UNDER 18S CLUBS SQUAD AND IS BEING SPONSORED BY PORTALIS. PICTURED ARE LEFT TO RIGHT: TOM CAMPBELL (KILLARNEY RFC), JOHN MCKEON - TECHNICAL DIRECTOR (PORTALIS), DYLAN MCCARTHY (KRFC U18's) AND DR. NIALL HOEY - CHIEF EXECUTIVE (PORTALIS)

KILLARNEY SENIORS V SCARRIFF: KRFC took on Scarriff away last Sunday, in the latest round of the Munster Junior League - Division 3. After the recent bad spell, which left the pitches unplayable, it was good to see action in Aghadoe again. A good match took place with Killarney running out the victors over the Clare side on a scoreline of 21 - 10. Brian O'Leary and Paul Moynihan each scored a try, while the remainder of the points came from the boot of Paudie Sheahan. A good win for the boys who take on Crosshaven, at home in Aghadoe next Saturday at 4pm. Let's get out and support the lads!

MINIS: Our Minis continue to train, with our KRFC Blitz due to take place on Saturday the 02nd of April next at Aghadoe. We will also be marching in the St. Patrick's Day. Details to follow over the next few weeks. Our U11/12's train at Knockreer each Saturday between 10:30am and 12 midday. Our U10's currently train at the AstroTurf pitch in Fossa between 10 - 11 am, and our U7/8 train at the AstroTurf in Fossa between 10:30am and 12 midday.

U18'S: The Castleisland/Killarney U18's Amalgamation team took on Clonmel last Saturday at Castleisland in the latest round of

the league, with the home side running out winners on a scoreline of 25 points to 12. Next stop is the Munster Plate Semi Final.

DYLAN MCCARTHY AND PORTALIS: KRFC Youth section would like to extend a huge thank you to Portalis Limited, Killarney, who are proud announce their sponsorship and support of local young man Dylan McCarthy, from Headford. Dylan has distinguished himself from many of his peers and club mates, by achieving selection to the Munster Under 18s clubs squad, only one of six players from West Munster. The Portalis Limited Team wishes Dylan all the very best as he embarks on this exciting chapter of his life. Dylan or as his friends call him 'Macca' plays, as a forward for his Under 18 club team which is an amalgamation of Killarney /Castleisland for the current season, who are now in the playoff stages of the Munster Under 18 Plate competition. As a relative newcomer to rugby (starting at age 12) Dylan is playing at No 2 (Hooker). For anybody who thinks that playing juvenile amateur rugby is an easy life, at the end of the current season, Dylan will along with the rest of the squad members spend a period of 8 weeks in an intensive training programme. Tom Campbell on behalf of Killarney Rugby Clubs youth section would like to express a sincere thanks to Dr. Niall Hoey, John McKeon and all at Portalis for their very generous sponsorship and states "we wish Dylan and his family all the best for the future. It is fantastic to witness true commitment by such a fine young player. Well done young man the world is your oyster".

KILLARNEY BADMINTON

Killarney div 5 ladies league lost 3-1 to Iveragh. Well done to Jessica and Elaina Galvin on their first Kerry doubles title in division in Castleisland last Sunday. Well done to Sinead Galvin and partner Mirim Rohan on being runners up in division 1 doubles last Friday. A great night of badminton for division 1 and 3 Kerry doubles championship in presentation hall Killarney and well to all from the club who baked and manned the coffee and tea on the night, proceeds went to club as a fundraiser. Division 2 and 4 doubles taking place tonight in Killarney leisure centre and good luck to all from the club representing their county on Sunday in the Brewster cup in Cork. Please support the Church gate collections at weekend, more help needed if anybody is available, contact Suzanne .

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

CHURCH GATE COLLECTION: Please support this weekend as this is one of our main fundraisers for the year. The money we raise goes towards insurance, equipment and sports

kits for the children so we really do appreciate everyone's support.

ART AND HANDWRITING EVENT: A group of our children attended this very popular event on Saturday in Listowel. Over 300 children took part in the County Finals and we were very fortunate to have two medal winners.

Shauna McCarthy won bronze for her area in the U10 handwriting and her cousin Oisín O'Leary won a gold medal in the U10 art competition. A fantastic achievement for them both. We wish Oisín all the very best as he now goes on to represent our area at the All Ireland finals in Athlone this August. We would also like to thank all the children and parents that travelled to support this event on Saturday.

ST. BRENDAN'S ROWING CLUB

FUNDRAISING: A reminder that a meeting has been scheduled to discuss fundraising for the club tonight, the 4th March at 8pm in the Parish Hall. We hope to see as many members as possible there supporting the club.

TRAINING: Training continued this week for crew members who are participating in Muckross Head of the River which will take place tomorrow the 5th March at the National Rowing Centre Cork. Best of luck to all crews racing.

NEW MEMBERS: New members are always welcome for both sliding and sixing so if you think rowing might be the sport for you why not come and give it a try.

CONTACT: For any other details please contact Teddy O'Brien on 064 66 33838 or email stbrendansrowingclub@gmail.com



CATRIONA MCKENNA WHO WON GOLD IN THE COUNTY ART U10 IN LISTOWEL LAST WEEKEND REPRESENTING FOSSA COMMUNITY GAMES.



MEK U12 BEARS WHO BEAT FENIT SAMPHIRES IN FOSSA LAST SATURDAY. PICTURED WITH THEIR TRAINERS PA MURPHY, LIAM HEALY AND LIAM MURPHY

MEK NEWS

MEK V FENIT SAMPHIRES - KERRY DISTRICT LEAGUE U12 (DIV. 3)

Our MEK U12's Bears team created history last Saturday, when they won their Kerry District League (Division 3) match against Fenit Samphires, at home in Fossa. This was the club's first ever league win and to add to the sense of history of the occasion, the win came exactly a year to the day after the first ever Academy training session took place!

In perfect playing conditions, our team were excited to be playing a home game, in Fossa. A wonderful flowing game of soccer ensued and it is very difficult to pick out a man or woman of the match as every single player really stepped up to the plate. They played a great defensive first half and the scoreline was 0-0 at halftime. Pa Murphy, head coach, believes Fenit Samphires were unlucky not to score, having hit the crossbar and felt that "whoever scored the first goal, would win this close knit match". MEK Goalkeeper Scott Carson had a great day between the sticks and made some good saves early on as the nerves settled. Conor Crowley, Matthew Hunt and Mason Courtney were the backs for MEK who put in a trojan effort against strong Fenit forwards, with Conor Crowley in particular standing out. In Midfield we had Bailey Carlton, Eddie Moroney, Leo Healy and Jamie O'Sullivan. Stephen O'Brien and Aideen O'Brien were the forwards.

The game looked like it would end in a scoreless draw, not for the lack of shots on goal by both sides. However, Bailey Carlton scored the first of two quick goals in the second half, with the Fenit defence clambouring to contain her. Eddie Moroney took advantage of a long kickout to score MEK's third and Leo Healy's goal, to win the game, was a fantastic solo effort. All in all, the whole team truly deserved this historic win and the smiles on the faces of the players, coaches and sizeable crowd said it all. Very well done to one and all. As Pa Murphy put it "Our defence was really solid and everyone worked really hard. I thought we deserved the win. Hopefully the first of many. What a great day for our little club".

ACADEMY: Our Academy are back training each Saturday at Fossa Astroturf. After training

indoors and using the brand new hall in Milltown, it is nice to be back out doors. We would like to sincerely thank Denis O'Mahony and all involved in the hall in Milltown. It is a fantastic facility and it was great to be able to use the hall when the weather deteriorated. The sheer volume of noise was a testament to how much fun the kids had there.

TRAINING: Continues next Saturday. The U6/7 train between 2:15 and 3pm. U8 train between 3-4pm, while U9/10 train between 4-5pm. For any queries contact Pa Murphy on 087-7943220 or Liam Murphy on 087-4145662

SCHOOLBOY/GIRL SOCCER

Clear winners on election weekend!

15'S NATIONAL CUP LAST 16:

Nenagh 1-1 Park AET.

Park win 4-3 on penalties.

GIRLS RESULTS:

12'S GIRLS CUP SEMI-FINALS:

Killarney Celtic 0-1 Inter Kenmare.

Listowel Celtic 8-0 Killarney Athletic.

FOUNDATION SPORTS 14 GIRLS

PREMIER: Listowel Celtic 3-2 Iveragh United.

BOY'S CUP RESULTS:

JOHN MURPHY 12'S CUP LAST 16:

Killarney Celtic C 8-2 Tralee Dynamos B.

Killarney Celtic B 1-6 Park B.

Listowel Celtic A 3-0 Camp Juniors.

Killarney Celtic A 2-0 Castleisland.

Tralee Dynamos A 1-0 Killorglin B.

JOHN JOE NAUGHTON 13'S CUP:

Killarney Celtic 6-0 Iveragh United.

TOM HAYES 14'S CUP LAST 16:

Ballyheigue 1-0 Park B, Ballyhar 7-0 Park C.

LEAGUE RESULTS: JK SPORTS 12'S:

Division 2: Killarney Athletic B 0-4 Listowel Celtic B

Division 3: MEK 4-0 Fenit

Dingle Bay Rovers 4-0 LB Rovers.

FOUNDATION SPORTS 14'S:

Premier: Listowel Celtic A 4-2 Tralee Dynamos.

Killarney Athletic 2-1 Killorglin.

