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Fairview Guesthouse
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The Streat Café

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Medical Hall
Euro City
Macs Restaurant
John Reidy
(Bar & sweet shop)
EBS
Coynes & Culloty
Christy's Irish Stores
MD O'Shea's
Killarney Bookshop
Sheehan's Pharmacy
Brian James
O'Grady's Newsagent

HIGH STREET

Abbey Travel
Quill's Fashion
Keane's Jewellers
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 This weeks Lamb comes from the Farm of
 W.M.K. Blennerhasset, Aghafoe.
 Irish Chickens from Nigel Lawry, Co. Monaghan.

REMEMBERING BILLY VINCENT

KILLARNEY SCHOOLS CHALLENGE THEIR SECOND YEAR STUDENTS

The three Killarney Secondary schools Killarney Community College, St. Brendan's College and St. Brigid's Presentation School have come together this week to launch The Vincent Award. It is a challenge scheme for second year students of St Brigid's, Killarney Community College & St Brendan's College and is supported by the Trustees of Muckross House.

There are 260 students in second year in the three schools. The Award recognises the importance of second year as a developmental milestone for young people. The intention is to promote greater personal, social and community awareness in the young people.

The annual Vincent Award will also keep alive the memory of Billy Vincent in a community which was of such great importance to him and where he was held in the highest esteem. It is one way in which Billy and his family legacy will be remembered by future generations. Through CSPE??? classes, more senior students in each school will peer teach the second years on the life and achievements of Billy Vincent.

The Vincent Award celebrates the life, energy, vision and importance of Billy Vincent in Kerry and offers an opportunity for the three schools to direct their students towards a number of positive, affirming educational, sporting, philanthropic and community activities. Remembering Mr Vincent's interest in these scheme will include:

- A Literacy Challenge - to promote student engagement with all forms of literature
- A Numeracy Challenge - involving students in a fun, interesting Maths activity
- A Philanthropy Challenge - The students



THE BILLY VINCENT AWARD WAS LAUNCHED AT MUCKROSS HOUSE, KILLARNEY, THIS WEEK. AT THE LAUNCH WERE, MICHAEL LARKIN, CHAIRMAN, MUCKROSS HOUSE TRUSTEES, RORY DARCY, MUCKROSS HOUSE TRUSTEES, SCHOOL PRINCIPALS, MARGARET MCCORMACK, ST BRIGID'S SECONDARY SCHOOL, FIONA O'BRIEN, KILLARNEY COMMUNITY SCHOOL, SEAN COFFEY, ST BRENDAN'S COLLEGE, MEMBERS OF THE MUCKROSS HOUSE TRUSTEES, BERNARD COLLINS, LILY CRONIN, DENIS CRONIN, CLLR MICHAEL GLEESON, FRANK LEWIS STUDENTS FROM THE THREESCHOOLS. PHOTO: VALERIE O'SULLIVAN.

in the three schools will fundraise for a local charity. This years' beneficiary will be South West Counselling

- An Outdoors Challenge - Students are challenged to participate in a mountain hike in the Killarney National park
- A Co-operative Sport Challenge - Students will participate in a Spike-ball activity afternoon in the three schools.
- Students will also participate in an environmental event, focused on a targeted clean-up in the National park, As a reward for the successful achievement of the Award challenges each student will receive a certificate in a ceremony to be held in the Old School House in the National Park. As well each successful student will then avail of a outdoor activities day which will be part funded by the

Trustees.

The idea of an Award scheme for second years- first promoted in Killarney Community College two years ago- has now been expanded to the three schools and to include a broader community remit.

Billy Vincent's father, Arthur Rose Vincent, and his grandfather William Bowers Bourne, in 1932 presented Muckross House and 11,000 acres to the people of Ireland as this country's first national park. As well as a life-long interest and support for Killarney he served for many years on the board of the Ireland Funds. Last November Billy Vincent was interred in Killeghy graveyard in Muckross in Killarney in a grave next to his father's.

DR CROKES MANAGEMENT TEAM STEP DOWN

Statement by Dr Crokes:

Dr Crokes GAA Club have announced that the Club's senior football management team have decided not to take up an offer from the Club to extend their term in stewarding our senior team. Dr Crokes wish to express their deep appreciation and thanks to Vince Casey, Noel O'Leary and Malachy Walsh for the massive work they have put in over the past 24 months, with no break. They have overseen the most successful two year period in the Club, winning two Munster Club Championships, two Kerry County Championships, two Kerry Club Championship, two O'Donoghue Cup Championships and one Kerry County League. Their commitment and dedication to the Black and Amber has, as always, been exemplary and Dr Crokes will be forever in their debt.



NOEL O'LEARY, MALACHY WALSH AND VINCE CASEY WHO STEPPED DOWN AS THE DR CROKES MANAGEMENT TEAM THIS WEEK.

MUCKROSS ICA

The next meeting of Muckross ICA will take place on Monday 10th March 2014. Venue: Lough Guitane National School. Time 7:30pm. They will be celebrating Seachtain Na Gaeilge with some fun activities. New members always welcome. For information please contact Claire on 087 6111749.

WHEELCHAIR ASSOCIATION AGM

Killarney/South Kerry Branch of the Wheelchair Association's Annual General Meeting takes place in the Killarney Heights Hotel on Sunday 9th March 2014 at 5 pm everyone welcome.



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RACHEL DELIGHTS DINERS AT MUCKROSS PARK HOTEL

Rachel Allen, one of Ireland's best known TV chefs performed a cookery demonstration at Muckross Park Hotel on last Saturday night which was enjoyed by over 140 guests. Following her cookery demonstration guests enjoyed a three course dinner designed by Rachel. Dinner consisted of Pea and Coriander Soup, Roast Saddle and Braised Shoulder of Lamb served with Mint and parsley Salsa and a Redcurrant Jus, Baked Trout en Papillote with Garden Herb Butter each served with Spinach a La Crème, Gratin Dauphinois, Roast Carrots and Parsnips. This was followed by Rachel's Yogurt and Cardamom Pancotta with Poached Rhubarb. The night is a fantastic experience to see one of Ireland's leading cookery personalities live on stage demonstrate her skills and share her tips and advice on how to achieve wholesome dishes.



CELEBRITY CHEF RACHEL ALLEN AT HER COOKERY DEMONSTRATION IN THE MUCKROSS PARK HOTEL KILLARNEY AT THE WEEKEND WITH KILLARNEY LADY ORLA TARRANT. PICTURE BY DON MACMONAGLE



PICTURED WITH CELEBRITY CHEF RACHEL ALLEN AT HER COOKERY DEMONSTRATION IN THE MUCKROSS PARK HOTEL KILLARNEY AT THE WEEKEND WERE FROM LEFT, EILEEN ENRIGHT, CASTLEISLAND, MARY DEVANE, TRALEE AND CHRISTINE BARRY, LISELTON. PICTURE BY DON MACMONAGLE



PICTURED WITH CELEBRITY CHEF RACHEL ALLEN AT HER COOKERY DEMONSTRATION IN THE MUCKROSS PARK HOTEL KILLARNEY AT THE WEEKEND WERE FROM LEFT, MARY PELLICAN, LIMERICK, PATRICIA FOLEY, BARLEYMOUNT, BERNA BOURKE, LIMERICK AND LUCY WALSH, CAPPAMORE. PICTURE BY DON MACMONAGLE

STUDENTS LAY WREATHS AT HUGH O'FLAHERTY MEMORIAL



Students from local schools participated in a wreath-laying ceremony at the Hugh O'Flaherty Memorial statue Killarney last week. Books were also presented to the schools at a function in The Killarney Avenue Hotel after the event. Included are Brian Kelleher, Rebecca Bruton, Kelsey Somers, Danny Cronn, Rachel Doheny, Meadhbh Ni Churtain, Rachel Loughnane, Denise Keane, Ella Stack (Holy Cross NS), Killarney Chamber of Tourism and Commerce President Johnny

McGuire, Margaret McCormick (St Brigid's), Senator Paul Coughlan, Stella Loughnane (Killarney Community College), Pearl Dineen and Karen Uí Churtáin (Gaelscoil Faithleann), Tommy Galvin (St Olivers), Colm O'Suilleabhain (Presentation Monastery), Jerry O'Grady, David Phelan and Sean Coffey (St Brendans College). Picture: Eamonn Keogh (MacMonagle, Killarney).

MODS & MINIS TO OPEN IN TRALEE

Popular childrens clothes shop Mods & Minis are set to open a new store in The Mall in Tralee. Mods and Minis will be the latest retailer to set up in Tralee Town Centre. They have been in business in Kerry for almost 10 years and are delighted to be opening on the Mall in Tralee at a time when the economy is just starting to show signs of recovery. Most of the clothes at Mods & Minis are made from Organic Cotton, so they will not only look great but they will also be very gentle on your skin while lasting the rough and tumble of kids at play. The clothes are mostly supplied by a Danish company by the name of Name it, but in addition to this you can get all sorts of Formal wear – anything from Christening gowns to Communion Dresses and Confirmation Boy outfits. Mods and Minis always offer a free wrapping Service which is ideal for those New Born Presents. So why not pop into the new Mods & Minis when it opens this Monday March 10th and you might be in with a chance of winning a €100 voucher, to find out more, visit their Web site at www.modsandminis.com. Mods & Minis offers a one stop shop for all children's clothing needs (up to age 12 for girls and age 15 for Teen Boy's).



NEW CANDIDATE NEW IDEAS

VOTE No. 1 NIALL KELLEHER

FIANNA Fáil
THE REPUBLICAN PARTY

KILLARNEY / CASTLEISLAND

My name is Niall Kelleher and I am seeking your support in the Local Elections on May 23rd.

Born and reared in Rathmore, I now reside with my family in Barraduff. At 28 and the eldest of four children, I am from a generation that has been devastated by unemployment and emigration. As a businessman, I'm a proud employer in Rathmore, along with my brother in Connie K's Bar; and as Managing Director of Tangerine Management, which was established in 2012 in Killarney.

As a passionate believer in community activity, I've been involved in the Tidy Towns and have previously served as Chairman of Rathmore Community Council and as Secretary of the Rathmore Community Alert Association.

As a proud father of one son, I'm passionate about education, training and job creation.

I've worked hard to establish a CoderDojo club in Killarney, worked alongside Irish American Technology Entrepreneur Sean O'Sullivan to run the SELR8R programme (helping 18 new businesses grow and create jobs); and am currently working to create employment opportunities for the long-term unemployed in Kerry, with the Momentum Programme.

Our Community and our County of Kerry needs new initiatives to help create an environment where jobs can be created and we can live with confidence, pride and dignity in our homes. I am a young candidate with new ideas and a track record of getting things done. I am very much aware of the issues facing people today. If elected to Kerry County Council I will work tirelessly for the

"I will be a strong local voice on issues that actually matter."

betterment of our community. I will be a strong local voice on issues that actually matter.

You deserve a local representative who will use their skills and experience, to help tackle the biggest challenges that we all face as a society. I would appreciate your No 1 VOTE on May 23 or, if already committed, your highest preference.

Is mise le meas
Niall Kelleher

My priorities

- Job Creation
- Tackling youth unemployment
- Local Housing
- Health / Elderly
- Maintaining Local Services
- Education / Re-skilling
- Agriculture

CONTACT NIALL

087 6694 101

www.niallkelleher.ie

[/Niallkelleher4KCC](https://www.facebook.com/Niallkelleher4KCC)

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Killarney, Kerry

Tangerine Management
KTI Centre, Deerpark,
Killarney, Kerry

STUDENTS RAISE THE ROOF AT THE KERRY SCHOOL CHOIR SHOWCASE

Nine primary schools involving 400 students from around Kerry showcased their choirs at the Inaugural Kerry School Choirs Showcase at The Malton Hotel recently which made for a wonderful night of musical variety and entertainment. The project involved professional choir coaching for each participating school provided by Marina Cassidy and all schools performed two songs of their choice and one group song incorporating all schools working together for the grand finale.

