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FANTASTIC SHOW PROMISED AS KMS CELEBRATE 30 YEARS



THE CAST OF KILLARNEY MUSICAL SOCIETY'S PRODUCTION 'GHOST'. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

To celebrate their 30th anniversary, Killarney Musical Society present the Irish Premier of Ghost the Musical at the INEC this coming Wednesday, Thursday and Friday, March 11th, 12th and 13th.

The opportunity to secure the rights has been welcomed and the show promises something different yet beautiful for the audience.

"This musical has both wit and heart and is to date the most technically challenging production for Killarney Musical Society" said

Orna Cleary-O'Shea, PRO of the society.

"You have all heard the saying 'Love has no boundaries, not even death', well this was never more evident than in Ghost the Musical. Full throttle heartache and beguiling special effects, mixed in with humour make this musical genuinely moving and brilliantly funny, we have no doubt you will be on the edge of your seats living every moment of this spectacular Musical, and we can guarantee that you have never seen anything like this



THE LEADING CAST OF THE KILLARNEY MUSICAL SOCIETY'S PRODUCTION 'GHOST' L-R JACK PATRICK HEALY (KARL BRUNER), GARY MURPHY (SAM WHEAT), ROZA KARIM (MOLLY JENSEN) AND HAZEL DEVANE (ODA MAY BROWNE).



SET IN NEW YORK, KILLARNEY MUSICAL SOCIETY'S CAST OF GHOST, PICTURED AT THE MERCY FOR REHEARSALS L-R DERRY HEALY, BRID MILLS, JOHN O'RIORDAN & ORNA O'SHEA.

before on the INEC stage", she added.

Based on the original movie Ghost, with Patrick Swayze and Demi Moore, Ghost the Musical is the ideal show for all the family, with promises that it will enthrall audiences both young and old.

The society have, once again their 'dream team' of multi award winners in the AIMS (Association of Irish Musical Societies Awards Scheme) on board this year, namely Oliver Hurley - Director, Noel Lennon - Musical Director and John Hurley - Lighting and Technical Designer/Operator. Along with a hard working committee under the leadership of Maria Slattery and an amazing and dedicated cast and chorus just waiting to perform - Ghost the Musical promises to be a fantastic show.



THE LEADING ROLLS IN THIS YEARS PRODUCTION OF GHOST BY KILLARNEY MUSICAL SOCIETY GARY MURPHY AS SAM WHEAT & ROZA KARIM AS MOLLY JENSEN.

PUBLIC GET BEHIND NEW CARDIAC RESPONDER UNIT



PICTURED AT THE KDYS FOR THE CARDIAC FIRST RESPONSE MEETING WERE L-R ORGANISER TONY McNABB, ALANNA LYNE, MIKE O'BRIEN, MARTINA TANGNEY, HELENA DALY & ANNE BUCKLEY. AND IN FRONT ORGANISERS DAMIEN BAKER & EILISH COFFEY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Close on 50 people have put their shoulder to the wheel to get the new Killarney Cardiac Response Unit off the ground. The group came together at a public meeting which was held in the KDYS last Friday night.

Among those in attendance were Michael Healy-Rae, TD and Mayor John Joe Culloty.

Guest speakers on the night included Sean Horgan who is the Ardfert Scheme Co-ordinator. Sean spoke about how they set up their group and the fact that they have gone live with the ambulance service in the last week.

Killarney GP, Dr John Geaney spoke from personal experience about his 16 year old sons cardiac arrest which happened only two

months ago and how early CPR saved his life. It was also announced on the night that Dr Eleanor Johnson has come on board as medical officer for the unit.

Organiser of the Responder Group, Damien Baker would like to thank everyone who attended the public meeting and who signed up on the night. The group is now planning to meet in the next two weeks to form a committee to drive the unit forward.

If you are interested in becoming involved in the group you can contact Damien directly on 085 2330488.











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KILLARNEY MOURNS THE LATE PADDY TURNER

The town of Killarney came to a standstill on Thursday morning to bid farewell to one of its favourite sons.

Paddy Turner, a resident of Mangerton House on Lewis Road passed away peacefully at Killarney Community Hospital early on Tuesday morning. Even though he was diagnosed with lung cancer in January 2014, Paddy managed to get out and about every day up to Sunday when he visited Quills, where one of his oldest friends, Enda Walshe works.

The 67 year old motorbike enthusiast was known by everyone in the town and was a regular caller to many of the businesses. Indeed Paddy called to the Killarney Outlook every Friday morning to collect his bunch of magazines which he would then distribute to his friends in the different businesses in the town.

In his earlier years, Paddy delivered milk for Batt



THE FUNERAL CORTEGE IS FLANKED BY BIKER FRIENDS OF PADDY'S.



THE LATE PADDY TURNER.

O'Connor and was lovingly called "Speedy" as he was so quick at his job.

Style was very important to Paddy and he loved a bargain and was always on the look out for something new for his wardrobe - leather being one of his favourite items of clothing.

An avid Manchester United fan, Paddy received a letter from Manchester United player Ryan Giggs last week. Paddy also loved Country and Western music and was a big fan of Daniel O'Donnell and Nathan Carter who he saw in his recent concert in the INEC.

Paddy was a great friend to some of the Killarney members of the Kerry team including James O'Donoghue, who visited him last week and Kieran O'Leary. He loved having his photograph taken and was always thrilled when it was published in the Killarney Outlook. Paddy had a wonderful family of carers who

looked after Paddy since he came to live in Killarney in 1964.

A friend to everyone, Paddy will be missed by many in the town.



PADDY PICTURED WITH KERRY FOOTBALLER JAMES O'DONOGHUE LAST WEEK.

TONY HUMPHREYS AND JOAN FREEMAN TO SPEAK AT KILLARNEY EVENT

Psychologist Dr Tony Humphreys and Pieta House Founder Joan Freeman will speak at a free Mental Wellness Exhibition in the Malton Hotel, Killarney, next Sunday, March 8th.

Killarney Athlete and Fitness Trainer Neil Kelders will also deliver an inspirational talk on living with depression.

The Mental Wellness Exhibition, organised by the voluntary group, Be Aware Prevent Suicide, will feature over 40 information stands by

statutory and non-statutory bodies including Talbot Grove, Console, Living Links, South West Counselling, Kerry Rape Crisis and Sexual Abuse Centre and the KDYS.

Workshops on mindfulness, yoga and other therapies will be presented during the day between 12.30pm and 6.30pm.

"Be Aware Prevent Suicide is totally voluntary," Chairperson Deirdre Fee said. "The concept of the exhibition is to make people aware of all

the help that is available."

"This year, we are adding practitioners of therapies that are known to reduce stress and, also, courses available to give people experiencing mental unwellness the tools to help themselves," Deirdre said.

There is free admission to the exhibition which will run from 12.30pm to 6.30pm. The times of the main talks are Dr Humphreys, 2pm, Joan Freeman, 3.30pm, and Neil Kelders, 5.30pm.

YOU CAN LEAVE KILLARNEY.... BUT KILLARNEY WILL NEVER LEAVE YOU

Popular facebook page Killarney Down Memory Lane has reached another milestone with 8,100 members posting and sharing photographs on their page.

Over a year ago, Enda Walshe and Paddy

Osborne decided to set up the page to see, as Enda says "how we get on". Neither of them could have envisaged how the page would be received and members have now shared more than 5000 pictures.

"The page is a great source of pride for both of us," said Enda. "The feedback we have received from all over the world brings home the point that while you may leave Killarney, Killarney will never leave you," he added.



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GLOW 4 CRUMLIN SUPPORT GROUP LAUNCHED

When Oisín was born on June 19th 2004, he was diagnosed with a number of congenital heart defects and when he was one day old, and was transferred from Erinville Maternity Hospital Cork to Our Lady's Hospital Crumlin the same day. He had two operations within a week. For his mum Sinead Malone Walker and his family it was a very traumatic time. The couple were lucky to have great support but were away from their eldest son Cillian.

"We had to adapt to a new lifestyle very quickly, in time it became our norm. With hospital admissions, Gp visits and outpatients appointments in Crumlin, KGH and CUH have been normal for us over the last ten years" said Sinead.

Oisín had open heart surgery in September 2008, and his last heart surgery in June 2014, both were very successful, and he is now doing well thanks to the work of the cardiac team at Crumlin.

Sinead is part of a group of six mothers from Kerry whose children were born with congenital heart defects, and under went open heart surgery in our lady's children's hospital in crumlin.

Glowhearts 4 Crumlin was founded by Gillian O'Donoghue from Killarney, who put out a call to a facebook support group for parents of children with CHD to see if other Kerry mothers were interested in fundraising for both the Ronald Mc Donald house which is a facility which allows families to stay near the hospital and The Children's Heart Center in Crumlin.

The Children's Heart Center in Crumlin opened in 2013, having been built using private funding from parents, sponsors and fundraisers, it received no government funding. As the designers own child was affected by CHD the



LADY'S IN RED LAUNCH THE GLOW HEART 4 CRUMLIN KERRY STUDENTS WEAR RED IN FELS POINT HOTEL TRALEE IN AID OF THE CHILDREN'S HEART CENTRE, OUR LADY'S CHILDRENS HOSPITAL CRUMLIN, DUBLIN L-R: SINEAD MALONE-WALKER, SINEAD O'CONNOR, SHARON BROSANAN, GILLIAN O'DONOGHUE, JENNY PYE AND SONYA DOYLE. PIC JOE HANLEY.

facility was built with children in mind. It has 25 rooms for individual children, each equipped with heart and sat monitors, bathrooms, and a bed for parents. It also includes outdoor and indoor play facilities, as many of the patients can be there for several months at a time, and can make it their own place and enjoy comfortable surroundings. Glowhearts 4 Crumlin are holding their first fundraising event on the 26th March when they aim to hold a county wide "Kerry students wear red for Crumlin day" in all Kerry primary and secondary schools. On the day the students will wear red and donate €2 to the Children's heart center Crumlin. Schools interested in participating should send an email to glowhearts4crumlin@gmail.com to register. Their next event is a glow/uv 80s and

90s disco in Mc Sorleys in Killarney, on the 17th of April. According to Gillian, "this is designed to give Mom and Dad a night off to reminisce back to their youth and have a break from their worries. Tickets cost €10 and are available at the door or from any of the glow hearts Moms. The glowhearts4crumlin facebook page was launched two weeks ago and already has almost 2,400 followers, and says they are touched by the support from local businesses and people. The group offers their support to parents during the scary time when their child is diagnosed with CHD.

The group is also encouraging any CHD parent in Kerry who wants to contact the group to send an email to glowhearts4crumlin@gmail.com.

COLIN AND LORRAINE WALK 4 LIFE



COLIN AHERN AND LORRAINE BOWLER NORTH EAST KERRY DEVELOPMENT WHO LAUNCHED THE WALK 4 LIFE IN KERRY COUNTY LIBRARY TRALEE. PIC JOE HANLEY.

Even the darkest night has to shine a light in the morning and it was the inspiration that drove Tralee man Colin Ahern to organise the local Walk 4 Life fundraising Event that will take place on April 25th in Tralee

'Walk 4 Life Kerry' will be a 5km walk that will be held with the aim of raising awareness of suicide along with mental health issues. Having gone through the pain of losing a number of friends to suicide, Colin is looking to raise awareness of mental health issues and suicide prevention. Joined by Lorraine Bowler of the North & East Kerry Development (NEKD) the duo are working hard to get the event up and running. It costs €10 to register and you will receive a registration pack which includes, a high visible vest, a walk 4 life wristband, a tee light and a green ribbon and information on all available organisations and charities in Tralee and throughout the County. There will be food and refreshments at the finish with some sky lanterns and the lighting of candles to remember those who have died and for those who help who is in needed

All proceeds of the events go to our chosen charities, which are, Pieta House, Jigsaw Kerry, Be Aware Prevent Suicide, The Kerry Peer Support Network and Aware. The walk will start at 8pm with the Venue Tralee Bay Wetlands.

MILLTOWN PARADE

All parade participants at this year's Milltown St Patrick's Day Parade need to be in place at the Mart promptly at 9:30am on Tuesday 17th March. Due to safety considerations late comers may not be able to take part.

ARE YOU UP FOR A RUN?

Pieta House, the suicide and self-harm charity, is calling on those taking part in the Cork City Marathon, on Monday, June 1 to run in aid of the organisation. This year, alongside the main marathon and team relay, there will also be a half marathon and a youth team relay. Further details on the event and to register see CorkCityMarathon.ie

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MARIA LAUNCHES DREAM SHOW



THE CAST OF I HAVE A DREAM PICTURED WITH ROSE OF TRALEE MARIA WALSH.

Rose of Tralee Maria Walsh had the honour this week of launching the upcoming St. John Of God Kerry Services Musical Performance of "I Have A Dream".

The cast of the show are all service users at St. John Of Gods and the musical will be emotional, inspirational but above all entertaining according to director Joe Burkett.

"I Have A Dream" is based on the film Mama Mia and is full of show stopping performances, stunning vocals and exciting dance routines. It is a show for all the family, from the kiddies right up to the grannies and there is something in this show for everyone.

From the Killarney area, Eileen Buckley shall star in the main cast as Donna and plays the role of Sophie's Mother while backing dancers from Killarney include Michael O'Leary, Paul O'Sullivan, Janet O'Donoghue, Clare Rohan and

Teresa O'Brien.

The Show is an opportunity to highlight individuals abilities and talents in the area of Drama, Dance and Performance Arts. It provides a medium whereby service users who have an interest in this area can take part in a live production directed by Joe Burkett which is supported by Transition students from Mounthawk Secondary School and Saint John of Gods staff. Overseeing the music element of the production is Lisa Curran. This promises to be a night not worth missing. This performance shall take place for 2 nights on Tuesday 21st and Wednesday 22nd April in Siamsa Tire, Tralee. This promises to be a wonderful showcase of acting, singing and dancing talent. Tickets can be purchased for €15 each in Siamsa Tire Box Office 066 7123055.

AOIFE HOSTS FASHION SHOW FOR A VERY SPECIAL REASON



AOIFE COOPER.

A young Killarney student who has been chosen as a volunteer with the Special Olympics in LA for the 2015 World Games is holding a Fashion Show in the Killarney Oaks Hotel on Wednesday night as part of her fundraising campaign.

Aoife Cooper from Muckcross needs to raise €4,750

which will go directly to Special Olympics Ireland to help subsidise the trip with the remainder going to help Special Olympics continue the amazing work they do.

Models from the Norma O'Donoghue Model Agency will model up to the minute styles from shops like Wisteria, MacBees, Weardrobe, Pillbox, Jasmine, Kerry's Boutique, Shirley's Unique Brides and Headpieces and Pennys.

The new Kerry gear from the Kerry GAA store will be modelled on the night by members of the Kerry team. Your MC on the night will be Shirley Clifford and there will be a drinks reception beginning at 7.30pm with the models taking to the catwalk at 8pm. There will also be a raffle during the event with some fantastic prizes on offer.

Tickets are available from the Killarney Oaks Hotel, and are also available at the door on the night €15 for an adult and €10 for a student/child.

IRISH CANCER SOCIETY INVITES KERRY WOMEN TO JOIN THEIR TEAM

The Irish Cancer Society is calling on women of all ages to sign up to join their team ahead of the VHI Mini Marathon 2015 so the Society can continue its work of providing vital cancer services. The event, which takes place on Monday, 1st of June 2015, will see over 40,000 women walk, jog and run the 10 kilometre route across Dublin City. The VHI Women's Mini-Marathon is a great goal for those looking to get fit ahead of the Summer. We know that 50 per cent of cancer can be reduced by making simple lifestyle choices such as eating a healthy diet and getting regular physical activity – so why not get training for the Mini-Marathon, improve your overall health and raise funds for a good cause while doing so! With over 33,000 people diagnosed with cancer in Ireland each year, the services of the Irish Cancer Society are in demand. Ahead of the big day in June, women across Ireland are being asked to consider joining team Irish Cancer Society for the day and raising funds to support the Society's work.

To join Team Irish Cancer Society and Get Active in 2015: CallSave: 1850 60 60 60, Email: fundraising@irishcancer.ie or Visit: www.cancer.ie/minimarathon.

FAIRY STORY WITH A DIFFERENCE

Light Opera Society of Tralee certainly do not do anything by halves, as their latest production - Into the Woods, is testament to. The Award winning Light Opera Society will open their production of Stephen Sondheim's Into the Woods in Siamsa Tire on Thursday 12th March and it will run for three nights until Saturday, March 14th with curtain up each night at 8pm. This is a real family show. It is, however, also a fairy story with a difference. A Cinderella who's not quite sure how she feels, a blood-thirsty Little Red Riding hood, a not very bright Jack – he of the beanstalk fame - a Prince Charming whose anything but charming and a Witch who, of all things, raps? Special rates to groups of ten or more with the usual concessions for families, seniors and clubs.

If you would like any further information please contact 066 7120077

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PROPERTIES OF THE WEEK



10 INNISFALLEN, BELLVIEW WOODS, BALLYDOWNNEY
Guide Price €220,000

Four Bedroom (3 ensuite) Semi-detached House (1,550 sq ft) with large private back garden. Walking distance to Killarney National Park & Town Centre.

REF 594 **BER D2**



45 MILLWOOD, ST MARGARET'S ROAD, KILLARNEY
Guide Price €260,000

Four Bedroom (2 ensuite) detached dormer bungalow (approx 1,650 sq ft). The property is in pristine condition. Gated entrance with tarmacadam drive. Oil Fired Central Heating.

REF 718 **BER C3**



SCRAHAN COURT, ROSS ROAD, KILLARNEY
Guide Price €330,000

4 Bedroom (one ensuite) Detached Home. Bricked driveway, wrought iron entrance gates. Detached Garage. South Facing Back Garden. (BER Pending)

REF 720



Juliette

Denise

Louise

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HAVE YOU GOT WHAT IT TAKES.... KILLARNEY'S ULTIMATE HIGH PEAKS CHALLENGE



WEATHER CONDITIONS CLEARED JUST IN TIME FOR THE LAUNCH OF THE 'KILLARNEY'S ULTIMATE HIGH PEAKS CHALLENGE' THE UNIQUE ONE DAY EVENT TAKES PLACE ON SATURDAY 11TH JULY, 2015. LAUNCHING THE CHALLENGE WERE EVENT ORGANISERS PIARAS KELLY, LEFT, KERRYCLIMBING.IE AND SEAN TANGNEY, MOUNTAINEER AND ADVENTURE RACER. CHECK OUT WWW.KILLARNEYPEAKSCHALLENGE.COM FOR FURTHER DETAILS. PHOTO: VALERIE O'SULLIVAN.

The call is gone out to all mountain enthusiasts to take part in the Killarney's Ultimate High Peaks Challenge. The event will see participants trek over 25 km of stunning, wild, rugged mountain terrain on many of Ireland's highest summits, traversing the Gap of Dunloe and the magnificent and dramatic MacGillycuddy's Reeks, Ireland's highest Mountain Range, with a total height gain of over 2500 meters. This is the pinnacle of all mountain adventures, this exhilarating one day challenge takes place on Saturday, 11th July, 2015. Participants will be expected to self navigate along a pre planned marshalled route in terrain as Lonely planet described the route as

'a must do on everyone's bucket list'

The Killarney Ultimate High Peaks Challenge is organised and run by Mountain enthusiasts FOR Mountain enthusiasts. Piaras Kelly of KerryClimbing.ie and Sean Tangney, are both active mountaineers, outdoor enthusiasts and have a vast knowledge of the Kerry Mountains and surrounds, their amalgamation brings together an exceptional amount of skills and experience in the organising of this unique event. The date of this event is July 11th and the website is www.killarneypeakschallenge.com and registration is now open. Email: info@killarneypeakschallenge.com

COISTE NA NOG HONOUR FOR SINEAD



PICTURED AT LORD KENMARES RESTAURANT, KERRY COISTE NA NÓG, BEFORE ENJOYING A CELEBRATORY MEAL TO HONOUR THE HUGE CONTRIBUTION OF OUTGOING PRO SINEAD PIGGOTT. BACK ROW L-R REGGIE GRIFFIN, PJ SHANAHAN, MARTIN SHEEHY, GER HUSSEY, LORRAINE DINEEN, TRIONA BRASSIN, MIKE HUSSEY & JIMMY DARCY. FRONT ROW L-R BILLY BRODERICK, TOM KEANE, SINEAD PIGOTT, TADGH O'HALLORAN & KIERAN COFFEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A meal and presentation to recognise the amazing work done by Coiste na nOg Ciarrai outgoing PRO Sinead Piggott was held in Lord Kenmare's, Killarney, last Friday night. Sinead has been PRO for the past four years and has made an enormous and invaluable contribution to juvenile GAA in Kerry, and Chairman Tom Keane and the Board were anxious to acknowledge her

work.

With the county league gradings and fixtures at the final stages of planning, everything is ready to get the 2015 playing season up and running. This is a big year for Coiste na nOg Ciarrai, and Kerry's hosting of the Feile Peil na nGael in the summer should be a real highlight.

Aileen Stack of Moyvane is the incoming PRO.

MAJOR NEW FOLK FESTIVAL FOR KILLARNEY

Moving Hearts are set to headline a major new folk festival in Killarney, this summer. Folk Fest Killarney at the INEC will be Ireland's largest celebration of people's music from Ireland and beyond, bursting forth from four different stages over three thrilling days.

Folk Fest goers will be able choose from a dazzling menu of performances to suit their moods and motives: a showcasing of the best of Kerry on the Gathering Stage; outdoor céilí craziness with the Tulla Céilí Band; intimate performances such as The Unthanks and McKay-Stout in the Acoustic Club; and crowd-commanding acts in the Ballroom and Main Stage.

Fans will also be able to experience the pleasure of catching lifelong favourite acts such as Begley & Cooney, Luka Bloom and Tinariwen, as well as discovering artists quite new to these shores like Druce & Jones or Tim Eriksen, and relatively new to the festival scene such as locals Riona and Bryan O'Leary.

INNISFALLEN SHOPPING MALL FOR SALE

The Innisfallen Shopping Mall has gone on the market this week with an asking price of €3.2 million.

Boasting a town centre location, almost half of the 30 units are vacant.

Selling agent for the mall which runs from Main Street to the New Street car park is Savilles and Tom Spillane.