Division 1: Inter Kenmare 4-2 Mastergeeha.

Iveragh United 7-2 Dingle Bay Rovers.

Division 2 Shield: St Bernards 0-2 Camp Juniors

TRALEE TROPHY WORLD 16'S:

PREMIER:

Tralee Dynamos 0-4 Listowel Celtic

Inter Kenmare 3-1 Castleisland

DIVISION 1: Camp Juniors 6-2 Asdee.

Killarney Athletic 7-1 Killorglin.

Killarney Celtic B 2-4 Park B.

INTER LEAGUE: 13's Clare 2-1 Kerry

14's Limerick District 0-2 Kerry.

REPORTS: PARK MARCH ON IN 15'S

NATIONAL CUP: The Park's great run in the National Cup continues as they are into the last 8 following a very hard fought away win against Nenagh. The Tralee side were 1-0 up at half time thanks to a JR Tishikato penalty. Nenagh equalised in the second half to send the game into extra time. There was no further scores so it went to spot kicks to decide. Here it was the Park's keeper Conor Hayes who became the hero saving three of Nenagh's penalties. Successful for the Park were Jordan Barry, JR Tishikato, James Rusk and Sean McGrath and this saw them progress to the ¼ finals. Next up is a trip to St Kevin's Boys for the Park.

JOHN MURPHY 12'S CUP LAST 16: 5

places in the Last 8 of the John Murphy 12's Cup have now been filled after the weekend's games. The Park B were the first game through as they beat Killarney Celtic B 6-1 under lights in Celtic Park. Luke O'Connell, Sean O'Connell, Mark Sheehan, Kieran O'Connor and Conor Kirby got the Park's goals.

Killarney Celtic C defeated Tralee Dynamos 8-2 but the game was much tighter than the score line suggests. Celtic were only 2-1 up at the break but dominated the second half. Calvin and Jack O'Sullivan, Robert Brooks, Cathal Kelly, Timothy McClain and Luke O'Neill were the Celtic scorers.

Listowel Celtic A knocked out Camp Juniors while Killarney Celtic A are also into the next round following a 2-0 win over Castleisland. Patrick Lyons and Darren Ryan got the Celtic goals. An Alex Hoare penalty was enough for Tralee Dynamos to progress past Killorglin B.

CELTIC THROUGH IN 13'S CUP: There was one game in the John Joe Naughton 13's Cup with Killarney Celtic going through against Iveragh United. Cian Doe, Cian McMahon, Ronan Coffey, Daniel Okute and William Shine got the Celtic goals.

MEK'S 12 MAKE CLUB HISTORY: Newcomers to the League MEK (Mid and East Kerry) were delighted to get their first win as a club when their u12's defeated Fenit 4-0. Bailey O'Sullivan 2, Eddie Moroney and Leo Healy are the goal scorers that will go into MEK's roll of honour.

Dingle Bay Rovers extended their lead at the top of the table to 6 points, but with 2 games more played than the chasers, following their 4-0 win over LB Rovers. Kieran Bambury, Cormac O'Conneide, Robbie Sheehy and James Hoare were the scorers.

KILLARNEY ATHLETIC UP TO 2ND IN

14 PREMIER: Killarney Athletic have moved into second place in the Foundation Sports 14 Premier, just 3 behind The Park, after a 2-1 win over Killorglin. Emmet Finnan and Eoghan O'Sullivan got their goals. 2 goals from Mikey Nolan and one each from Ted Moloney and

Cian Clancy saw Listowel Celtic take the points in a 4-2 win over Tralee Dynamos who replied through Sean Kennedy and Philip Evans. Listowel Celtic are now joint 3rd with Killarney Celtic.

LISTOWEL CELTIC WIN MID TABLE BATTLE IN 16 PREMIER:

Goals from Cristobel Montes, Devon McKenna and Darragh O'Donoghue saw Listowel Celtic move into third in the Tralee Trophy World 16 Premier after a 4-0 win over Tralee Dynamos. Inter Kenmare defeated Castleisland 3-1 following goals from Dan McCarthy 2 and an og.

KILLARNEY ATHLETIC GOT TOP OF 16'S

DIVISION 1: Killarney Athletic have moved 1 point ahead of Mastergeeha at the top of the 16's Division 1. They had goals from Fionnbarr Hickey, Jason Coffey, Keith Suter, Mark Fennell and Caomhain Boyne in their win over Killorglin. Park B are into 3rd after they were 4-2 winners away to Killarney Celtic B. David Oba did most of the damage netting 3 with his first inside the opening minutes of the game. Conor Higgins got the other goal. Camp Juniors win sees them move within a point of 3rd place. They were 6-2 winners over Asdee on the Mounthawk All Weather. Jack Farrell, James Ashe and Killian Falvey were the Camp scorers.

INTER LEAGUE: In the Inter Leagues Kerry went down 2-1 away to Clare in the 13's competition. The 14's continued their build-up to the Kennedy Cup with a 3 match friendly away to Limerick District. In the opening game Kerry were 2-0 winners with goals coming from Sean McGrath and Jack O'Connor. The second game ended 0-0 and Kerry went down 0-1 in the third game.

INTERNATIONAL SUCCESS CONTINUES

FOR KERRY PLAYERS: This is a very exciting time for Kerry players on the international stage. Shane McLoughlin has signed a new contract with Ipswich Town. Rian O'Sullivan (Rep of Ireland u17's) and Jesse Stafford Lacey (Irish Schools u18's) will pull on the green in the coming weeks. Now Savanna McCarthy, who is now playing professionally with Glasgow City, has been named on the Irish Senior Women's team for the Cyprus Cup. Ireland are in a Group with Austria, Italy and Hungary.

With the League of Ireland season about to start Kerry soccer fans will be keeping an eye on Gary O'Neill as he lines out with his UCD teammates. Gary has had a great week on the University front as he captained UCD to the Harding Cup in Galway where they defeated DCU 1-0. He followed this up with a win in the Collingwood Cup, the 43rd for the University. UCD enjoyed a 2-1 win over UL in the Mardyke in Cork.

To cap it all off Gary, who played in Kerry with Kingdom Boys and Tralee Dynamos and then went cross channel where he starred with Wolves amongst others, was named Player of the tournament.

KILLARNEY ATHLETIC NOTES

RESULTS: DENNY PREMIER A

KILLARNEY ATHLETIC 0-1 FENIT SAMPHIRES: Athletic will count themselves

unlucky not to have come away from Mounthawk park with at least a point last Saturday evening in a very tight and entertaining game with both teams playing lovely football. Both teams started brightly with Athletic having a goal harshly disallowed for offside just after the half hour mark. Fenit grabbed the only goal of the game in the second half to steal all three points. Despite the result this was a very positive performance by this much improving team.

U17: KILLARNEY ATHLETIC 3-2 ST

BRENDANS PARK: A hard fought 3 points for the team were gained after a sloppy opening 15 minutes left us 2-0 down with credit to Park who came straight out of the blocks to play, but the lads kept on playing their football and creating lots of chances with Patrick O'Leary and James Kelly getting on the ball to try to make something happen, eventually resulting in a great comeback with 2 goals from Luke O'Donoghue and 1 from Ryan Casey. The whole team showed great character in not giving up and they can be really proud of their performance overall.

FIXTURES: Saturday 5th March

DALY'S SUPERVALU U13 DIV.1

Killarney Athletic v Killarney Celtic B 10-30am.

KERRY CUP U15 ROUND OF 16

Killarney Athletic v Dynamos B 11am.

DOMINOS PIZZA U17 CUP 1ST ROUND

Killarney Athletic v Fenit Samphires 2-30pm.

Sunday March 6th

DENNY DIVISION 1A

St Brendans Park v Killarney Athletic B 11-30am.

300 CLUB: Draw results for January are:

€500 Ger and Audrey Kearney O'Reilly.

€100 each to the following: Johnny O'Connor, Shane Doona/Mark O'Shea, Jim Delaney, Sean Murphy & Paudi Healy.

RESULTS FEBRUARY DRAW ARE:

€500 Colm O'Donoghue, €100 each to Joe Joe Fleming, Erica McCarthy, Humphrey Lynch, Tara McCarthyNagle and Joan O'Connor.

300 club forms are still available for this years draw. Any membervor parent not yet signed up are asked to support the club and if possible a friend too. Forms can be got from any committee member.

CONTACT: If you have anything to add to the Killarney Athletic A.F.C Notes please Contact Alan Daly on 085-1913244 or aland15@live.ie.

KILLARNEY CELTIC NOTES

CELTIC PARK TO HOST U18 INTERNATIONAL

Celtic Park has been announced as the host venue for the U18 Centenary Shield Match between Ireland and Scotland on Thursday, April 14th. This is a great honour for the club and testament to the standard of our facilities and the hard work done by wonderful volunteers on previous occasions.

MANAGERS' MEETING

A meeting for ALL MANAGERS of Killarney Celtic will take place on March 5th.

The meeting will give managers a chance to network, to give reviews of their season to date, to get briefings on welfare, media and

club development.

Attendance compulsory.

RESULTS

Denny Premier: Killarney Celtic 4 Mastergeeha 1

Celtic kept up their great form, with Peter McCarthy netting twice and Stephen Hayes and Conall Murphy also hitting the target. Best wishes for a speedy recovery to Mastergeeha's Keith Flynn, who suffered an unfortunate injury early in the game.