Among the sponsors were educational publisher, Educate.ie, Kerry County Council and The Malton Hotel and the event was co-ordinated by Killarney Musical Society.

The night and the project overall was a resounding success with children, principals, teachers, musicians and their supporters enjoying both the process and the Showcase itself.

Participating schools include: Furies National School, Fossa National School, Gaelscoil Mhic Easmainn Tralee, Mercy Holy Cross National School Killarney, Lissivigeen National School Killarney, The Monastery National School Killarney, Scoil Eoin Balloonagh Tralee, Spa National School Tralee, St Olivers National School Ballycasheen Killarney.

"We are very grateful to all the sponsors for without which this project would not have been possible and also the commitment the principals, teachers and children made to participating in the project over the number



TAKING PART IN THE KERRY SCHOOLS CHOIR AT THE MALTON HOTEL WERE STUDENTS HOLY CROSS MERCY SCHOOL. BACK ROW L-R KAMILA RUDYMA, KEELYN O'LEARY, WIKTORIA ORZESIAK, AISLING CROWE, SAUN CARMODY. FRONT ROW L-R KATHLEEN O'CONNOR, OLMA WHIELDON, DANIELLE CARROLL & DANIA POKOYSKA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

of weeks involved. Also great thanks goes to all the Killarney Musical Society volunteers who managed the event so well", commented Michelle Murphy, Chairperson Killarney Musical Society.

Choir coach Marina Cassidy added: "Through this programme I experienced the joy of visiting each school and seeing and hearing the value of singing in a group/choir for every child".

All the sponsors were both thrilled and amazed

by the talent showcased on the night and were delighted to be involved in such a productive and well run project.

Jim McGann, educate.ie commented, "Educate.ie is all about providing the tools for schools to help students improve in each subject. By sponsoring the Kerry School Choir Showcase we were able to extend this into the arts and very proud to be associated with such an innovative investment in music in schools."



TAKING PART IN THE KERRY SCHOOLS CHOIR AT THE MALTON HOTEL WERE STUDENTS FROM LISSIVIGEEN NS. BACK ROW L-R SEAN FOLEY, LINDA TAYLOR, GRACE COURTNEY, JULIA OLABODE, SAM CASEY & JOSH LYNE. FRONT ROW L-R BAILEY O'SULLIVAN, ELLA HICKEY, BEN CUSSEN & KATE LYNCH.



TAKING PART IN THE KERRY SCHOOLS CHOIR AT THE MALTON HOTEL WERE STUDENTS FROM THE MONASTERY NS. BACK ROW L-R MARK MOYNIHAN, JASON LEE, JACK O'NEILL, AARON O'SULLIVAN, LIAM SHEEHAN & LEE WRIGHT. MIDDLE ROW L-R DARAGH CAREY, KALEM LLOYD, ETHAN SLATTERY, CALUM O'DONOGHUE. FRONT ROW L-R CIARAN CRONIN, EVAN MANNIX, COLM O'CALLAGHAN & JAMIE ALADE.



TAKING PART IN THE KERRY SCHOOLS CHOIR AT THE MALTON HOTEL WERE STUDENTS FROM FOSSA NATIONAL SCHOOL. BACK ROW L-R LINDA O'DONOGHUE, ANNA CLIFFORD, ELLEN SHEEHAN, RACHEL CASEY, SARAH O'NEILL, AOIFE DOODY, HELEN MOYNIHAN. FRONT ROW L-R LUCY MCGURRY, SOPHIE VOUSDEN, SAOIRSE BENNETT, TAMZIN CUPPAN.



ANITA LAKNER (PIANIST) & MARINA CASSIDY (VOCALIST) WHO ACCOMPANIED THE STUDENTS AT THE KERRY SCHOOLS CHOIR AT THE MALTON HOTEL.



Jerome O'Regan

AUCTIONEER & VALUER

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CARANAHONE, BEAUFORT, KILLARNEY

Beautiful, almost new detached dormer bungalow with stunning mountain views. Comprising approx. 2,300 sq. ft. 4 bedrooms, 2 ensuite. Kitchen/diningroom, utility, lounge, bathroom. Built to the highest standards.

BER Pending
P.O.A.



SITE

HEADFORD, KILLARNEY

Site, Headford (Raheen area) Killarney with full planning for the above bungalow, approx 1,700 sq. ft. Very little restrictions attached to the planning. Fantastic opportunity at a very reduced cost.

ONLY €20,000



BALLYMALIS, BEAUFORT, KILLARNEY

Cottage with partly constructed extension standing on 1 acre approx. Very centrally located.

Private much sought after location.

GUIDE PRICE €60,000 O.N.O.

FARM FOR SALE

Consisting of approx. 52 acres, 40 acres approx. Recently reseeded, an old slate roofed farmhouse and various farm buildings and yard. Also included 8/95ths share of 240 acres approx. Entitlements €7,636.23 Area Aid €2,480 The lands have access to electricity and water. Approx. 9 mls from Killarney, Castleisland approx 7 mls. Currow village approx. 4 mls and Kerry Airport 6 mls approx.

Greatly reduced price.

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

WANTED Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

BEAUFORT Old style cottage with an unfinished extension, on c. 1 acre,dry land,Ballymalis area, beautiful convenient location.Great value with many options.

MILLTOWN VILLAGE, Killarney Beautiful 3 bed semi in a small well built private development. beside schools, shops etc. Fully furnished as new. €115,000 Beaufort Area Old house c.2 acres.Very scenic, dry & elevated. Bargain.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,8000 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

REEKS GATEWAY TO KILLARNEY Commercial/office space for sale or lease.Variou sizes and configurations available to suit the client. Prices negotiable.

BALLYMALIS, BEAUFORT, KILLARNEY Cottage with partly constructed extension on c. 1 acre. Great central, attractive location. Guide price €60,000 o.n.o.

KILLARNEY TOWN 2 bed Town House great location - very reasonable price.

BEAUFORT, KILLARNEY, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights.Panoramic views.

UPPER PARK ROAD, KILLARNEY, 3 bed detached bungalow on a large site.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

COUNTRESS ROAD, KILLARNEY (back of Malton Hotel) Superb 2 bed apartment, ground floor, as new.

FIRIES VILLAGE Detached, 4 bed bungalow, close to school shops etc

MILLTOWN VILLAGE Commercial property w/ back yard. Great investment V. reasonable reserve.

MUCKCROSS, KILLARNEY 6 bed detached, v. scenic, priced to sell.

TIRNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2mls to Killarney town.

ROSEHILL, FIRIES VILLAGE 2 bed 1 en-suite modern home. Bargain.

BALLYMALIS, BEAUFORT, KILLARNEY Detached, luxury 4 bed detached bungalow, almost new, great location.

GLENFLESK, KILLARNEY Expansive, executive style home (c. 5,000 sq. ft) on approx 6 acres with beautiful views. Unique, modern sophisticated house with real character.

KILLARNEY 6 miles approx. to rent or for sale old farm yard on c. 1 acre off the Tralee Road. Secure and convenient location.

KILCUMMIN New Bungalow, very Scenic, unfinished, very Reasonable price

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN 2 MLS Beautifully restored stone house on c.6 acres. In pristine condition.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

FIRIES VILLAGE 3 bed semi, bungalow, great value.

CARAGH LAKE Old farmhouse with panoramic views on c. 1/2 acre or more land if required.

GNEEVIGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish

BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

FOSSA KILLARNEY Large commercial/private property beside the golf complex and on the main road.

MUCKCROSS ROAD/WOODLAWN CROSS, KILLARNEY- c. 1/3 acre site. Superb location.

ARDCANAUGH, KEEL, CASTLEMAINE New bungalow, almost finished.4 bed. 1850 sq. ft. approx. Many extras.

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow. Nice views. BARGAIN.

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

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

BEAUFORT, Killarney Beautiful, almost new detached dormer bungalow with stunning mountain views. Comprising approx. 2,300 sq. ft. 4 bedrooms, 2 ensuite. Kitchen/dining room, utility, lounge, bathroom. Built to the highest standards.

FARMS/LAND

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.53 acres approx with old house and sheds, Mastergeeha, Kilcummin area.

c.10 acres with good sheds, extremely scenic.Artigalvin,Headford area. 5mls from Killarney.

c. 12 acres approx on the main Ring-Of-Kerry road only 4 miles from Killorglin.(extensive road frontage)

Tullorum, Tirnaboul,(Spa) Killarney 11.5 acres approx.3 miles from Killarney.

SITES

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

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

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

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

Sunhill, Killorglin approx. 1 mile from town,1/2 acre or more dry , roadside, elevated , scenic site. Bargain.

Faha, Killarney, c. 1/2 acre, dry, roadside,great location, bargain.

Raheen, Headford, Killarney, Site with full planning permission €20,000.

SEACHTAIN NA GAEILGE LAUNCHED IN KILLARNEY

BY TRACY FLEMING

The 1st March saw the official launch of the annual Seachtain na Gaeilge events which take place across the country. Killarney introduced this year's festivities with an open air concert featuring the famous band Seo Linn. The concert took place on Main Street, Killarney between 2.30pm and 4.30pm on Saturday. Deputy Mayor of Killarney Michael Gleeson officially launched the two week event and with an array of dancers and performers the atmosphere around the town was fantastic. This year pupils from schools in the Killarney area were invited to create posters and all the entries were displayed in various shops and businesses and the winners were announced on the day. The support for Seachtain na Gaeilge was fantastic and there was a huge thank you from Chairman Johnny Maguire who was delighted with proceedings on the day. Seachtain na Gaeilge 2014 runs from 1 – 17 March and there will be thousands of events taking place in every county in Ireland and abroad, in countries as far reaching as Lithuania, Australia, Canada and even Japan. It doesn't matter if you only have a cúpla - Irish is for everyone is the message from this years festival.



JUGGLER STEPHEN MCGINLEY, GALWAY, ENTERTAINING CHILDREN, AT THE OPENING OF SEACHTAIN NA GAEILGE, ONE OF THE BIGGEST AND MOST ANTICIPATED IRISH LANGUAGE FESTIVALS OF THE YEAR. THE FESTIVAL OPENED OFFICIALLY WITH AN OPEN AIR CONCERT WITH THE BAND SEO LINN ON MAIN ST, KILLARNEY. SEO LINN SHOT TO FAME WITH THE YOUTUBE MUSIC VIDEOS RELEASED BY COLAISTE LURGAN WITH THE CUP SONG AS GAEILGE. PHOTO: VALERIE O'SULLIVAN.



JACK MAGUIRE, COILLTE Ó CRONIN AND AMBER POMERANZ WITH JUGGLER STEPHEN MCGINLEY, AT THE OPENING OF SEACHTAIN NA GAEILGE. PHOTO: VALERIE O'SULLIVAN.



JUGGLER STEPHEN MCGINLEY, GALWAY, ENTERTAINING CHILDREN, AT THE OPENING OF SEACHTAIN NA GAEILGE, ONE OF THE BIGGEST AND MOST ANTICIPATED IRISH LANGUAGE FESTIVALS OF THE YEAR. PHOTO: VALERIE O'SULLIVAN.



STIOFÁN Ó FEARAIL OF SEO LINN, PERFORMING, AT THE OPENING OF SEACHTAIN NA GAEILGE, ONE OF THE BIGGEST AND MOST ANTICIPATED IRISH LANGUAGE FESTIVALS OF THE YEAR. SEO LINN SHOT TO FAME WITH THE YOUTUBE MUSIC VIDEOS RELEASED BY COLAISTE LURGAN WITH THE CUP SONG AS GAEILGE. PHOTO: VALERIE O'SULLIVAN.