MUCKROSS ICA

The next meeting of Muckross ICA will take place on Monday, March 9th at 7.45pm at Loughguittane National School.

NEW UNIT FOR HOLY CROSS NS

The Department of Education has added Holy Cross Mercy NS, Killarney to the approval list for additional accommodation and the school will receive a grant for a Early Intervention Autism Unit.

The unit will create an improved learning environment so students can avail of educational services to suit their requirements.



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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: 45 Millwood, St Margaret's Road, Killarney. 4 Bedrooms. 3 Bathrooms. One Bedroom (ensuite) on the ground floor. Oil Fired Central Heating. Quiet residential location only minutes walk to the town centre and the national park.

Agent: ● Property Partners Gallivan & its4rent.ie ● +353 64 6634177 ● www.gallivanireland.com ● www.propertypartners.ie
www.its4rent.ie

Guide Price: €260,000. Ref 718 BER Pending

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

AWARDS AND HONOURS AT ST. BRENDAN'S COLLEGE

CARMEL FITZGERALD, THE UNSUNG HERO OF ST BRENDAN'S COLLEGE.

On the night of the Chinese New Year celebration we, the TY students felt it important to acknowledge the contribution made to the to the life of the College by Carmel Fitzgerald. Carmel is like "Central Command" in the College. Everything flows through her. She has an amazing capacity for work and is a master at multitasking. She is a friend to student and teacher alike. We all depend on her. Despite always being snowed under with heaps of work she is always more than helpful and kind to us all. She is a wonderful, caring person and has given all of us bail outs when we needed it. We thank you Carmel and we salute you!

Cian O'Sullivan
TY Student.



CARMEL FITZGERALD, SECRETARY AT THE SEM WHO WAS RECENTLY NOMINATED FOR 'MOST UNASSUMING HERO AT ST BRENDAN'S' BY THE TRANSITION YEAR STUDENTS. PICTURED HERE AT THE SCHOOL MAKING THE PRESENTATION WERE BACK ROW L-R DONNCHADH O'SULLIVAN, JACK GALVIN, ROB LEE & JAMES FLAVIN. FRONT ROW L-R DARA HANLEY, SIDAN NEVILLE, CIAN O'SULLIVAN, CATHAL HICKEY, JOHNATAN HORGAN AND PRESENTING THE AWARD TO CARMEL FITZGERALD, BILL COURTNEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

TY STUDENTS HONOUR THEIR TEACHER MRS BRIDGET LUCEY



BRIDGET LUCEY, TEACHER AT THE SEM WHO WAS RECENTLY NOMINATED FOR "MOST AMAZING COORDINATOR AT ST BRENDAN'S" BY THE TRANSITION YEAR STUDENTS. PICTURED HERE AT THE SCHOOL MAKING THE PRESENTATION WERE BACK ROW L-R AIDAN NEVILLE, BILLY COURTNEY, JAMES FLAVIN, ROB LEE, DONNCHADH O'SULLIVAN & CIAN O'SULLIVAN. FRONT ROW L-R DARA HANLEY, JACK GALVIN, PRESENTING THE AWARD TO BRIDGET LUCEY WAS CATHAL HICKEY AND BESIDE HIM JOHNATAN HORGAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

On the night of the Chinese New Year celebration we, the TY students made a special award to our very dedicated and devoted TY co-ordinator, Mrs Bridget Lucey. She is simply one of the most dedicated teachers you could ever find. How she manages everything is simply incredible. Along with working hard teaching Biology and Ag Science Bridget Lucey spends her limited spare time organising courses and events for us TY students. Transition Year has been a huge success in St. Brendan's College because of her sheer energy and determination to get us involved in doing everything and anything that she thinks will benefit us, the students. This year alone has been one of the busiest years of our lives and it has been a huge learning experience for us all. Every week Bridget Lucey has something new organised and whatever it is you can be full sure it will be hugely interesting and enjoyable.

Since September we have raised and slaughtered Turkeys, learned how to surf in Inch Beach, done a cooking course with Mark Doe, got involved in Build a Bank, volunteered with Kerry Stars, completed our Gaisce Award, entered the Young Scientist, completed First Aid and done a Law Education Course. This is by no means a complete list. Soon, ten of the students will even be off to spend two weeks on a cultural and educational trip to Shanghai. Transition year in St. Brendan's College is a truly once in a life time experience. Surely it must be one of the best run TY Programmes in the country. This is due to the sheer hard work, energy and standard of excellence of one Bridget Lucey. We are hugely indebted to her.

David Kenny
TY Student.

BOARD OF MANAGEMENT HONOUR SEM STAFF



EILEEN O'LEARY (THIRD FROM LEFT) WITH ELIZABETH LYNE ROBERTS BOARD OF MANAGEMENT, PAT O'LEARY, SEAN COFFEY PRINCIPAL, SR MARY McMAHON CHAIRPERSON BOM AND JIM O'BRIEN DEPUTY PRINCIPAL AT THE ST BRENDAN'S COLLEGE RETIREMENT FUNCTION IN THE KILLARNEY OAKS HOTEL, KILLARNEY ON FRIDAY.

Former staff members were guests of honour at the annual St. Brendan's Board of Management Dinner which was held last Friday night at the Killarney Oaks Hotel. The evening marked the



LOU O'FLAHERTY (THIRD FROM LEFT) WITH ELIZABETH LYNE ROBERTS BOARD OF MANAGEMENT, RORY O'FLAHERTY SEAN COFFEY PRINCIPAL, SR MARY McMAHON CHAIRPERSON BOM AND JIM O'BRIEN DEPUTY PRINCIPAL AT THE ST BRENDAN'S COLLEGE RETIREMENT FUNCTION ON FRIDAY.

retirement of staff members Lou O'Flaherty and Eileen O'Leary and the transfer of Rory O'Connor to St. Michael's College, Dublin. The evening also recognised the work of



JIM O'BRIEN DEPUTY PRINCIPAL, RORY O'CONNOR, SEAN COFFEY PRINCIPAL, SR MARY McMAHON CHAIRPERSON AND ELIZABETH LYNE ROBERTS BOARD OF MANAGEMENT AT THE ST BRENDAN'S COLLEGE RETIREMENT FUNCTION IN THE KILLARNEY OAKS HOTEL, KILLARNEY ON FRIDAY.

school chaplain Fr. Niall Howard. The event was attended by staff and Board of Management at the school and was a great success.

PROPERTIES FOR SALE

PRICE REDUCTION GORTROE, FOSSA, KILLARNEY

4,000 sq.ft property formerly run as a B&B
Range of options available to the purchaser of this property!

Guide Price:
€300,000 Asking Price
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NEW TO MARKET

CUILIN LODGE, DEERPARK, KILLARNEY

Excellent located four bedroom 165 sq. m./1,776 sq. ft. property with two reception rooms on private 0.43 acre. Unique location only 2.5km from town centre overlooking Deenagh river. Property is situated on landscaped site surrounded by Woodland/Deenagh river.

PRICE REGION: €220,000

BER C1



GORTAGULLANE, MUCKROSS, KILLARNEY

Well presented and maintained three bedroom detached 110 sq. m./1,184 sq. ft. bungalow with detached garage on half acre site in excellent residential location. Property which is convenient to Loreto National School, Muckross House and National Park and Killarney town, has wonderful views of Mangerton and the McGillicuddy Reeks.

PRICE REGION: €250,000

BER C3



MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



CAN I REDUCE THE COST OF THE INSURANCES I TOOK OUT WITH MY MORTGAGE?

Yes, by comparing and reviewing your mortgage insurances you could reduce your monthly outgoings. The savings can be very substantial considering a mortgage can be for up to 40 years, this of course is on a case by case basis. The insurances many people have include mortgage life cover, serious illness cover, payment protection and income protection. Some of these insurances are compulsory and are a condition of your mortgage such as mortgage life cover and others are not compulsory.

To compare and review your insurances is simple. Get all the info you have on your policies and bring them to an independent financial advisor.

An independent advisor will have access to many insurances companies and will do a comparison of these products for you. They will explain in detail what cover you have and let you know if you are overpaying for some of these insurances. They should also explain these products to you in detail and if in their opinion these products match your need now and more importantly if you do not have adequate cover in some areas.

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LABOUR PARTY COMES TO TOWN

The annual Labour Party Conference which was held again this year in the INEC in Killarney has been hailed as a resounding success.

Over 1000 delegates, along with invited guests and media gathered for the second consecutive time in Killarney for what proved to be a very successful conference.

Prior to conference, Tanaiste, Joan Burton took time out to visit some local businesses and organisations, such as the Killrealig Project in Ballinskelligs, & Tricel Ireland followed by a visit to Fitzgerald Stadium where she met with the Stadium Committee, representatives of both Dr Crokes and Legion Football clubs.

An estimated 500 protesters took part in an Anti Austerity march on Saturday afternoon which passed off peacefully. At the conference, Mike Murphy from Scartaglen and Peter

Clifford from Killarney were honoured with long service awards at the conference, for their work and dedication to the Labour Party down through the years. "I am delighted that the Labour Party Executive decided to return to Killarney again this year to hold the conference, as it brought a lot of business to the hotels, guesthouses, restaurants and to the retail sector which will be an added boost to the economy. I acknowledge the people who took time out to hold a protest which is their democratic right and appreciate that they held a peaceful democratic protest", said Senator Marie Moloney. "Killarney is an ideal place to hold such a conference with excellent facilities available in the INEC and superb and adequate accommodation available all over town. I look forward to the return of Labour Party



TAINISITE JOAN BURTON PICTURED WITH KERRY FOOTBALLERS JOHNNY BUCKLEY, DARREN O'SULLIVAN AND AIDAN O'MAHONY AHEAD OF LAST WEEKENDS LABOUR ARD FEIS HELD AT THE INEC AND KERRY AND DUBLINS NATIONAL LEAGUE MATCHES. PHOTO BY SALLY MACMONAGLE.

Conference again in the future", she added.



AN TANAISITE JOAN BURTON, AND LEADER OF THE LABOUR PARTY BEING WELCOMED TO THE GLENEAGLE HOTEL AND INEC, BY BREFFNI INGERTON, CONFERENCE MANAGER AT THE ANNUAL LABOUR CONFERENCE AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.



TANAISITE JOAN BURTON PICTURED ON A VISIT TO TRICEL KILLARNEY AT THE WEEKEND WHERE SHE MET WITH CON STACK SNR, MIKE STACK MANAGING DIRECTOR, SENATOR MARIE MOLONEY, KAREN CONNOLLY DIGITAL MARKETING. PHOTO DON MACMONAGLE.

DESIGNERS ON SHOW AT JACK'S

A Designer Showcase like no other took place at Jack's Coastguard Restaurant in Cromane last Friday night.

The event, in association with RSVP Magazine, hosted the best of Irish Designs including Marion Murphy Cooney, Rebecca Wall and Tina Griffin Designs, to name but a few, to over 100 ladies attending on the night.

The fashion show, which is now in its 4th year, is a sell out and effortlessly blends food and fashion, with a hint of theatrics.

A spectacular grand finale featured celebrated Irish Designer to the Stars, Claire Garvey,

including her Miss Universe costume - all showcased by the models of the Norma O'Donoghue Modelling Agency as well as specially designed hair and make-up to compliment Claire's Designs by Cathriona Rohan Hairstylist & Marie Heasman MUA.

Claire Garvey has been involved in the Jack's Designer Showcase since the start, four years ago, and has received high praise from Nile Rogers, who wore one of her jackets to the Oscars this week. Claire's now famous Miss Universe costume had its first official catwalk appearance at the Jack's showcase in Kerry.



GUESTS VALERIE BREEN AND LORRAINE O'SULLIVAN ATTENDING JACKS' COASTGUARD RESTAURANTS DESIGNER SHOWCASE IN CROMANE, ON FRIDAY.



CLAIRE AND SUSAN MORIARTY PICTURED AT THE SHOW.



MODELS OF THE NORMA O'DONOGHUE MODELLING AGENCY SHOWCASING IRISH DESIGNER CLAIRE GARVEY DESIGNS AT JACKS' COASTGUARD RESTAURANTS DESIGNER SHOWCASE ON FRIDAY IN CROMANE.



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their business and look forward to caring for their
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ALL-IRELAND INTERFIRM FINAL

LIEBHERR CROWNED ALL IRELAND CHAMPS

Liebherr (Kerry) 0-13 Medtronic(Galway) 0-6



DAN O'SHEA, LIEBHERR SHOOTS FOR A POINT IN THE ALL IRELAND FINAL ON FRIDAY. PICTURE PAT DOHERTY.

Munster Champions Liebherr created history on Friday by winning the All-Ireland Senior Football title for the first time before a large crowd at Fossa G.A.A Grounds in Killarney. Liebherr played with the aid of a strong breeze in the first half and in a low scoring half of football they led by 4pts to 3 at half time. It was a very slender lead and defending champions Medtronic would have been confident going in at the break of overturning the deficit in the second half. However Liebherr had other ideas and really turned on the style in the second half. A strong opening 15 minutes to the half had them 3 points in front and from here to the finish they picked off some great scores to run out deserving winners in the end. The Killarney based side have been excellent in their matches over the last two years and have now completed a unique double in Inter-Firm GAA by adding the Senior Title to the

Junior Title they won last year. After the game Chairman of the Inter-Firm GAA Central Council Peter Dennehy presented the Cup to Liebherr's captain Luke Quinn of Dr. Crokes .

LIEBHERR TEAM/SCORERS: Colin Myers, Danny Wrenn (0-1), Mike Moloney, Darragh Twomey, Luke Quinn (Capt.), Padraig O'Connor, AJ O'Connor, Kevin Gorman, Michael O'Sullivan, Micheal Shaughnessy (0-2), Eoin Lawlor (0-3), Martin Burke (0-2), Donal Murphy, Daniel O'Shea (0-2) , Patrick Cronin (0-1)

Subs used: Tomás Dennehy for Michael O'Sullivan, Gavin Kelly (0-1) for Patrick Cronin, Patrick Curtin for Micheal Shaughnessy, Daniel O'Sullivan (0-1) for Darragh Twomey, Mark Dennehy for AJ O'Connor and Morgan O'Donoghue for Daniel O'Shea.

SEAMUS CONTINUES HIS WINNING WAYS



SEAMUS KELLY

Ireland with another fantastic win.

Seamus Kelly from Faha, who is turning 9 in the coming weeks has secured two gold medals in the Japan Karate Association (JKA) Ireland Open National which was held at the Mardyke Sports Arena in Cork at the weekend.

Seamus now trains with the National squad of the JKA in Cork and is hoping to go to Germany in May to represent Ireland in the European Championships.

Seamus travels to Tokyo every Summer for five weeks with his mum Mitsuko and trains with the JKA Head Office there.

The third class pupil at Faha National School, Seamus is the son of Mitsuko and Brendan Kelly.

A young Killarney boy is continuing to make a name for himself on the Martial Arts scene in

GALVIN 5/2 TO BE NOMINATED FOR AN ALL STAR IN 2015

33/1 TO DESIGN KERRY'S 2015 CHAMPIONSHIP JERSEY.

With Paul Galvin announcing that he is coming out of retirement and already back in training with Kerry, Boyle Sports has priced up some specials on the controversial player.

Galvin is 7/4 to start for Kerry if they manage to reach the Munster Final with 6/1 on offer that he will be shown a red card in this year's championship.

With Kerry bidding to retain the Sam Maguire in 2015, if they reach the All Ireland Final again its 6/1 that Paul Galvin starts. Galvin is 3/1 to score more than Tommy Walsh in the 2015 championship whilst its 5/1 that he can manage to score a goal in the championship.

Paul Galvin is known for his fashion and its 33/1 that he designs the Kerry jersey for the 2015 championship. With 3 All Stars already to his name, Galvin is 5/2 to be nominated for an All Star in 2015 and its 8/1 that he can manage to win one.

WEDDING DAY DREAMS....

Renowned for its picture perfect location, The Dingle Skellig Hotel offer an amazing venue for the wedding of your dreams.

General Manager Graham Fitzgerald has said 'we are seeing more couples travelling to us looking for a destination wedding, couples who are living abroad and returning home to get married.'

There's no surprise that the Dingle Skellig Hotel is a popular choice for couples as they have been hosting weddings for over 16 years. They were finalists in three categories in this year's Wedding Online Awards Venue Co-Ordinator of the Year, Waterside Venue of the Year and Hotel Venue of the Year Munster.

Their Wedding Co-ordinator Karen Byrnes said 'we love creating the perfect day for every couple, meeting them at the start of their journey and working on all the details with them to the day itself.'

The Dingle Skellig Hotel currently have an offer for wedding dates from the 1st November – 31st March 2016, receive €1,000 off your final wedding bill and 6 complimentary bedrooms.


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8.00pm **6 COURSE TASTING MENU**
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MUCKROSS PARK HOTEL GOING FROM STRENGTH TO STRENGTH AS iNua HOSPITALITY TAKES OVER

A celebration to mark iNua Hospitality acquirement of the 5* Muckross Park Hotel took place last week with 120 guests invited to a reception in the hotel's Yew Tree Restaurant.

The new owners, iNua Hospitality are a company with extensive expertise in the hospitality sector. It is led by Managing Director Noel Creedon & the Chief Operating Officer is Kerry native John O'Brien. iNua Hospitality have reappointed Sean O'Driscoll as General Manager, along with the full existing team of 126 employees. Speaking at the launch Mr. O'Driscoll reminded guests of the long history of the hotel at Muckross. The hotel was originally opened by the Herbert family, owners of the Muckross Estate in 1795 and this year celebrates its 220th anniversary in the hospitality business. Many well known Kerry Family's ran the hotel including the Roche family of Pigs Lane, Killarney, Margaret



PICTURED AT THE iNua HOSPITALITY - MUCKROSS PARK HOTEL RECEPTION IN KILLARNEY AT THE WEEKEND WERE FROM LEFT, SEAN O'DRISCOLL, GENERAL MANAGER, JOHN FULLER, DAVID FULLER, NOEL CREEDON, CEO OF iNua HOSPITALITY, MIKE FULLER AND DECLAN FULLER. THE FULLER FAMILY WERE PREVIOUS OWNERS OF THE HOTEL BACK IN THE 1960'S. PHOTO: DON MACMONAGLE.



PICTURED AT THE iNua HOSPITALITY - MUCKROSS PARK HOTEL RECEPTION IN KILLARNEY AT THE WEEKEND WERE FROM LEFT, JOHN JOE CULLOTY, MAYOR OF KILLARNEY, NOEL CREEDON, CEO OF iNua HOSPITALITY, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE AND SEAN O'DRISCOLL, GENERAL MANAGER. PHOTO: DON MACMONAGLE.

Ross, former manager at the Southern Hotel Parknasilla & the well known Fuller family in

Killarney. Mr. O'Driscoll said that the team here were very conscious of the tradition of hospitality at Muckross and looked forward to the next chapter of this historic property with iNua Hospitality.

Mr. O'Driscoll told the assembled guests that revenues at the hotel had grown 100% over the previous 3 years and that they had increased the workforce from 70 employees to 126 employees today.

In recent years the hotel won Best five star hotel at the Accommodation Standards Institute Awards, A World Spa award for Best Luxury Spa in Ireland and was recently named Exclusive Wedding Venue of the year 2015.

Well wishers at the reception included Mayor of Killarney John Joe Culloty, President of Killarney Chamber of Tourism & Commerce, Kate O'Leary, Bishop of Kerry Ray Browne & Chairman of the Muckross House Trustees, Michael Larkin.



PICTURED AT THE iNua HOSPITALITY - MUCKROSS PARK HOTEL RECEPTION IN KILLARNEY AT THE WEEKEND WERE MIKE AND EILEEN BUCKLEY, KERRY COACHES. PHOTO: DON MACMONAGLE.

HUMANITARIAN AID WINGING ITS WAY TO BELARUS



COMMITTEE MEMBERS PICTURED WITH JUST A FEW BAGS OF WHAT THEY HAVE ACCUMULATED AS HUMANITARIAN AID FOR THE CHILDREN OF CHERNOBYL WHICH WILL BE SHIPPED IN THE COMING DAYS. L-R JOAN BUCKLEY, MARY O'CONNELL, PAULA KAVANAGH & BETTY CROSBIE, (MISSING FROM THE PICTURE CATHLEEN COLLINS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Over 80 bags of humanitarian aid is this week making its way to Belarus in an effort to make life a little easier for those affected by the Chernobyl disaster.

The Killarney Branch of the Friends of the Children of Chernobyl collect clothes, shoes, toys and bedding on a year round basis.

The aid will be distributed between the two schools that the Killarney group support and a new facility

that is being built by Br. Liam O'Meara, who is now a citizen of Belarus.

The house will provide a home to orphans who have no where to live when they turn 18 and will be able to cater for 9 teenagers at a time. Eighty children, forty from each school will this year be attending a month long summer camp in Belarus instead of the usual trip to Killarney as the committee have decided to focus their fundraising efforts on making daily life easier on the children.

The group will also continue to feed a number of families on a weekly basis with the help of interpreters who have visited Killarney in the past.

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BUSINESS SLOW

GET THINGS MOVING CALL DES ON 087 659

SONDHEIM'S
INTO THE WOODS

Family Show
Siamsa Tire
March 12th to 14th, 8pm
€16/€14: Family rate: 3 for €39, 4 for €52

Originally Directed on Broadway by James Lapine
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STYLISH NEW PREMISES FOR ALLURE HAIR SALON



SANDRA EVANS, (RIGHT) PICTURED WITH HER TEAM AT ALLURE HAIR SALON, INCLUDING EMILY KISSANE, KAREN FOLEY, CATRIONA REEN, JEAN COUNIHAN AND ORLAITH SHEAHAN.

Sandra Evans and her team at Allure Hair Salon have moved to state of the art facilities at No. 12 The Reeks Gateway.

The new salon opened on Tuesday of this week.

The salon, which was previously based in Plunkett Street, specialises in cutting, colouring and weddings and is open from Tuesday to Saturday.

"The girls are amazing" said Sandra, "all are highly qualified and a

pleasure to work with".

There is ample free parking at Allure and Sandra can facilitate early bookings for weddings and special occasions.