U16 Div One: Killarney Celtic B 2 St. Brendans Park B 4

Celtic put in a massive effort in a great game of soccer, with Evan Lyne and Mark Donnelly scoring for us, but it wasn't enough against an excellent Park side.

U14 Kerry Cup: Strong win for U14s in Kerry Cup Celtic were simply awesome against a brave but outclassed Castleisland, very few teams could have withstood Celtic's massive workrate, pace, link-up play, and clinical efficiency. The goalscorers were Ryan O'Grady, Ruairi Doyle, Cian O'Leary, Neil O'Shea, Christian Casey, and James Darmody, but this was a day where the whole squad and management have to take a bow.

U12 Girls: Killarney Celtic 0 Inter Kenmare 1

A very young Celtic team gave it everything but a craftier Kenmare made the vital breakthrough.

U12 Premier: Killarney Celtic 2 Castleisland 0 Patrick Lyons and Darren Ryan got the vital goals. The whole team played superbly on the day, but Senan O'Leary was simply phenomenal.

U12 Kerry Cup: Killarney Celtic B 1 St. Brendans Park B 6

Celtic put up a great battle and did their jerseys proud, but Park deserve great credit for the quality of their play.

U12 Kerry Cup: Killarney Celtic C 8 Tralee Dynamos 2

A stunning display by our youngest competitive team. Celtic led by 2-1 at half-time and constantly improved as the game went on. Scorers were Calvin O'Sullivan (2), Jack O'Sullivan (2), Robert Brooks, Cathal Kelly, Timothy McClain, and Luke O'Neill.

Congratulations to U13 player Harry White on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES

U15 Premier: Killarney Celtic at home to Listowel Celtic, Staurday, tbc

U15 Div One: Killarney Celtic B at home to Mastergeeha, Saturday, 10.30am

U14 Girls: Killarney Celtic away to Iveragh, Saturday, 2.00pm

U13 Kerry Cup: Killarney Celtic away to Mastergeeha, Saturday, 10.30am

U13 Div One: Killarney Celtic B away to Killarney Athletic, Saturday, 10.30am

U11: Mastergeeha will host a non-competitive blitz this Saturday at 12 noon.

LOTTO

Numbers drawn 8, 13, 15, 20. No winner, one x match 3, John Lyne, Cleeney, €150. Next week's jackpot €3600, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.



PICTURED AT BEAUFORT GOLF CLUB FOR THE CAPTAINS DRIVE ON SUNDAY WERE CLUB MEMBERS WITH (FRONT L-R) NEWLY APPOINTED CAPTAIN SHANE O'SULLIVAN, HELEN CLIFFORD (CLUB HOUSE MANAGERESS), IRENE MCCARTHY (LADY CAPTAIN) & GEAROID KEATING (PRESIDENT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLORGLIN GOLF CLUB

LADIES RESULTS: VALENTINE SCRAMBLE:

LADY CAPTAIN ANNE KENNY FOLEY'S

VALENTINE 12 HOLE SCRAMBLE:

1. Paula O'Sullivan/Angela Enright/Carmel O'Connor 48.8. 2. Anne Kenny Foley, Lady Captain/Nessa Hanly/Susan Darby 52.1. 3. Maire Ní Loinsigh/Ann Walker/Maura Kennedy 53.2. Lady Captain Anne thanked all for taking part and congratulated all the winners.

FIXTURE: 12 Hole Stableford sponsored by Hannah Mary's XL Tullig can be played Saturday 5th, Sunday 6th or Tuesday 8th March. Play either day. Arrange own time and playing partners.

SILVER SWANS 12 HOLE STABLEFORD

23/2/2016: 1 Kitty Galvin (27/18) 27 pts. 2. Mary Conway (29/19) 23 pts. Entry Sheet for the Challenge and Minor AIB Inter Club matches are posted on Ladies Notice Board.

ROSS GOLF CLUB

GENTS CLUB: FIXTURES: On Sunday March 6th we will hold the Captains and Presidents Drive-in at noon. We will also hold a 10 hole mixed scramble with starts at 9.30 am and 12.30 pm. This will be sponsored by The Prize Bond Company. The entry sheet is now available in the clubhouse so please add your name to it before 3pm on Saturday as the draw for playing partners takes place then.

BEAUFORT GOLF CLUB

CAPTAINS' DRIVE-IN: Last Sunday saw the Drive-In for Captain Shane O'Sullivan, Lady Captain Irene McCarthy and President Gearoid Keating. The weather was glorious, a great day was had by all and thanks to all who participated.

RESULTS: 25th February: Thursday's Open Seniors, 1st Gerry Collins, joint 2nd Donal Carroll & Johnny Doolan. 28th February: Captain's Drive-In Scramble. 1st: Stephen Barry, Pat Quill and Joan O'Sullivan. The winner of the closest guess to the Men's Captain's drive of 240yds was Peter O'Brien.

FIXTURES: 3rd March: Thursday's Open Seniors. 5th/6th March: Cahillane's Spring League, Round 1 (Y/Stfd.). 1st and 2nd prizes each week. All 3 rounds to count for 1st/2nd/3rd overall.

QUIZ NIGHT: Our Defibrillator Fundraiser

Quiz last Friday night was an amazing success, all tables were filled, thanks to all who took part and to those that made donations. Many thanks also goes to the quiz master, our club pro, Mark Heinneman, and to Helen Clifford who supplied all the lovely hot and cold food. Congratulations to the winning team of Jerry O'Shea, Neily O'Sullivan and Padraig O'Sullivan and to Stella Loughnane on winning the raffle. Our Facebook page has all the photos from the night.

SYMPATHIES: Everyone at Beaufort GC would like to offer their condolences to the family of our 2011 Captain Micheál Quirke on the recent passing of his father Michael.

MEMBERSHIP: We are now accepting membership for 2016 and also for our very popular Points-For-Golf membership, call the club on 064-6644440 for more details.

GLENEAGLE PITCH & PUTT

It is with great regret that we mourn the loss of our Club Secretary Andrew O'Callaghan, a friend and very much respected member of our club Andrew who played pitch & putt for many year and helped in every way as a member of the committee. It was always a pleasure to meet and play pitch & putt with Andrew as he was a true gentleman in every sense of the word. He will be sadly missed from the Kerry senior monthly competition. Andrew bore his illness with a very positive attitude, a smile and good humour. We would like to thank Deerpark pitch & Putt club for turning out in great number for the guard of honour. The club would like to extend our deepest sympathy to his wife Brid, son John and his daughter Sarah. Ar dheis dae go raibh anam.

DEERPARK PITCH & PUTT NOTES

MEMBERSHIP: Deerpark membership is now due for renewal and is being collected from this week onwards. Rates for this season are adults €135, family €240, OAP and Juveniles €80. Registration for the PPUI which is now compulsory is included in those rates. Membership will be collected tomorrow Saturday and Sunday 5/6th March from 11am to 11-30am. If the aforementioned times are inconvenient or you require more information please ring Sean Kelly at 086-0508686 or Colm O'Dowd at 087-7673742. We would encourage

all members or intending members to register as early as possible to avoid the disappointment of not being registered to participate in a specific competition. Please note that it only takes one week to be registered.

SPORTS PREDICTOR: Our very popular Sports Predictor will commence this year with the US Masters. This means that the closing date will be April 6th. Tickets will be on sale from this weekend from or by contacting a committee member. Tickets sell fast for this fundraiser so make sure to book your place by purchasing your ticket early.

JOHNNY KELLY MEMORIAL: The annual Johnny Kelly Memorial has been scheduled for March 13th. The format is a 36 Hole 3-Ball - Scramble commencing at 9-30am. As this competition commemorates the late Johnny Kelly a prominent Deerpark and GlenEagle member a good turnout of all members is expected.

CONGRATS TO GER O'CONNOR: A special word of congratulations is extended to Ger O'Connor who was elected as Technical Officer of the PPUI at it's convention at the weekend, Ger has been a trojan worker for Deerpark in the area of grounds maintenance over many years.

ST BRENDANS COLLEGE: Congratulations to Craig Courtney, Mark Harnett and Finbarr Murphy who were members of the St Brendans College team which won the Munster Colleges final in Mallow on Saturday.

BOB CASEY: The annual Bob Casey Memorial will be played on a later date this season.

CASTLEROSSE GOLF CLUB,

RESULTS: COMPETITION PLAYED ON SUNDAY 28TH FEBRUARY 2016 12 HOLE STABLEFORD. Winner; Gintaras Bendaravicius (20) 29 pts, Runner-up, Michael Leahy (19) 27 pts, Overall 3rd place, John Purcell (28) 27 pts.

FIXTURES: Weekend competition, Captains (Steve Dennehy & Mary O'Reilly) drive-in on Sunday 6th March at 10am. Membership now available for 2016 contact Castlerosse 064 6631144 for details.

ROSS LADIES GOLF CLUB

Drive In Sunday 6th March 12pm, 3 person mixed scramble shot gun start at 9.30am & 12.30pm. Time sheet available on men's board. (Names to be in by 12pm Saturday 5th, draw at 1pm). Presentation of Drive In & any outstanding prizes from 2015 to take place at 3pm. Hope to see you all there.

MARK HEINEMANN LADIES BEGINNERS LESSONS: Starting Thursday 31st March 6.30pm - 7.30pm for four weeks, for more details contact Lady Captain Lisa.