WINNERS OF THE SEACHTAIN NA GAEILGE, SCHOOLS ART COMPETITION WITH BRENDA NÍ GHAIRBHÍ, SEACHTAIN NA GAEILGE MANAGER, AND PRESIDENT OF KILLARNEY CHAMBER OF TOURISM AND COMMERCE JOHNNY MCGUIRE. PRIZE WINNERS INCLUDE, AOIFE O'BRIEN, CIARA MOYNIHAN, ERIN DOHENY, RACHELA MATYKIEZI. PHOTO: VALERIE O'SULLIVAN



ANNMARIE NELLIGAN, LISHEEN, GNEEVEGUILLA, AT THE OPENING OF SEACHTAIN NA GAEILGE, ONE OF THE BIGGEST AND MOST ANTICIPATED IRISH LANGUAGE FESTIVALS OF THE YEAR, GOT UNDERWAY.

PHOTO: VALERIE O'SULLIVAN.



CÁIT AND EMMA MACCARTHAIGH, AT THE OPENING OF SEACHTAIN NA GAEILGE, ONE OF THE BIGGEST AND MOST ANTICIPATED IRISH LANGUAGE FESTIVALS OF THE YEAR.

PHOTO: VALERIE O'SULLIVAN.

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PROPERTIES OF THE WEEK



**2 BIRCH HILL, AGHADOE,
KILLARNEY**

REF 68

Guide Price €155,000

3 Bedroom (1 ensuite) Bungalow on
approx 0.242 acre site.

BER Pending



30 BALLYOUGHTRAGH HEIGHTS, MILLTOWN

REF 560

Guide Price €190,000

4/5 Bedroom Detached (1,850 sq ft), with private back garden.
Close to all amenities and also central to Killarney & Tralee.

BER Pending



TIERNABOUL, KILLARNEY

REF 564

Offers in Excess of €100,000

3 Bedroom Bungalow on approx
0.5 acre site.

BER Pending

FOOTBALL CLUB RECRUITS STARS OF THE FUTURE

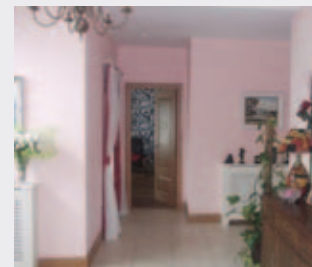
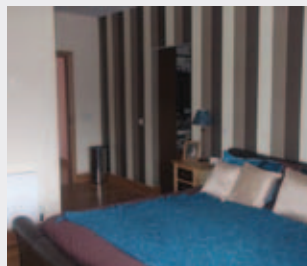


CHILDREN FROM THE KILLARNEY AREA GOT A TASTE OF CLUB LIFE AT DR CROKES AT THEIR OPEN DAY LAST SATURDAY.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Clash Lissivigeen • **Asking Price:** €380,000

Agent: Hennigan Auctioneers • 66 New Street Killarney • **064-6634583** • **087-2354416**

www.daft.ie/hennigan

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



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WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE

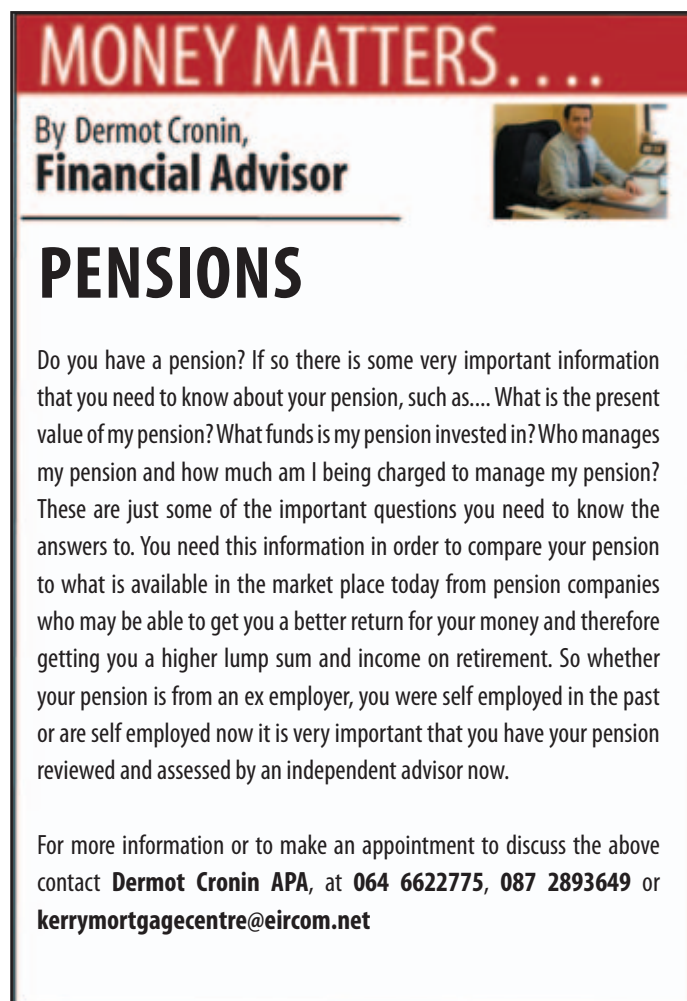
2 GARDEN VALLEY, BELDREAN, KILLARNEY
One of the finest finished and furnished superior dormer Bungalows to appear on the Killarney Property Market. This is the ideal residence (ie) most suited to U.K. purchasers seeking the perfect residence just 3 ½ miles from Killarney Town. **Price Region: €210,000**

DROMCARBIN, GLENFLESK Magnificent located Bungalow with stunning mountain views set close to the banks of the Salmon Rich Owneycree River is the ideal family residence just 0.75 miles off the main Killarney/Cork Road and just 5.5 miles from Killarney Town. **Reduced Price: €215,000**

UARAN AN TOIRIN, KILLORGLIN
Magnificent new development overlooking Farrantoreen Lough in the award winning Baile an Toirin Development. This development is a superb opportunity for first time buyers to enter the property market in the thriving town of Killorglin. **Reduced Price: €150,000**

CURRAGH LODGE, AGHADOE, KILLARNEY Magnificent detached private residence set on approx. ¾ acres located in the exclusive Aghadoe area just 5 minutes from Killarney town in a mature setting bounded by mature trees and shrubs enhanced by spectacular mountain views. **Keenly Priced: €340,000**

Hennigan Auctioneers urgently require properties all areas to sell to rent NO SALE NO FEE NO LET NO FEE
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MONEY MATTERS....

By **Dermot Cronin, Financial Advisor**

PENSIONS

Do you have a pension? If so there is some very important information that you need to know about your pension, such as.... What is the present value of my pension? What funds is my pension invested in? Who manages my pension and how much am I being charged to manage my pension? These are just some of the important questions you need to know the answers to. You need this information in order to compare your pension to what is available in the market place today from pension companies who may be able to get you a better return for your money and therefore getting you a higher lump sum and income on retirement. So whether your pension is from an ex employer, you were self employed in the past or are self employed now it is very important that you have your pension reviewed and assessed by an independent advisor now.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at **064 6622775, 087 2893649** or kerrymortgagecentre@eircom.net



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OUTLOOK READERS TO MEET INTERNATIONAL DESIGNER DON O'NEILL

Lucky readers of Outlook Magazines are set for a memorable night at the Kerry Fashion Week fashion show taking place in Killarney on Friday night. Thanks to Kerry's leading magazines and Kerry Fashion Week, readers were invited to enter a fantastic draw that attracted hundreds of entries from all Kerry. This week the delighted winners were drawn with the top prize of two front row tickets to the fashion show, pre show dinner at The Malton Hotel and a meet and greet with top international designer Don O'Neill going to Yvonne Quill from Lohercannon, Tralee. The winner of two premium tickets to the show was Ellen O'Rahilly from Lisselton, Listowel. Top international fashion designer and Ballyheigue native, Don O'Neill will exclusively showcase, for the first time in Ireland, his THEIA Spring 2014 Collection. This takes place at the KFW New Collections show on Friday 7th of March in The Malton Hotel, Killarney. The Ballyheigue born, New York based designer will personally attend the show along with his partner Pascal Guillerme, and their family and friends. The 6th annual KFW will continue until tomorrow, Saturday 8th of March. The KFW New Collections Show takes place tonight, Friday 7th of March at the Malton



AT THE LAUNCH OF THE KFW (KERRY FASHION WEEK) NEW COLLECTIONS SHOW IN THE MALTON HOTEL, KILLARNEY, FRIDAY 7TH OF MARCH WERE (FRONT) MODEL AISHLING O'CONNELL IN A COUTURE GOWN BY INTERNATIONAL DESIGNER DON O'NEILL, THEIA, WHO WILL BOTH ATTEND AND EXCLUSIVELY SHOW HIS NEW SPRING COLLECTION ON THE NIGHT, WITH (BACKGROUND) MICHELE KING, SALES & MARKETING MANAGER, THE MALTON HOTEL, NORANN KEANE, SEAN TAAFFE GROUP AND NIAMH O'DWYER, LANCOME PARIS AT CH TRALEE

Hotel, Killarney.

The prestigious KFW Irish Fashion Industry Awards is on Saturday 8th of March in The Europe Hotel & Resort, Killarney.

www.kerryfashionweek.com

HOT ON YOUR HEELS!

Kerry native Reidin O Meara owner of Hoy Yoga Kerry is offering athletes the opportunity to enhance race performance and prevent injury by adding Hot Yoga to their training programme. According to Reidin, "Common overuse injuries among athletes include those involving the iliotibial band (ITB), knee, hamstring, hip flexors and shoulders. Often, these injuries are directly linked to lack of flexibility, poor core strength and misalignment. Hot Yoga practice includes; dynamic flexibility training, core stabilization, strengthening and balance work. By focusing on these vital elements, Hot Yoga can help you recover faster after workouts, open up the tight areas that hinder performance, improve range of motion, and develop mental focus and concentration."

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

Hot Yoga is a 90-minute class consisting of a series of poses performed in a room heated between 30 – 40 degrees Celsius. Whether you are training to complete your first 5K road race



REIDIN O MEARA OWNER OF HOY YOGA KERRY.

or take part in team sports Hot Yoga is suitable for all levels of fitness.

Reidin is a fully certified Yoga instructor (RYT 200 Level) and has trained with world-renowned yoga instructors such as David Swenson and regularly train's in India with Lino Miele.

You can find Hot Yoga classes in Killarney, Tralee, Castleisland and Killorglin. For more information on classes you can contact Reidin on 086 3427957 or find us on Facebook hotyogakerry

Why not enhance your race performance and prevent injury by adding Hot Yoga to your training plan now!!

TROCAIRE BOXES DISTRIBUTED AS LENT BEGINS

Trocaire have expressed their thanks for the amazing annual Lenten donations from Kerry in 2013. The donations from this region alone added up to a remarkable €158,052. This phenomenal collection will help to support the communities of severe poverty across the developing world. Wednesday 5th March will mark the start of the Lenten Trocaire collection again this year as one million Trocaire boxes are to be delivered around Ireland. "Last year's donations reached over 2.7 million people and made a difference in their lives" said Eamonn Meehan, executive director. This Lent Trocaire's campaign is about the global water crisis. Over 1 billion people across the developing world cannot get clean water to live healthily or enough water to grow food.

Here in Ireland the average Irish person uses 150 litres of clean water a day, pumped into their home. In Malawi, in the village where Enestina, the average person only has 24 litres of dirty river water a day and they have to walk approximately a kilometre to get it. Trocaire boxes are available from parishes across Kerry or log onto www.trocaire.org to order a box.

SEAN LEO O'SULLIVAN

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NEW TO MARKET

KNOCKLEBEDE, KILCUMMIN, KILLARNEY



Traditional modernised four bedroom farmhouse, with south facing country side views on generous 0.75 acre site. Ideal opportunity for first time buyer to purchase well finished residence, close to Kilcummin Village.