The opening hours at Allure Hair Salon are Tuesday and Wednesday 9 - 5.30pm; Thursday 9 - 6pm; Friday 9 - 8pm and Saturday 9 - 4pm.

So why now treat yourself and let the girls at Allure give you the hairstyle you have always wanted.

CATWALK CHIC AT FASHION WEEK



STUNNING: MODEL ELLEN O'SHEA STRUTS HER STUFF ON THE CATWALK AT THE KERRY FASHION WEEK - KERRY BOUTIQUES AND KERRY DESIGNERS FASHION SHOW AT THE PAVILLION AT BALLYGARRY HOUSE HOTEL. PICTURE: BARRY MURPHY

CHAMBER UPDATE

Killarney Chamber of Tourism & Commerce President, Kate O'Leary keeps us up to date with the Chamber's work in the town of Killarney



Following on from our very successful brainstorming event on the 16th January; work has continued since this meeting and we have consolidated the most important points/ issues raised.

As a result of James Burke's enlightening and motivation presentation on the retail sector,

Chamber has organised a dedicated subcommittee, lead by John McEnery, to innovative in this area.

In taking the most important points raised by Peter Bellew on the night, Chamber are looking at www.killarneyie.ie as the central source for all visitor information concerning Killarney while incorporating a comprehensive Events Calendar.

As Chamber President, along with my colleague Paul O'Neill Vice President, we are actively engaging with Paul Nearly and the Municipal Council.

Among the results from the Brainstorming session were the following suggestions

1. Toilets at the Court House are unsightly and need to be upgraded or replaced if necessary. Would make an ideal civic space in a location first seen by those arrive by bus train or from the Cork side of Killarney.
2. High Street/ Muckcross Road – Pedestrian Crossings instead of traffic lights.
3. Mission Road Wall – reduce the height of the wall and have railing on upper half or glass recessed sections to allow more visibility of KNP.
4. Main Street – New Street Junction, Yield or Give right of way to Main Street.
5. Entry of Beech Road Car Park via the bottle banks section to alleviate traffic jams on mission roads.
6. Iconic Piece of Art at Market Cross.
7. Lighting of all artwork (deer, eagle etc).
8. Develop Brand Killarney Message as suggested by Peter Bellew.
9. Parking to include: a. All Day Rate b. Long Term c. 10 minutes free
10. Storage of bins off the Main Street/ Beer barrels.
11. Exist Hugh O'Flaherty Road on to St. Mary's Terrace/ New Road to be discussed with Kerry CoCo with a view to opening
12. Mission Road vs New Street Filter.
13. Park & Ride.
14. Touch Screen Information Point/ Maps.
15. Deliveries to be made before 11.00am on streets.
16. Temporary Pedestrianisation (test).
17. No amplification for buskers.
18. High Street Footpaths.
19. Mill Road – One way during peak season from 3-6pm.
20. Cycle Lanes – improved, cleaned and extended
21. Mini Taxi Ranks around town.
22. Lane enhancement/ Artwork.
23. Umbrellas on Main Street as proposed .
24. CCTV for the town.

Kate O'Leary

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in the cold!*



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IT'S CONFIRMATION TIME....



ROY HURLEY, FOSSA NS ENJOYING HIS CONFIRMATION DAY AT THE KILLARNEY OAKS HOTEL. BACK ROW L-R DAVID, MICHAEL AND CALLAHAN HURLEY. FRONT ROW L-R DUEANE, TREY, JAYDEN, PHYLLIS, ALICIA, ROY, KELSEY, CAL, AMANDA AND CALLIE HURLEY.



PADRAIC TALBOT (2ND FROM RIGHT) PICTURED WITH HIS FAMILY ON HIS CONFIRMATION DAY FROM FOSS NS L-R JOHN, NORMA, PAT, MAURA, PADRAIC & CATHAL TALBOT.



PICTURED LEFT: CONOR O'SULLIVAN, FIRIES NS, PICTURED AT THE KILLARNEY COURT HOTEL TO CELEBRATE HIS CONFIRMATION WITH HIS FAMILY. L-R JONATHAN, MUM HELENA, CONOR, ELLIE, MARCUS, DAD PAUDIE AND GAVIN.



PICTURED LEFT: COUSINS CONFIRMED FROM FIRIES NS AND CELEBRATED TOGETHER AT BALLYSEED CASTLE WITH FAMILY & FRIENDS. L-R CHLOE O'CONNOR WITH HER DAD TONY & MUM MAIREAD. DYLAN CALLAGHAN WITH DAD MICHAEL & MUM CLAIRE AND CAOIMHE O'SHEA WITH HER DAD MARK & MUM SIOBHAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



HOLLY PRENDERGAST, SEATED CENTRE, WITH HER FAMILY AND FRIENDS AT THE MALTON HOTEL SHORTLY AFTER MAKING HER CONFIRMATION AT KEEL NS.



COLM TALBOT (RIGHT), PICTURED WITH HIS FAMILY ON HIS CONFIRMATION DAY FROM FOSSA NS. L-R EOIN, SIOBHAN, JULIE, MERRY, KATE & COLM TALBOT.



ALL SMILES ON HER CONFIRMATION DAY FROM FOSSA NS, EIMEAR TALBOT WHO CELEBRATED WITH FAMILY & FRIENDS AT THE DROMHALL HOTEL.



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Night Owls Study	Mon - Fri	7.00pm - 10.00pm
Saturday Study	Saturdays	10.00am - 5.30pm

ORAL PREPARATORY COURSES

Saturday March 21st

Intensive One Day Irish Oral Preparatory Course

Saturday March 28th

Intensive One Day French Oral Preparatory Course

Saturday March 28th

Intensive One Day German Oral Preparatory Course

Saturday March 28th

Intensive One Day Spanish Oral Preparatory Course

EASTER REVISION COURSES

Monday March 30th - Friday April 3rd

Intensive Revision for Leaving and Junior Certificate

BLOCK STUDY

Monday April 6th - Friday April 10th

Supervised Study 9.00am - 5.30pm (Easter Break)

ART HISTORY

Saturday 25th April

One Day Revision Course of Art History for Leaving Cert.

CHEMISTRY

Saturday April 25th

One Day Intensive Revision of Organic Chemistry.

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

BLOCK STUDY

Monday 25th May - Fri 29th May

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)

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RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

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

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES: Annual Church Gate Collection will take place, at all Masses this Saturday 7th & Sunday 8th March. We appreciate your support as this is one of our main fundraisers and helps towards the cost of affiliation, insurance, kits etc.

SYMPATHY: To the families, relatives and friends of the late, Michael D. Kelliher, Mausrou, Gneeveguilla, John O'Donoghue, Gortdarrig, Headford, who died last week. May they Rest in Peace.

THE RATHMORE ST PATRICK'S DAY PARADE: Will take place on Sunday, March

15th at 2.00pm led by this year's Grand Marshall Val Moynihan, Chairman of Marian Players Rathmore Panto Group. Val was producer of Marian Players Rathmore Panto Group, for 22 years and chairman for past six years.

Members of Rathmore community Alert committee, Cumann Luachra Committee, involved with Bingo at Rathmore community centre and many more community involvement.

No street traders will be welcome, but all floats will be welcome, all enquiries contact 087 6676817.

RATHMORE COMMUNITY MARKET: New Community Market Artisan Food Producer, & Crafters from 10:30-1:30 on 20th March 2015, and Every Friday at Teach lasagain, Rathmore. Stalls still available (insurance included) contact Tony on 0831588404.

Supporting local Artisan Food Producer and the Crafters in keeping cash in communities laying Foundation for future job creation,

CONGRATULATIONS: To Holy Family NS Rathmore U13 quiz team came first in the Credit

Union chapter 23 quiz in Tralee on Sunday March 1st. They will take part in National Finals on Sunday April 12th at The RDS in Dublin.

RATHMORE SOCIAL ACTION GROUP: Seeking cyclists for the Ring of Kerry charity 2015 for information Tel: 064 77 58588, or Email: info@sag.ie

Mobile: 087 0579933. They are one of the beneficiaries for Ring of Kerry Charity Cycle this year taken place on Saturday July 4th and Online registration will open in April.

CONGRATULATIONS: To Liebherr of Killarney who are the newly crowned All-Ireland inter-firm senior football champions. The team was coached by Rathmore's Kieran O'Mahony and players included Eoin Lawlor and Daniel O'Sullivan of Rathmore, and Donal Murphy and Padraig O'Connor from Gneeveguilla.

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

FOSSA NEWS

FOSSA GAA: LOTTO: 1st March 2015 - Numbers drawn were 2, 4, 25, 26. There was no Jackpot winner and next weeks Jackpot will be €9,000. Next draw takes place on Sunday night 8th March at 11pm in the Golden Nuggett.

MINORS: Our minors will play Moyvane/Tarbert in Round 2 of the County League next Saturday in Fossa at 4pm, after a great opening win against Knock/Brosna they will be looking to keep that momentum going.

INTER FIRM FINAL: Congratulations to Colin Myers, Mark Dennehy and Daniel O'Keeffe who won All Ireland medals on Friday when Liebherr won the Senior Inter Firm All Ireland title in Fossa on a scoreline of 0-13 to 0-6 when beating Medtronics of Galway, our former Chairman, Mick Clifford is also an integral part of their backroom team. Thanks to everybody who helped out in organising the pitch for this game, the stewards, lotto sellers, tea makers and field committee who all ensured the evening went without a hitch and showcased our great facilities.

SENIORS: Fossa played Furies in the final game in Division 2 of the East Kerry Superleague on Sunday morning, despite the early throw in time of 11.30 this turned out to be a very entertaining game of football between two evenly matched teams. Fossa opened the scoring with a point from Paudie Clifford in the first few minutes of the game, Furies then replied with a point of their own from the boot of Colm O'Shea. The game ebbed and flowed with Fossa adding further points through Paudie Clifford and Tadgh O'Shea and Furies had points from Colm O'Shea and James O'Donoghue. Fossa got a break when after some sustained pressure by their forwards Furies put the ball into their own net for an o.g. This left the half time score at Fossa 1-5, Furies 0-4. In the second half Furies got more of a foothold in the

game and as a result this was reflected in the scoreboard, Sean Bourke and Shane O'Sullivan scored goals in this half while Tadgh O'Shea kept Fossa in touch with 4 pointed frees. Both sides used their subs in the latter stages as this game was of no consequence to either side in terms of the league and Furies finished stronger to hold on for a 2 point win on a scoreline of Furies 2-9, Fossa 1-10.

FOSSA LADIES FOOTBALL: Our senior Ladies will play their next round of the Rhyno Quality Feeds County League at home on March 8th at 12 against Miltown/Listry. Congratulations also to Erica McGlynn and Lauren Rentuol who won a Munster medal with their school St. Bridgids of Killarney when they beat Doon of Limerick in the Munster Final.

FOSSA PARENTS ASSOCIATION: Fossa School Quiz Friday 13th March in the Golden Nuggett at 7.30. Adult tables €30, Juvenile tables €20 (5th Class and upwards). Come along and enjoy the fun!

KILLARNEY LIBRARY: Felting Artist Martyn Bell will host an exhibition of his and his family's works at Killarney Library from Tuesday 3rd to Saturday 21st March during library opening hours. The exhibition will be launched by Poppy Melia on Tuesday 3rd March at 7pm. Killarney Library is celebrating Enterprise month in March with a display of business-related books including titles on job-seeking.

ATHLETICS: Gneeveguilla A.C. will be holding athletics training sessions in Fossa Community Centre each Monday evening from 8:45pm to 9:45pm which will run to the end of March. All boys and girls of school going age are welcome.

FOSSA/TWO MILE COMHALTAS: Adult set dancing classes have resumed in the Fossa Community Centre on Tuesday's, beginners 8pm to 9pm, improvers and advanced 9pm. Contact Catherine Joy at 087 6799330.



FRANK MCCARTHY FORMER SENIOR PLAYER WHO HAS BEEN SELECTED TO PLAY ON THE MIDDLE EAST GAA TEAM AT THE GAA WORLD GAMES IN ABU DHABI

Junior set dancing classes have also resumed in the Fossa Community Centre on Fridays 7pm to 8pm. Contact Norita Cronin at 087 7424468.

CONGRATULATIONS AND GOOD LUCK: To Frank McCarthy former Senior player with Fossa GAA who has been selected to play on the Middle East GAA team at the GAA World Games in Abu Dhabi this weekend. Former Fossa footballer is based in Bahrain and plays his Club Football with the Arabian Celts.

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

Please forward information on before Sunday at 11am.

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BEAUFORT NEWS

BIDDY BALL KILGOBNET N.S.: Biddy Ball will be held in the Manor Inn, Killorglin on Saturday 14th March at 9.00 p.m. Music by Wallop The Cat. Finger Food and raffle on the night. Tickets €5. Great nights entertainment guaranteed. All are welcome. Proceeds to Kilgobnet N.S.

BEAUFORT BOWLS CLUB: Continues to make a name for itself in outside competitions. Under the auspices of the Cork Zone, a recent Bowls Break was held in The West County Hotel, Ennis, Co. Clare, and Beaufort's Elaine Scully was a member of the winning team. 36 teams of 4 players took part in the competition and the winners came home with beautiful crystal vases, plus a voucher for two people to stay overnight at the hotel, donated by Mr. Treacy of the Hotel Group. Nine playing members of Beaufort Bowls Club took part.

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to thank all those who attended our Social day in Listry Community Centre on Tuesday February 24th. Thanks to Kerry Community Transport and Houlihans Bus service Killorglin who provided the transport also Deacon Conor Bradley spending time with us on the day and committee members who helped for the occasion. We look forward to welcoming you all back again on last Tuesday in March.

PARENT & TODDLER GROUP: Listry Milltown parent and toddler group is held at Listry community centre on Friday mornings 11am to 12.15pm. All welcome.

TALK ABOUT BEREAVEMENT: A talk on bereavement will be given by Pat Sheehan on Tuesday 10th March at 7.30p.m. in the new community centre, Milltown.



MICHELLE O'SULLIVAN, SHRONE, FIRIES, PICTURED WITH HER PARENTS MIKE AND SIOBHAN ON THE OCCASION OF HER GRADUATION WITH FIRST CLASS HONOURS DEGREE IN PSYCHIATRIC NURSING FROM WATERFORD INSTITUTE OF TECHNOLOGY

GLENFLESK NEWS

WITH DONAL KELLY

FAMILY TABLE QUIZ: Glenflesk Coiste na nOg are holding their annual table quiz in the Muckross Park Hotel on Friday next March 6th at 8pm. Table of four €20. Fun for all the family. Great raffle prizes.

GLENFLESK LOTTO: Glenflesk GAA Lotto draw was held on Sunday the 1st of March 2015, in the Corner Bar. Jackpot: €4,000. Numbers drawn: 1, 9, 19, 23. No Winner. €50 EURO DRAW: First draw: Seamus O'Donoghue, Killaha. Seller: Ruairi O'Sullivan. Second draw: Bernadine Roche, Lisbaby. Third draw: Michael Dineen, Cloghane. Fourth draw: Kateland Kelly, Headford. Next draw will be held on Sunday March 15th in the Kerry Way, Jackpot €4,200.

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

COUNTY LEAGUE DIV 2: The Glenflesk senior team, sponsored by the Jarvey's Rest, will begin their county league campaign on Sunday March 22 with an away fixture against St. Mary's Caherciveen, followed by a local derby against Rathmore the following weekend. Paid-up club members receive free entry to all home senior county league games. See Facebook for full list of fixtures.

GLENFLESK LADIES FOOTBALL: U12 girls start back training on Thursday 5th March from 6 - 7 in small field new players always welcome!! U14 girls continue training on Tuesday evening at 7.30 in Barraduff field. Congratulations to Emma Dineen, Aoife Fleming, Aoife Kelliher, Keelie O'Connor, Alison Cronin and Lauren Burke who were part of St Brigid's Presentation Secondary School team who won Munster Junior C final on Thursday last February 26th.

GLENFLESK COMHALTAS GROUP MUSIC: Resuming on Saturday, 7th March, 2015 at 4.00pm in St. Agatha's Community Centre, Glenflesk. Registration prior to class at 3.45pm. Enquiries: Margaret Creedon 087 2706390

GLENFLESK COMHALTAS: Sult na nOg was held in IT Tralee on Saturday, 28th February. Well done to all our competitors who competed in the various competitions. Congratulations to the following: Fiddle U9 1st Fionn Dineen, Accordion 11 - 13 3rd Peter O'Sullivan, Mandolin U9 2nd Liam O'Donoghue, duet 11 - 13 3rd Peter O'Sullivan and Kate Lynch, Trio 9-11 2nd Ben Switzer, Cliona Lynch and Sara Moran, Sult Group U13 2nd Damien Switzer, Dara Tangney, Peter O'Sullivan, Alison O'Sullivan, Caoimhe O'Sullivan and Kate Lynch.

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

RAHEEN NS: Congratulations to Eoin Casey who had the winning lotto number 23 on Saturday the 28th of February.

KILLARNEY LIBRARY: Killarney Library is celebrating Enterprise month in March with a display of business-related books, including titles on job-seeking.

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

If you have a picture you would like to publish.
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KILCUMMIN NEWS

KILCUMMIN N.S. PARENTS ASSOCIATION:

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

KILLARNEY LIBRARY: The library is celebrating enterprise month in March with a display of business related books including titles on job seeking.

The Spanish-Irish Cultural Exchange will take place on Thursday 12th March 6.30-7.30pm. The topic for this month is "Sport in Spain".

The next meeting of the Sewing and Fashion Club will take place on Friday 13th March 11am-1pm.

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

KILCUMMIN G.A.A.:

KILCUMMIN GAA LOTTO: There was no winner on Sunday 1st March. Numbers drawn were 1, 2, 5 and 16. Consolation prizes were €100 Maureen Murphy, Fossa, Killarney, €60 David McAuliffe, €60 Stephen Cahill, Knocklebede, €30 Linda O'Doherty, Knocknahoe, €30 Liam Kerrisk c/o Willie Fleming. Next draw Sunday 15th March. Jackpot now €3,250.

ACADEMY: Will commence for the new season on Sunday 8th March for girls and boys from ages 6 to 10 years. We will run the academy on Sunday's and will switch to Saturdays after



PICTURED AT KILCUMMIN CHURCH FOR THE CHRISTENING OF BABY AIDAN MCGUIRE WITH FAMILY & FRIENDS. MUM CATRIONA HOLDING AIDAN, DAD DARRAGH WITH AIDAN'S BIG BROTHER DANIEL AND SMILING IN FRONT WEARING A PRETTY PINK BOW, HIS BIG SISTER ABBIE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

a few weeks. Please note that the wearing of gumshields / mouthguards is now compulsory and children should have these when training. Children should bring €1 euro with them for the academy each week.

KILCUMMIN G.A.A. GOLF SOCIETY: 1st outing of the year, Saturday 14th March at Ross Golf Club. Format 18 Hole Scramble. All new members welcome! For more info. Contact Muiris on 086-1614136 or Dermot on 086-8217729.

GAA REGISTRATION: Registration of all

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

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



BRIDIE RAHILLY FOSSA, KILLARNEY CELEBRATED HER 90TH BIRTHDAY WITH HER FAMILY RECENTLY IN THE KILLARNEY VALLEY HOTEL. PICTURE TIMMY O'LEARY.



MICHAEL & NOREEN O'SULLIVAN WHO CELEBRATED THEIR 40TH WEDDING ANNIVERSARY IN PAT SHEAHAN'S PUB FRIES SATURDAY NIGHT 28 MARCH SURROUNDED BY FAMILY AND FRIENDS.



ANN MARIE & DAVID MURPHY CELEBRATING ANN MARIE'S 30TH BIRTHDAY IN KNIGHTLYS BAR CASTLEMAINE AT THE WEEKEND.



THE IRISH COASTAL ROWING FEDERATION ARE DELIGHTED TO ANNOUNCE THAT GALLIVAN MURPHY HOOPER DOOLAN IN CONJUNCTION WITH YACHTSMAN EUROMARINE ARE THE PROUD INSURANCE PROVIDER FOR THE IRISH COASTAL ROWING CLUBS (FROM LEFT) JOHANNA KING TREASURE OF THE ICRF, VICTOR BRIDGES - CHAIRMAN OF THE ICRF, DENIS MURPHY OF GMHD INSURANCES AND MARY B TEAHAN PRO OF THE ICRF

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ALDINA IS A CUT ABOVE THE REST

A Killarney teenager has made a huge sacrifice in aid of the Kerry Hospice.

Aldina Murphy, a fifth year student at St. Brigid's Presentation School donated 15 inches of her hair to the Rapunzel Foundation. Watched by almost 100 students, specially trained staff from Sean Taffe's Hair and Beauty, severed the 15 inch plait from Aldina's hair. The plait was then donated to the Rapunzel Foundation. The hair will be used to make wigs for people recovering from cancer and alopecia (hair loss). In addition Aldina raised €1,000 for Kerry Hospice, her chosen charity.

Kerry Hospice would like to acknowledge this very generous gesture by Aldina. "She is to be admired for taking on this fundraising challenge. She is a credit to her family and to her school and, in the process, she has raised a fine sum of money for Kerry Hospice, said Pat Doolan, Chairman of the Kerry Hospice.

"We are delighted that she has chosen us as recipients for this donation. We would also like to acknowledge the support she received from her parents and all at St. Brigid's Secondary School. We wish her well for the future", said Ted Sugrue, Chairman of the Kerry Hospice who visited the school last week to accept the cheque.

Construction of the new 15 bed in-patient unit adjacent to the present Palliative Care Centre at Kerry General Hospital is due to commence this year. There has been tremendous support from the people of Kerry and beyond for this much needed facility which will cost in the region of €5.5 million. All going well it is due to open in 2016.

ALMOST 50% INCREASE IN NUMBER OF TEENAGERS IN DISTRESS CALLING HELPLINE

A record number of almost 20,000 calls were made to Teen-Line, Ireland's only dedicated teenage helpline. This is a 49% increase on the number of calls received in 2013. Teen-Line also established a mobile phone texting service in November 2014 and almost 1,000 texts were received in the 6 weeks the service was open last year.

Teen-Line provides a national, non-directive, free telephone helpline and a mobile phone texting service for teenagers who may be feeling alone, worried or distressed. The helpline and text service is open seven days a week from 8pm to 11pm with an extended service from 4pm to 11pm every Wednesday to cater to the many second level school half-days. The service is run by volunteers who understand that young people need to be heard, they make no judgments and want to listen.