KILLARNEY GOLF CLUB

LADIES: RESULTS OF COMPETITION: SUNDAY 28TH FEBRUARY 2016. Team of 2. Mahony's Point. 1st: Susan Tong (16) Julie Leonard (23) 48pts. 2nd Ann Stuart (19) Nancy Fleming (24) 44 pts. Next Sunday's competition will take place on Mahony's Point sponsored by Safeguard Securities, Singles S/ford.

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SELLING A USED CAR

Getting your car ready for sale is essential if you want to sell it quickly and get the best price.

Unless you're selling something very rare or unusual, it's likely that you'll be competing for buyers' attention against many similar cars - presentation, mechanical condition and service history can all make the difference between an easy sale and long drawn out affair with you having to drop the asking price every week. Before you advertise the car.

- Clean it inside and out and make sure that it's generally tidy

- Repair any minor paintwork damage or simple mechanical faults.

- Get a new NCT if there's less than three months on the current one. Consider a new NCT anyway as this says a lot about the car's basic condition.

- Remember that if your vehicle has a serious defect and is unroadworthy, you could be breaking the law by selling it, if you haven't described it accurately.

- Consider a full, professional valet service - it'll save you time and can really make a difference. Now you're ready to market your car, so here are some tips for a stress-free sale.

TIPS FOR A SMOOTH CAR SALE

- **PRICE:** price your car realistically - particularly if you want a quick sale. Check the prices of similar cars in popular classified ad magazines or online

- **FINANCE:** you can't sell a car with outstanding finance this includes outstanding hire-purchase or conditional sale agreements if you do want to sell, get the finance company's permission or settle the finance first.

- **CLAIMS:** don't make false or reckless claims take care how you word your advert - lines like 'first to see will buy' won't convince anyone

- **FACTS:** describe the car as accurately as possible in adverts, stick to facts that will interest potential buyers make sure you quote the year/number plate, how many months are left on the MOT and where in the country you're located.

Be aware that thieves may contact you pretending to be potential buyers. If you give them details of the car like the VIN number over the phone, or share personal details they could use the information to create a cloned advert. Genuine buyers will be happy to come and view the vehicle and check vehicle details for

themselves.

- **CONDITION:** state the car's condition clearly in adverts and on the receipt if it's being sold for spares only, or requires substantial repairs, say so include this information on the receipt once you've agreed to sell.

- **DOCUMENTS:** Have all documents and history to hand including MOT certificates and service records. Don't let buyers make copies or take photos of vehicle documents. Keep receipts for any work carried out while you've owned the car a fully-stamped dealer service record adds value if you've got one.

Don't forget to hand over all relevant documents when you sell.

- **TEST DRIVE:** Take the buyer's contact details when arranging for them to come and view/test drive the car - name, address and land line phone number. A genuine buyer will be happy to do so and will understand if you call back to confirm arrangements and check the number given. Ask the buyer to bring and show you their driving licence if they're expecting to test drive the car. Insist that the buyer comes to see the car at your home address - a genuine buyer will be happy to do so.

Check that the buyer is insured to test drive the car. Your own insurance may cover you. See our test drive tips for more advice on insurance cover.

Don't be a victim of car theft. Always accompany prospective buyers on a test drive if you change seats part way through, take the keys with you and hand them over when you get back in the car. There's safety and confidence in numbers - ask a friend or relative to accompany you while the buyer is viewing the car and on the test drive.

- **HAGGLE ROOM:** Build in a margin for haggling - the buyer will have the satisfaction of negotiating you down while you still get close to the amount you want.

- **RECEIPT:** Provide a 'sold as seen, tried and approved without guarantee' receipt print off and use our buyer's/seller's contract bear in mind that providing a 'sold as seen' receipt doesn't affect the buyer's legal rights - the car must match any description you give in writing or verbally in the course of the sale.

You cannot use a 'sold as seen' receipt to cover the possibility that the car may be unroadworthy in some respect either. The law

is clear - it illegal to sell a car in an unroadworthy condition.

- **GET PAID:** Beware of emails from abroad offering to buy your vehicle without seeing it, and offering to make overpayments. Also beware of bogus ESCROW or shipping companies recommended by the buyer.

Don't let anyone drive your car away until you're satisfied that you've been paid in full.

Cash - consider arranging to be handed the cash at your bank - or an online bank transfer are the safest way of getting paid.

Bank transfers are quicker these days thanks to the 'Faster Payments' system. Customers can make payments over the phone or through online banking all day, every day an immediate bank transfer can be made using the CHAPS system (a fee is payable). CHAPS payments are irrevocable

ESCROW, where money is held by a third party on behalf of transacting parties is a safe way of receiving payment for a vehicle but you will need to make sure that the company is legitimate. You can check using the FSA register of payment services firms authorised in the UK if you are given a personal or building society cheque, wait for it to clear in your bank before you hand the car over.

Remember that banker's drafts can be forged - if you accept payment by this method it's important to wait until you're sure the funds have been cleared into your account before handing over the keys.

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152 520d SE, Auto, Oyster Leather, Ambient Lighting, Nav	Grey	5Km	€47950	132 316d SE, Auto, Black Leather, Sports S/W	Grey	36Km	€29950
152 518d SE, Auto, Oyster Leather, Xenons, Sat Nav	Black	10Km	€42950	132 316d SE, Beige Leather, Sports S/W	Black	16Km	€29950
152 320d Sport Touring, Auto, Oyster Leather, Sports S/W	Blue	8Km	€44950	131 520d SE, Auto, Oyster Leather, Sports S/W	Black	91Km	€33950
152 216d SE, 7 Seater, Sat Nav, Chrome Line Exterior	Black	4Km	€33950	131 320d Sport Touring, Black Leather, Sports S/W, Sports Seats	Grey	102Km	€29950
151 218d Sport Gran Tourer, 7 Seater, Sat Nav, Black Leather	Silver	6Km	€39950	131 316d SE, Black Leather, Sports S/W	Silver	70Km	€27950
151 316d SE, Auto, Oyster Leather, Sat Nav	Grey	16Km	€36950	2012 520d SE, Auto, Oyster Leather, Auto, Sports S/W	Grey	114Km	€29950
141 520d Luxury Saloon, Auto, Connected Drive, Oyster Leather	Grey	82Km	€42950	2012 520d M Sport, Auto, Black Leather, Navigation, M Rear Spoiler	Grey	102Km	€33950
141 520d GT M Sport, Auto, 20" Alloys, High Spec	Individual	70Km	€54950	2011 316d Edition, Oyster Leather, Rear Parking Sensors	Blue	117Km	€21950
141 520d SE, Beige Leather, Navigation, Bluetooth	Silver	49Km	€37950	2010 520d SE, Oyster Leather, Sports SW, Parking Sensors	Grey	91Km	€20950
141 520d Luxury Touring, Auto, Connected Drive, Oyster Leather	Jatoba	56Km	€45950				
141 518d SE, Auto, Oyster Leather, Xenons, Sat Nav	Grey	22Km	€38950				
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Kerry ETB Training Centre



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

New Course - Hospitality Operations Traineeship (TRS7116) - Killarney.

The traineeship is the ideal starting point for anyone thinking about a career in the hospitality sector. It offers a rich learning experience by integrating classroom based theory and practice with work based learning. Participants will receive a thorough grounding in the areas of accommodation techniques, food preparation, reception and front office duties, and restaurant skills. It's for people who wish to progress directly to employment and for those contemplating on taking a higher level hospitality course. **Start Date:** To be decided. **Duration:** 30 weeks. **Certification:** QQI Level 5 Major Award in Hospitality Operation.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Tralee & Killarney.

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Dates:** 14th March 2016 in Tralee and 14th November 2016 in Killarney. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

ECDL (ETK79) - Tralee.

This course offers participants the opportunity to develop the range and standard of computer and IT skills needed to work in an office environment. The modules include: Induction, Keyboard Skills, Computer Essentials, Online Essentials, Wordprocessing, Spreadsheets, Databases, Presentation Software, Career Planning & Job Seeking Skills, In-company Training. **Start Dates:** 29th February & 16th May 2016. **Duration:** 18 weeks. **Certification:** ECDL Award and Level 1 Cert in Office Procedures & Typewriting.

Manual & Computerised Payroll and Bookkeeping (ET025) - Tralee & Killarney.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Dates:** 4th April 2016 in Killarney & 4th July 2016 in Tralee. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Traditional Stone Wall Construction (RT4R8) - Tralee.

This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date:** 4th April 2016. **Duration:** 24 weeks. **Certification:** FETAC Special Purpose Level 5 Award in Traditional Stone Wall Construction.

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

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 18th April 2016. **Duration:** 19 weeks. **Certification:** Microsoft Technology Associate Certification.

Legal Administration Traineeship (ETS07) - Tralee.

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:** 25th April 2016. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

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:** 25th April 2016. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

Food Preparation and Cooking Course (ET20D) - Tralee & Dingle.

This course is for people who wish to pursue careers in professional cookery. It covers the practical skills and underpinning knowledge of safety at work and food safety, menu planning, costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Dates:** 23rd May 2016 in Tralee and 17th October 2016 in Dingle. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

Wind Turbine Maintenance Technician Course (TR36R) - Tralee.

This course is designed to provide participants with the technical knowledge and skills to service and maintain large scale commercial wind turbines. Applicants must hold a National Craft Certificate or equivalent qualification in the electrical or mechanical trade and have a number of years post apprenticeship experience. **Start Date:** 30th May 2016. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of related H&S certs.