Price Region: €89,950

TWO PROPERTIES, CLOGHERNOOSH, BLACK VALLEY, KILLARNEY

Two properties located in idyllic setting on The Kerry Way in the heart of The Black Valley, 22 kms from Killarney. Both properties which are opposite one another are in need of refurbishment are accessed over a gated track on The Kerry Way, 400m from road.



Price Region: €45,000

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BRIAN FUNDRAISES FOR KGH



ON WEDNESDAY AT THE ONCOLOGY DAY UNIT IN KERRY GENERAL HOSPITAL TRALEE BRIAN AND DESMOND CLARKE AND STEVEN MCCARTHY FROM KILLARNEY PRESENTED A CHEQUE FOR €1,705 TO THE UNIT. ACCEPTING THE CHEQUE WERE MEMBERS OF THE ONCOLOGY DAY UNIT DR JEFFREY ISMAIL, MICHELLE DOOLAN, SINEAD DUNNE, THERESA WALSH AND MAIRÉAD O'CONNOR.

Following on from the 65km cycle, Brian decided to set out and do some further fundraising to raise even more money which he also planned to donate to the Cork unit which took care of Stephen. The support Brian that received was amazing and he raised a large amount of money in "Slims" honour. Every effort was made to direct monies raised to the Unit in Cork. However these efforts were unsuccessful as neither Brian nor Slim heard anything back as to how to donate the money. A few months passed and it was then decided by Stephen that the total of €1750 would be donated to the oncology department at Kerry General Hospital as Brian's father Desmond Clarke has been treated by the Oncology department since being diagnosed with cancer in October. Thankfully, Stephen Mc Carthy has made a full recovery from his injury and he and Brian would like to give a heartfelt thanks to all who supported them in his fundraising, including the O'Leary family of Gneeveguilla for their permission to collect funds. Brian would also like to thank O'Sullivan Cycles who kitted him out for the day of the cycle.

Popular Killarney Postman Brian Clark took to the roads last August to raise vital funds for Kerry General Hospital which he donated this week to the Oncology Unit. Brian had very good reasons to undertake this cycling fundraiser which was part of a cycle which took place in conjunction with the Tour of Sliabh Luachra. August 2013 was an extremely emotional time for the family and friends of one of Brian's close friends, Stephen Mc Carthy's after he was rushed to hospital with a brain injury. Just the day before this incident, Stephen, known as "Slim" had been out playing golf with friends including Brian.

Overcoming the shock of the news, Brian decided to take part in a 65km charity cycle and with the hope that any funds raised would go towards services that aided Stephen in these important days. The cycle began at Rathmore through to Gneeveguilla, Kilcummin, Currow, Scartaglin and Ballydesmond before returning to Rathmore.

'THE PARK' BRINGS US ON A SEASONAL JOURNEY THROUGH KILLARNEY NATIONAL PARK

TV3 will give unprecedented insight into one of the last wild places in Ireland - Killarney National Park

This epic four-part series opens up the world of wonder that resides within Ireland's oldest National Park. Narrated by Dick Warner, The Park captures rare action footage of wildlife and the magic of the flora and fauna that reside within this UNESCO Biosphere Reserve. 'The Park' airs Sunday 16th March 2014 at 8pm on TV3.

Filmed over a two-year period, this epic four-part series opens up the world of wonder that resides within Ireland's oldest National Park in Killarney - a living archive of some of our most precious scenery, plants and wildlife. Narrated by Irish environmentalist, writer and broadcaster, Dick Warner, this ground-breaking documentary will give viewers an unprecedented insight into one of the last wild places in Ireland. The Park captures rare action footage of wildlife - on land, in the air, under water - focusing in particular on endangered species that have found a haven within the park. The Park is set to be a truly stunning television experience for the viewer. The Europe Hotel & Resort

in Killarney has announced it is to be the title sponsor of the documentary The Park, which will air on Sundays at 8pm for four consecutive weeks beginning on 16 March.



STAGE IS SET FOR KMS SHOW

The Killarney Musical Society is extremely busy having just organised the recent staging of the Kerry School Choirs Showcast in The Malton Hotel last week, which was a huge success and was sponsored by among others Educate.ie, Kerry County Council, and The Malton Hotel. Thank you to everyone who supported and all those who volunteered on the night.

The upcoming production of Jesus Christ Superstar is due to be staged in the INEC from 1st to 3rd April. With just under 4 weeks to go, the cast and crew are working hard at putting together a musical of such epic stature. The show is a one not to be missed. Tickets for the show are now available for purchase from the INEC Box Office.

Patronage is also still available of €70 for the opening night show and this includes two VIP tickets, access to the Patrons reception and inclusion in the Show Programme Patrons listing. Varying levels of sponsorship are still available on request. If you would like to support the show in any way or provide sponsorship or patronage please get in touch with Chairperson Michelle Murphy on 086 8537806 or email mail@killarneymusicalsociety.com. For further information visit Killarney Musical Society on Facebook or www.killarneymusicalsociety.com

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SPA ARE CHAMPIONS AT ALL IRELAND SCOR NA NOG

History was created at Spa Gaa Club last weekend in Castlebar when they won two All Ireland titles in Recitation and Set Dancing. Alison Fitzmartin captivated the Royal Theatre with her rendition of Moll by John B Keane and winning the first title for the club on the day.

The set was the last result to be announced and when the coveted title was read out the whole place erupted including the large group of Kerry supporters who attended the finals.

Spa quiz team came 7th out of 28 teams. A great achievement as the standard was very high.



THE MOMENT THE DANCERS HEARD THEY WON THEIR FIRST ALL IRELAND SCOR NA NOG TITLE MAIREAD MANGAN (MENTOR), AINE BROSNAN, ERIN HOLLAND, GARY O'SULLIVAN AND MICHAEL AHERNE.



LIAM SPILLANE, RACHEL MOYNIHAN, ERIN HOLLAND, GARY O'SULLIVAN, NIAH CLIFFORD, MICHAEL AHERNE, ANNA O'CONNOR, KIANAN O'DOHERTY, SHEILA MCCARTHY (SCOR OFFICER), EGIN O'DONOGHUE, AINE BROSNAN, KATIE CRONIN AND ALISON FITZMARTIN.

Thanks to social media the word got around and within seconds the winning teams enjoyed lots of messages from their supporters who sent in congratulations.

The club would like to send special congratulations to all the mentors Ray O'Sullivan (recitation), Triona Mangan (dancing) and Seamus Clifford and Eileen Aherne (quiz). They are very fortunate in Spa to have great support from their Chairman Gerard Mangan

but most importantly their Scor officer Sheila McCarthy over the past 10 years. Her drive and enthusiasm, along with that of her extremely hard working committee has no doubt been the platform for the clubs success.

The parents deserve a special mention for their input and last but not least the young competitors who continue to love their Irish culture and are eager and willing to learn from the best.

CANCER AWARENESS EVENT

Ballyspillane Family Resource Centre Killarney and the Kerry Travellers Health & Community Development Project are to host a Cancer Awareness Event Thursday 13th March. The event will take place at the Ballyspillane Family Resource Centre between 11am and 2pm. The awareness event is welcoming all to attend and is completely free.

The aim of the event is to provide information for individuals based on Cancer Screening Services, Care, Prevention, Wellbeing, and Support Therapies

Present at the event to provide information and answer questions will be representatives from:

- HSE National Cancer Screening Services.
- Recovery Haven Supports & Services.
- Marie Keating Foundation Mobile Unit Service.
- Kerry Care Service Holistic Therapies.

For more details Contact Ballyspillane Family Resource Centre at 064- 6635589

TOMIES WOOD WALK

A charity walk will take place in Tomies Wood this Sunday 9th March 2014. This walk is taking place to raise funds in aid of the Irish Kidney Association. The event will begin on Sunday afternoon at Beaufort Bar at 2pm.

Registration for the event will take place in Beaufort Bar between 1pm and 2pm, costing €20 for adults and children go free. Refreshments will be provided for participants on returning from the walk.

For more information, contact Teresa Looney on 087 205 9205 or Con Brosnan on 087 626 6810



CONCERT SEASON KICKS OFF

St. Mary's Church of Ireland celebrates the opening of its concert season in style this year on Friday March 14th at 8pm with the eagerly anticipated visit by the incredible Kelly Walsh and Laramie A Cappella Choir and Blue Gras Musicians from Wyoming, USA. This excellent choir of 90 singers from Wyoming, in the western United States, is made up of two sister high schools choirs: the Laramie and Kelly Walsh Choirs are under the directorship of Katrina C Rooney and Michael K. Hancey. The choir performs a programme of popular classics, spirituals, pop tunes and Irish and American folk songs. In addition to the choirs they will also be accompanied by a blue grass band, which will perform a few typical tunes from the Western USA. Given the wonderful Church's acoustics and the concert programme, this promises to be an absolutely incredible evening's entertainment. Admission is free.

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FIRST IRISH-BRED WHITE-TAILED EAGLE FOUND DEAD IN TIPPERARY



AN XRAY SHOWING THE PELLETS LODGED INTO THE JUVENILE WHITE TAILED EAGLE. PHOTO: GOLDEN EAGLE TRUST.

One of the first two White-tailed Eagles to fledge successfully from a nest in Co. Clare in 2013 has been found dead in Tipperary. The young male eagle was reared by a pair of White-tailed Eagles at a nest on Lough Derg, near Mountshannon, Co. Clare and successfully flew from the nest in July 2013 along with its sibling. After a few months of care by its parents both young eagles began to disperse more widely and become independent of their parents. The last confirmed sighting was of one of the two juveniles near Dromineer, Co. Tipperary, on the east shore of Lough Derg in January.

After information supplied by a member of the public and a subsequent search on lands on the shore of Lough Derg by an officer from the National Parks & Wildlife Service (NPWS) and the Golden Eagle Trust Project Manager, Dr Allan Mee, the dead White-tailed Eagle was found near Ballinderry, North Tipperary, on the north-east shore of Lough Derg. Subsequent post-mortem by pathologists at the Regional Veterinary Laboratory at Knockalisheen, Limerick, and radiographs showed the young eagle had been shot, the body holding some 45-50 shotgun pellets. Subsequent post-mortem by pathologists at the Regional Veterinary Laboratory at Knockalisheen, Limerick showed the young eagle had been shot, the body holding some 45-50 shotgun pellets. The impact of the shooting broke one of its legs and wings but the bird survived some weeks after the shooting before dying. The horrific nature of the bird's shooting and ultimate death has shocked all those involved in the reintroduction project.

Finding one of the first two young White-tailed Eagles to fly from a nest in Ireland shot dead is heart-breaking", said Dr. Allan Mee, Reintroduction Project Manager. "It is absolutely incomprehensible that someone would shoot one of these magnificent birds but even more shocking is that one of the first two Irish-bred eagles has been shot only 7 months after leaving the nest".

Investigations are ongoing by both An Garda Síochána and the NPWS and into the shooting. White-tailed Eagles are protected under the

Wildlife Act (1976) and it is an offense to shoot or otherwise harm the species.



A JUVENILE WHITE TAILED EAGLES TAKING FLIGHT FROM THE MOUNTAIN SHORE LINE OF TOMIES MOUNTAIN ON LOUGH LEIN. PHOTO: VALERIE O'SULLIVAN.

STUDENTS HELP PLANT UP TO 3,000 SNOWDROPS

A Tidy Towns initiative which is being supported by the Kerry National Park Education Centre, Killarney Chamber of Tourism and Commerce and the three Killarney secondary schools this week saw a group of students and volunteers plant snowdrops at Mission Road.

The snowdrops were chosen to act as a reminder to passers by of the Missionaries who left Killarney to serve abroad.