SCHOOL PRINCIPAL, ROISIN MOORE PICTURED WITH STUDENT ALDINA MURPHY AND PAT DOOLAN (SECOND FROM LEFT) AND TED SUGRUE, KERRY HOSPICE AT THE CHEQUE PRESENTATION AT ST. BRIGID'S PRESENTATION SCHOOL.

THE MON DEDICATES HALL TO MONS. HUGH O'FLAHERTY



PICTURED AT THE DEDICATION OF THE ASSEMBLY HALL AT THE MONASTERY SCHOOL, KILLARNEY AT THE WEEKEND IN HONOUR OF FORMER PUPIL MONS HUGH O'FLAHERTY WERE FROM LEFT. JOHN JOE CULLOTY MAYOR OF KILLARNEY, SENATOR PAUL COGHLAN, COLM O'SULLIVAN, PRINCIPAL, DARAGH O'SULLIVAN, ARTIST, FORMER JUDGE HUGH O'FLAHERTY, PEARL DINEEN-O'FLAHERTY, JERRY O'GRADY, COMMITTEE MEMBER AND FR PAT HORGAN. PICTURE BY DON MACMONAGLE

SUPPORTING TEENS IN DISTRESS

Three workshops will be presented by the Irish Association of Relationship Mentors on the topic, 'How parents can support themselves when their children/teenagers/young adults are in distress' at 1pm, 3pm and 4.30pm.

The workshop will focus on what parents can do to mind themselves to enable young people to mind themselves.

Places are limited to 20 people. Bookings taken by text only at 086-2308788.

There will be a ten-minute talk on AWARE's lifeskills programme

following Dr Humphry's talk at 2pm. A presentation on Mindfulness and Yoga will be

delivered at 6.30pm. The KDYS will introduce its local services at about 1.30pm. All events are free of charge.

SCHOOLS LINK

Tiernaboul National School 6th Class have entered the Young Entrepreneur with a business "Cozy Candles Killarney". The product is so professional and can be purchased from Cronins Foodstore or at the school 064 6634767. They are in the process of making more candles for St. Patrick's day and ALL occasions. You can place an order by email cozycandlekillarney@gmail.com. A lovely handmade gift to get or receive.

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Kerry ETB Training Centre



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

Food Preparation and Cooking Course (ET20A) - Dingle.

This course is for people who wish to pursue careers in professional cookery. Participants will learn the practical skills and underpinning knowledge of safety at work and food safety, menu planning and costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Date:** 30th March 2015. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

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

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

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.

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

Healthcare Support Traineeship (ETS97) - Tralee.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 23rd March 2015. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

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

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

Java Associate Course (ET0R7) - Tralee.

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

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

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

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

Legal Administration Traineeship (ETS07) - Tralee Training Centre.

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

Outdoor Activity Instructor Traineeship (ETS64).

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

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

www.kerryetbtrainingcentre.ie

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee,

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



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12 noon Glenbeigh at The Towers Hotel
1pm Caherciveen at Ring of Kerry Hotel
2pm Waterville at Bay View Hotel
3pm Sneem at Sneem House Tavern
4pm Kenmare at Brook Lane Hotel
5.30pm Rathmore at Community Centre
6.30pm Gneeveguilla at Community Centre

Monday 16th March 2015

11am Farranfore at Ullick's Bar
12 noon Camp at Junction Bar
12.45pm Castlegregory at Fitzgerald's Bar
1.30pm Dingle at Benner's Hotel
2.30pm Ard A'Bhothair at Paudie O'Sé
3pm An Buailtín at Tigh Uí Catháin
3.15pm An Buailtín at Tigh An tSaorsaigh
4.15pm Annascaul at South Pole Inn
5pm Boolteens at The Anvil
5.30pm Milltown at Larkins Bar
6pm Killorglin at Sheahan's, The Square

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RECENT NEWS

- Teacher retention thresholds improved for small 2, 3 & 4 teacher schools to 19, 53 & 83. (15 for isolated 2 teacher schools) This is a step in the right direction that I have worked hard for over the last three years, but I continue to lobby for further improvements.
- In the Dáil last week, I introduced my new Electoral Reform Bill.
- I welcome the IDA's inclusion of Tralee for construction of a €5 MILLION advance facility for job creation and confirmation that there were 234 net new jobs created in Kerry IDA client companies in 2014. Kerry Live Register down 20% under this government – let's keep it going down!
- I am glad to have successfully lobbied for the continuation until 2017 of the Kerry/Dublin government subsidised flights that were due to end this month. Vital for access & jobs.

Further info on my work on

www.brendangriffin.ie

Also, find us on Facebook
or Twitter: @BGriffinTD



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www.irdduhallow.com



Their Special Day

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



PICTURED LEFT: MICHELLE O'CONNOR AND THOMAS O'SULLIVAN PHOTOGRAPHED ON THE DAY OF THEIR WEDDING IN THE MALTON HOTEL IN KILLARNEY,

PHOTO MICHEÁL O SULLIVAN
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LORRAINE FRIEL (KILLARNEY) AND BARTH FLYNN (ROCKFIELD, FAHA) WHO WERE MARRIED AT ST MARY'S CATHEDRAL WITH THEIR RECEPTION AT THE BREHON HOTEL KILLARNEY.

PHOTO: TARA DONOGHUE
PHOTOGRAPHY.

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The poster features a large pink 3D 'SUSI' logo at the top center. To the left is the logo of the Kerry Education and Training Board, and to the right is the Citizens Information logo. Below the SUSI logo, the text reads 'SUSI THIRD LEVEL STUDENT GRANTS' in large pink letters, followed by 'STUDENT UNIVERSAL SUPPORT IRELAND (SUSI) PROVIDES FUNDING FOR STUDENTS ATTENDING FURTHER/HIGHER EDUCATION COURSES' in smaller blue letters. The main title 'INFORMATION EVENING' is in large pink letters. Below this, the location 'Kerry College of Further Education, Clash, Tralee, Co. Kerry' is listed. The dates and times 'Thursday 12th March 2015, 4:30pm, 5:30pm & 6:30pm' are shown. A note states 'Places are limited; please arrive early to avoid disappointment.' It also mentions 'Applications for the 2015\2016 academic year will open in mid-April' and directs readers to check the SUSI website for more information, providing the URL 'www.susi.ie'. The bottom of the poster is decorated with images of diverse students holding books.

SUSI

Citizens Information

SUSI THIRD LEVEL STUDENT GRANTS
STUDENT UNIVERSAL SUPPORT IRELAND (SUSI) PROVIDES FUNDING
FOR STUDENTS ATTENDING FURTHER/HIGHER EDUCATION COURSES

INFORMATION EVENING

Kerry College of Further Education
Clash, Tralee, Co. Kerry

Thursday 12th March 2015, 4:30pm, 5:30pm & 6:30pm

Places are limited; please arrive early to avoid disappointment.

Applications for the 2015\2016 academic year will open in mid-April

Check the **SUSI** website for information on
the application process and eligibility criteria **www.susi.ie**

SUSI INFORMATION EVENING, KERRY COLLEGE OF FURTHER EDUCATION, CLASH, TRALEE.

THURSDAY MARCH 12TH AT 4:30, 5:30 AND 6:30PM.

Student Universal Support Ireland (SUSI) is the single national awarding authority for all new student grants since 2012. In co-operation with Kerry Education & Training Board and Kerry Citizens Information Service, SUSI Representatives will host open information sessions in Kerry College of Further Education, Clash, Tralee on Thursday 12th March 2015 at from 4:30-6:30pm to provide information about applying for grants for approved further or higher education courses.

The talk will be repeated three times to maximise public access to the information. You are invited to attend at either 4:30pm or 5:30pm or 6:30pm.

The evening is open to anyone who needs to know how to apply for a student grant, be that for going to a PLC (Post Leaving Certificate) Further Education College, an Institute of Technology or a University. The talks are FREE. Places are limited so it is

recommended you arrive early to avoid disappointment.

SUSI assess grant applications from prospective students hoping to attend approved further or higher education courses. Applications are made online and the online application system for the 2015/16 academic year will be opening in mid-April this year, which is a month earlier than last year.

The eligibility criteria for student grant funding covers the following areas: Nationality; Residency; Previous Education; and Income. Information on the eligibility criteria can be found on the SUSI website at www.susi.ie.

Any student thinking of applying to SUSI should first go to the home page of the SUSI website and use the 'grant eligibility reckoner'. The reckoner is a fast, user-friendly tool which indicates whether students may/may not be entitled to funding before they make an application.

For further information on the application process and eligibility criteria log on to the SUSI website www.susi.ie



The poster has a red header with the school name 'KNOCKADERRY National School' and 'Farranfore Village' in white. Below this, it says 'Located in Farranfore Village - turn off at the Pedestrian Crossing'. The main section has a red background with 'OPEN EVENING' in large white letters, followed by 'Friday March 20th' and '6.30pm to 7.30pm'. A white banner below this reads 'Excellent Pupil / Teacher Ratio'. The bottom half of the poster features four photographs: two children working in a garden, a group of children on a playground, a group of children in a classroom, and a group of children in a library. At the very bottom, on a red background, are the contact details: 'Tel: 066 9764729' and 'e-mail: knockaderryns.ias@eircom.net'.

KNOCKADERRY National School
Farranfore Village

Located in Farranfore Village - turn off at the Pedestrian Crossing

OPEN EVENING
Friday March 20th
6.30pm to 7.30pm

Excellent Pupil / Teacher Ratio

Tel: 066 9764729
e-mail: knockaderryns.ias@eircom.net



COPING WITH LOSS

Loss is considered to be a natural part of life – yet coping with loss is one of the most difficult challenges we will face in our lives. Grief is a natural response to loss and the more significant the loss, the deeper our grieving will be. When a loved one dies, we may experience all kinds of difficult emotions – and it can feel like this pain will never ease. This is a normal reaction. Grieving is a vital process and typically, over time, these intense feelings will diminish in intensity. Everyone reacts differently and there is no right or wrong way to grieve. Equally there is no 'normal' period for someone to grieve – and it may take months or years to come to terms with a loss. For most people, grief doesn't go away – but it fades into the background. Thoughts and memories of our loved one are woven into our minds – and whilst missing our loved one may be part of our life – it doesn't interfere with us living our life. Sometimes however, we can experience what is termed 'Complicated Grief'. This refers to an intense and long-lasting grief that takes hold and doesn't seem to lessen as time goes on. Many people come through the loss on their own – supported by friends and family – others benefit greatly from bereavement counselling. Whilst there are no right ways to grieve - there are however, healthy ways to deal with the pain. People often report that grieving the loss of a loved one gave them a renewed sense of meaning, purpose and direction in their life.

HELPFUL STEPS INCLUDE

1. **Accept what you are feeling:** If we deny or ignore our feelings it will only make it worse in the long run. For healing to occur, we need to acknowledge and face our feelings.
2. **Talk about the death of your loved one:** Talking to family and friends can help us to understand what has happened and remember our loved one.
3. **Remember and celebrate the life of your loved one:** Honor the individual – perhaps through making a collage of photos, planting a tree in their memory, donating to a favourite charity etc.
4. **Be patient and allow the grieving process to naturally unfold.** Whilst we may often think of grief resulting from the death of a loved one, any loss can cause grief. Over the coming weeks we will explore grief and loss and ways we can deal with this.

Dr Geraldine Sheedy is Director of SouthWest Counselling Centre Killarney. SWCC provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. info@southwestcounselling.ie. Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call **064 6636416**. SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.

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

Health Matters.... With Dr. Michael Moloney

PLANNING TO BECOME PREGNANT-

GENERAL ADVICE BY DR MOLONEY

CONTINUED

FOOD POISONING: Various bacteria and other germs can cause food poisoning – that is, a gut infection caused by eating food contaminated by germs. Two germs that are of particular importance to avoid during pregnancy are listeria and toxoplasmosis. It is possible that other food poisoning bacteria may also cause complications during pregnancy. For example, gut infection with bacteria called salmonella and campylobacter may be associated with an increased risk of pregnancy complications. So, it is wise to be extra vigilant about avoiding food poisoning.

Therefore, be strict about food hygiene, always cook eggs, meat and poultry thoroughly, wash fruit and vegetables, and wash hands after going to the toilet, before handling food, before eating, and after handling raw meat or animals.

INFECTIONS IN PREGNANCY

RUBELLA (GERMAN MEASLES): If you plan to become pregnant for the first time, you should check that you are immune to rubella before becoming pregnant. Most women are immune to rubella, as they have been immunised as a child. However, childhood immunisation does not work in every child and you may not be immune. If you are not immune, you can be immunised. Note: you should not become pregnant for one month after the injection, and ideally until your immunity has been confirmed by a further blood test. The rubella virus causes a mild illness, but can seriously damage an unborn baby, especially in the early stages of growth. So, until you know that you are immune (from the result of the blood test), you should avoid anyone who has rubella, especially in the first 16 weeks of pregnancy.

TOXOPLASMOSIS: This germ is commonly found in raw meat, and sheep, lamb and cat faeces. It can sometimes cause serious harm to an unborn baby. To avoid it:

- Wash your hands after handling raw meat.
- Do not eat raw or undercooked (rare) meat.
- Wash salads and vegetables, as any dirt may have been contaminated by cat faeces.
- Wash your hands after handling pets or animals, especially cats and kittens.
- Get someone else to clean out any cat litter trays when you are pregnant.
- Always wear gloves when gardening.
- Avoid sheep, especially during the lambing season.

CHICKENPOX: Having chickenpox when pregnant can be a nasty illness, and there is some risk to the developing baby. If you are not sure if you have had chickenpox, a blood test can check if you have previously had it.

HEPATITIS B: A mother who is infected with hepatitis B has a high risk of passing it on to her newborn baby. If you are at high risk of catching hepatitis B you should be immunised against this virus before becoming pregnant. People at increased risk and who should be immunised include:

- Those whose job puts them at risk of contracting hepatitis B – for example, healthcare personnel and staff at daycare or residential centres.
- Those who inject street drugs.
- Those who change sexual partners frequently.
- Those who live in close contact with someone infected with hepatitis B.

SCREENING BLOOD TESTS: Ideally, you should have a blood test before you become pregnant, to screen for hepatitis B, syphilis, and HIV.

CONSIDER YOUR WORKING ENVIRONMENT: If you think that your job may pose a risk to a pregnancy, then ideally **YOU SHOULD** discuss this with your employer before becoming pregnant. For example, if you work with chemicals, fumes, solvents, etc, which may pose a risk, or if you work with animals such as cats or sheep which may be carrying germs.

ANIMALS: Avoid contact with sheep and lambs at lambing time. This is because some lambs are born carrying the germs that cause listeriosis, toxoplasmosis and chlamydia. These may be passed on to you and your unborn baby.



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MOTORISTS AND CYCLISTS SURVEY REVEALS MUTUAL DISTRUST

A survey on road users' attitudes by motoring solutions specialist easytrip has revealed that neither motorists nor cyclists believe the other pays enough attention to them on the road. While 56% of cyclists say that drivers don't pay enough attention to them, 69% of motorists make the same claim about cyclists with almost a third of drivers describing cyclists as a "menace" on the road. However more than 40% of drivers say that they do understand the challenges faced by cyclists.

'Offences' by motorists

When cyclists were asked about witnessing 'offences' committed by motorists, the following mishaps were referenced as the top three:

- Motorists not using indicators
- Drivers failing to leave enough space between their car and the kerb for the cyclist
- Motorists cutting off a cyclist when taking a left hand turn.

From the motorists' own perspective, more than half of all drivers themselves admitted to witnessing mishaps involving other drivers or car passengers such as opening a door while a cyclist is passing. This was followed by motorists cutting cyclists off when taking a right or left hand turn (26%) and pedestrians stepping out into oncoming traffic without looking whilst glued to their mobile (20%).

'OFFENCES' BY CYCLISTS'

A staggering 95% of drivers claimed they

had witnessed a cyclist acting illegally or dangerously on the road. The top three incidents were highlighted as:

- A cyclist breaking a red light
- Cycling on the footpath
- A cyclist failing to wear high visibility clothing in dark weather conditions

Meanwhile, 98% of cyclists agreed that the most common 'rule breaker' made by cyclists was breaking the red lights at traffic junctions or pedestrian crossings, followed by cyclists failing to make a hand signal when turning and not having the appropriate lights on their bikes.

ROAD TESTS FOR CYCLISTS

The easytrip road user's survey also revealed that 55% of motorists felt that cyclists should undergo some form of testing, either theory and/or practical before being allowed to cycle on main roads. Whereas cyclists themselves

were split on this issue, with 50% saying yes and 50% saying no.

ON-THE-SPOT FINES FOR CYCLISTS

The government is set to introduce on-the-spot fines (around €50) for cyclists in March this year for offences including breaking red lights, cycling on a footpath or cycling in the wrong direction against traffic flow. A low 33% of cyclists would actually welcome the fines while 59% of Irish drivers say that the fines will be of benefit to all road users.

RULES OF THE ROAD

The easytrip survey also found that more than 64% of motorists claim to have a "reasonable understanding" of the Rules of the Road, however a higher percentage of cyclists, 67%, say they have an "excellent" understanding of the rules of the road.



ECO-DRIVING ADVICE

How to get the most out of the fuel you buy

Car choice plays a big part in the extent to which your motoring affects the environment, but whatever car you've got there's a number of simple things you can do to reduce energy use (fuel consumption), CO2 emissions and pollution. These eco-driving tips are the motoring equivalent of insulating the hot water tank, fitting low energy bulbs and not leaving the tv on standby – simple, common sense tips that really will make a difference. You'll save money on your fuel bills too.

MAINTENANCE

Regular Servicing – Get the car serviced regularly (according to the manufacturer's schedule) to maintain engine efficiency.

Engine oil – Make sure you use the correct specification of engine oil (refer to the handbook)

Tyre pressures – Check tyre pressures regularly and before long journeys. Under-inflated tyres create more rolling resistance and so use more fuel. Getting tyre pressures right is important for safety too. Refer to the handbook as pressures will normally have to be increased for heavier loads.

BEFORE YOU GO: Lose weight – Extra weight means extra fuel so if there's stuff in the boot

you don't need on the journey take it out and leave it at home.

Streamline – Roof racks/boxes create extra wind resistance and so increase fuel consumption. If you don't need it take it off, if you do, pack carefully to reduce the extra drag.

Don't get lost – Plan unfamiliar journeys to reduce the chance of getting lost - try the AA Route planner or consider a 'Sat Nav' if you regularly drive unfamiliar routes. Check the traffic news before you go too.

Combine short trips – Cold starts are inefficient so it pays to combine errands such as buying the paper, dropping-off the recycling, or collecting the kids into one trip rather than making multiple short trips.

Consider alternatives – If it's a short journey (a couple of miles or so) consider walking or cycling rather than taking the car – fuel consumption is worse when the engine's cold and pollution will be greater too until the emissions control system gets up to normal temperature.

ON THE WAY: Leave promptly – Don't start the engine until you're ready to go. This avoids fuel wastage due to unnecessary idling and ensures that the engine warms up as quickly as possible. (In winter months, scrape ice rather than leave the car idling for a long period to warm up).

Easy does it – Drive smoothly, accelerate gently and read the road ahead to avoid unnecessary braking.

Decelerate smoothly – When you have to

slow down or to stop, decelerate smoothly by releasing the accelerator in time, leaving the car in gear.

Rolling – If you can keep the car moving all the time, so much the better. Stopping then starting again uses more fuel than keeping rolling.

CHANGE UP EARLIER: Change gear as soon as possible without laboring the engine – try changing up at an engine speed of around 2000 rpm in a diesel car or around 2500 rpm in a petrol car. This can make such a difference to fuel consumption that all cars in the future are likely to be fitted with Gear Shift indicators that light a lamp on the dashboard to indicate the most efficient gear change points.

CUT DOWN ON THE AIR-CON – Air conditioning increases fuel consumption at low speeds, but at higher speeds the effects are less noticeable. So if it's a hot day it's more economical to open the windows around town and save the air conditioning for high speed driving. Don't leave aircon on all the time – you should run it at least once a week throughout the year though to maintain the system in good condition.

Turn it off – Any electrical load increases fuel consumption, so turn off your heated rear windscreen, demister blowers and headlights, when you don't need them.

CONTINUED NEXT WEEK....



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2011 Ford Focus

1.6 TDCi Zetec Alloys, Fogs, Full Ford History



2010 Ford Focus

1.6ltr TDCi Titanium 57Kkm Full Ford History



141 VW Passat

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- 12 Ford Mondeo 2ltr TDCi
- 12 Hyundai i30 1.6 TDCi
- 12 Peugeot 5008 1.6 HDi 7 seater Active
- 11 Ford Focus 1.6 TDCi, 44k
- 11 Ford Focus 1.6 TDCi Estate Silver
- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H
- 11 Peugeot 5008 1.6 HDi 7 Seater
- 11 VW Golf 1.6 TDI, blue motion, Black
- 11 Ford Focus 1.6 TDCi, Zetec (new model)

- 10 VW Golf 1.6 TDI
- 10 Audi A4 2ltr TDI 86k Black
- 10 Ford Focus 1.6 TDCi, sports, 83k, full Ford S/H
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 VW Scirocco 2ltr TDI
- 10 Ford Focus 1.6 Titanium
- 10 VW Golf 1.6 TDI Grey
- 10 Mazda 3 1.6 DSL Alloys, Fogs, Aircon, Cruise control
- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCi, Black, NCT Tested
- 06 Citroen C5 1.6 HDi, 106k, 1yr Test
- 05 Citroen C414 3dr
- 05 VW Golf 1.9 TDI, Black, Alloys
- 05 Opel Mireva 1.3 CDTi, left hand drive

- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner
- 00 VW Golf 1.9 GT TDI Very clean NCT

CARS

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

- 05 Suzuki Liana NCT Tested
- 05 V.W Golf 1.4 Comfort Line
- 05 Ford Focus 1.4 zetec
- 04 Opel Zafira 1.6 Club, 7 seater, 1 owner, €2,700
- 03 Toyota Avensis Alloys, Fogs, As New
- 03 Nissan Micra 1.0L

COMMERCIAL

- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch
- 09 Opel Combi Van 90kkm
- 08 Opel Combi 1.3 CDTi
- 05 Mitsubishi Pajero Sport Silver, 2.5, very clean



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KILLARNEY OUTLOOKS
WEEKLY SOAP COLUMN**

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

ARE YOU WATCHING IRELAND'S NEWEST SHOW?