Visit Our New Walk-In Information Service Every Tuesday and Wednesday At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.

(Opposite Tralee Bus and Train Stations).

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,

www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



Citizens Information

Know Your Rights: TREATMENT ABROAD SCHEME

QUESTION

I know that medical treatments available in Ireland can be accessed in other EU countries instead. What if I need a treatment that isn't available in Ireland?

ANSWER

If you are entitled to public health services that are available in Ireland, it is possible to access these services in the European Economic Area (EEA) and be repaid the cost under the Cross-Border Healthcare Directive.

If you are a public healthcare patient and need treatment that is not available to you in Ireland, you may be able to use the Treatment Abroad Scheme to get the treatment in another country in the EEA or Switzerland. The Scheme may provide help with travel costs for the patient and a travelling companion, where appropriate.

You must be referred for treatment abroad by an Irish-based consultant who is treating you as a public patient. You cannot refer yourself or be referred by a GP.

You, and your referring consultant, must complete an application form and include a copy of your referral letter. Your application must be approved by the Health Service Executive (HSE) before you travel or start treatment abroad. You will get a decision on your application by letter, usually within 15 to 20 working days. If your application is not approved, you will be told the reasons and given information on how to appeal the decision.

If your application is approved, the HSE will issue a form called S2 (also known as E112). This authorises treatment abroad so that you do not have to make any payment to the healthcare provider. The treatment you have abroad must be in public healthcare under a registered medical practitioner in a recognised hospital or other institution that accepts the form S2. If you don't have the S2 at your appointment, you may be charged and not be refunded. Any treatments or consultations that are not pre-approved will not be covered.

For an application form, contact the Treatment Abroad Scheme Office. You can get the contact details for your area by calling the HSE Infoline on Callsave 1850 24 1850 or online at hse.ie/treatmentabroad.

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.

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

TALK ON SUICIDE: Joan Freeman of Pieta House, internationally known for her work in Suicide Awareness, will give a talk on that topic on Monday, March 7th in Boherbue Hall at 7.45pm. All welcome.

TABLE QUIZ: Rathmore Ravens Basketball Club are holding a Table Quiz in Cahills Bar on Friday March 4th at 9pm. Table of 4 €40. Raffle on the night. All welcome.

DAFFODIL DAY: Irish Cancer Society - Coffee Morning and Cake Sale in St. Joseph's Day Care Centre, Rathmore. 9 a.m. to 12.30 p.m. on Friday 11th March, 2016. Anyone willing to do baking, donate cakes, donate daffodils, help in any way would be greatly appreciated. Please contact 064 7758588

ELECTION 2016: Congratulations to Michael Healy Rae (Independent), Danny Healy Rae (Independent) Brendan Griffin (Fine Gael), Martin Ferris (Sinn Féin) and John Brassil (Fianna

Fail) after the 2016 general election count for the Kerry constituency in they election to 32thDail in Kerry last weekend

SYMPATHY: Rathmore GAA Club extends our prayers and sympathy to our Juvenile Chairman Tim O'Brien & family on the death of his mother Bridie O'Brien, Shinnagh whose funeral took place recently. May she rest in peace.

SYMPATHY: To the family, relatives and friends of Jerry Gleeson, Mountrodger, Gneeveguilla, whose deaths was last weekend may he rest in peace.

REGISTRATION: Rathmore GAA Club registration for the coming season will take place in Rathbeg on Friday 4th March at 8pm. Rathmore Astro Turf contact Noreen Lawlor 087-1144100.

7pm in Astro Turf. Open to all players from Rathmore, Gneeveguilla, & Glenflesk. U-8's Hurling will start back on Wednesday 9th March in the Astro Turf all welcome.

MILLSTREET MONUMENT COMMITTEE: Millstreet Monument Committee presents Order, Counter-order, Disorder' The Cork story of 1916 by Gerry White Author and Military Historian Also The Committee will Launch their book Ready, Willing, Waiting 'The Millstreet

story of 1916 on Wednesday 9th March 2016 at 8pm at Wallis Arms Millstreet All welcome.

DARTS EXHIBITION: A Fundraising night for Rathmore Ladies GAA will be held in the Bridge Bar on the 19th of March at 8pm. Special Guest Andy (The Hammer) Hamilton will be there on the night as well as an auction and a raffle. Please support our girls. All welcome!

Contact Emma 0879004101

ANNUAL 45 CARD DRIVE: Rathmore Community Centre Annual 45 Card Drive-Continue every Wednesday night of lent 9pm. All welcome.

**GNEEVEGUILLA BASKETBALL CLUB:
BOYS UNDER 18 DIVISION 2**

GNEEVEGUILLA 39 CAHERSIVEEN 77

This was the final meeting of these two teams for this season. Cahersiveen were in control in the first half leading 40 - 14 at half time. Despite Liam Murphy and Alan O'Sullivan contributing to the scoring and good defence from Donncha O'Shea and Michael Fleming in the second half, Gneeveguilla failed to reduce the gap.

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

FOSSA NOTES

GAA: LOTTO: Numbers drawn were 6, 15, 24, 26. There was no jackpot winner. Next weeks jackpot will be €5,850.

SENIORS: The seniorteam had a comprehensive win over Furies in the East Kerry Superleague on Sunday, their next outing is away to Cordal on Sunday 6th march at 12 noon.

MINORS: Our minor team are due to play St Michaels/Foilmore in Fossa on Saturday 5th March at 4pm in Round 2 of the County League.

CONGRATULATIONS: A massive congrats to David Clifford who produced a scintillating display at centre forward for The Sem on Saturday when they beat Clonmel CBS in the Munster Collages' Corn Ui Mhuire final in Mallow. David helped himself to 1-5 in an emphatic 5-21 to 0-07 win, The Sem gave a brilliant display of attacking football and this will surely give the Kerry minor selectors plenty of food for thought when they are picking a team for the upcoming championship.

Also congrats to three Fossa Girls, Anna O'Reilly, Grace Cahillane and Ciara Griffin who helped ISK Killorglin to a comprehensive win over Castleblaney in the All-Ireland PP Junior B semi-final on Saturday, hopefully they can add

an All-Ireland medal to their collection as well.

MEMBERSHIP: Club Membership is now due and the rates for 2016 are as follows, family membership, which includes both parents and all their children up to minor age, stays at €60.00, adult remains at €30.00, while youth/student is €15.00. Anyone who wishes to pay can contact Registrar, Gene Moriarty or any club officer.

FOSSA/TWO MILE COMHALTAS: Come along to a music session for young musicians in the Travel Inn Fossa on Saturday 12th March 5 - 6.30pm. This is very much a fun session where the emphasis is on playing music for enjoyment. All ages and abilities welcome.

SULT NA NÓG: Congratulations to all those who took part in Sult Na nÓg dancing which was held in Fossa Community Centre on Sunday last.

SENIOR SCÓR: Fossa Gaa would like to wish our Léiriú team of Jackie Quirke, Frances Healy, Mike Griffin, Eileen Lucey, Gene Moriarty, Mike Sheehan and Theresa Kissane the very best of luck in the Munster Final of Senior Scór. Éire Óg club in Ovens will host the Munster Final on

Saturday 5th March commencing at 6pm.

JUNIOR SET DANCING: Set dancing classes continue on Friday evenings in Fossa Community Centre, beginners 6.15 - 7pm, advanced from 7 - 8 pm, further details Norita 087 742 4468.

Senior Set Dancing continues on Tuesday nights 9 - 10.30 in Fossa Community Centre, all welcome further details Catherine 087 679 9330.

GOLF SOCIETY: Old Killarney Inn Golf Society membership now available. New members welcome. 1st outing to Kenmare Saturday 9th April. To join please text 087 9491116 for details."

SYMPATHY: Sympathy is extended to Micheal Quirke and family of Curragh on the death of his father, Michael, of Slieve Mish, Lewis Rd, Killarney. May he rest in peace.

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

LISTRY NOTES

SYMPATHY.

Votes of sympathy at recent meeting of Listry community council members a vote of sympathy was passed to bereaved families, relatives and friends of following people who died recently, Gerard Flynn formerly of Ardcanagh & Gurrane, Furies. Isabella Doona of Upper Dunloe, Beaufort. Mary O'Driscoll (ne Lyne) of Valentia. Mike Quinn of Lissivane East. Brendan

Counihan of Corpus Christi Terrace, Milltown. May their souls rest in peace.

LISTRY SOCIAL COMMITTEE:

We wish to Thank all those who attended the Social Day in Listry Community Centre on Tues. February 23rd and celebrate 6 year birthday for the Seniors of the Milltown / Listry Parish. Thank Julie for coming showing how to make butter, everyone enjoyed it very much. And

thanks to all the help out on the day.

MILLTOWN LISTRY COMHALTAS

Congratulations to Saibh O'Brien, Katie Howe, Aoibhe Horan and Cora Lee Howe on their success on Saturday last at the County C.C.E. Sult competition, winning 8 medals in solo, duet and trio competitions with concertina, tin whistle, flute and harp.

KILCUMMIN NEWS

KILCUMMIN COMHALTAS

1916 COMMEMORATION: A date for your diaries is Sunday April 3rd when we will hold our 1916 commemoration event in Kilcummin Recreational Hall. A great night is in store which will involve an enactment by our younger members and our Easter Raffle. All welcome.