Johnny Maguire, who is a member of the Tidy Towns Committee and President of the Chamber of Commerce is delighted with the response of the schools.

He added that if anyone would like to contribute snowdrops to the project, they would be more than welcome to do so by contacting him or any member of the Tidy Towns Committee.

GAELSCOIL FEITHLEANN, PERFORM AT COIRM GAEL LINN FESTIVAL!

The Siamsa Tíre theatre in Tralee was a riot of colourful costumes on Tuesday, 4th March last, for the annual COIRM GAEL LINN festival. Almost 300 exuberant young actors, musicians, singers and dancers from primary schools and Gaelscoileanna from the county Gaelscoil Feithleann, Killarney took to the stage in this one day feast of music, singing, dancing and drama. Each school presented a twenty minute variety show 'as Gaeilge' with a theme of their own choice, using the musical and dramatic talents of pupils from the same class or from different classes in the school. The standard was very high again this year, thanks to the enthusiastic and hard-working teachers who produced the shows. While Coirm Gael Linn is not a competition as such, there's always a drive among the participating schools to perform to their best. Each show was reviewed by guest adjudicator Gerry Motherway, and a written critique was given to the teachers. He also rewarded outstanding performances by individuals or ensembles with special merit prizes or 'gradaim'.

Gaelscoil Feithleann, Killarney were delighted to bring home several 'gongs'! Each child who participated in COIRM GAEL LINN was also given a little memento of the occasion to take home.



GAELSCOIL FAITHLEANN: (L-R) LETICIA NIC THOMÁIN, LAUREN NIC GEARAILT, ALANNAH GUISTAN, ELLISA NIC THOMÁIS, ÁINE NÍ DHONNCHÚ.



STUDENTS FROM ST. BRIGIDS SECONDARY SCHOOL, KILLARNEY COMMUNITY COLLEGE AND ST. BRENDAN'S COLLEGE PICTURED WITH TIDY TOWNS VOLUNTEER, CLLR. MICHAEL GLEESON PLANTING THE SNOWDROPS AT MISSION ROAD, KILLARNEY.



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NEVEN COOKS UP A STORM IN KILLARNEY



RAISING FUNDS FOR BRU COLUMBANUS, CORK AT THE NEVEN MAGUIRE COOKERY DEMONSTRATION WERE L-R CELEBRITY CHEF NEVEN MAGUIRE, ELAINE DOYLE, ALANNA LOUGHNANE, ANNE MARIA O'CONNOR (BRU COLUMBANUS), AND SHEILA KELLY (FOOD ADVISOR BORD BIA).
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE NEVEN MAGUIRE COOKER DEMONSTRATION AND RAISING FUNDS FOR BRU COLUMBANUS, CORK AT THE KILLARNEY AVENUE HOTEL WERE L-R GORETTI O'SULLIVAN, GORETTI ARTHUR, ELLEN SHARKLES & TOM SHARKLES.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



COOKING UP A STORM AND RAISING MUCH NEEDED FUNDS FOR BRU COLUMBANUS, CORK (ACCOMMODATION WHERE THE FAMILIES OF CANCER PATIENTS CAN RESIDE) AT THE KILLARNEY AVENUE HOTEL FOR THE NEVEN MAGUIRE COOKERY DEMONSTRATION WERE L-R MARGARET O'SULLIVAN, MARIA KELLY, CELEBRITY CHEF NEVEN MAGUIRE, MAURA O'SULLIVAN & SHARON O'CONNOR.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE NEVEN MAGUIRE COOKERY DEMONSTRATION AT THE KILLARNEY AVENUE HOTEL AND HELPING TO RAISE FUNDS FOR BRU COLUMBANUS, COK WERE L-R LILLIAN MORIARTY, ELIZABETH MORIARTY WITH CELEBRITY CHEF NEVEN MAGUIRE & MARIE BROSNNAN.
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ENJOYING THE NEVEN MAGUIRE COOKERY DEMONSTRATION AT THE KILLARNEY AVENUE HOTEL AND HELPING TO RAISE FUNDS FOR BRU COLUMBANUS, COK WERE L-R DYMPNA DOYLE, CLAIRE BEASLEY (NEVEN'S DEMO TEAM) AND EILISH CLIFFORD.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE NEVEN MAGUIRE COOKERY DEMONSTRATION AT THE KILLARNEY AVENUE HOTEL AND HELPING TO RAISE FUNDS FOR BRU COLUMBANUS, COK WERE L-R MARY BUCKLEY, BREDA O'SULLIVAN, MARGARET GOULDING & DIANE O'LEARY.
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LUXURY ACCOMMODATION AT KILLARNEY NEWEST GUEST HOUSE

Killarney's newest Guest accommodation opened this week. Killaran House on Park Road opened on Wednesday evening last under the watchful eye of Ciara Roche.

Ciara brings plenty of experience to her new venture having worked in the hospitality industry for 25 years. Ciara started out as a chef in the Hotel Europe and the Aghadoe Heights, more recently she was the General Manager in the Riverside Hotel and after that leased Woodlawn Guesthouse for 5 years.

Ciara is offering luxury accommodation at affordable prices at Killaran House, formally known as Oakland House. With an impressive choice of spacious, luxurious en suite guest rooms with LCD TV, crisp linen, power showers and a complimentary array of toiletries, Killaran House offer all the facilities of a modern hotel accompanied by Ciara's own personal touch.

Guests are welcome to relax in the cosy lounge with its open fire, satellite TV, PC and everything from cappuccinos to a glass of wine or to chill out and unwind looking at the wonderful mountain views from the private decking. Killaran House offer Free High Speed Wifi in all rooms, free onsite Parking, a daily laundry service, free bike hire, an extensive



CIARA AND TIMMY ROCHE AND THEIR DAUGHTER KAYLA PICTURED WITH FAMILY AND FRIENDS AT THE OPENING OF KILLARAN HOUSE. PICTURES MATTHEW MURPHY PHOTOGRAPHY

variety of Sumptuous Breakfast Items and of course a dedication to offering the guests the Highest Standard of Service and Hospitality. there is free Wi-Fi and onsite parking, along with an array of complimentary teas/coffees/cappuccinos etc. in what has now been called 'Kayla's Cafe', named after her daughter. Ciara is dedicated to offering her guests the highest standard of service and hospitality.



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PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE RAMBLING HOUSE IN THE GLENEAGLE HOTEL ON FRIDAY NIGHT WERE L-R KATHLEEN O'SHEA, BEAN AN TI, BRIDEY GARVEY & JOAN CAHILL.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE KELLEHER FAMILY, BEAUFORT PERFORMING AT THE RAMBLING HOUSE IN THE GLENEAGLE HOTEL.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808




AT THE RAMBLING HOUSE IN THE GLENEAGLE HOTEL ON FRIDAY NIGHT WERE BACK ROW L-R MARY FLEMING, TOM O'CONNOR, HELEN O'MAHONEY, JOAN BROSNAN, DERMOT GALLAGHER, MARIE WALSH & CATHERINE BROSNAN. FRONT ROW L-R HELEN GRIFFIN & BRIDEY GARVEY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE RAMBLING HOUSE IN THE GLENEAGLE HOTEL ON FRIDAY NIGHT WERE L-R JOAN MURPHY, KATHLEEN O'SULLIVAN, AINE GRIFFIN, DOREEN BROSNAN (ORGANISER), ANN WRENN & FINOLA SPILLANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808




AT THE RAMBLING HOUSE IN THE GLENEAGLE HOTEL ON FRIDAY NIGHT WERE KATIE SCANNELL & AILEEN O'SULLIVAN
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808




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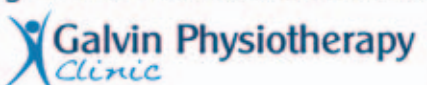

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THE FAMILY THAT CYCLES TOGETHER STAYS FIT TOGETHER

Kerry has a long tradition and proud tradition in cycling and has produced top class cyclists over the years including a number of Ras winners. Our roads also play host to some of the country's best races with the Ras Mumhan over the Easter weekend and the Ras back down South Kerry this year. But cycling is not all about the elite and the Killorglin Community College Parent's Council, the Killorglin Cycling Club and Michael Concannon have teamed up to organise a Cycle for all the family and for individuals on Saturday, March 15th.

What better way to begin the St Patrick's Weekend than to take to the bike and choose either the 12km route for families and beginners or the longer 60km route for the more experienced. This takes in the scenic sections via Carragh Lake and Beaufort.

Both cycles roll out from the Killorglin Community College following registration from 9.30am and 10.30am where the €20 entry fee for families or individuals can be paid.

As with all Killorglin Cycling Club events they are run to the best professional standards and full stewarding and emergency service cover



RAS LEGENDS GENE AND JOHN MANGAN JOIN MEMBERS OF THE KILLORGLIN COMMUNITY COLLEGE PARENTS COUNCIL AND STUDENTS AT THE LAUNCH OF THE CYCLE FOR FAMILIES AND INDIVIDUALS.

will be available on the day with refreshments available after your cycle in the Killorglin Community College.

The event was launched by two former pupils of the College and Ras winners Gene

Mangan (1955) and John Mangan (1972) who encouraged all ages to come along on the day and enjoy the fresh air while raising some much need funds for the college.

KERRY SCHOOLS AND YOUTH ORGANISATIONS TO TAKE A STAND AGAINST HOMOPHOBIC BULLYING

Secondary schools and youth organisations in Kerry are expected to join thousands of young people across Ireland when they take a stand against homophobic bullying during Stand Up! Awareness Week against Homophobic & Transphobic Bullying from the 10th – 14th March 2014. Organised by BeLonG To youth services, the annual campaign, now in its fifth year, aims to raise awareness of homophobic bullying and the issues that affect Lesbian, Gay, Bisexual and Transgender young people throughout the country (LGBT).

Research funded by the Department of Education and Skills and carried out by Dublin City University found that 79% of teachers were aware of homophobic bullying in their schools. Education is the key to ending this. BeLonG To is working with schools and the education system to raise awareness of LGBT identity and to stop homophobia. As part of the campaign, more than 1,800 secondary schools and youth organisations throughout Ireland were issued with Stand Up! Packs which included background

information on homophobic bullying for teachers and youth workers, educational DVDs, a discussion guide, lesson plans and posters. Outreach work and awareness building workshops are taking place in schools and community organisations throughout the county.

For more information on the Stand Up! Awareness Week on Homophobic and Transphobic Bullying March 10th – 14th March 2014 visit www.belongto.org. Join the conversation @BeLonG_To.

FOSSA YOUTH CLUB – VOLUNTEERS NEEDED

Are you interested in volunteering with a youth club in Fossa? The KDYS would like to invite anyone interested in getting Fossa youth club back up and running to a meeting next on Thursday the March 13th in the Fossa National School Hall at 8.30pm. The KDYS, a charity supporting young people in the Diocese of Kerry since 1971 currently supports 50 Youth Clubs its newest youth club being the Muckcross Youth Club which kicked into action on February 8th. It's hoped that the Fossa youth club can be re-established if there is enough support from the local community. A Youth Club is a social recreational and educational outlet run by volunteers in their own community. Youth Clubs act as a safe, fun space for young members where to meet new people, develop new interests and interact with adults in their community. Youth Clubs are open to all young people aged between 12-19. The benefits of being in a youth club are not only for the young youth club members, adult volunteers also gain a great sense of achievement and community spirit. Volunteers also learn fun, interactive ways to work with young people, which increases the self-confidence of young people and volunteers alike. Once the interest in Fossa is ascertained a KDYS Youth Worker will then work with local Volunteers starting with a short induction training and supporting them in developing the Youth Club into a functional status. It is envisaged that the Youth Club would then commence in September 2014. For further information, please contact Geraldine O'Halloran, KDYS Youth worker on 087 0517695.