TV3'S newest soap Red Rock is taking Ireland by storm with rave reviews coming in for the show. Set in the coastal town of the same name, the show is based mainly on the feuding mother figures of the powerful Hennessy family and the down and out Kiely family as well as the local police station.


For those of you who haven't been gripped by the drama - what are you waiting for.... In the soaps debut episode, Darren Kiely was murdered by Michael Hennessy. This has set off a chain of events that has reignited the feud between the two families.

However, it is the controversial story of Garda Brian McGonagle's affair with 16 year old Rachel Ried which is set to cause the most drama. Already, Garda Sharon Cleere has discovered the affair and is determined to expose it. This is a task which is proving difficult for the young garda as she has been encouraged by a fellow officer to turn a blind eye.

SPOILER ALERT

Red Rock producers are very aware that every good soap needs a great villain. Step forward Brian McGonagle. Last week saw Brian have Sharon viciously beaten up while out on a call out with him. As Sharon lay fighting for her life, Brian paid off the thugs before "rescuing" her and being hailed a hero. What will Sharon do next? Will Brian's affair with his teenage daughters best friend be exposed? And what lengths will he go to to protect his secret? Only time will tell.

I'll be watching, will you?





Astrid Longhurst
Life & Body Confidence Coach



PRACTICE HAPPINESS!

"There is no way to happiness, happiness is the way." This great quote by Thich Nhat Hanh expresses simply and perfectly that happiness is a choice.

It can sometimes seem like we are on a lifetime quest to achieve happiness. "Once I find my soul mate, then I'll be happy, or, 'If I get that promotion, then I'll be happy or Once I'm making this or that income, then I'll be happy." Woven within the mere thought itself is a sense of being less than you want to be and therefore makes you less happy than you were before that thought even arrived.


Some might argue that it's not the conditions of our lives that make us happy (although some can certainly help at times), it's the way we relate to ourselves and our lives that provide the happiness. It's the way we walk through life.

In other words, we're always practicing something. If we spend our time wrestling with negative, excessive worrying, or hopeless thoughts, we're practicing unhappiness. If we spend our time noticing and acknowledging these unhelpful habits of the mind, without judgment, we can then choose to turn our attention to matters that walk in line with greater happiness and sense of peace.

Ask yourself, "What would you be doing differently if you were happy?" Some people would be smiling more, others might say they'd be more compassionate with others. Whatever answers come up for you begin putting them into action to whatever degree you can!

Reminder that my Chakranetics Mindful Movement Meditation class is at the Travel Inn, Fossa, Killarney. 6 week course from Tuesday March 10th from 10.00am to 11.15am! Only €60.00. Booking is essential as places are limited.

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ROWING TO RIO

The Monika Dukaraska Blog

The story of a professional athlete

The training camp in Varese, Italy has come to an end. The journey back is always more tiring as the excitement of getting somewhere new is well gone and the training has taken its toll on us all. I have completed a solid block of training which will lead me into the final part of the National Trials which are held on the 21st and 22nd of March at the National Rowing Centre in Inniscarra. The decision whether I will race the single scull or a crew boat on the day has not yet been made, so I have to be ready for anything. The training camp prepared me well for both possibilities hence I'm confident I can deliver the required performance in either boat. The focus now is to push on from where I am at and use the next three weeks as a stepping stone for international racing. The training programme for the next few weeks includes a lot of racing pieces combined with long mileage so I would expect that fatigue levels will rise and I will really have to focus on getting adequate recovery. Although, some crews are still being formed and some won't be finalised until later on in the season, we are all on top of our game to ensure that when it comes to crew selection, our name is on the list. Now that we're in the qualifying year for the Olympics the competition amongst the team members increases significantly and so do the stakes. The Olympics only come around every 4 years and everyone wants to race for the qualifying places. And so do I! This season will test us all physically as well as mentally.

After the camp I have spent a relaxing weekend at home in Killorglin and since Monday I am back to Cork training with the team. My first international test will take place on the 10th to 12th of April at the Piediluco Regatta in Italy where I got a bronze medal in in 2014. After the Piediluco Regatta I will travel back to Varese for a 10 day training camp.



AILEEN LYNCH SECRETARY OF CASTLEISLAND DESMONDS LADIES RECEIVING HER TESCO MUNSTER VOLUNTEER OF THE YEAR AWARD FROM LGFA PRESIDENT PAT QUILL AND LYNN MOYNIHAN OF TESCO.

GALVIN POWERS KERRY TO VICTORY

TESCO HOMEGROWN LADIES NFL ROUND 4

KERRY 3-11 DUBLIN 2-8

Kerry remained very much in the hunt for a League semi-final spot with a fully deserved six point victory over Dublin at Legion on Sunday. It was a victory which saw Kerry for the second game in a row produce a high octane third quarter where they simply blew away their opponents. Dublin made the better of the slippery underfoot conditions and were 0-3 ahead after just 6 minutes. Playing against a significant wind Kerry needed scores and Patrice Dennehy provided the ideal tonic when she raced cleared of the Dublin defence after Eilish Kavanagh set her free. Dennehy's 8th minute shot across the goal ended up in the top corner. It was an excellent strike but the Dublin reply was instant as Lyndsey Davey goaled on the next play, exposing some poor play by the Kerry defence who left the Skerries Harps player unmarked.

Berine Breen on her return and Louise Galvin playing at midfield proved a masterful partnership and took control of the game thereafter with Kerry tagging on six unanswered points to give them a deserved 1-6 to 1-3 lead by the 20th minute but the beaten All Ireland finalists underlined their ability when they registered 1-2 inside just two minutes of play. The goal coming from Carla Rowe who finished the second quarter with 1-2. However, their good work was undone when Sarah Houlihan's point bound free dropped in over the head of Dublin keeper to ensure the sides would head to the break level at 2-6 apiece.

Last time out Kerry out preformed Cork in the third quarter and it was a repeat performance again. Ni Mhuirceartaigh, Breen and Kavanagh all found the target before Louise Galvin tore through the Dublin defence with Dublin markers unable to deal with the strength of the Finuge/St. Senans player. She unleashed a pile driver from the 21M line and despite it hitting the crossbar; she followed it up with a volley to the net. It was a standout moment that cemented their victory.

Kerry were now in control 3-9 to



2-6 after 45 minutes of the contest and with the play opening up Kerry seemed to have answers to most of Dublin's questions. Rowe remained dangerous throughout but Kelly and Lynch were never more than a hairs width from her as she struggled to add to her tally.

Both sides swapped points in the later stages but it was to be Kerry's day

Kerry: Edel Murphy, Ciara Murphy, Aislinn Desmond, Laura Collins, Aisling Leonard, Cait Lynch 0-1, Caroline Kelly, Louise Galvin 1-0, Bernie Breen 0-1, Sarah Houlihan 1-3 (1-2F), Megan O'Connell, Denise Hallissey, Eilish Kavanagh 0-2, Louise Ni Mhuirceartaigh 0-2 (0-1F), Patrice Dennehy 1-0

Subs: Eilis O'Connor for Collins (38), Lorraine Scanlon for Kavanagh (44), Emma Sherwood for O'Connell (52), Andrea Murphy for Houlihan (57)

Dublin: Ciara Trant, Olwen Carey, Sorcha Furlong, Muireann Ni Scanail, Sinead Goldrick, Lucy Collins, Sinead Finnegan, Amy Connolly 0-1 (0-1F), Sarah McCaffrey 0-1, Noelle Healy 0-1, Lyndsey 1-1, Carla Rowe 1-3 (0-2F), Kim Flood, Niamh McEvoy, Hannah Noonan 0-1

Subs: Fiona Hudson for Ni Scanail (26), Niamh Collins for Noonan (45), Katie Murray for Goldrick Inj (50), Margaret Mohan for Healy (56)

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GARDENING OUTLOOK

with **John O'Sullivan**

FOCUS ON HERBACEOUS PERENNIALS

What we mean when we call a plant an Herbaceous Perennial is that in most of the them the stems are soft, succulent and green as opposed to being brown and woody. With most Herbaceous Perennial they will sprout growth from ground level in Spring and will grow and flower right through the Summer and into the Autumn. With most Herbaceous Perennials in late Autumn and early Winter they start to look a bit ragged. But depending on the severity of the Winter some will hold on until the first real cold snap. The maintenance for most Herbaceous Perennials isn't a lot really. During late Autumn early Winter cut the majority of them down to ground level and mulch over with some compost. Some Herbaceous Perennials such as Lupins and semi hardy Fuchsias will have woody stems because of the milder climate here so when pruning back cut right back to just a couple of inches above ground level.

Herbaceous Perennials are a valuable plant in the garden for a number of reasons.

1. Because of the length of time they flower for.
2. Because of the short length of time it takes them to grow to the maximum height and spread.

When planting a Herbaceous Border always remember to plant the taller ones to the back or middle and the smaller growing ones to the front. When choosing your plants pick one plant that you can repeatedly plant in the border to create a sense of continuity to the planting scheme. Herbaceous Perennials flower from April until October/November so you have a wide range of flowering times and colour to choose from. The secret to having a good flowering Herbaceous Border is every few years in the Winter to lift and divide the plants that are suitable for this.

Next week I will focus on Roses.

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LEGION GAA CLUB NOTES

AWARDS NIGHT: Our annual awards and social night is approaching fast and plans are well under way for what promises to be a great night. The Killarney Avenue hotel is the place to be next Friday 13th March to show your support for all the award winners of the year and to enjoy the company of our Guest of Honour on the night, Joanne O'Riordan from Millstreet. Joanne is an inspiration to everyone and despite her disability of Tetra-Amelia syndrome, where she was born with no limbs,

a condition that only seven people presently in the world suffer from, she does not let this hold her back in life and at a very young age addressed the United Nations in New York in 2012, and the same year she was instrumental in getting the Irish Government to reverse a decision on cutting disability funds. Still only 18 years of age, she has achieved so much in such a short space of time. A truly inspirational person. Some of the award winners have already been announced and there was no surprise when Conor Keane was named Senior player of the year for his excellent performances all year.

Aidan Slattery deservedly picked up the Junior player award with Donal Lyne due to collect the Young player of the year award. Joanne Downey will receive a special Merit award for all her help throughout the year with Paudie Lynch picking up the Clubperson of the Year award for his untiring work for the club in many different capacities.

SATURDAY MORNING UNDERAGE

ACADEMY: The eagerly awaited Saturday morning Academy which is sponsored by Keanes jewellers is nearly upon us as Saturday 7th March we welcome all boys and girls from

LEGION GAA CLUB

WHERE ARE THEY NOW

Heathrow is a busy airport at the best of times but on a Friday evening its just crazy, so after finally squeezing my way through the terminal I was glad to find that the London traffic wasn't too congested which meant that my taxi ride to Muswell Hill in the north of the city didn't take as long as I had feared. As I neared the lovely home of Mark O'Shea, I could see why Muswell Hill was recently voted one of the five most desirable places to live in London by The Sunday Times as many of the buildings still have their original Edwardian facades. Though only 34 years of age, Mark O'Shea has been gone from Killarney for over twelve years having originally moved to Los Angeles in 2003 where he lived for nine years before moving here to London where he lives with his partner, Donegal born Michelle O'Doherty who is a television presenter on RTE fashion programme Expose and their son Max who was born last August. Mark, whose mother Mary is from Kilcummin, tells me he played with Kilcummin until he was 16 when the family moved into Riverside Drive in Killarney town and he hadn't been playing football at the time but after a visit from Willie DF, Mark decided to play for Legion. This decision didn't go down too well with all in his family however as Marks father, Paddy, local musician of renown is a Dr Crokes supporter and his late grandfather, also Paddy, was a vice president of our great local rivals. Marks sister Laura also plays for Dr Crokes but his other sister Emily is married to Brendan Kissane and they have three sons all playing in the green and white, the half back line sorted he smiles. Mark however stuck with his decision and went on to play minor, U21, junior and senior football with the club for the following six years but with the exception of a junior title, medals on the football pitch eluded him. Mark was a fine footballer but also had a huge interest in basketball and played for Kerry Spring and later Gleneagle St. Pauls and as he says "Its an awful shame that there isn't a superleague team in the county anymore as

back when I was playing there were teams in both Tralee and Killarney playing in the top flight, with huge crowds attending games in the Pres gym and also the INEC". I could sense that basketball played a major part in Marks sporting life but equally so did football as he is still playing club football with Parnells, a top London side and he reckons that playing Gaa in London and previously in America really helped him to settle in to life away from home as its a great way of making friends, lads like Danny Diggins, he says, have done tremendous amount of work in helping out new GAA players that move to London.

During our chat, I steered Marks thoughts back to his Legion playing days and I asked him the usual question about who he regarded as the top players from his era and his response was "Brian McCullagh was by far the best player I have ever played alongside and Mike McCarthy of Kilcummin was the best that I have played against but who could forget David Murphy, the Ronaldo of Gaelic football but I must also say that Seanie Culloty was also an amazing footballer and his talent for holding on to the ball longer than any other player in history was unreal especially when his five teammates in the forward line were all shouting for it " It was at this point that I realised that Mark was starting to enjoy this interview. When I asked him about influential people that he may have encountered during these years he says that his Uncle in law, Mike Murphy was always there with words of encouragement and also had great praise for Pat Kissane.

I asked Mark about what kind of work he does and he told me that he is now head of product at a company called Zoopla and has had his own companies before while working in the States so he has built up a lot of experience but unfortunately due to the type of work that he is involved in, he finds it hard to imagine being able to move home to Killarney in the near future which he some what regrets as he reckons that there is no better place. Himself



MARK O'SHEA, HIS PARTNER, MICHELLE O'DOHERTY AND THEIR SON MAX.

and Michelle and now of course Max try to get home a few times a year, dividing their time between Kerry and Donegal and always managing to factor in an odd weekend to Dublin in September most years. But even though Mark is gone from Killarney for all those years, he keeps track of Legion progress through Twitter and Facebook and gets regular updates from home and he says its great to see a lot of young players coming through and doing well with colleges and the county. Asking someone what they miss most about home often brings up varying answers but usually the answers are generally the along the same vein but not so this time as Mark says "Is there anything I miss from Killarney? Tom from the Speakeasy, him and his fine establishment have been in my life since just after birth [and perhaps a small while before]. I've come to think of him as my oldest friend. Oh, and family" I finally asked Mark what, if anything, does he see as the biggest change in the GAA since you:left

"Biggest change I think is how professional the game has become, even at club level. The training by teams is pretty full on, gym programs, dieticians, psychologists, twice a day training sessions! It's a huge commitment on every level and I don't think people realize the amount of work put in by lads, not only the players, but the trainers, managers, selectors, even the people involved in making sandwiches or food for players after training! It's almost a way of life - more than a pastime.



ages 3 to 10 to our club grounds to learn the skills of football and Hurling in a safe and fun environment. Our fully qualified coaches will be only too delighted to see new faces as well as existing young footballers every Saturday from 10.30 to noon as new members are always welcome. This Saturday promises to be a great days fun with free bouncing castle, face painting with complimentary snacks and drinks for all kids. Registration is free for all children under 6yrs of age.

INTER FIRM: Well done to Mike O'Sullivan and Liebherr as they won the senior All Ireland inter firm title last weekend by defeating Galway side Medtronic 0-13 v 0-06.

FIXTURES: Last Sundays EKL fixture was cancelled due to inclement weather. This Sunday we have a home fixture in the same competition against Kilcummin at 12 noon

LOTTO: No winner - numbers picked - 9, 11, 20, 24.



THE DR. CROKES SET DANCING GROUP WHO WERE PRIZE WINNERS AT EAST KERRY SCOR NA BPAISTI: SARAH MCCARTHY, TREASA O'SULLIVAN, CILLIAN HICKEY, PETER O'SHEA, HANNAH MAJELLA (COACH), ELIZABETH MCGUIRE, LEAH MCMAHON, CIAN MCMAHON AND RYAN BARTLETT.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

FIXTURES: East Kerry Senior League, sponsored by Frank Doran Safeguard Security. First named team has home venue. Round 5: Sunday 8th March at 12 noon.

DIVISION 1: Currow V Cordal
Rathmore V Dr Crokes, Spa V Gneeveguilla
Legion V Kilcummin.

DIVISION 2 FINAL: Kenmare V Scartaglen

EAST KERRY SENIOR LEAGUE

DIVISION 1: LISTRY 0-16 CORDAL 0-04

Cordal faced off against Listry in round 4 of the East Kerry Senior league, sponsored by Frank Doran Safeguard Security, last Sunday. Played in wintry conditions, the game got off to a good start with both teams tussling for early possession. Cordal's Sean Óg Ó Ciardubháin got the first score of the game from a pointed free. Listry, playing into a stiff breeze, replied well with four unanswered points, two of which were converted by Joseph Clifford. The home side, playing with the aid of the wind, managed only one more score before half time, despite creating chances, which made getting a grip on the game very difficult. Half time read 0-04 to 0-02 in favour of Listry. The second half started with one team dominating the play as after Cordal opened the scoring Listry kicked 12 points without reply, which told the story of the second half. The bulk of the scores came from John Foley, Denny O'Leary and Joseph Clifford. The home side finished with a point from Padraig O'Connell, to leave the full time score Listry 0-16 Cordal 0-04.

KILCUMMIN 1-07 GNEEVEGUILLA 1-06

Gneeveguilla played at home to Kilcummin in the East Kerry Senior league, sponsored by Frank Doran Safeguard Security. Gneeveguilla got off to a flyer of a start with a Gerard Moynihan point. Gneeveguilla were then awarded a penalty which centre back Mike Murphy slotted into the back of the net.

Kilcummin stayed in touch with fine point kicking from Gary O'Leary and Kelvin Teehan. Gneeveguilla went in at half time leading 1-03 to 0-04. Kilcummin started the second half with a well taken goal from Kelvin Teehan. Further points from Gary O'Leary in difficult windy conditions put Kilcummin into the lead and they never looked back. Gneeveguilla could only manage a handful of scores through Padraig Doyle but Kilcummin held out to win 1-07 to 1-06.

BEAUFORT GAA NOTES

LOTTO: Next draw for Jackpot of €3,400 in Galvin's Bar on Sunday, 8th March. Please support as this helps in the day to day running of the Club. Tickets are available from usual sellers and in local shops and bars.

SENIORS: Our Seniors drew with Milltown/Castlemaine on Sunday morning last. The game was switched to Beaufort as Milltown Pitch was unplayable. Milltown-Castlemaine settled well and had the first point. Mid-fielder Shane O'Sullivan finished a fine move by the home-side to the net but this was cancelled out almost immediately by Milltown-Castlemaine. The home side dominated the scoring with 3 points from Francis Courtney, Kevin O'Brien, Jason Foley and Padraig O'Sullivan. Francis Courtney had the last score of the half to leave Beaufort lead 1.7 to 1.4 at half-time. The 2nd half saw Beaufort extend their lead with a free from Kevin O'Brien. Alan Courtney (inj) was replaced by Gary Coffey. On the 9th minutes Milltown/Castlemaine had their 2nd goal when the initial shot was saved by Mike Moriarty. They continued to dominate and had 4 unanswered points to lead by 3 points. Beaufort levelled matters on 27minutes with a goal from Danny Healy. Both sides had a chance of winning the game but both efforts went wide. Final score Beaufort 2.8 Milltown/Castlemaine 2.8.

SCOR NA BPAISTI: Beaufort had a good

representation at the Mid-Kerry competition which was held in the CYMS, Killorglin on Saturday evening. Congratulations to all who took part and acquitted themselves very well. Well done to Sean Kissane who won the Rince ar an Sean Nos. Also taking part were as follows: Rince Foirne agus Rince Seit - Caoimhe Foley, Clodagh Foley, Meadhb Kissane, Aoibheann Coffey, Adele O'Brien, Meadhb Crowley, Roisin Farrell, Aisling Megann. Sinead Kissane took part in the Amhránaíocht Aonair while Adam Neary, Jimmy O'Connor, Tara Clifford and Roisin Kenneday took part in Trath na gCeisteanna. Sean Kissane will now travel to Foilmore Community Centre on Saturday next to take part in the Kerry South semi-final. Good Luck Sean.

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

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

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

FIXTURES: Our minors are home to Laune Rangers, Saturday 7th at 4pm, round 2 of County League. Our seniors sponsored by Maurice Foley of MF Decorating are at home to Keel on Sunday next, 8th at 11.30am in Round 4, Mid Kerry League.

U14 AND U12 GIRLS: Will resume training on Sunday next at 11.30a.m. All players are welcome back and any new players who were born between 2001-2004 are more than welcome to come along.



DR CROKES NOTES

MATCH REPORTS/ RESULTS:

East Kerry U21 Championship QF Replay

DR CROKES 2-11 RATHMORE 1-6

Dr Crokes set the tone for this quarter-final replay with full-forward, Tony Brosnan opening the scoring with a fine point in the first minute. Brosnan added a second shortly after, following an incisive pass from Gavin O'Shea. Rathmore goalkeeper, Shane O'Callaghan then denied Jordan Kiely with a fine save in the ninth minute before further points by Jason O'Sullivan, Mikey Casey, Kiely and Darran O'Doherty stretched the Crokes lead as Rathmore struggled to establish a foothold in the game.

A thirty meter free in the twenty-second minute eventually opened the Rathmore account, but two minutes later, Brosnan fisted a high dropping ball to the net to re-establish Crokes advantage.

Gavin O'Shea was again the supplier for Brosnan to point five minutes before the break, sending the home side in at half-time leading, 1-7 to 0-1.

Rathmore full-forward Donncha McCarthy reduced the margin with a point two minutes after the restart, before the same player raised a green flag, palming the ball to the net, following a 45 meter free which dropped short in front of the Crokes goal.

Jordan Kiely from a 21 meter free settled the Crokes before Rathmore reduced the deficit with two further points.