TIME FOR A NEW CHALLENGE: Are you interested in becoming a Facilitator with ACCORD Catholic Marriage care Service, Ireland's leading provider of marriage preparation courses? Would you like to share your positive married experience with engaged couples preparing for their married life together? Information Night-April 5th 2016. Contact Killarney Accord 064-6632644/085 8729613 email accordkillarney@eircom.net

BEREAVEMENT SUPPORT SERVICES: Anam Cara Parent Bereavement support offers support to bereaved parents and siblings - Contact 085 288 8888 Meala Bereavement Support Groups are open to people who have experienced the death of a loved one, family member, friend or neighbour. Contact 066 7180190.

CHILD & YOUTH SUPPORT SERVICES: Jigsaw Kerry (12-25 year olds) provides free, confidential and one-to-one support, guidance and advice for young people who are presenting with mild to moderate mental health issues - Contact 066 7186785. Rainbows Ireland supports children and young people experiencing loss as a result of bereavement - Contact 066 7125932.

SUICIDE SUPPORTS: Console offers suicide bereavement counselling and support for individuals, children, adolescents and families who have experienced the loss of a family member, friend or colleague by suicide - Contact: 066 71 29700; 1800 247 247 (national helpline for anyone in crisis, concerned or bereaved); text HELP to 51444 Pieta House provides a free, therapeutic approach to people

who are in suicidal distress and those who engage in self-harm - Contact 066 71 63660 Samaritans helpline 24/7 provides emotional support for people Contact 116 123

KILCUMMIN GAA:

FÉILE 2016: In keeping with the spirit of Féile 2016 and the participation of our under 14 team in the national event, Kilcummin Juvenile GAA Club are looking to host families to accommodate our visiting club on Friday 24th, Saturday 25th June. Families would be hosting 2 players. Club members interested might please contact 087-9181973 for further information.

HURLING: St Pats Hurling - Indoor Hurling on Thursdays for all ages to U14. Killarney Community College (5.30 to 6.30pm). All welcome €2.

KILCUMMIN RAMBLING HOUSE: Will be open on Friday 4th March. All patrons are requested to be seated at 8.30pm. The Rambling House continues to feature its highly popular 1916 Commemorations series of talks with Conor Doolan. As always there will be storytelling, song ceol, tae agus braic. Fáilte isteach.

SCÓR NA BPÁISTÍ: 11ú Márta 2016

Scór na bPáistí will take place on the 11th March at Killarney Racecourse. Kilcummin will be represented in Figure Dancing, Set Dancing, Solo Singing, Ballad and Music. A big thank you to all our mentors who have assisted the children in preparation and the best of luck to all of those who will be representing Kilcummin on the day.

CONGRATULATIONS: To Sean O'Leary Mastergeeha who won a Corn Ui Mhuiri medal with St. Brendans on Saturday last.

PINK NIGHT: Last Saturday night the GAA Ladies committee hosted a "Pink Night" in the Klub bar. This was an overwhelming success due to the hard work of the ladies committee, the sponsors and the general public who supported this very worthwhile cancer charity.

Photos can be viewed on Facebook and Kilcummingaa.com

GOLF CLASSIC: Kilcummin GAA Club are holding a Golf Classic on April 30th. The venue is Killarney Golf Club. Teams of 3 for €150. Further information in the coming weeks but teams need to be organised and sponsorship secured as a great event is anticipated.

SENIOR FOOTBALL: Kilcummin play Kenmare on Sunday at 12 midday in Kilcummin.

GAA LOTTO: Congratulations to John Falvey, Tralee Road on winning the Kilcummin GAA Lotto of €4000. Numbers drawn were 7,9,12,16. Jackpot now €2,500.

MASTERGEEHA FC LOTTO: There was no winner on Friday 26th February 2016. Numbers drawn were 9,10,14,17. Jackpot now €4,950.

MASTERGEEHA FC: U14:

KENMARE 4 MASTERGEEHA 2: A disappointing result for the lads who were ahead twice in the match but failed to push on and secure a much needed victory. They took the lead on 15 mins after good team play from Adam O'Connor and Philip O'Leary set up Darren Lehane to slot home. The home side drew level on the stroke of half time but Geeha went ahead early in the 2nd half when Darragh Cashman flicked home O'Leary's corner. The lads tried to push for another goal to secure the win but Kenmare created the better chances as the 2nd half progressed and scored 3 more goals to take the points.

PREM A:

KILLARNEY CELTIC 4 MASTERGEEHA 1. In this local derby it was the home side that started better to lead two nil at the break. However in the second half Mastergeeha pushed forward and got a goal back when Derry Ahern finished off a good move. After this Mastergeeha created some good chances with Chris Egan hitting the crossbar, Scott O'Mahoney going close. However in the final quarter the home side finished the stronger with two goals.

GLENFLESK NEWS

GLENFLESK MINORS: Sponsored by the Jarveys Rest (www.jarveys.ie). Our minors are at home to St Marys/Renard this Saturday March 5th at 4.00pm in the Co league.

BARRADUFF CARDIAC RESPONSE UNIT:

Barraduff cardiac response unit are a team of locally trained volunteers who will link in with the national ambulance service and assist when needed, our volunteers will attend urgent and life threatening calls cardiac arrest, chest pain, strokes heart attack and choking. We will cover a 6km radius and are looking for more volunteers to join this worthy cause and help

make our community a safer place. We have received donations but we need more in order to buy the equipment needed for "Barraduff cardiac response unit" to go live, any donations would be appreciated. Please contact Patricia Murphy scheme coordinator Mobile: 087 6831247 Email: barraduffresponders@gmail.com

GLENFLESK RAMBLING HOUSE: The rambling house will take place in St Agathas hall Glenflesk on Easter Sunday the 27th of March. All proceeds will go to Killarney water rescue. Phone Neilly 0879831655 or Derry

0872707899 for more info.

RAHEEN NS: Raheen Parents Association will host its next Bingo Night on Saturday the 9th of April.

Congratulations to Siobhan & Denis Lovett who had the winning lotto no.31 on Saturday the 27th of February.

SYMPATHY: Sympathy is extended to the family of Maura Healy Foiladown who passed away recently. Ar dheis Dé go raibh a hanam.

CONTACT: We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or pro.glenflesk.kerry@gaa.ie.

MILLTOWN NOTES

PUBLIC MEETING: Please note that a Public Meeting is to be held regarding an action plan for Milltown for the future. This meeting is to be held in Nagle Rice Community Centre and Sports Complex next Monday 7th March at 7.30 pm. All members of the community are being

requested to attend. Please come along and have a say on the future direction of Milltown.

JOKER 3: Joker 3 Fundraiser*Joker 3' weekly draw in aid of Nagle-Rice CC Milltown was held in Karl J's last Sunday and jackpot of €7000 was not won. Caoimhe Griffin won €100 with B.b.

O'Sullivan and Denis O'Mahony winning €25 each. Down to 27 cards next Sunday March 6th with jackpot increasing to €7200 and draw in The Plough Bar. Thank you for your continued support.



PERSONAL BARRIERS TO SUCCESS



Frequently we sabotage ourselves by feeling that we don't deserve success or happiness. Fear of failure can prevent us from moving towards a desired goal. However, this is often to do with our sense of not being enough – more than loss of money or time or reputation. If you have a fear of failure you may be

holding some negative belief about yourself which is repressing you. To understand what your barrier may be, fill in the following blank for yourself: "If I try and don't succeed, everyone will know I'm"

Another helpful way to identify our blocks to success is to write down, without censoring, the specific thoughts and feelings you have that hold you back. This will help you to identify child-like or vulnerable feelings that may be unconsciously controlling your behaviour. In the same way that a parent might reassure (and not ridicule) a scared child, learn to parent yourself – and assure the vulnerable part of you that you'll take charge and that you have their back.

Perfectionism can hinder our success, leading us to focus more on avoiding failure than accomplishing our goals. Begin to see mistakes as opportunities for learning and not reasons to beat yourself up about something. If you don't get the result you wanted, this doesn't make you a failure. Look at the event as a learning experience and ask what you can take from the situation. Assess if it could have been prevented and ask what you can do differently next time. It is also vital that we not take things too personally and separate what we do from our overall sense of identity. Shifting our focus in this way can be difficult – and is a practice that we can perfect over time.

Self-limiting thoughts or beliefs can be particularly damaging as they limit the possibilities for change and success. If you find yourself thinking a limiting thought – turn it into a question. Rather than thinking "I can't do this – it's impossible", ask "How can I do this?" or "How is this possible?". Simply changing the statement to a question opens us up to finding new possibilities and sounds more hopeful. Getting to where you want to be takes many small steps. It is important to begin by firmly establishing in your mind what you want to achieve. Write this down and believe with certainty that it can be accomplished. It can also help to visualise yourself attaining this goal. Continue to take meaningful steps towards your destination until you have reached your goal.

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

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COMPANIES ACT 2014 – DIRECTORS LOANS

The Companies Act 2014 made some key changes to director's loans. One such, is that the Act provides that loans between a company and a director or other connected person must be fully documented.

Loans Made By The Company To The Director

Any loan that a company makes to a director or connected person must be fully documented in writing. If not, it will be presumed that the loan is repayable on demand and that an "appropriate rate" of interest applies. The consequence of these rules is that in the event of civil proceedings against the company, if the director's loan is not properly documented then the director could be liable for immediate repayment of the debt plus interest.