SCHOOL, YOUTH GROUPS OR CLUBS
who would like to feature on **Youth Zone**
in **Killarney Outlook**

contact Aisling on **086-0400958**
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or email entries to info@outlookmags.com



GATHERING SUCCESS AT THE GLENEAGLE



LITTLE FINGERS... FEIGHLIM SOMERS, KILLARNEY, SITTING QUIETLY ENJOYING THE SOUNDS OF THE KILLARNEY HARPS, MADE BY TIM O'CARROLL, AT THE MANY WORKSHOPS, AT THE GATHERING IRISH TRADITIONAL FESTIVAL AT THE GLENEAGLE HOTEL, KILLARNEY.
PHOTO: VALERIE O'SULLIVAN.



STEPPING IT OUT... MAIREAD CASEY GIVING A SEAN NÓS DANCING WORKSHOP AT THE GATHERING TRADITIONAL IRISH MUSIC FESTIVAL AT THE GLENEAGLE HOTEL.
PHOTO: VALERIE O'SULLIVAN.



STORY TELLERS EDDIE LENIHAN AND RAY O'SULLIVAN EXCHANGING STORIES OF MYTH AND MYSTERY AT THE GATHERING TRADITIONAL IRISH MUSIC FESTIVAL AT THE GLENEAGLE HOTEL
PHOTO: VALERIE O'SULLIVAN.



TIM DENNEHY PERFORMING AT THE GATHERING TRADITIONAL IRISH MUSIC FESTIVAL AT THE GLENEAGLE HOTEL. PHOTO: VALERIE O'SULLIVAN.



SEAMUS BEGLEY WITH TEADA PERFORMING AT THE GATHERING TRADITIONAL IRISH MUSIC FESTIVAL AT THE GLENEAGLE HOTEL. PHOTO: VALERIE O'SULLIVAN.



MARTIN HAYES, FIDDLE PLAYER AND DENNIS CAHILL, PERFORMING AT THE GATHERING TRADITIONAL IRISH MUSIC FESTIVAL AT THE GLENEAGLE HOTEL. PHOTO: VALERIE O'SULLIVAN.

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PANCAKE TUESDAY SUCCESS FOR THE SOROPTIMISTS



ENJOYING THE SOROPTIMIST PANCAKE MORNING AT THE DROMHALL HOTEL ON PANCAKE TUESDAY AND HELPING TO RAISE FUNDS FOR LOCAL CHARITIES WERE THE IRWINS (L-R) CLODAGH IRWIN OWENS, EMIR IRWIN O'SHEA, TERESA IRWIN (PRESIDENT), SIOFRA FOLEY, CIARA IRWIN FOLEY & BERNADETTE RANGLES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE SOROPTIMIST PANCAKE MORNING AT THE DROMHALL HOTEL ON PANCAKE TUESDAY AND HELPING TO RAISE FUNDS FOR LOCAL CHARITIES WERE BACK ROW (L-R) CATHERINE McMULLAN, ANN O'CONNOR & NOELEN O'SULLIVAN. FRONT ROW (L-R) CATHERINE GLEESON & EILEEN FOLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE SOROPTIMIST PANCAKE MORNING AT THE DROMHALL HOTEL ON PANCAKE TUESDAY AND HELPING TO RAISE FUNDS FOR LOCAL CHARITIES WERE (L-R) JOAN MURPHY, ANN WRENN, MARY O'CONNOR, MARGARET LANNIGAN, BRID O'CALLAGHAN, JOAN LUCEY AND AT THE BACK SHEILA MOYNIHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



WHAT A GREAT TURN OUT AT THE DROMHALL HOTEL AS KILLARNEY SOROPTIMISTS HOST THEIR 9TH ANNUAL PANCAKE MORNING IN AID OF 3 LOCAL CHARITIES. PICTURED HERE CHEF JASON BARRY (LEFT) WITH BERNADETTE RANGLES (CENTRE) ADDING THE FINER TOUCHES TO MARY O'CONNOR'S PANCAKES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808




ENJOYING THE SOROPTIMIST PANCAKE MORNING AT THE DROMHALL HOTEL ON PANCAKE TUESDAY AND HELPING TO RAISE FUNDS FOR LOCAL CHARITIES WERE (L-R) ANN CULLOTY, EITHNE COFFEY, ANNE BROWN & CATHERINE TREACY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE 9TH ANNUAL SOROPTIMIST PANCAKE MORNING AT THE DROMHALL HOTEL AND HELPING TO RAISE FUNDS FOR LOCAL CHARITIES WERE KATHLEEN & JASON CULLOTY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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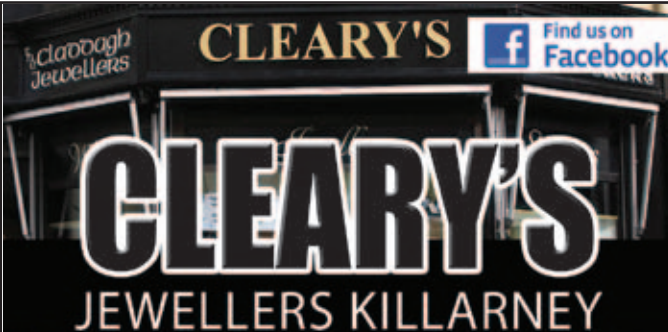
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POST OFFICE CLOSURES

In a bid to alleviate the fears of people living in rural Ireland regarding Post Office closures, Labour Party Local Election Candidate Cllr Sean Counihan has provided the following statement:

The Irish Postmasters Union (IPU) agreed to the closure of 197 post offices between 2006 and 2010. Since 2010 there have been 17 closures. The IPU, has engaged in a high profile protest campaign that has caused entirely unjustifiable and unnecessary distress in local communities especially for older citizens. Pensioners are being told that their "post office is closing".

The government has no plan to close post offices. Minister Rabbitte is hopeful that the Cabinet Committee dealing with the future of the Irish postal network will make further progress on a whole-of-government approach to

sustaining and developing that network consistent with European law. Since An Post has invested heavily in computerisation in all post offices, the network of post office contractors is well positioned to become the front office provider of choice for government and financial services sector.

An Post cannot rely solely on government business however, and given the financial challenges facing An Post (over the past 5 years mail volumes have fallen by almost 25%) a key focus for An Post is to secure new revenue sources based on service/products offering higher value in both the mails and the post office business.

An Post has made much progress towards diversification with its enhanced arrangement with Aviva for the transfer of Aviva Ireland's branch



offices personal insurance business book to One Direct. The opportunity to pay Local Property Tax through the Post Office network was secured. A new 6 year contract to handle social welfare payments has just been awarded to the network and also they have the handling of Passports.

The truth is that this Government is fully committed to maintain and enhancing the Post Office network as it is fully aware of the advantage of Post Offices to the community especially in rural areas which is why over the past number of years new business lines have been introduced.

EMERGENCY AMBULANCE SERVICE



Cllr. Tom Doherty is again highlighting the serious issue of the emergency ambulance service in the Killarney area. A child was left waiting 40 minutes

for ambulance in a GP's Surgery. The young person suffered an acute asthma attack and needed immediate medical attention. Luckily the child had the support from his local doctor and was given oxygen at the Surgery. If this happened in the child's own home at the time of the asthma attack there may not have been access to oxygen or a nebuliser to stabilise a critically unwell patient. If the concerned family members were to ring from their own home address it would have caused great stress and difficulties.

Cllr. Tom Doherty reiterated his strongly held views that a fully functional emergency service is vital. It is imperative to have cover consisting of at least two fully equipped working ambulances for our area. I am also concerned about the centralized call centre as a strong geographical knowledge of local town lands is a must.

FLEMING WELCOMES CF NEWS

Kerry TD Tom Fleming has welcomed the progress made and the advancement to build Cystic Fibrosis wards at Cork University Hospital.

The Independent TD complimented the tremendous endeavours and fundraising of Castleisland based 'Build4Life', which made this

possible.

Following prolonged negotiations between Joe Browne and the Minister of State at the Department of Health, Kathleen Lynch, a satisfactory agreement has been reached regarding the bed compliment.

Deputy Fleming said both the Minister and Mr Browne are to be complimented on a successful outcome to the negotiations.

KERRY COUNTY COUNCIL MOTION

At the recent Kerry County Council meeting Cllr Brendan Cronin Proposed:

"I am calling on the Minister for Health on behalf of Kerry Spina Bifida patients and their families, to immediately appoint a Paediatric Urologist to Temple Street Hospital. Since spina bifida care was transferred there in 2009,

there has been no Paediatric Urologist attached to Temple Street and as kidney failure has been identified as the most common cause of death for patients with spina bifida, the basic regular monitoring and tests which should be done for patients are not been done, clearly putting spina bifida patients lives at risk"

Cllr Cronin said, that all the medical professionals describe kidney failure, in spina bifida patients, as a

predictable disaster which can and must be prevented. It is not acceptable that 5 years after transferring spina bifida care to one of Ireland largest children's hospital that this important appointment has not been made. The Minister and HSE must act now and appoint a Paediatric Urologist immediately so spina bifida patients can have access to regular tests and monitoring which is a basic requirement.

SPORTS CAPITAL GRANTS DEADLINE EXTENDED

Labour senator, Marie Moloney, has welcomed the announcement that the deadline for applications for funding under the Sports Capital Grants programme has been extended. The new closing date for applications is 5pm on 10th March. "This is welcome news for clubs and organisations who have pre-registered with the process but who have not completed their applications.

"The 2014 round of sports capital funding will allocate €40 million to local sports clubs to improve and develop facilities such as changing rooms, pitches and floodlights, as well as providing funding for regional facilities. "The new application process for grants is now quicker and easier than ever and further details are available on the Department of Transport, Tourism and Sport's website at: <http://www.dttas.ie/sport/english/sports-capital-programme/>" she said.



KILLORGLIN BUS SHELTER

The National Transport Authority has confirmed that the reason for the delay in

providing the bus shelter is that it has transpired that the current location of the bus stop is not suitable for the installation of a shelter. As a result Kerry County Council undertook to identify a more suitable location for a bus stop. The Authority has received a proposal from the council for the re-location of this bus stop to a new location. Subject to confirmation from

Bus Eireann that they are satisfied with the new location, the Authority will then instruct the council and Bus Eireann to proceed with the proposal as soon as possible.

Michael Healy-Rae TD is glad to clarify this situation for the people who use the bus stop on a regular basis.



**Cllr
Brendan Cronin**
Independent

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2pm	Waterville	Bay View Hotel
3pm	Sneem	Sneem House
4pm	Kenmare	Brook Lane Hotel
5.30pm	Rathmore	Community Centre
6.30pm	Gneeveguilla	Community Centre

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BEAUFORT NEWS

By David Doyle

COMMUNITY GAMES: Thanks to all the children who represented the parish in the Art & Handwriting in Listowel last weekend. The handwriting category was represented by Grainne Clifford & Darragh O'Connor. The following took part in the art:- (U8) Alicia Coffey, Robyn Landers, (U10) Ellie Mangan, Rachel Lehané, Donncha Coffey, Darragh Foley, (U12) Roisin Farrell, Ciara Casey, Robert Sweeney & Jack O'Brien.

If anyone has a project to put forward for the Community Games, please contact Cathrena at 087 6479284 by 7th March. The project titles are: - U11 - My County or Endangered Animals of the World, U13 - The Role of the Internet, U16 - Research & Discuss the Influence Pop Music & the Culture Surrounding it has on Young People Today. More details on above projects have been handed out in both National Schools in the parish.

ATHLETICS: Well done to Patrick Galvin who competed in the National Juvenile Development competition which was held in Meath recently. Patrick did well and received a medal from this event. Well done also to Aoife Doyle who got a silver medal in the shot putt with a PB of 11.07m in the U17 Munster Indoor championship held in Nenagh over the weekend. Her sister Fiona got a silver in the U13 800m and silver in the High Jump with a PB of 1.43m. She was just outside the medals with 4th position in the shot putt and 5th in both the 60m sprint and 60m hurdles events.