Crokes also switched David Naughten to curtail the threat Dean Fitzgerald was presenting to the Black and Amber defence and substitute Paul Clarke also started exerting an influence in the middle third for Crokes. In the forty-seventh minute, following a great turnover by Kiely, centre-back Gavin White drove into the penalty area before blasting the ball to the net, giving Rathmore goalkeeper O'Callaghan no chance. Crokes added to their lead with points from Brosnan, Cillian O'Regan and a fine score from Jason O'Leary.

Rathmore did produce two more scores before the game ended with a win for Crokes.

LOTTO: Draw took place in the Jack Cs Bar on Sunday last. Numbers drawn 2, 12, 15 & 17:

REGISTRATION: Registration Day at the Clubhouse Saturday 7 March 2015. Membership fees are now due and must be paid before 31 March 2015 for all members. Players must have paid membership before being considered for Club teams. There is a variety of rates to suit all: Adult player €55, Student/unemployed €40, O.A.P. €20, Adult member €35 (Couple €60), Clear Air Boys Supporters Club €100, Non-Playing Student €25, Juveniles €20. Membership can also be paid to Registrar Frances O'Sullivan or Assistant Registrar, Brendan Harnett at the earliest opportunity.

JUVENILE ACADEMY: The first Juvenile Academy day of the new season also takes

place on Saturday 7 March 2015, Hurling 10:00-10:40 and Football 10:40-12:00 for Boys and Girls aged 3-10.

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.

Should be some day so watch Dr Crokes social media for further details.

OUR U14S: Entertained Lucan Sarsfields in a challenge game on Sunday 1 March and we hope one of Dublins biggest Juvenile clubs enjoyed our facilities.

HURLING: Dr. Crokes GAA Club are a true dual GAA club and we are currently seeking new members, both adult and underage, living in the greater Killarney area, to join our hurling section.

Like our football section, we welcome all levels of ability and you will find a genuinely warm welcome, make new friends and feel proud you are a member of Dr Crokes.

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

SCOR: Dr Crokes will be represented by our young set dancers in Foilmore on Saturday 7 March in the semi-final of Scor na bPaisti, best of luck to all.

SPA GAA NOTES

COISTE NA NÓG: Training Schedule

U6/U8 Saturday 11.30am.

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

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

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

U12 Girls/U14 girls training is now ongoing for the girls Saturday evening 5-6pm indoors.

U16 Girls and Senior Ladies Friday evenings 6.15pm.

SENIOR LADIES: Upcoming fixture Spa V Currow Sunday March 8th at 12noon away.

SCÓR NA BPAISTÍ: Best of luck to our figure dancers and Sean Nós dancer Grainne Spillane in the County semi final in Foilmore on Saturday 7th March.

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

TIERNABOUL TABLE QUIZ: Will take place on Friday March 6th in Torc Hotel. Tables of 4. Entry €10 and would be delighted with the

local community support. Everyone welcome.

CONGRATULATIONS: To the Liebherr Football team as All Ireland Inter Firm Champions who overcame a vallant Medtronic of Galway 0-13 v 0-6 in Fossa.

LISTRY GAA NEWS

Listry Weekly Lotto Results

Sunday 1st March, 2015

Winning Numbers 1, 13, 16, 17

MONTHLY MEETING

Next Meeting will take place on Monday 9th March at 9pm in the clubrooms.

GREAT WIN BY LIEBHERR

Congratulations to our seniors Danny Wrenn and Kevin Courtney and all at Liebherr on their All Ireland Inter Firm win.

MINOR FOOTBALL LEAGUE 2015

Rd 2 Saturday, 7th March at 4pm

Keel/Listry v John Mitchels

EAST KERRY SUPER LEAGUE 2015 RESULT

Cordal 0-4 Listry 0-16

COISTE NA NÓG LISTRY.

We are glad to announce that training resumes for U6s/U8s & U10s in the coming weeks. The following is the schedule. All sessions take place in the new hall in Milltown (Beside the Mart)

U6 (Children born 2009 & 2010) Thurs March 5th, 12th, 19th, 26th & April 2nd. 6pm -7pm.

U8 (Children born 2007 & 2008) Thurs March 5th, 12th, 19th, 26th & April 2nd. 7pm -8pm.

U10 (Children born 2005 & 2006) Fri March 13th, 20th, 27th & April 3rd 7pm-8pm.

Children can be registered on the first night. Registration Forms can be downloaded from the Club website. Forms will also be available at the hall on the first night. Membership costs €15 per child for 2015. Please bring €2 to hall sessions to cover the hire of the hall. Runners to be worn for hall sessions. Training will resume on the pitch for the above ages on Friday April 10th from 6:30-7:30.

Thank you. Coiste na NÓg officers.

LISTRY GAA NIGHT AT THE DOGS FUNDRAISER

This is taking place on this Friday evening, 6th March. Some tickets still available. It is vital that all tickets are sold, as there is a lot of work to be carried out on the grounds, to keep it up to the required standards demanded by patrons. Please contact the club if tickets are required. Looking forward to a great night!

MILLTOWN-LISTRY COMHALTAS

Congratulations to Katie Howe (concertina) and Aoibhe Horan (tin whistle), who came second in the u-11 category duet at the recent Sult na nÓg in Tralee.



OUTLOOK SPORTS NEWS

Deadline: Monday 5pm Email : news@outlookmags.com



DONAGHY GETS KERRY CAPTAINCY OFF TO WINNING START

**ALLIANZ NATIONAL LEAGUE
DIVISION 1 ROUND 3
KERRY 0-15
DUBLIN 1-10**

Kerry O'Shea reports from Fitzgerald Stadium

Kerry skipper Kieran Donaghy celebrated his birthday with a win over Dublin at Killarney's Fitzgerald Stadium last Sunday afternoon. The underfoot conditions were dangerous and the hail and the snow made for slippery conditions for both teams.

This was Kerry's first victory over the Dubs on home soil in ten years but the team fielded by Jim Gavin was certainly not the Dublin team as we know it. Dublin had a handful of regulars on duty even the selection of goalie Sean Currie raised eyebrows among some of the visiting Dublin supporters, not to mention Kerry. Games between Kerry and Dublin are always full-blooded encounters and this was no different as Laois referee Eddie Kinsella had his hands full issuing four black cards, seven yellows and a straight red to Dublin's Michael Fitzsimons late in the game for a high challenge on Fionn Fitzgerald. Of that total, Kerry received two black cards and three yellow.

Kerry deserved to win because they showed fire, hunger, grit and determination, things which warmed the cockles of the hearts of the Kerry supporters in the estimated attendance of 7,109. With home games to come against Donegal and Monaghan and a Munster derby with Cork to look forward to next on the agenda Kerry's prospects of qualifying for the knockout stages of the league have certainly improved. Kieran Donaghy started in his usual full-forward



berth and had a hand in several Kerry scores. Donaghy highlighted his importance to the team with a terrific catch deep inside his own defence late in the game at a time when Dublin were seeking a winning goal. TG4 Man of the Match Jack Sherwood has settled into the Number 6 role pretty well. An underage star under Eamon Fitzmaurice, the Fries man had an outstanding game and followed up his steady performance against Derry and has certainly laid down a championship marker. David Moran had a brilliant second half and capped it all with a superbly struck score into the teeth of the elements, while Barry John Keane proved his worth when introduced for Michael Geaney and scored two great points. Tommy Walsh also saw some more valuable game-time in the green and gold jersey which will stand to him in the coming months. In a highly-charged atmosphere the Dubs led by the minimum at the break 0-7 to 0-6. Both sides missed some gilt-edged gaoling opportunities, Kerry's Paul Geaney was denied twice by the

Dublin while Dublin full-forward Eoghan O'Gara had only Brendan Kealy to beat but somehow blazed wide just before half-time.

Kerry hit a purple patch at the start of the third quarter and outscored their rivals 0-8 to 0-2 to move five points clear with 15 minutes to play. Dublin pounced for their goal on the hour mark when Bernard Brogan finished to the net when Kevin McMenamin's initial shot was saved by Brendan Kealy but the clock was against Jim Gavin's charges at that stage.

KERRY: Brendan Kealy; Pa Kilkenney, Mark Griffin, Fionn Fitzgerald, Jonathan Lyne, Jack Sherwood, Paul Murphy, Anthony Maher, David Moran (0-1), Michael Geaney (0-1), Bryan Sheehan (0-6, 4f, 1 '45), Johnny Buckley (0-2), Stephen O'Brien (0-2), Kieran Donaghy (c), Paul Geaney (0-1). Subs: Killian Young for Paul Murphy (black card); Barry John Keane (0-2) for Michael Geaney; Tommy Walsh for Paul Geaney; Shane Enright for Pa Kilkenney; Alan Fitzgerald for Bryan Sheehan, Philip O'Connor for Stephen O'Brien, Peter Crowley for Jack Sherwood (black card).

DUBLIN: Seán Currie, Michael Fitzsimons, Rory O'Carroll, Darren Daly; Jonny Cooper, Philly McMahon, Jack McCaffrey (0-2), Denis Bastick, Shane Carthy (0-1), Tomás Brady (0-1), Dean Rock (0-1, 1f), Ciaran Kilkenney (0-1), Kevin McManamon (0-1), Eoghan O'Gara (0-1), Cormac Costello.

Subs: Cian O'Sullivan for Denis Bastick (black card); Bernard Brogan (1-2) for Kevin McManamon; Paddy Andrews for Dean Rock; Nicky Devereaux for Philly McMahon (black card); Brian Fenton for Tomas Brady; Eric Lowndes for Jonny Cooper.

Referee: Eddie Kinsella (Laois).

PAUL GALVIN HAS COME OUT OF RETIREMENT

It broke on Tuesday evening a simple message put up on the Kerry GAA website and within minutes Twitter went into overdrive that Paul Galvin had re-joined the Kerry senior football squad. Galvin, 35, called time on his inter-county career before the start of the 2014 Allianz Football League.

However, Kerry manager, Eamon Fitzmaurice confirmed that the three-time All Star returned to training with the panel on Tuesday night. "Paul Galvin has re-joined the Kerry Senior Football squad and resumed training this evening," Fitzmaurice said in a brief statement. A four-time All-Ireland winner, the Finuge clubman will now attempt to break back into the All-Ireland champions' side having missed out on last year's success. With Colm Cooper due

back from injury, later this month and Tommy Walsh having returned from the AFL and James O'Donoghue set to resume in May competition for places will be intense.

When he played under Fitzmaurice in the McGrath Cup last January, Galvin featured as a defender and there would be no surprise if he attempted to reprise that role in 2015.

Speaking after Galvin's shock retirement last February, Fitzmaurice said the then 34-year-old still had plenty to offer Kerry.

"I think he could have done a couple of jobs for us. We were looking at him in the halfback line. I think he could have done his old job in the half-forward line. He mightn't have been a starter all of the time but he's 34 years of age," said Fitzmaurice.



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MILLTOWN/LISTRY COMMUNITY GAMES

ART AND HANDWRITING: Congratulations to everyone who won the art and hand writing competitions. Parents please note that only 1st and 2nd go through to Kerry art finals and 1st only to the Kerry handwriting finals. Both Kerry competitions on next Saturday 7th March in Listowel.

Art Comp at 1 pm (registration at 12.30) **2 venues in Art** - U8 on in Listowel Convent Primary, U10/12/14 on in Listowel Convent Secondary. Handwriting U10/12 on in Listowel Convent Secondary at 10.30 (registration at 10.00).

Paper will be supplied in Listowel with competitors to bring their own drawing and writing materials. Parents of qualifiers will get a text during the week to confirm details and to answer any queries.

INDOOR SOCCER: Our U10 boys team competed in Mountcaol last Sunday and while they didn't win any of their games, they played very well. 6 of the 8 boys are underage again next year for this competition. **PANEL:** Cian Fleming, Cian O'Brien, Darragh O'Neill, Sean O'Brien, Padraig O'Sullivan, Gearoid Quirke, Liam O'Dowd, Ashton O'Meara. Thanks to Pat Fleming and Turlough O'Brien for coaching the boys and also to all the families who travelled to support them on the day. U13 boys are playing in Listowel next Sunday March 8th. Competition starts at 10am with registration at 9.30am.

QUIZ: We are holding our own local U14 quiz at Nagle Rice Junior School on the Killarney Road on Wednesday March 11th at 4 pm. Please note U14 is children born after 31st July 2001. A panel of 6 will be picked to represent us at Kerry final on 3rd April in Castleisland.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of lotto draw 27/2/15, numbers drawn were 8, 12, 16 and 22. Next week's jackpot €7,800 plus €1,000 bonus.

MUNSTER INDOOR CHAMPIONSHIPS U13 - U19: Well done to Francis Cronin who was 1st in the u15 800m at the munster Indoor Championships in Nenagh on Sunday. Later he goes forward to the National Championships. Jack O'Leary, Jack Greaney, Clodagh O'Keeffe and Orla Dineen also competed and all did well. **MUNSTER INDOOR U9 - U12:** On Saturday 7th and Sunday 8th we have a number of athletes travelling to Nenagh for this competition. Good luck to all athletes.

ALL IRELAND SCHOOLS CROSS COUNTRY: Best wishes to the Boherbue boys and girls from Presentation School Killarney who have qualified for the All Ireland Schools which will be held on Saturday 8th in Kildare.

KNOCKNAGREE 5K ROAD RACE: This will be on next Sunday at 1.00 pm. Please support.

MYSTERY TOUR: Club Mystery tour is on Saturday 14th March, anyone interested in joining us for a fun day out - get to know all other club athletes! You need to confirm your place asap.

KILLARNEY RFC

MINIS VIDEO: Our U10 Coach, Ian Harrington, has produced a fantastic video which shows what mini rugby in Killarney is all about. We shot the footage over the past few months and the video has the kids asking the question: "Are you ready?" The video is about 4 minutes long and shows some great tackling, passing and really highlights what we do each and every Saturday! Well done to Ian, all the coaches and the kids who took part in this amazing video! The video can be viewed on our facebook page, our website (www.krfc.club) or on youtube (<https://www.youtube.com/watch?v=2i8Y7afb3bU>). Training continues next Saturday from 10:30am to 12:00.

UNDER 18S: SOUTH KERRY V SKIBBERREEN: South Kerry hosted Skibberreen in their final pool phase 2 league match on Saturday in Killarney, in poor weather conditions. Skibberreen did most of the attacking and ultimately crossed for a try on the right touchline which was converted. Skibberreen took a penalty quickly to cross for a 12-0 lead. South Kerry spent the rest of the half on the attack coming very close to scoring. Both sides started the second half in determined fashion. South Kerry attacked at first but couldn't pierce the defence. The first score of the half was a Skibberreen penalty extending their lead to 15 points. To the home teams credit, they continued to press and following sustained attack on the left the ball was moved through the hands for Ben Eadie to touchdown, which George Evans converted to make it 15-7 to Skib. The rest of the match was extremely close. South Kerry had more of the possession but in the wrong part of the pitch. In the last minute when running the ball from defence, South Kerry dropped the ball. It was pounced on by Skibberreen who touched down. The final whistle was blown after the conversion leaving a final score of 22-7 to the visitors. Phase 2 quarter finals are scheduled for next Saturday so South Kerry will need to rest the weary bodies and refocus for the start of the knock out phase.

6 NATIONS CLUB DRAW: Thank you to everyone who purchased tickets in our recent 6 Nations raffle. The prize was two tickets to the titanic Ireland V England clash, which thankfully the boys in green won in some style. The winner of the two tickets was Bailey O'Sullivan, Park Road, Killarney, who is a member of our under 12's squad. Bailey travelled with his Dad Wesley to the big game and absolutely loved the occasion. It was Bailey's first time at the Aviva and he was thrilled to be sitting right where Robbie Henshaw scored a fantastic try for Ireland! Congratulations Bailey!

EURO BRIDGE CLUB

Recent competition results February 24th
1. Mike O'Shea and Ger Sweeney.
2. Ann Chute and Ann Healy.

STAR OF THE LAUNE NOTES

Fiona Doyle, Star of the Laune won two silver medals on Sunday the first of March in the munster indoor athletics championships. The first came in the u15 high jump with 1.45m and the second was achieved in the u15 hurdles. Fiona won gold in the U-15 800m and Aoife Doyle, her sister, came first in the U-18 shot putt.

DARTS - TOWN LEAGUE

GROUP PLAY OFF RESULTS

Killarney Town League Sponsored By Mustang Sally's Plate

26/02/2015

Dunloe Lodge A 7 V 2 Jimmy Jokers
Sportsmans Bar 3 V 5 Corkerys

PREMIER 26/02/2015

Tatler Jack W/o V 0 Murphys Pinters
Murphys Bar 5 V 4 Lals Bar

GROUP 3

4 V 5 Old Killarney Inn

26/02/2015

Mustang Sally's A 3 V 6 Charlie Foley's A
Old Killarney Inn 5 V 1 Avenue Hero's

GROUP 4 26/02/2015

Mustang Sally's B 3 V 5 98 B

Charlie Foley's B 6 V 2 Klub Bar

RESERVES PLATE FINAL

Sportsmans Bar V Dunloe Lodge A

In Mustang Sally's on Friday 13/03/2015 At 9:00 p.m.

PREMIER FINAL: Murphys bar and Lals Bar, drew 9-9 so will play in a neutral venue, which will be The Tatler Jack, on Thursday, 12/03/2015 The Tatler won the other semi-final easily, with Murphy's Pinters, sadly only able to gather 5 players. Together each night, with the Tatler being up 8 - 1. After the first game, Murphy's Pinter's conceded the Second night and gave the Tatler a walk over. The winners will play the Tatler Jack, in Mustang Sally's on Friday 20/03/2015 at 9:00 p.m.

GROUP 3 FINAL: Charlie Foley's A and Mustang Sally's A, drew 9-9 so will play in a neutral venue, which will be The Killarney Avenue Hotel, on Wednesday 4/03/2015, the winners will play The Old Killarney Inn, on Thursday, 19/03/2015, in Murphy's Bar, College St. at 9:00 p.m.

GROUP 4 FINAL: Charlie Foley's B take on the 98 B in Teddy's Bar, High Street, on Thursday, 12/03/2015

KNOCK OUT CUP FINAL: Sponsored By O'Neill's Plunkett Street, The Tatler Jack V Lals Bar in The Killarney Avenue Hotel, on Friday 6 / 03 /2015, At 9:00pm. All Welcome.



MURPHY CUP 2015

The first round of the quarter finals was played on Tuesday 24th February. Two time Murphy Cup winner Pat Linehan beat Timmy Kelly. Pat threw an impressive 180 and 120 (20, 60 & double 20) finish. Neil O'Donoghue beat his brother Keith who is the New South Wales dart champion. Neil secured his place in the semi-final Tuesday night 3rd March with a 17 dart leg. In the Peg Murphy Cup Damien Mc Cormick beat Colin Moriarty to secure his place in the semi-final where he will meet Fred Mc Sweeney. Fred beat Tim Carroll who had a 180 but it was not enough to overcome Fred.

On Wednesday night the 25th February Dale McCarthy beat James O'Doherty in a thrilling game of darts. Dale scored a 16 dart leg and a 123 (57, 16 bull) finish. Dale will now meet Eamonn Carey in the semi-final which will be played next Tuesday night the 3rd March. Eamonn secured his place in the semi-finals with a 16 dart leg by beating Johnny Johnson in the ¼ finals. Kieran Breen beat Darren Mc Cormick in the ¼ finals of the Peg Murphy Cup. Kieran will now meet Matt Leacy in the semi-finals. Matt scored a 17 dart leg beating Aidan Cronin to book his place in the semi-finals.



DAMIEN MCCORMICK WILL MEET FRED MCSWEENEY IN THE SEMI FINAL OF THE MURPHY CUP.

KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS

ST MARYS 78 KILLARNEY COUGARS 66

The top two sides in the league met in the Cup final in Duagh on Sunday evening and Cougars despite a great start to the game were not able to sustain the challenge to the end with the more youthful St Marys finishing the stronger side.

Cougars made the best possible start with all the starting five for Cougars Alan Flynn, Pa Murphy, Eugene Bowler, James Fleming and Alan Flynn all on target as Cougars led 13 - 3 with Sean O'Connell lifting the under pressure St Marys with a huge three pointer. Cougars unnerved continued to dominate to go further ahead 20-5 with three pointers by the excellent Pa Murphy and the experienced James Fleming. St Mary's gradually came into the game with hard earned baskets with Cougars forced into changes with Captain Niall O'Brien earning his third foul and Pa Murphy picking up early soft fouls in the opening period. Cougars early dominance began to be broken as the quarter finished but with Cougars still deservedly ahead 26-17. The second quarter saw a more determined St Mary's having the upper hand with a great spread of scores with another inspiring Sean O'Connell three pointer and a couple of baskets each by Neilus Lyons giving the Castleisland side the upper hand and the lead for the first time 31-30 but this was to be brief as Cougars showed great character to respond well with a three pointer by Alan Flynn restoring the teams confidence and they

finished the quarter well to lead 39 33 with 6 points by the hard working Darren Gaffey proving crucial to keep Cougars in front despite foul trouble mounting for key players with some harsh foul calls making it difficult for the Cougars.

The game turned in favour of St Marys in the third quarter with Cougars resting players in foul trouble the game was to swing away from the Killarney side with Sean O'Connell hitting another big three pointer and Colm Clifford introduced scoring three good baskets as Cougars struggled to hold onto the lead with only Alan Flynn with 8 pts for Cougars maintaining his first half form as Cougars began to lose their way and the Castleisland revival saw them finish the quarter just ahead 53-51 with Maurice Casey again influential with a couple of baskets and dominating on the boards. St Marys found their best form in the final quarter as they hit the front and were determined to stay there and a tiring Cougars with key players in big foul trouble confidence seemed to drain away with the loss in the early stages in this quarter of Pa Murphy and then followed by Darren Gaffey the Cougars were in trouble. Another couple of early three pointers by the games top scorers Sean O'Connell for St Mary's ensured their was only going to be one winner despite a great effort by the Cougars in a very entertaining and competitive game.

TOP SCORERS: St Marys Sean O'Connell 21pts, Maurice Casey 16pts, Cougars Alan Flynn 15pts and Darren Gaffey 15pts.

FIXTURES: Saturday March 7 th.