Loans Made By The Director To The Company

New rules were introduced where a director makes a loan to the company. If the documentation does not specify otherwise then the default presumption is that the loan is interest free and unsecured. Again if there is an ambiguity in the terms then the default presumptions apply.

The consequence of these rules is that in the event of civil proceedings against the company:

- If there is no documentation then the director may lose his loan, just as he might lose his investment in the share capital of the company; or
- If there is documentation in place, but it is inadequate, then the director will get no interest on his loan and the principal only is repaid after other creditors are paid.

Conclusion

In view of the potential consequences it is important to properly document any loans that are made between a company and its directors.

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ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



Mother's Day Murder

In a huge week of Eastenders, it has been strongly rumoured that one resident of Albert Square will be checking out permanently. Claudette Hubbard will discover that Gavin Sullivan is blackmailing and will take some deadly action in protecting her secret, Vincent Hubbard learns a dark secret about his family history and Denise Fox will be rocked by the news that serial killer ex-husband Lucas Johnson is planning to escape from prison.

Mon: Claudette goes to extreme lengths to solve her problems.

Tues: As shocking truths come to light, all hell breaks loose for Denise, Claudette and Vincent as they face some huge drama.

Thurs: Mother's Day takes a very sinister turn as events spiral out of control.

Fri: The dramatic fallout following the events of Mother's Day unfold.

SOAP SNIPPETS

- Charity Dingle returns to the Dales this week and she's got her sights firmly set on Cain Dingle.
- It's the 100th episode of Red Rock as baby Luke's christening brings the Kiely's and Hennessey's together.
- Charlie Kelly suffers chest pains in Fair City following the trauma of the recent rave at his home.

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FAMILY TREE NIGHT

If you are interested in tracing your ancestors then the River Island Hotel, Castleisland is the place for you on this Friday, March 4th.

Leave something of yourself for future generations to appreciate your life and times, and record your family history so your ancestors will not be forgotten! If you have already commenced work on your Family Tree please bring it along and you will get help with further research. Admission is free and the information night begins at 7.30pm.

WILD MUSHROOMS CAN KILL DOGS

It might seem like a strange time to be warning about wild mushrooms but temperatures have been fluctuating so much all Winter, they have been growing out of season and a few weeks ago two bull mastiffs were poisoned when they ate mushrooms that had grown on their own lawn, one of the dogs died a horrible death with liver failure and though I do not have an update on the second dog, he was extremely ill and the Vet thought it highly unlikely he could be saved. Please check your lawns for mushrooms and other dangerous objects before giving your dogs their morning run.

DIY WAYS TO TAKE CARE OF YOUR LIPS

- Look for lip balms that have the least amount of ingredients or even better, make your own (find a few ideas below!).
- Only use lip balm if you absolutely need it, don't use it when your lips are not chapped and healthy.
- Make sure you're drinking plenty of water and staying hydrated. Not drinking enough can lead to chapped and dry lips.
- Include some healthy fats in your diet as this will keep your hair, nails, and skin hydrated and healthy.
- Don't lick your lips! This really dries out your lips and can leave them chapped and cracked. It isn't that hard to make your own lip balm, and it is the best way to make sure you're

actually taking care of your lips. You can also customize your lip balm to your specific needs and heal your lips faster. The good news is that you can find most of the things you need for lip balm right in your own home. Coconut oil is going to be your new best friend along with things like aloe vera, essential oils, and organic sugar.

- **DIY Lip Scrub** – Exfoliating is a good way to get rid of old, dead skin and keep your lips chapped-free. All you need for an effective lip scrub is some coconut oil and organic sugar. You could also add essential oils or vanilla bean to make it your own. Lip scrubs are also a good way to prepare your lips for moisturising.
- **Coconut Oil** – For the simplest lip balm ever, you can just use plain old coconut oil. Just use a little on lips when they feel chapped. You can add in vanilla extract or peppermint oil for a little twist, but this is the most natural way to keep your lips healthy.
- **Flax Oil** – Flax oil is another good ingredient for your lips because it's full of Omega-3s and good fats. You can mix it in with your coconut oil lip balm or use it by itself.

A VILLAGE IN INDIA PLANTS TREES WHEN A GIRL IS BORN

Every culture has its own traditions surrounding the birth of a child. While we celebrate newborn girls by sending pink dresses and dolls, in the village of Piplantri in Rajasthan, India, they celebrate by planting 111 trees.

In most Indian villages, the birth of a daughter was historically considered a burden for a family. Rural villages operate on the dowry system which contributes to the high cost of marriage for households with daughters. As a result, daughters were often regarded as lesser than their male counterparts and many were married before they reached the age of 18; few received a proper education.

The custom was started by former village leader Shyam Sundar Paliwal to honour his daughter who passed away when she was young. Although Mr. Paliwal no longer serves as the village's leader, the tradition has continued nonetheless.

When a girl is born, village members band together to raise a sort of "trust" for the girl. The parents contribute one-third of the sum of 31,000 Rupees, equivalent to €450, and the money is set aside as a 20-year fund for the girl. This ensures that she will never be considered a financial burden for her parents. In return for this trust, the parents sign a legal affidavit that states that the daughter will only be married after she reaches the age of 18 and has received a proper education. The affidavit states that the 111 trees must be taken care of as well.

The practice of planting trees in conjunction with the birth of a child actually works to ensure that the local environment will be able to support the ever growing population and not only does this beautiful tradition foster a deep appreciation for females in the village, but it also instills a remarkable sense of environmental stewardship. The trees become a symbol for the baby girl and the villagers work just as hard to protect the trees from termites, by planting aloe vera, as they do the girls from all the hardships of life.

Over the course of the past six years, a quarter of a million trees have been planted in Piplantri. Villagers credit the harmony that this tradition has brought to their community with the dramatic drop in crime.

COMPASSION HAS NO LIMITS

In Rode, India, locals were touched by the compassion of a Rhesus macaque monkey who had adopted a homeless puppy. Town locals thought it was bizarre at first, but the apparent love between the two animals was too much to deny. This just goes to show you that love knows no species. The monkey cares for the little puppy and keeps the little one close as if he were caring for his own baby.

The details of how the two met are unclear, but the puppy, who was likely born on the streets, seems well taken care of. The monkey doesn't let the puppy out of his sight for a moment and has even defended him from other street dogs, and when villagers, leave food out for the pair, the monkey always allows the puppy to eat first. It's remarkable that a difference in species didn't keep this monkey from becoming a responsible parent to a puppy who otherwise would not have had anyone to care for him. That just goes to show you that compassion has no limit!

QUOTE

"Man's heart away from nature becomes hard"
- Standing Bear, Ponca Native American Chief.

ON THIS DATE – MARCH 4TH

1570 - King Philip II of Spain banned foreign Dutch students.

1665 - English King Charles II declared war on Netherlands.

1681 - English Quaker William Penn received charter from Charles II, making him sole proprietor of colonial American territory

Pennsylvania.

1776 - American War of Independence: The Americans capture Dorchester Heights dominating the port of Boston, Massachusetts.

1792 - Oranges introduced to Hawaii.

1797 - John Adams inaugurated as 2nd president of U.S.

1804 - The Battle of Vinegar Hill, colony of New South Wales (Australia), when Irish convicts (some of whom had been involved in Ireland's Battle of Vinegar Hill in 1798) led the colony's only significant convict uprising.

1824 - The "National Institution for the Preservation of Life from Shipwreck" was founded in the United Kingdom, later to be renamed The Royal National Lifeboat Institution in 1858.

1881 - California became 1st U.S. state to pass plant quarantine legislation.

1881 - Holmes & Watson began "A Study in Scarlet", 1st case together.

FINDER OF LOST WALLET SENDS POLITE NOTE

A New York City resident lost his wallet during a show in Brooklyn. Two weeks after losing his wallet, a plain white envelope showed up in the mail. The man opened it to find his driver's license, credit cards, and a note which read "I found your wallet, and your driver's license had your address, so here's your credit cards and other important stuff. I kept the cash because I needed weed, the MetroCard because, well, the fare's \$2.75 now, and the wallet cause it's kinda cool." The note was signed "Toodles" from "Anonymous"

The official wallet owner had already replaced the license and cards by the time the note came in the mail, but it wasn't a complete loss. After hearing his story, the venue where the man lost his wallet has offered him free tickets—and told him to leave his wallet at home this time.

MAN SAVED ABOUT €870 BY MAKING HIS OWN DOG WHEEL CART

When a woman couldn't afford the expensive tests and surgery for her little dog, her boyfriend came up with a \$40 solution that got the Pomeranian-mix back on his feet.

Benny, a three-year-old, woke up one morning, unable to use his hind legs. A vet told the woman that an MRI and surgery could cost more than \$8,000 (€7,230) or she could buy a custom wheelchair for \$1,000 (€904 approx). In either case it was money the young woman didn't have. That's when her boyfriend and the Internet came to Benny's rescue; he did a quick search for do-it-yourself dog wheel carts and went to work.

His solution cost about \$40 (€36) — most of that buying a \$20 scooter just to salvage the wheels. There was another five dollars for Velcro straps and eight more for PVC pipes, joints, and cement. Benny's finished chariot isn't pretty, but the little dog doesn't seem to

mind — he's as free-wheeling as ever.