PIONEER NEWS: Details of Short-Term Pledge for Lent is available at www.pioneerassociation.ie or the Local Pioneer



PICTURED PREPARING FOR THE STRICKEEN ANNUAL CHARITY WALK WHICH TAKES PLACE TOMORROW ARE: FROM LEFT TO RIGHT SHEILA O'CONNOR, ROSEANNE FOGARTY, JOAN O'BRIEN, JOAN O'CONNOR, DEILA CASEY, PEGGY & PATI COFFEY, KATHLEEN MOLONEY, JOHN CASEY, MARY MOLONEY. IN FRONT: AVA & LEAH CASEY.

Centre at 064-6644319

BIDDY BALL: Kilgobnet N.S. will hold a Biddy Ball in The Manor Inn, Killorglin on Saturday 15th March at 9pm. Music is by The Two Mikes. Finger Food will be served and a Raffle will also be held on the night. Admission only €5. Proceeds to Kilgobnet N.S. Everybody welcome.

BREENS FROM KILCUMMIN AND BEAUFORT: Kay O'Leary from Irish Rambling House is looking for information on Breens and would love to connect with anyone who is/has researched Breens from Beaufort and Kilcummin. She is having a Breen reunion in August this year and would love to get as much background information on Breen families as possible.

Kay has some information to date on Thomas Breen and Margaret Teahan who married in Castlemaine Church in 1836. According to their marriage record Margaret came from Ballyfinnane but it doesn't say where Thomas was from. Their eldest two children, Denis (1837) and Mary (1840) were born at Ballyfinnane. The next children Jeremiah (1843), Thomas (1846) and Julia (1849) were born at Croughmore, Fries. I understand that it's about twenty years since a Breen family lived at Croughmore. Family lore has it that the Breen's originated in Beaufort and then moved to Kilcummin and Fries. Kay can be contacted on 068 48353 Email: irishramblinghouse@gmail.com

FOSSA NOTES

By Gene Moriarty

FOSSA GAA: Fossa Lotto 02/03/2014: Numbers Drawn: 9, 14, 19, and 21. Jackpot: €5,400. Jackpot Winner: Noeleen Hallissey, Two Mile School, New Jackpot: €3,000.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, McCarthy's Centra Shop, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night March 9th 2014 at the Golden Nugget Fossa at 11p.m.

SENIORS: The old Fossa Sportsfield has seen many epic performances down the decades, but last weekend belonged to our star minor Paudie Clifford. On Saturday playing on the 40 he contributed 2-04 from play to our 4-12 to 2-06 victory over Tarbert/Moyvane, and then on Sunday morning he scored 0-06 against Fries to qualify our seniors to the East Kerry super league Div 2 final

MEMBERSHIP: Membership now due. Family membership has been reduced to €60.00 for 2014, adult remains at €30.00, while youth/student has been increased to €15.00. All players have to be registered before they play or train. Registration takes place on this Sunday.

LADIES FOOTBALL: FOSSA LADIES

FOOTBALL TABLE QUIZ: The quiz was held in the Golden Nugget last Friday night 28th February. The quiz was very enjoyable with some tricky questions to keep us focused. A great crowd attended on the night which was hugely appreciated by the organisers. Many thanks to Niall in the Golden Nugget for providing refreshments on the night. Thanks to all who helped in any way and sincere thank you to all our sponsors for the prizes and raffle.

SOCIAL ACTIVITIES: Running group continues on Monday and Wednesday nights at 8:30pm until further notice. A programme will be available for beginners.

ASTRO TURF ALL WEATHER PITCH: All weather pitch at Fossa National School. Opening hrs, Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

FOSSA COMMUNITY ALERT: Fossa Community Alert "Text Alert" is now up and running very successfully. If anybody who has not already signed up and would like to do so,

just contact any member of the committee.

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sportsfield on the first Saturday of every month. The next session takes place on Saturday April 5th at 2pm. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

FOSSA/TWO MILE COMHALTAS: Adult set dancing classes at Fossa Community Hall each Tuesday night, beginners at 8pm, improvers and advanced at 9pm. Everybody very welcome.

Junior Set Dancing classes in Fossa Community Centre every Friday from 7pm to 8pm. Contact Norita at 087 7424468.

A Ceili will be held in Fossa Community Centre on Sunday the 16th March from 3pm - 6pm. Music by the Neily O'Connor Band.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at beniska@utvinternet.com Please forward information on or before Friday at 12noon.



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JOHN O'SHEA FIANNA Fáil CANDIDATE LAUNCHING HIS CAMPAIGN AT CHARLIE FOLEY'S BAR
 PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

SPA NEWS

CONGRATULATIONS TO OUR SCÓR NA NÓG ALL IRELAND CHAMPIONS:

March 1st 2014 in Castlebar was a historic day when our recitation and set dancers won the first ever All Ireland Scór na nÓg titles for Spa. Alison Fitzmartin captivated the audience in the Royal Theatre with her rendition of an excerpt from 'Moll' by John B. Keane. The set dancers gave a flawless performance and were also worthy winners of their All Ireland title. Not to forget our quiz team who very proudly represented their county and finished joint 7th of 28 counties, in a very challenging competition. Thanks to the mentors for their time and dedication. Last, but not least, a huge thanks to our Scór Officer Sheila McCarthy who has greatly contributed to this success. Sheila's organisation and continued dedication to all aspects of scór in the club is second to none.

COUNTY MINOR LEAGUE: SPA 1-13 AN GHAELTACHT 0-12

Spa opened their Minor Division One campaign with an excellent win over a strong Gaeltacht side last Saturday. Spa trailed by 0-3 to 0-1 early on, but made it 0-3 apiece with all Spa's scores coming from Evan Cronin. He was also just inches wide of goal but was involved in a great team move that saw Dan O'Donoghue rattle the net. Further scores from Liam Kearney, Aidan Fleming, John Murhill, a Fergal O'Donoghue brace, and Evan Cronin saw Spa with a commanding lead of 1-10 to 0-5 at half-time. Gaeltacht had the better of the midfield exchanges in the second half and pulled three points back in the third quarter but struggled to penetrate a Spa defence – and when they did, David Carroll made repeated point-blank saves to thwart them. Spa's first score of the half by on form Evan Cronin after a great turnover by Aidan Shepherd made it 1-11 to 0-8. Gaeltacht kept pressing and, despite great defence, picked off enough points to make it tight but another angled beauty from Fergal O'Donoghue and one from a nerveless Mike McCarthy sealed the win. While some players were superb, every Spa player was excellent on the day. **TEAM:** David Carroll, Eoin Fitzgerald, Michael McCarthy, Conor Kearney, Aidan Mulvaney, Timmy Hussey, Aidan Fleming (0-1), Dan O'Donoghue (1-0), Liam Kearney

(0-1), Aidan Shephard, John Murhill (0-1), Ciaran Spillane, Fergal O'Donoghue (0-3), Michael Foley (0-1), Evan Cronin (0-6).

LADIES FOOTBALL: All players up to and including minor MUST wear a mouthguard in ladies football. This is a new rule and anyone found not wearing one will not be covered by injury fund or allowed to play. Everyone must be registered before they play.

ST. PATRICKS DAY PARADE: This year we will be entering a float and asking everyone to march this year.

Senior East Kerry League v. Currow was postponed due to pitch conditions.

UPCOMING FIXTURES: Senior East Kerry League - Spa v Cordal in Spa next Sunday March 9th at 12 noon.

Minor County League Round 2 Kerins O'Rahillys v Spa on Saturday March 8th (time tbc).

U16 East Kerry Division 3:

March 15th Spa v Kilgarvan/Tousist at 4pm;

March 22nd Fossa v Spa at 4pm; March 31st Dr.

Crokes B v Spa at 6pm; April 7th Spa v Listry/

Keel at 6pm; April 14th Cordal/Scartaglin v Spa

at 6pm

LOTTO RESULTS: No winner Jackpot €8,400

Numbers Drawn: 13 17 18 and 20. Lucky Dips:

Eileen Galvin, Kilbreen, Jerh Warren, Killarney

Hardware, Dermot Coffey, Ardaneanig and

Larry Byrne Next week draw €8,600 in Darbys

so get your tickets at the usual outlets.

CLOTHES COLLECTION: Time to clear all unwanted (any condition) but clean clothes, shoes, bags, soft toys and books (no school text books). Can be dropped off to spa in reception or contact Anne 0857780883.

WEDDING CONGRATS: To Marlyn Murphy Clasheens on her recent marriage to Michael Brennan Dublin.

SYMPATHY: Sympathy is extended to the relatives of Denny O'Sullivan Glounacopple who died at the weekend. May He Rest In Peace

KEEP UP TO DATE: To keep up to date with our news, events and fixtures, be sure to check out our Facebook Page, twitter @gaa_spa or contact the Secretary on 087 6332773 or Coiste na nÓg Secretary on 087 1385612. Contact pro.spa.kerry@gaa.ie if you want items to be included.

Sports Hall and Meeting Rooms are available

for hire. For availability and bookings contact Eileen on 087 6577312 after 6pm

SPA MUCKROSS AC: The Munster Indoor U14 to U19 Championships were held in Nenagh over the weekend, and while we didn't come home with too many medals our athletes performed exceptionally well. On Saturday, a very slow start out of the blocks meant that Sarah Leahy had a tough task on her hands in the U16 60m sprint final. She battled hard but was left just out of medal position finishing in 4th place. Christine Cooper is only just back training and had a good run the U17 800m to finish in 6th place while Ruth Courtney made her first ever indoor sprint final in the U14 girls 60m. Sunday did bring some silverware from Billy Courtney in the U17 boys shot with a second place finish. Dion Marcos finished 5th in the final of the U17 boys 200m and 7th in the final of the 60m, while Peter O'Sullivan finished 7th in the final of the U14 boys 60m. Diarmuid Griffin also had a good run in the boys sprint. In the boys U15 800m we had 3 athletes taking part, Micheal Devlin finished 8th, Tristan O'Donoghue 12th and at his first ever time competing at the Indoor track in Nenagh, Jack Enright finished 19th in the final. Podium places are always hard to come by, and at this time of the year what we are looking for are good performances from our athletes. Most of our athletes had personal best times so we were delighted with their efforts. Some of our athletes were unable to attend the competition as they were otherwise engaged in Castlebar at the Scór na nÓg All-Ireland finals at the weekend – they had a very successful trip with wins in the Set dancing and recitation so well done to all involved. We would like to wish all the athletes from St Brendans College the very best of luck as they travel to CIT to the All Ireland Schools Cross Country this Saturday. Tristan O'Donoghue will be running in the Minor boys while the Senior boys team will be hoping to continue their success after winning the Munster title, which was not only a first for the School, but also a first for the County as it was the first time that a Kerry School ever won the event, so the very best of luck to them.

LISTRY NOTES

with Cathriona Doody O'Connor

FUNRAISING BINGO: The parent association of Faha national school are holding a bingo night on Friday 7th March 2014 at Listry community centre at 8pm.

LISTRY SOCIAL COMMITTEE: Listry Social Committee wish thank all those attended the social day in Listry Community centre on Tuesday 25th February. Thanks to Kerry community transport & Houlihans bus service Killorglin who provided the transport, also Tony Darmody and Michael F O Connor helping out in such short notice and the committee who helped prepare for the occasion. We look forward to welcoming you all back again

Tuesday 25th March.

LISTRY MEALS ON WHEELS: Listry meals on wheels service are looking for volunteer drivers for roughly for hour a month . If interested contact Cathriona at 087-9381063.