U15 Girls CLBB

v Brunell Tip off 4.15pm Pres Gym

Sunday March 8 th.

v Fr Mathews Tip off TBC Cork.

A full list of the latest training times and upcoming fixtures is available on the website www.killarneycougars.com.

KILLARNEY SOUTH COMMUNITY GAMES

U14 QUIZ: The County Competition is being held on Friday 3rd April in the River Island Hotel Castleisland. The panel will consist of 6 (4 + 2 sub boys and girls). Killarney South area is entered in this competition and for entries anybody interested please contact Anthony at 087/7098695

RATHMORE/GNEEVGUILLA COMMUNITY GAMES

CHURCH GATE COLLECTION: Take place this Sat/Sun, all Masses, your contribution is greatly appreciated.

SWIMMING: Training starting this Saturday 7th March from 3-3.45pm at the Aura in Killarney, coach provided. Competition for U8, U10, U12 U14 and U16. Cost €2 per session. County Competition will be held Sunday 19th April in Tralee. We will be entering an U13 & U16 boys and girls relay team.

Contact one of our officers for more information.

U10 INDOOR SOCCER (GIRLS): Trials for this competition begins this Saturday March 7th, 4-5pm, Gneeveguilla hall - €2 per child.

ART AND HANDWRITING: This Saturday 7th March in Listowel. Just to wish our individual boys and girls, the very best of luck.

U10 INDOOR SOCCER (BOYS): Our U10 boys Indoor Soccer team travelled to Mountcoal, last Sunday 1st March for the preliminary round.

Their first game against last year's All Ireland finalists, Glenflesk was a great game and ended 4 -1, they went on to win their match against Miltown/Listry 5 - 2 and finally became winners of group Three by beating Duagh/Lyre 4-1. A great display of talent on the day, with all players showing great team ability and effort. Just to thank all the players, parents and coaches for travelling on the day. We are now into the Finals on March 29th in Mountcoal, so the very best of luck to our panel and their coaches.

KILLARNEY ATHLETIC A.F.C.

NOTES

FIXTURES:

KERRY SCHOOLBOYS/GIRLS LEAGUE

Friday 6th March 2015

Saturday 7th March 2015

LEAGUE FIXTURES

Mini Blitz Under 10 Girls 2.00pm

Venue Celtic Park.

Foundation Sports Under 14 Girls Premier

Listowel Celtic v Killarney Athletic 3.00pm.

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

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

NEW 300 MEMBER CLUB: RESULTS 300 MEMBER CLUB 28th February

First prize €500.00 Natalja Orupe

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

KILLARNEY ATHLETIC ABROAD: Brendan Moloney another win with Northampton Town to go from relegation zone to 9th position since joining last month and only 8 points off the playoff spots. Diarmuid O'Carroll on the score sheet again to put Crusaders through to semi final of the Cup. A cup Diarmuid is familiar with having previously won it with Cliftonville.

RESULTS: SENIORS

DIVISION 1A: The B team went down by the bare minimum on Sunday last hosting AC Athletic, played in wintery conditions in Ferndale. AC took the lead through sloppy defending by Athletic and soon quickly doubled their lead. Athletic woke up and got back into the game and a great team goal finished to the net by Martin Crowley gave Athletic hope at half time. In the second half Ziauel Hoque got a great solo goal when he won a 50 50 challenge and with a 30 yard strike going into the bottom corner of the net to level scores. Unfortunately AC scored from a corner in which was possibly one of their only chances of the second half to give them a vital win. Athletic tried until the final whistle but couldn't find the back of the onion bag. Best for Athletic Ziauel Hoque, Martin Crowley and David Sheerin. Training Friday night 7.00pm in Fossa.

UNDER 13: REMAIN AT THE SUMMIT:

Our under 13 team remain on top of their division still after a 2 - 0 victory over locals Killarney Celtic B. Missing a few regulars it was an ideal opportunity for some players to make a mark for themselves and they duly did take on the challenge with some great performances. One of those players was Eoghan Mulvaney who scored two wonderful goals and was very close on a number of occasions to get his hat-trick. Athletic were on top throughout the game and even though Celtic broke through

a few times our back 3 of Eoin Moynihan, Lawrence O'Donoghue and Robert O'Shea and goalkeeper Max recovered the ball and fed our mid-field of Killian Hickey, Rossa Bellew, Emmett Finnian who brought our wingers Jack Cooper and Uvi Cacazu into play. They supplied great ball to our strikers Emmett Cronin and Eoghan Mulvaney. Our impact players Daragh Kelly, Dara Doolan, Alex Hennigan and Owen Benson did excellent when introduced also. Well done to all on the day and also to the encouraging parents.

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

MASTERGEEHA F.C.

LOTTO: There was no winner on Friday 27th February. Numbers drawn were 3, 6, 12 & 18

MASTERGEEHA FC:

KERRY CUP U12 MASTERGEEHA 1

CAMP 1 (3-2 ON PENALTIES):

In an exciting game the boys went a goal down early on but battled well in the second and got the equaliser when Colin Dunlea finished well. In extra time both sides had some chances with the goal keepers making good saves. In the penalties Mastergeeha just shaded it winning 3-2. All involved tried their best and deserved to go through to the next round of the cup.

U13 KERRY CUP: KILLARNEY CELTIC A

5 MASTERGEEHA 0:

The lads were knocked out of the Kerry cup by a better Celtic A side in this local derby. After an even start to the match the premier outfit took control midway through the first half and led 5-0 at the break. Fair play to M'Geeha in the 2nd half as there were no further goals as the lads defended well with Evan Murphy, Sean Kennedy and GK Conor O'Leary leading the way with Murphy nearly scoring late on with a good shot from outside the box. All who played gave their all.

KILLARNEY CELTIC NOTES

CONGRATULATIONS: To the girls of St. Bridgets Presentation who won the Munster C Final last Thursday in Brosna, beating Scoil Trionide Naofa of Doon, especially Celtic members Lauren Rintoul, Erica McGlynn, Elizabeth Mohan, Elaina Galvin, Keelie O'Connor, Rebecca Murphy, Mairead Bennett, Lauren Burke, and Siobhan Burns.

CARDIAC SCREENING: The Killarney Medical Centre (Dr.s Michael Doherty and Micheal Moloney) are offering a full cardiac screening service, starting from €85, and Killarney Celtic would strongly recommend that all members, not just players, should avail of the service if possible. Cardiac abnormalities affect 1 in every 300 people and our membership far exceeds that.

U15 DIV ONE: KILLARNEY CELTIC B 1

ST. BRENDANS PARK 1:

Cian McCarthy put Celtic in front but there was nothing between two evenly matched sides in a very entertaining game, and we needed some superb saves from the outstanding Trevor O'Shea in goals before Park finally got through for an equaliser (fully

deserved, in fairness to a very good team) four minutes from the final whistle

U13 KERRY CUP: KILLARNEY CELTIC 5

MASTERGEEHA 0: Celtic were absolutely phenomenal right from the start and blitzed Mastergeeha with five goals on the trot. Ruairi Doyle opened the scoring, with Cian Dineen and James Darmody getting a brace each. Celtic were able to run the full bench and give every player game time. Ruairi Doyle, who switched from right midfield to centre back, gave a tremendous performance in both roles

U13 DIV ONE: KILLARNEY ATHLETIC 2

KILLARNEY CELTIC B 0:

No complaints - the lads put in a great effort but Athletic were the better side and in fairness they proved it. Well done to both sides on a very sporting encounter.

U13 DIV ONE: INTER KENMARE B 6

KILLARNEY CELTIC 2:

A good display. Inter's B side deservedly got the upper hand but a young Celtic side really made them battle for it all the way.

CONGRATULATIONS: To Ruairi Doyle on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES: Denny Premier: Killarney Celtic away to Tralee Dynamos, Sunday, 2.30pm.

Denny Premier B: Killarney Celtic B at home to Ballyhar Dynamos, Saturday, 3.30pm.

U17 League: Killarney Celtic at home to Castleisland, Saturday, 12.30pm.

U16 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 11.00am.

U16 Div Two: Killarney Celtic B at home to Iveragh, Saturday, 12.30pm.

U14 Premier: Killarney Celtic A at home to Tralee Dynamos, Saturday, 11.45am.

U14 Tom Hayes Cup: Killarney Celtic B away to Ballyhar, Saturday, 12.00pm.

U14 Girls: Killarney Celtic at home to Mastergeeha, Saturday, 2.00pm.

U12 Premier: Killarney Celtic A v Park A, Saturday, 10.30am.

U12 John Murphy Cup: Killarney Celtic B away to Ballyhar, Saturday, 10.30am.

U12 Div Two: Killarney Celtic C at home to Tralee Dynamos B, Saturday, 10.30am.

Celtic Park will be hosting a Girls U10 Blitz on Saturday at 2.00pm.

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

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

LOTTO RESULTS: Numbers drawn 4, 6, 15, 22. No winner, no match 3, three lucky dip, Batt O'Sullivan Knocknaskeha, Willie Herlihy Lissivigeen, Tim O'Reilly Two Mile School, €50 each. Next week's jackpot €2200, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.

Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

MEK UNITED FC:

MEK United held our first training session last Saturday, the 28th of February. The sessions took place at the AstroTurf pitch in Fossa. The U6/7 session was first up, between 2 and 2:45pm with over 40 children taking part. A very enjoyable session was had by one and all and the weather held off. We had plenty of coaches to impart some knowledge and to make the session fun for all the children. We had a second session between 2-3 pm where our head coach Pa Murphy led the proceedings with some great help. The session went fantastic with almost 25 kids doing various drills and playing games culminating in a match at the end. The level of talent on display was sublime. Trevor Anderson took charge of the third session for the older kids and a great session was had by the more mature group. A great day was had and a special thanks must go to all the coaches Pa, Liam, Patrick, Jerry, Shari, James, Mick, Sean, Aaron, Trevor as well as Anne and Ceire who helped turn this dream into a reality for us. It was a truly amazing feeling to see the MEK dream - stemming from a conversation outside the school gate, finally come to fruition. A very big thank you to all the parents who brought their kids and a special thank you to all the kids who came and gave their all in a fun, action packed afternoon. Next training is next Saturday at Fossa. Details from Chairman Pa 087-7943220 or Vice Chairman Liam 087-4145662

SCHOOLBOY/GIRL SOCCER CUP TIES AT ALL AGES ON A BUSY WEEKEND: CUP RESULTS: 11'S CUP:

Tralee Dynamos 0-8 Killorglin A.

Iveragh United 6-0 Ballyhar.

Park C 1-7 Camp Juniors A.

JOHN MURPHY 12'S CUP:

Inter Kenmare 7-4 Asdee.

Mastergeeha B 1-1 Camp Juniors B AET.

Mastergeeha win 3-2 on pens.

13'S CUP: Ballyheigue 0-3 Killorglin.

Ballyhar 6-1 St Bernards.

Killarney Celtic 5-0 Mastergeeha.

TOM HAYSE 14'S CUP:

Park A 6-1 Listowel Celtic C.

Iveragh United 5-2 Asdee.

TUCKER KELLY 16'S CUP:

Killarney Celtic A 5-0 Park.

Tralee Dynamos 6-0 Killarney Athletic.

Camp Juniors 3-1 Listowel Celtic B.

LEAGUE RESULTS:

MORIARTY'S CENTRA 11'S GROUP B

Park B 6-3 Killorglin B.

DALY'S SUPERVALU 13 DIVISION 1:

Inter Kenmare 6-2 Killarney Celtic C.

Killarney Celtic B 0-2 Killarney Athletic.

13 DIVISION 2:



THE UNDER 10, 11 AND 12 SQUAD FROM MEK UNITED ON THEIR FIRST DAY OF TRAINING PICTURED WITH THEIR TRAINERS.

Camp Juniors B 2-3 Dingle Bay Rovers.

KILLARNEY PLAZA 15 DIVISION 1:

Killarney Celtic B 1-1 Park B.

Castleisland 3-1 Inter Kenmare.

REPORTS: MORIARTY'S CENTRA 11'S

CUP: Killorglin A were too strong for Tralee Dynamos A in the first round of the 11's Cup and they are now into the second round draw. Eoghan Hassett, Adam Owens, Jack O'Sullivan, Dara O'Grady and Eden Murphy were the Killorglin scorers. Iveragh United won their second Cup game at this age to also go through to Round 2. Here they beat Ballyhar thanks to goals from Cathal and Odhran O'Shea who both scored twice with Sean Kennedy and Finian Keating also scoring one each. Camp Juniors made the trip to Christy Leahy Park a winning one as they defeated Park C in Round 1. CJ Daniels scored twice for the visitors while Darragh Quirke, Ryan Newstead, Tadgh Scanlon and Paudie Fitzgerald all got one goal each. Cormac Sheehy replied for Park C.

JK SPORTS JOHN MURPHY 12'S CUP:

Inter Kenmare and Asdee were involved in a high scoring encounter with the winning home side scoring 7 of those. Corey Murphy and Mark Thorpy both scored two goals each. Ryan Heaton, Damien Fitzgerald and Aodhan MacGearailt all got one each for the winners who progress to Round 2. Mastergeeha B and Camp Juniors B were involved in a much lower scoring game but also a much tighter one. It ended 1 all at Kilbrean Park with Colin Dunlea getting the goal for the home side. Camp Juniors had the chance to win it in extra time but missed a penalty. And in the penalty shootout it didn't get much better for them as Mastergeeha B progress to Round 1 on a 3-2 score-line.

DALY'S SUPERVALU 13'S CUP: Three sides have booked their place in the Second round of the Cup. Killorglin travelled to Ballyheigue and came away with a good 3-0 win. Garroid Hassett score two of the goals and Cillian Burke the other in the win. Ballyhar made home advantage at Murt Scott count as they defeated St Bernards 6-1. Dylan Callaghan was the top scorer with a hat trick. Patrick O'Connor, Jason Brennan and Nathan Callaghan were all on the mark. Killarney Celtic had double strikes from James Darmody and Cian Dineen and a goal from Ruairi Doyle in their 5-0 home win over Mastergeeha.

TRALEE TROPHY WORLD TUCKER

KELLY 16'S CUP: Killarney Celtic were 5-0 winners over the Park under lights in a mid-week Cup encounter. Goals from Ian McGillicuddy, Cian Gammell, Chris and Oran O'Donoghue and Michael Potts saw the Hoops into the quarter finals. Tralee Dynamos were winners at home to Killarney Athletic and in this game Dillon Robinson scored twice. Odhran Liston, Dara Goulding, Diarmuid O'Connor and Podge Looney all got a goal each. Camp Juniors had a good home win over Listowel Celtic B winning 3-1. Joe Kennedy, Jimmy O'Grady and Gearoid Lyne scored for Camp Juniors. Gary Carey got the Listowel Celtic B consolation.

LEAGUE RESULTS: DALY'S SUPERVALU 13'S: TWO TOP SIDES WIN IN 13'S

DIVISION 1: Leaders Killarney Athletic kept their place at the top of the table with a 2-0 away win across town over Killarney Celtic B. Eoghan Mulvanney scored both for the Woodlawn side. Second placed Inter Kenmare B kept pressure on Athletic and remain 5 points behind the leaders. Inter B were 6-2 winners at home to Killarney Celtic C. Sean Lucey 2, Josh Fein, Kaleb Lynch, Colin Crowley and Ruairi Burns were the scorers for the winners.

13'S DIVISION 2: Dingle Bay join Ballyheigue at the top: The Daly's Supervalu 13's Division 2 is a very tight division and Dingle Bay's win over 4th placed Camp Juniors B sees them join Ballyheigue at the top of the table. Aodhan Devine got 2 and a Dylan Geaney penalty saw the West Kerry side take the three points. Stephen Smith Galvin got the first and a Cian Cronin goal, direct from a free kick with 10 minutes to go, made it an exciting finish. However despite the loss Camp Juniors are only 4 points off the top.

Leaders held and second place beaten in 15 Division 1:

It was a day of surprise results in the Killarney Plaza 15 Division 1. Leaders Park B were held to a 1 all draw away to Killarney Celtic B, who are in third place and 4 points off the summit of the Division. Jamal Ismeil got the goal for the Park. Castleisland defeated second placed Inter Kenmare 3-1 to close the gap on the sides above them. Dylan Brown, Ben Cooney and Kevin Mahony got the goals for the home side while Ben Crowley replied for Inter Kenmare.



PICTURED AT BEAUFORT GOLF CLUB FOR THE CAPTAINS DRIVE WERE L-R LADY CAPTAIN EVE BIRD, CAPTAIN GABHAN O'LOUGHLIN & PRESIDENT JOHNNY DOOLIN WITH FELLOW MEMBERS OF BEAUFORT GOLF CLUB. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

CASTLEROSSE GOLF CLUB

RESULTS: DRIVE-IN COMPETITION HELD ON SUNDAY 1ST MARCH 9 HOLE MIXED SCRAMBLE.

Winners: Gintaras Bendaravicius, John O'Halloran and Ann O'Connor, runner up Daniel Shine, Danny Lynch and Mairead O'Donovan.

FIXTURES: This weekend competition, 18 hole Stableford, play Friday, Saturday, Sunday register on sheet at Castlerosse.

BEAUFORT GOLF CLUB

(MEN'S BRANCH)

RESULTS

SUNDAY 1ST MARCH 2015 - DRIVE IN SCRAMBLE

Winners: Peter O'Brien (8), Tony Sinclair (22) and Grace Dennehy (32) - 22 1/7th.

FORTHCOMING EVENTS: 7th/8th March - Round 1 Spring League - Sponsored by Cahilane Butchers - Stableford (yellow tees). (Play either Saturday or Sunday). Please ensure you book your tee time in advance.

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

APRIL 3RD - CLUB FUNDRAISER (4BALL B/B) Sponsored by The Malton Hotel. Timesheet open - ring clubhouse to book your tee time.



AT THE PRESENTATION OF PRIZES FOR THE MIXED SCRAMBLE AT THE RECENT DRIVE-IN AT THE ROSS GC WERE (FRONT L TO R) IVO O'SULLIVAN, THE PRIZE BOND CO, SPONSORS, SINEAD O'SHEA, LADY CAPTAIN, DENIS CRONIN, GENTS CAPTAIN, DONIE MULCAHY, PRESIDENT. (BACK L TO R) DONNAGH MOYNIHAN, MARGARET O'DONOGHUE, JONATHAN CASEY, MIKE CASEY.

ROSS GOLF CLUB

On Sunday March 8th we will hold an 18 hole single stableford competition. The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

THE MD O'SHEA SPRING LEAGUE: The rules and entry sheet are still available for this in the clubhouse so please add your name to the entry sheet as soon as possible.

THE KINGDOM CHALLENGE SHIELD: The Ross GC team will host Tralee GC next Saturday, March 7th in the first leg of the County final of the Intermediate Section of the Kingdom Challenge Shield. Please support our team on the day.

MURPHYS BAR GOLF

SOCIETY RESULTS

KILLEEN, SATURDAY 28TH FEBRUARY.

1st James Curran (12) 35 points.

2nd Gerry Adams (6) 35 points.

3rd Johnathan Casey (11) 33 points.

4th Ger Moroney (8) 32 points.

5th John O'Shea (12) 32 points.

6th Mike Casey (13) 31 points.

1st Nine Seamus McCarthy (22) 20 points.

2nd Nine Chris Collins (9) 14 points.

Next outing Saturday 11th April, Dooks, presidents prize.

New members welcome.

DEERPARK PITCH & PUTT NOTES

SYMPATHY: Of all Deerpark members are extended to the relatives of Sheila McCarthy Dromhall who passed away during the past week and to her daughter Eileen a former Deerpark Munster Ladies Strokeplay and Matchplay champion. May She Rest in peace.

INTER CLUB RESULTS. The following are the results of last Sunday's Inter-club games played in Deerpark, 1st Deerpark (B) - (242), 2nd Deerpark (A) (247), 3rd Castleisland (249), 4th GlenEagle (260), 5th Tralee (A) (261), 6th Listowel (268), 7th Tralee (B) Scratch.

Next Sunday's competition commences in Listowel at 8.45 am all players to be in Clubhouse at 8.30am followed by competition in Tralee at 11am.

SHOP LEASE: The club shop is now available for lease by tender for 2015 and all, interested are to submit their interest to club secretary at office@deerparkpitchandputt.com by March 20th.

MEMBERSHIP: Club officers Colm and Sean will be available in Clubhouse on this Saturday from 11.15am to 12 noon to facilitate those wishing to renew their membership for 2015 as this Sunday March 8th is the deadline for renewal of membership. Registration can take up to five days to complete at PPUI headquarters. Rates for 2015 are as follows single adult €120, family (two adults and up to three children up to age of 18 years) €200, Juveniles and OAP €75. For more information contact Colm at 087-7673742 or Sean at 086-0508686

SPORTS PREDICTOR: As all entries have closed for this year's Sport's Predictor event the club wish to take this opportunity to to thank all who purchased and sold tickets. Also a special word of thanks must go to Mr Aidan O'Keeffe Certified Public Accountant and Auditor of 10 College Street for kindly sponsoring the printing cost of the tickets.

Tommys Farming Week

Last summer Time magazine featured butter on its front cover; sadly, it was not for the first time. In 1961, Time also gave top billing to butter but the message was very different on that occasion. It was very simple, animal fats were bad, avoid animal fats in order to improve your heart health, eat the manufactured alternatives. In a strange way by publishing the 2014 article, the rehabilitation of butter was complete.

"The story of how animal fats became the most vilified nutrient in our diet is an interesting one. The demise and demonisation of butter began in earnest in the 1950s, lifestyle studies from around the globe purported to show that diets low in animal fats were healthier than the conventional American diet. Our own region of Sliabh Luachra was included in one such study.


However, despite the longevity and rude health that people in the area enjoyed they were not included in the final survey. Their diet as rich in bacon, butter and other foodstuffs no longer suitable for healthy living. By removing areas such as Sliabh Luachra, the authors could present findings that reflected the views they wished to promote. Studies involving rabbits and poultry fed abnormal diets containing unnatural levels of fat and then examined were included as evidence


that heart disease was a consequence of eating animal fat. Butter was quickly set up as public enemy number one.