RESCUED DEER IN DANGER OF BEING EXECUTED BY AUTHORITIES WINS FREEDOM

In December 2015, 19-year-old Andrew Foots came across an orphaned fawn in Victoria, Australia. The young man decided to rescue the baby deer, naming him Rudolph. Giving him food, water, and love in the warmth of their home, Andrew and his family planned to care for Rudolph until he was well enough to be taken in by a wildlife rescue. They brought the deer to a vet so he could be evaluated and they could learn how to best rehabilitate the animal. However, when officers from the Department of Economic Development, Jobs, Transport, and Resources (DEDJTR) found out about the foster deer, they showed up at the family's door with a court order from the local magistrate, demanding that Rudolph be turned in to city officials in order to be killed! They then took the tiny deer away. The family hired a lawyer to help save Rudolph from this fate. Working with Edgar's Mission Farm Sanctuary, they found a home for Rudolph at the Jirrahlinga Koala and Wildlife Sanctuary. Here, Rudolph would have the opportunity to grow up with other rescued animals and hopefully be released back into the wild one day. Finding a home for Rudolph at a wildlife sanctuary seemed to be the perfect solution to the problem, yet the Magistrate signed the poor animal's death warrant anyway. The Foot family appealed the decision, and on February 23rd, the Supreme Court ruled in Rudolph's favour! Rudolph will no longer be in the hands of authorities who were literally waiting to bring the axe down on him. Instead, this little deer will be able to live free from harm, and enjoy all the Reindeer games he chooses at the wildlife centre. He may not have a red, shiny nose, but as the deer who won in Supreme Court, Rudolph – you'll go down in history!

STUBBORN CHILDREN COME TOPS

Do you ever find yourself exasperated by your child's stubbornness? Does your daughter continually disobey authority? Or does your son hate doing what he's told? If so: congratulations!

If recent research is to be believed, a child with a stubborn streak is more likely to over-achieve in education, and go on to earn more once in the job market. The study's findings, published in the journal *Developmental Psychology*, suggested that a tendency towards rule-breaking has a positive correlation with earning a higher individual income in adult life.

Researchers suggested that it might be assumed that students who scored high on this scale might earn a higher income

because they are more willing to be more demanding during critical junctures such as when negotiating salaries or raises. "Another explanation might be that individuals with higher levels of rule-breaking and defiance of parental authority also have higher levels of willingness to stand up for their own interests and aims, a characteristic that leads to more favourable individual outcomes" the researchers added. Researchers studied data from a 1968 study on school-age children in Luxembourg, following more than 745 participants into adult life and assessing their "lifetime educational and occupational achievements."

FASTEST SEA-LEVEL RISE IN 2,800 YEARS

Two studies published recently show that sea levels are rising faster now than at any other time in the past 2,800 years -- and it's due to global warming caused by human activity, primarily emissions from the burning of fossil fuels. The new data show that sea levels were fairly constant until the Industrial Revolution, when fossil fuel use exploded. Seas rose more in the 20th century than in any preceding century, and the rate of sea-level rise over the past two decades has been the fastest yet.

The new studies predict that, depending on the volume of emissions, by 2100 sea levels will rise by another 1 to 4 feet, causing further inundation of cities, displacement of coastal communities and economic chaos

FINALLY THIS WEEK

CAT HELPS HIMSELF TO ALMOST €1,000 WORTH OF SEAFOOD


Most pet cats love the taste of fish. Several delicious cat foods on the market are packed with tuna, salmon, mackerel and more tasty treats from the sea. But one cat in Russia decided to skip the can and go directly for the good stuff when it found its way into a Russian fish market at Vladivostok airport and began helping itself to the seafood stock.

The owners of the delicatessen found the cat making its way through the display cooler and filmed the hungry feline enjoying the stolen meal.

The cat was responsible for tainting over \$1,000 worth of goods, as the store owners had to throw away the entire contents of the display fridge.

But business for the eastern Russian shop hasn't slowed down, since the video of the cat went viral; fans have been flocking to the fish market in hopes of spotting the cat who hasn't been spotted back at the store.

It's important to note that too much fish can be potentially dangerous to cats. If tuna or seafood is a cat's only source of protein, a cat may be subject to mercury poisoning or develop a thiamine deficiency.



A WORD OF VICTORY

Welcome back dear reader last week we looked at attitudes towards life after death and how it is the hope of many that by being a good person it would bring them into Heaven – “if there is such a place”. Some would express that Hell does not exist in their estimation, however, in Scripture Jesus speaks more about Hell than he does about Heaven. He warns us not to end up there. I have spoken to people who had died and went to Hell they said it was such a terrifying place there was nothing they could compare it to in this life. They reported how a voice like thunder shook the place and suddenly these people found themselves in Heaven with Jesus comforting them telling them that their time on Earth was not finished and that He was sending them back to finish what they had been born to do. You see friends when Jesus died on that Cross He bore our sins and our sicknesses which are the result of sin, as though He was the guilty one. As His body was in the tomb His spirit was in Hell suffering the torment and the pain of our sin and of our diseases so we could go free. Read Psalm 22 which gives the full account of His suffering. When the penalty was paid God the Father called Jesus out of Hell in glory, gave Him a new immortal body and brought Him to Heaven seating Him at the Father’s right hand giving Him full authority over Heaven and Earth (Mathew 28:18) The good news for us is that since Jesus is seated at the right hand of God He now gives all of us – both men and women – who believe the Gospel and who acknowledge our sinfulness and repent, and who accept the Father’s mercy and grace (which is where our sins are forgiven and forgotten by Him), the right to also be seated at the Father’s right hand in Jesus. (Read Ephesians chapters 1-3 for yourself). More next week.....

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

SERENITY Memorial Cards

| MEMORIAL CARDS
| ACKNOWLEDGEMENT CARDS
| BOOK MARKS

CHOOSE FROM OUR LARGE RANGE OF SAMPLE CARDS

OR... ..WE CAN DESIGN YOUR OWN UNIQUE PERSONALISED CARDS



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OLD MARKET LANE (NEXT TO KERRY MORTGAGE CENTRE)
KILLARNEY, CO. KERRY.

NOVENA TO SAINT MARTHA

O St. Martha, I resort to thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through there great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One Our Father and three Hail Marys, and a lighted candle every Tuesday and the above prayer made known with the intention of spreading devotion to St. Martha. In thanksgiving. **B.X.**

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your 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.

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.

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked. Three Our Father, three Hail Mary and three Glory Be. St. Jude pray for us and all who invoke your aid. Amen.

PRECIOUS MOTHER OF JESUS

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

GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

PRAY TO ST. EXPEDITE

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the 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 e said for three days and after that the request will be granted and the prayer must be published immediately. **X**

ST THERESE

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

1ST ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

HUGH ANTHONY O'DONOGHUE

Gortdromakerrie, Muckross, who died on the 6th March 2015.

We the family of the late Hugh Anthony O'Donoghue would like to thank all who sympathised with us on Anthony's death.

We owe a depth of gratitude to the following for the care and medical attention given to Anthony. The doctors and staff at University Hospital Kerry and Bon Secours Hospitals.

Dr. Cotter and staff at St. Joseph's Nursing Home Killorglin.

Dr. O'Driscoll and staff of St Joseph's Nursing Home, Kenmare.

Dr. John Geaney and staff of Cahernane Medical Centre.

Dr. Patricia Sheehan and her Palliative Care Team.

Oliver Daly, Sheila McGillycuddy and the staff of the Holy Cross Day Care Centre.

Kathleen McCarthy and Eileen Walsh for homecare.

Michael and Mary O'Shea, Undertakers. Fr. Kieran O'Brien and Fr. Tom Looney.



First anniversary Mass will take place in Muckross Church on Sunday March 6th at 9.30a.m.

3rd ANNIVERSARY



SPILLANE

(NEE O'DONOGHUE)

In loving memory of Helena, late of Muckross Grove, Killarney who died on March 2nd 2013.

A sisters love is a precious gift

Your life was one of kindly deeds
A helping hand for others needs
Sincere and true in heart and mind
Beautiful memories left behind.
We hold you close within our hearts
And there you shall remain
To walk with us throughout our lives
Until we meet again.



Sadly missed and lovingly remembered by your sister Siobhan, brother in law Jerry, niece Cassandra, God-daughter Ellen and Uncle Jerry.

A silent thought, a quiet prayer
For a special person in God's care.

Anniversary Mass on Monday 7th March at 6.15pm in St. Mary's Cathedral.

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.M.

THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately.

Favour granted after 3 days.

H.M.M.

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within your 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 times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

M.M.

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha.

Never know to fail.

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked for 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 heavenly Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE,
MARBLE HEADSTONES
SANDBLASTING
OLD STONES CLEANED
AND RE-LETTERED

TOM MURPHY PROPRIETOR
BARRADUFF, KILLARNEY
TEL: 064 7754021/064 7754262
MOB: 087 2598664



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 the novena to beg of you the favours that I need (make request). From 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.

GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the 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 (make request). 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. 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). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanksgiving for favours received.

GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.



MALLOW COLLEGE
OPEN EVENING
 THURSDAY 10
 MARCH
 2016

5:30-7:30pm

**ONE
 SMALL STEP
 ONE
 GIANT LEAP**

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 &
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SPORTS
 RECREATION &
 INJURY
 THERAPY

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 IN BEAUTY
 THERAPY

DIPLOMAS IN
 BEAUTY THERAPY
 &
 BODY THERAPY

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 CERTIFICATE
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 RECREATION &
 MASSAGE STUDIES

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 (CARE OF THE
 ELDERLY)

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 &
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