The medium of television was in its infancy when the debate over the future of butter was in full flow. Panel discussions vied for the nation's attention. In 1956, the American Heart Association wholeheartedly threw its weight behind the campaign to change the nation's diet. Butter and lard were out; margarine and corn oil were in. There was one dissenting voice on its board, Dr Dudley White. As a practising cardiologist since 1921, he had seen heart disease increase as a problem over each of the following four decades, while American consumption of animal fats had fallen consistently over those same decades. His words on one television debate proved very prophetic, the cause of heart disease, he said, was not traditional foods rather it was the alternative processed varieties increasingly available.

This alternative to traditional foods like butter had one great attraction; it was very cheap to produce. The process of hydrogenation of oils made it possible to create alternatives to butter at a fraction of the cost and huge profits beckoned. Low in fat or made with vegetable oils became a badge of honour. Legislation was changed to

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facilitate the introduction of alternatives into all sorts of foodstuffs. White was not alone in his concerns but the wave of support for the alternatives won out and it was the 1990s before the epidemic of obesity, heart disease and diabetes created a grudging retraction of decades of unsubstantiated advice. Twenty years later mainstream media get into line. The evidence for retraction was available decades earlier, particularly from animal studies where calves fed on alternative oils, as a substitute for butter fat, had a range of disorders from bone health right through to heart problems. Still, better late than never as butter reclaims its place as ingredient of choice and hydrogenated vegetable oil skulks off into the night.

By Tommy Roche

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IFA CALLS ON DEPARTMENT OF TRANSPORT TO AGREE PACKAGE OF MEASURES TO FACILITATE THE DEVELOPMENT OF GREENWAYS

IFA President Eddie Downey has called on Transport Minister Paschal Donohoe to work with IFA to develop a voluntary package of measures that facilitates the development of proposed Greenway projects while protecting farmers' rights.

He said, "The Government plans to develop over 330km of Greenway tracks across the country over the next number of years. These projects have the potential to attract tourists and economic development to many rural areas".

However, the IFA President said they will also significantly impact on farmers and may in some instances divide farm holdings. "This is leading to landowners firmly opposing

the use of CPOs, which may have a negative impact on the long-term success of the greenways initiative. Therefore it is essential that a robust package of measures is put in place which recognises the inconvenience, severance and injurious affection caused and goodwill required."

Eddie Downey has also called on local authorities to engage in this process with the Department of Transport and to reconsider plans to impose CPOs on landowners for non-critical infrastructure such as greenways and cycle tracks. "All sides must work towards delivering these Greenways based on voluntary agreements with farmers, similar to the successful walkway scheme."



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IFA FOREST ASSESSOR INFORMATION EVENING IN LIMERICK

IFA will hold an information meeting on Tuesday, 10th March in the Devon Inn, Templegalantine, Co. Limerick to demonstrate the new Forest Assessor service.

Forest Assessor is a new service offered by IFA that independently analyses forests so that farmers know the value of their forest before going to the market.

Speaking about the new service, IFA Farm Forestry Chairman, Michael Fleming said, 'Forest Assessor uses the most up-to-date technology to measure plots within the forest and then produces a report for farmers showing expected harvest volumes. The report provides a detailed breakdown of timber products as well as the potential value of the timber, based on the latest timber market report.'

"Knowing the value of your timber before you harvest gives you more power when negotiating with potential buyers", said Mr. Fleming. "The more knowledge you have on your forest, the more opportunity there is to capture value and maximise your return while protecting the long-term productivity of the forest".

IFA, in association with Treemetrics - international leaders in forest measurement, valuation and timber optimisation - offer the new Forest Assessor service to IFA members at a 25% discount. The tree measurement technology can accurately predict the quantities of timber products and their potential value.

Mr. Fleming said "Farmers have invested too

much to risk selling their timber without knowing what to expect from the sale of this product. Forest Assessor gives farmers greater control when entering the market and reduces uncertainty as to whether you are getting a fair price for your timber."

A local farmer who has used Forest Assessor

will explain the benefits of the service to the meeting, which will also be addressed by IFA and Treemetrics representatives.

The meeting will start at 7.30pm sharp in the Devon Inn, Templegalantine, Co. Limerick. Spaces are limited so if you wish to attend please call IFA on 01-4260343.



AT A FOREST ASSESSOR DEMONSTRATION ARE MINISTER OF STATE, TOM HAYES; IFA PRESIDENT, EDDIE DOWNEY; IFA FARM FORESTRY CHAIRMAN, MICHAEL FLEMING; AND, GARETH MULLOOLY, TREEMETRICS.

MACRA MATTERS

Macra Clubs around the county hold weekly sports nights, so if you are thinking about joining why not go along to one of these nights and see what we are all about. Causeway Macra hold indoor soccer on Monday nights 9-10pm and Wednesday nights 8-9pm along with Badminton Tuesday nights from 9-10pm, all take place

in Causeway Sports Hall. Mid Kerry Macra hold a sports night each Thursday night from 9-10pm in Keel hall. Kenmare Macra play indoor soccer Wednesday nights in pobailscoil Inbhear sceine from 9-10pm and have also started set dancing classes on Thursday nights in the Atlantic Bar kenmare from 9-10pm.



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Information will be available on QQI (FETAC) accredited courses in:

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TIP OF THE WEEK: EAT OUT OF A SMALLER PLATE

This portion control method will on average save you 200-300 calories per meal! Over a week this equates to 2,200 cals (3,500 cals in 1 pound of fat). So make this small change & you are well on the way dropping a few pounds.

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Before applying bronzer or self-tanning lotion, mix a drop or two of the solution with moisture cream. Blend using your finger or a Q-tip then apply to skin as you would regular moisturizer. This will ensure the cream blends in – and covers skin – evenly.



LOSE WEIGHT SLOWLY

If you're losing weight but not as fast as you'd like don't get discouraged. Dropping pounds takes time just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high you may give up when you don't lose weight fast enough. Remember, you start seeing health benefits when you've lost just 5%-10% of your body weight.



Aghadoe host skin care event

Ever wondered what skin type you have or what facial would be of most benefit to you?

Well this March The Spa at Aghadoe can help.

On Friday evening, March 20 The Spa at Aghadoe will play host to VOYA's international skincare specialist for an exclusive one off consultation evening.

As part of the event the team in Aghadoe is offering exclusive private skin consultations with the VOYA expert between 5pm and 7.30pm in one of their luxurious treatment rooms.

Afterwards receive a specific Refresher facial tailor made for your skin using the award winning organic VOYA range.

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Visitors on the night will also have the opportunity to relax in the Thermal Suite ahead of their appointment and take time out afterwards in the Spa's tranquil relaxation area.

The cost of the consultation and facial combined is just €30 and this is fully redeemable against the purchase of any two VOYA products on the night. There will also be a free body gift for all those taking part.

Only limited places are available
and booking is essential by
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Subject to availability.

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- Enjoy a private consultation
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- Full €30 cost of facial redeemable against purchase of any two Voya products on the evening
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Limited appointments available Friday, March 20 from 5pm to 7.30pm.
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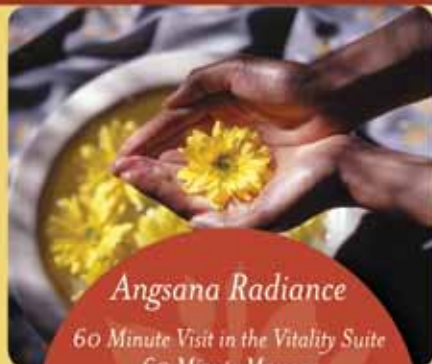
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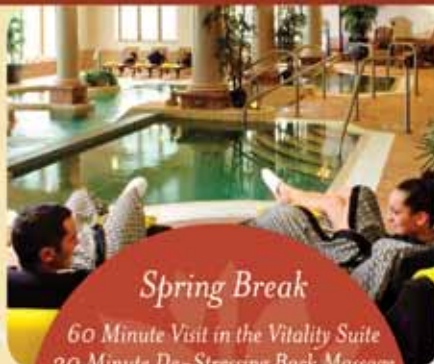
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ISLA GRANTS RESCHEDULED CONCERT IS TOMORROW NIGHT – MARCH 7TH:

As all fans of Isla Grant know, to her great disappointment she had to postpone her show that was due to have taken place in the INEC Acoustic Club in the Gleneagle Hotel on February 13th last due to Chronic Bronchitis.

Thankfully Isla is now on the road to recovery and looking forward to meeting all her old friends and making new ones on this Saturday night. As usual her special guest is her husband Al Grant and they will be joined on stage by multi-talented musician and singer Glen Flynn.

A wonderful night's entertainment is assured with Isla singing many of her original hits and a few tracks from her new CD which will be available on the night.

Doors open 7.30pm. Tickets available from the INEC Box Office (064-667 15 55), if you do not have your ticket pre-booked - before traveling please check with the box office re availability.

HELPING GUIDE AND ASSISTANCE DOGS WITH USED STAMPS:

My sincere thanks to Bríd, a Killarney reader for bringing to my attention the fact that the Irish Guide Dogs for the Blind are grateful to receive used stamps – these can be posted to: Irish Guide Dogs for the Blind, Model Farm Road, Cork City, Co. Cork.

Irish Guide Dogs for the Blind is Ireland's national charity dedicated to helping persons who are blind or vision impaired and families of children with autism to achieve improved mobility and independence.

In addition to the Guide and Assistance dogs the charity also provides

Orientation and Mobility Training (Long Cane) Independent Living Skills Training

The Next Step Programme (To help young adults with the transition to life in college /

work)

The charity receives over 80% of their income through voluntary donations and fundraising through a network of volunteers across the country. It will cost over €4 million to run their organisation this year.

The following are a few guidelines for lovers of animals and parents:

*Never rub a guide dog or an assistance dog without asking the owner for permission first. The owner and the dog have a special bond. The owner will know if the dog is happy being petted by members of the public.

*Please do not feed any titbits or morsels of food to a guide dog or assistance dog as this will disrupt the dog's routine and can make the dog sick. Guide dogs and assistance dogs are on a special diet and are fed at regular intervals.

*Do not distract a guide dog or assistance dog when the dog is working as this may confuse the dog.

Please do not call, pet, whistle or signal to a guide dog or an assistance dog.

*Guide dog owners and assistance dog owners undergo a comprehensive training programme in dog handling. You should not interfere when the owner is working their dog. Do not grab the harness handle or lead away from the owner. Do not give the dog commands. The owner is trained to handle their dog appropriately and any intrusion can distress the dog and its owner.

*Pet dogs are often excitable when they meet a guide dog or assistance dog. They will often sniff, bark at or chase a guide dog or an assistance dog. Pet owners should always keep their pet dog on a leash when they meet a guide dog or an assistance dog, so that, the pet dog will not distract the guide dog or assistance dog from its work. One always needs to consider the safety of the guide or assistance dog first and if pet dogs are excitable and uncontrolled, it can distract the guide or assistance dog and put the owner's safety at risk.

IF YUO CAN RAED TIHS, YOU HVAE A SGTRANE MNID, TOO:

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If you can read this, your brain is 50% faster than those who can't and you are one of the 55 plepoe out of 100 who can.

8 REASONS WHY SPIDERS ARE ONE OF THE MOST UNDERRATED ANIMALS ON THE PLANET:

Physically, spiders aren't what many would consider angelic creatures. It could be the amount of eyes spiders have. It could be the amount of legs or it could be the way that they move. Maybe it's some awkward amalgamation of the just-mentioned, as well as any other skewed fact floating around out there. Whatever the exact reason, for years now spiders have been looked at by some humans with fear.

Don't get me wrong: arachnophobia (the fear of spiders) is a very real thing. In no way am I trying to say that it isn't, or that those that suffer from it should for some reason feel ashamed.

In celebration of Save a Spider Day (March 12th), what I hope this list says — what I hope this list proves — is that spiders aren't just something to be screamed at, or squished beneath boot heels, but something to be respected, and even admired.

Myth: On average, us humans swallow eight spiders per year while we're sleeping.

Truth: While we can't say that it has never happened before, the number in this myth is absurd. The only reason a spider would be remotely interested in climbing into bed with you is in search of bed bugs. Not convinced yet? Check out this article further debunking this myth.

1. Spiders Are Ingenious Hunters - Some spiders pounce on their prey. Some ensnare their prey in a web of silk. Some dig trap doors into the dirt and let their pray fall into a very similar ball of silk. And others? There are many others that have their own individual way of hunting — their own techniques, their own schemes, etc.

2. They Call Earth Home - The exact number of spider species is unknown. But, as of 2014, 45,000 different species had been identified. And they span across the planet.





Each continent, even each region, has spiders specific to it. For example, tarantulas — one of the most versatile spiders when it comes to climate — can be found in all continents, save for Antarctica.

3. They Steer Us Clear of Famine - You wouldn't believe how crucial spiders are to organic farms. THEY EAT BUGS. LOTS OF BUGS. They eat insects and other pests who have been proven to be quite detrimental to crops. If they don't eat, we don't eat.

4. The Strength of Silk - Ounce for ounce — silk is actually stronger than steel. And spiders have plenty of it. They also have plenty of uses for it, including prey capture and immobilisation, but also for reproduction, dispersal, and also as nourishment on occasion — on slow hunting days, they'll nibble on their own silk. It can be used as an "alarm line" rather than to capture prey. Or, in the event that a spider wanders too far from its shelter, they could be keeping a line of silk in which they follow back home.

Myth: Daddy-longlegs are a type of spider.

Truth: Yes, they are arachnids, but they are not spiders. Daddy-longlegs, otherwise known as Leatherjackets, have one body section, two eyes, a segmented abdomen, and produce neither silk or venom. Spiders, on the other hand, have two body sections, (typically) eight eyes, an unsegmented abdomen, silk and venom.

5. They Have Superpowers - Some jumping spiders have the ability to de-focus their vision. Meaning: they sense distance by comparing a blurry image to a clear image. It all lies with the colour green. The comparison that they're able to create helps them gauge distances before pouncing on their prey (farther distance = blurry, while nearby = clear, for example). But why green? Well, the why may not be easy to answer. But they noticeably suffer in judgment when under red light.

6. Spiders actually have water-repellent hair that not only can keep them dry, but prevents them from drowning. Those same hairs can capture air bubbles that the spider can take beneath the surface of the water. It's also what allows them to float!

7. Some Species of Spiders Are Deserving of

An Oscar - Over 100 species of spiders commit to the craft of acting to catch their prey. Through evolution, they're able to appear like ants, both to evade certain predators, and to help them catch, well, ants

8. They Have Personality - The majority of spiders live in solitude. They hunt alone. They eat alone. Some spiders will even try to eat each other if they cross paths. Yet, there are 25 species of spiders that live in a much more social atmosphere, where, as studies have shown, the spiders can take on different sorts of roles.

THIS WEEKS QUOTE:

"As is a tale, so is life: not how long it is, but how good it is, is what matters." Seneca

ON THIS DATE – MARCH 6TH:

1475 - Birth of Michelangelo Buonarroti, Italian artist and sculptor.

1788 - The British First Fleet arrives at Norfolk Island in order to found one of Australia's 11 Penal Colonies.

1791 - John MacHale, Archbishop of Tuam; nationalist campaigner and writer, born in Co. Mayo.

1831 - Philip Sheridan, general on Federal side in American Civil War and Commander-in-Chief of the US army, born in Co. Cavan.

1831 - Sergeant Major Edgar Allen Poe (Author) removed from West Point military academy.

1882 - Milan Obrenovi declared himself King of an independent Serbia.

1899 - 'Aspirin' (acetylsalicylic acid) patented by German chemist Felix Hoffmann.

1924 - A 'mutiny' in the Free State army began on this date: dissident officers demanded the suspension of demobilisation, and discussions on progress towards a republic. Following the 'unauthorized' arrest of dissidents, two Government ministers and three senior officers resigned and conservative elements took control of Cumann na nGaedheal.

1978 - Micheál Mac Liammóir, poet, actor and founder of the Gate Theatre, died.

2001 - Moves to provide nappies for Killarney's jaunting car horses were dropped. Against the advice of the Town Manager, the local urban council voted against it.

ANSWER TO LAST WEEKS

RIDDLE:

Feed me and I live, yet give me a drink and I die. What am I? Fire.

CYCLING FOR SCIENCE:

On April 17, the two UCLA Graduates will embark on an eco-friendly cross-country road trip, pedalling their bicycles over 3,800 miles from San Francisco to New York City. Along the way, they'll make stops to teach middle school students quick lessons in physics, solar power, and renewable energy.

Full of wanderlust but also passionate about the world of science, the two girls wanted to turn their adventure into something that others could benefit from as well.

In 2012, only 33.5% of female college freshmen intended to pursue science and engineering degrees. And in 2011, the Economics and Statistics Administration reported that women hold less than 25% of science, technology, engineering, and math (STEM) jobs in the United States.

GOOD NEWS:

Five more bears in Pakistan are finally free from the brutal blood "sport" of bear baiting where bears are forced to battle against trained dogs. All five bears are now receiving medical treatment at the Balkasar Sanctuary. Once the bears receive a clean bill of health, they will be released from quarantine and join the other 28 bears at the sanctuary where they will be able to enjoy a peaceful new life.

PROTECTED AREAS RECEIVE 8 BILLION VISITS A YEAR:

The world loves its protected areas, according to a new study in the open access PLOS Biology. U.S. and British researchers estimated that the world's protected areas received eight billion visits every year. Moreover, the research found that the world's 140,000 protected areas likely brought in at least \$600 billion to national economies.

THIS WEEKS RIDDLE:

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

TONGUE TWISTER - Six sick hicks nick six slick bricks with picks and sticks.

FINALLY THIS WEEK:

What disease did cured ham actually have?

Citizens Information

Know Your Rights: RENT-A-ROOM RELIEF

MARCH 2015

QUESTION

I heard that I can get a tax exemption if I rent out a room in my home. How does this work?

ANSWER

If you rent out a room or rooms in your home as residential accommodation, the income you earn is exempt from tax, provided the total paid by the tenant(s) is not more than €12,000 in a tax year (this was €10,000 from 2008 to 2014) and you satisfy the qualifying conditions for the relief (for example, the relief does not apply to rent payable by your child). This is called rent-a-room relief. It applies to a room or rooms in your home – which can include a self-contained unit such as a basement flat or a converted garage. The relief does not apply to rooms that are not attached to your home. You must live in your home as your sole or main residence during the tax year for which you are claiming the relief. You do not have to own the property – you could be a tenant and be sub-letting to someone else. (In such cases, you would have to check with your own landlord that sub-letting is allowed.) Your tenant(s) must be using the room as residential accommodation. For example, you can claim relief if you are renting a room to a student for the academic year, but not if you are taking in short-term guests. Renting a room in your home is not covered by landlord and tenant legislation so you do not have to register as a landlord with the Private Residential Tenancies Board (PRTB), provide a rent book to the tenant or ensure that the accommodation meets any minimum physical standards. The gross income you receive cannot be more than the relevant limit for the year in question. This includes sums that the tenant pays to you for food, utilities, laundry or similar goods and services. When you are working out whether the gross income is more than the limit, you cannot deduct any costs you incurred in earning that income. If your income from rent and other services is over the limit, the profits from the entire income (not just the amount over the limit) are taxable. If you qualify for rent-a-room relief, the income is not liable to PRSI, the Universal Social Charge or income tax. Claiming rent-a-room relief does not affect your mortgage interest relief or your exemption from Capital Gains Tax (CGT) if you sell your home. You do not have to claim rent-a-room relief as it applies automatically. However, if you are submitting an annual tax return you must record the amount of the exempt income on the return.

Further information is available from the Citizens Information Centre below and from revenue.ie.

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

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

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A WORD OF VICTORY

Welcome back dear reader you may have heard about the huge unclaimed lottery prize. Great concern was expressed for the individual who obviously was not aware of the jackpot in their possession which they were about to miss out on. It's amazing how distressed people got, putting themselves in the place of the mystery winner and feeling the sense of loss as if it were their own. Imagine how Jesus feels after giving humanity the greatest gift of everlasting life and people are not aware that this gift is freely available to all who call upon His name. This is why we at Word of Victory print this article so that people can be made aware of the great loss they will experience if they're not told of this free gift and if they don't claim it. Listen friend, here is the truth - all of us were born into this world as sinners, and because of this sin nature we were barred from everlasting life and were instead destined for hell's fires (Ephesians chapter 2). Please, please read it for yourself. The great prize for everyone who hears the message is that God so loved us people in this world that He sent Jesus His Son to die in our place. He paid the full price for our sins – yes that's right – there's no condemnation for those who freely accept the free gift of Salvation by calling on the Name of Jesus and asking Him to be Lord and Saviour of their lives (Mark 16:16; John 3:16; Romans 10:9). Right here and now please say this aloud - Jesus I am a sinner, please forgive my sins. I make You my Lord and Saviour and I thank You for saving me and giving me everlasting life with You. Jesus loves you so much He died in your place friend. Believe it! If you have a query on Scripture or any prayer need please call **064-6622950** or email wordofvictory@eircom.net. More next week...

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

THE MIRACLE PRAYER

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. **K.F.**

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.

G.C.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

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X

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

E.D.

NOVENA TO THE SACRED HEART

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

X

THE MIRACLE PRAYER

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

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

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

Say this prayer for three days.

Publication of prayer and favour will be granted. **R.F.**

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

L.M.

NOVENA TO THE SACRED HEART

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

M.M.

NOVENA TO THE SACRED HEART

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

M.C.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

X

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. **L.M.**

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and ever day throughout the world forever. Amen".

Pray, whether you believe or not.

Publish on the 9th day.

Your request will be granted no matter how difficult it may seem.

Favour often granted on the third day.

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.
N.M.S



KILLARNEY LEGION GAA CLUB

In Association with
Cinema Killarney & O Sheas Tyre Centre

CLUB AWARDS NIGHT

KILLARNEY AVENUE HOTEL

Friday 13th March 2015 | Throw in: 7.30pm

Admission: €10.00 | Dress Casual

Clubperson of the Year:
Paudie Lynch

Special Merit Winner:
Weeshie Fogarty

Special Merit Winner:
Joanne Downey

Senior Player of the Year:
Conor Keane

Junior Player of the Year:
Aidan Slattery

Young Player of the Year:
Donal Lyne

Guest of Honour
Joanne O'Riordan

**Special Acknowledgement
Winners:** James O Donoghue
Brian Kelly, Jonathan Lyne
Podge O Connor