VOTES OF SYMPATHY: Votes of sympathy at recent meeting of Listry community council members. A vote sympathy was passed to beraved families, relatives, friends of following people died recently. Brendan O' Leary of Mastergesha, Kilcummin. And Hazel Blennerhaseet (nee Peevers) Culleeneybey, Beaufort.



Sr. Mary Kelliher, Brother John Guinane and Sr. Canisius from the Presentation Order in Miltown, turn the sod on the €750,000 NAGLE-RICE SPORTS COMPLEX in the VILLAGE AT THE WEEKEND. ALSO IN PICTURE ARE FROM LEFT, MIKE MCCARTHY, CLLR MICHAEL O'SHEA AND DON MYERS, CHAIRMAN. PICTURE BY DON MACMONAGLE



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• Some Experience Desirable • References Necessary

Please reply by Email to
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or phone Kate on 029 - 76105
before close of business on Monday
10th March 2014

DAFFODIL DAY FRIDAY MARCH 28TH 2014

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If you would like to support the Irish Cancer Society
by purchasing one of their many
daffodil related products
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and get your daffodil on...

Products available to purchase are Daffodil Day Mugs,
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OUR AIM: whether you are a new or experienced participant, is to encourage you to improve your overall fitness levels by joining our running group. We welcome all participants and encourage and support your efforts in achieving your goals from the running sessions. It is the new social fitness scene challenging and supporting your efforts and more importantly helping you to make new friends.

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Jonathan on 087 6677293 or 087 6932209
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or richardie@hotmail.com

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Monday 10th March 10am - 2pm
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Market Street, Listowel Tel: 068 21295

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RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony



MEMBERS OF THE RATHMORE PANTOMIME MARION PLAYERS PRESENTING A CHEQUE FOR €16,500 PROCEEDS OF THE WONDERFULLY SUCCESSFUL PANTO ROBINSON CRUSOE TO GILLIAN KENNY REPRESENTING TEARMANN LODGE, RATHMORE AT "THE STAR BAR", RATHMORE RECENTLY.

RATHMORE COMMUNITY COUNCIL: A public meeting on the topic of Street Lighting in Rathmore Town will be held at Rathmore Community Centre this Monday March 10th at 9pm. Show your support for our community by attending this meeting.

MARION PLAYERS RATHMORE: Presented a cheque of €16,500.00 from this year's 27th Annual pantomime. The cheque was presented by Eilish Coakley of Marion Players following the wonderfully successful "Robinson Crusoe" Rathmore Pantomime 2014 to Gillian Kenny representing Tearmann Lodge, Rathmore. & Kerry Parents Friends Association. The cheque presentation was held at "The Star Bar", Rathmore on Thursday, 27th February 2014.

RATHMORE 4TH ANNUAL ST. PATRICK DAY PARADE: Will be held on Sunday 16th March 2014 at 2.00p.m. Led by this year's Grand Marshall; former Kerry footballer Declan O'Keeffe. All floats welcome, no street traders please. Further information contact: 0876676817.

WELL DONE: To Joshua O'Sullivan, Ballydaly, Rathmore, who came home with a very impressive 6 medals - 1 gold, 2 silver & 4 bronze from the Taekwondo tournament held in Tralee on Sunday last March 2nd. He competed in sparring, tul and highkick in both his own category (10 yrs) and in the 11 yr plus section.

GNEEVEGUILLA AC & SCOIL PHOBAIL SLIABH LUACHRA RATHMORE: Organised a charity road race Saturday last March 1st All proceeds with to Kerry Lifeline and Killarney water and Rescue. Some people run jog or walk the event. Which was great success

SYMPATHY: To family and friends of the late Margaret (Peggy) CRONIN (née Daly) Moulagow, Rathmore, whose death occurred recently. May she Rest in Peace.

RATHMORE LADIES FOOTBALL: Senior

ladies training has resumed at the Astroturf on Tuesdays from 6pm to 7pm and on Fridays from 8pm to 9pm.

RATHMORE COMMUNITY CENTRE: Annual 45 Card Drive, seven Wednesdays of Lent. At 9pm.

RATHMORE GAA CLUB: East Kerry League Div1a (Result) Rathmore 1-10 Dr Crokes 1-11 Keane SuperValu Co Minor League Div3A (Result) Rathmore 2-07 Keel/Listry 1-16.

LOTTO RESULTS: (24/02/2014) Numbers drawn: 5, 9, 10, 25; No jackpot winner this week. Play online at www.localotto.ie/rathmoregaa for next draws of €5,000. Consolation prizes €40 O'Keeffes XL Gift Voucher - Denis Hickey c/o S.A.G. (Yearly Ticket); €40 - Dan Shine, Kilquane Lower, c/o Mike Murphy; €40 - Betty Linehan, Rathmore Post Office; €40 - M. Roche, Nohovaldaly; €40 - Marguerite Moynihan, Jib. This week's lotto is sponsored Connie K's, Rathmore.

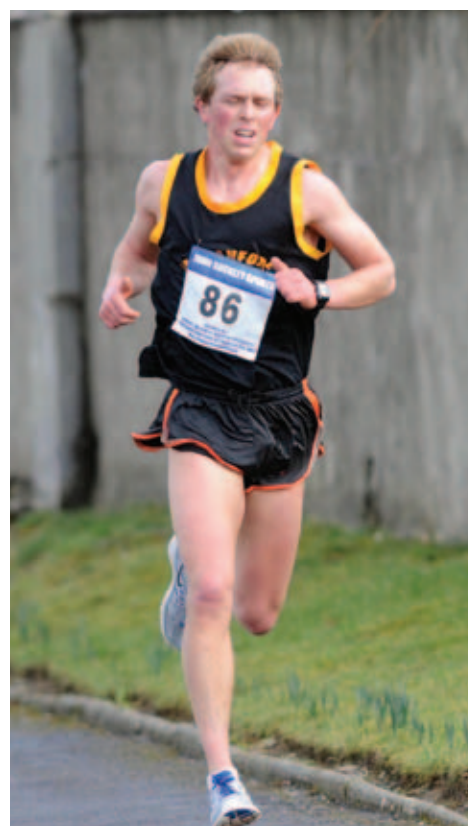
GNEEVEGUILLA GAA SOCIAL: Will be held in the Castle Heights on Sunday March 16th. Tickets cost €25 and Music by Country Roads on the night. Tickets available from Dave McAuliffe 087 7440096 between 7 and 9pm. On this Saturday 8th March at 10pm in the Club Bar, Gneeveguilla there will be an unveiling of a plaque in recognition of past Chairmen & Secretaries from 1962 to 2012. Everybody welcome.

GNEEVEGUILLA LADIES GAA: Gneeveguilla Ladies GAA will be holding a fashion show on Thursday April 3rd in Gneeveguilla GAA Hall. Check out on facebook and local media for more information.

CROCHET & KNITTING: Classes every Wednesday at 8.30 pm.

AEROBICS: Every Thursday at 8.00 pm in Gneeveguilla GAA Hall.

NOTES: If anyone has any information they




ARTHUR FITZGERALD, FARRANFORE, WINNER OF THE THE SCOIL PHOBAIL SLIABH LUACHRA, RATHMORE CHARITY RUN/WALK IN AID OF KERRY LIFELINE AT SOUTHWEST COUNSELLING CENTRE AND KILLARNEY WATER RESCUE AND ON SATURDAY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

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

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CHY 19048

DEPART FROM	PICK UP POINT	TIME
LISTOWEL	THE SQUARE	ON REQUEST
TRALEE	MCDONALD'S CAR PARK	8.00AM
CASTLEMAINE	GRIFFIN'S BAR	8.15AM
KILLORGLIN	FISHERY	8.40AM
BEAUFORT	BEAUFORT BRIDGE	ON REQUEST
FOSSA		ON REQUEST
KILLARNEY	LIDL	9.00AM
GLENFLESK	CHURCH	9.10AM
KENMARE CROSS	THE SQUARE	9.15AM
BALLYVOURNEY	ABBAY HOTEL BALLYVOURNEY	9.30AM
MACROOM	MACROOM	9.55AM
CORK UNIVERSITY HOSPITAL	CORK UNIVERSITY HOSPITAL	10.30AM

(ALL TIMES ARE APPROXIMATE)

All Bookings on the bus including day patients must be made through the office
 at 066-7195560

This Free Service is available to all cancer patients who need to attend Cork University Hospital
 for radiotherapy treatment

New timetable was implemented to allows us reach more patients in Kerry

KILCUMMIN

SYMPATHY: Sympathy is extended to the family of the late Denis O'Sullivan, Glounacopple. May he rest in peace.

ADVICE FROM AN GARDA SIOCHÁNA TO PEDESTRIANS: Wear bright clothing during hours of darkness/consider carrying a torch. Where there is no footpath walk facing traffic (on the right). Stop and listen before you cross the road. Please take care on the roads.

COMHALTAS: Our next Sunday Music Session will be held on the 9th March from 2.30pm to 5.00pm in the Recreational Hall. All welcome.

CHARITY WALK: Charity Walk of Tomies Wood Beaufort on Sunday 9th March in aid of Organ Donation by the Kerry Branch of the Irish Kidney Association. Registration is from 1pm to 2pm in Beaufort Bar. Fee is €20 per adult. Contact Theresa Looney 087-2059205.

KILCUMMIN GAA: EAST KERRY LEAGUE

DR CROKES 4-12 KILCUMMIN 1-8. Played under lights on Friday night in Lewis Road Dr Crokes proved far too sharp and fit for a Kilcummin side starting the year's campaign. However it could have been a much closer contest if either Shane McSweeney's blazed shot across the goalmouth or Jamie O'Sullivan's pile-driver which came back off the butt of the post had gone in to add to Ian Devane's earlier finish to the Crokes net. A tough encounter it did give the management a chance to give game time to many players and we witnessed an awesome Jamie O'Sullivan point and a magnificent save by Kilcummin's net minder Darragh McCarthy.

LEGION 3-8 KILCUMMIN 1-10: Played in Direen our lads showed considerable improvement and enjoyed a competitive

encounter in heavy underfoot conditions.

Shane McSweeney's individual goal and Jamie O'Sullivan's five points left us trailing 2-3 to 1-5. Despite a good start to the 2nd half by Kilcummin Legion hit a purple patch and scored five points without reply. We rallied again to score three points on the run but came up short by four at the final whistle.

SYMPATHIES: Kilcummin GAA club would like to offer our sincerest sympathy to the families of Brendan O'Leary and Denny O'Sullivan who passed away sadly in recent weeks. May they rest in peace.

JUVENILE GAA: JUVENILE GAA REGISTRATION

Please register your child/children for this season by March 15. Forms available from Eoghan Moriarty 086 8302432 or Joanne Brosnan 089 4583207

GAA REFEREES COURSE: A course is available to all club members in Tralee on March 18, 20, 25 & 27. Closing date March 1st. Contact Joanne Brosnan on 089 4583207

GUM SHIELDS: All members should please note that the wearing of gum shields at training and during matches is mandatory.

CLUB CALENDAR: Club calendars are still available if anyone wants to purchase one for €5. This month's calendar sponsors are The Cleaning Doctor, Kilcummin, Jimmy Galvin Physiotherapy. This week's sponsor is Devane Plant Hire.

KILCUMMIN LOTTO: There was no winner on Sunday 2nd March. Numbers drawn were 3, 10, 13 & 25. Next draw Sunday March 16th. Jackpot now €8,500.

MASTERGEEHA FC: U12:

KILLARNEY CELTIC 1 MASTERGEEHA 2. In this local derby the boys took the lead when Con Fleming scored after some good play. However the home side equalised just after the break. In the second half Mastergeeha were the better side and Philip O'Leary scored with 10 minutes remaining. All played well.

U16: LISTOWEL 1 MASTERGEEHA 2. Mastergeeha maintained their position at top of the table with an away win in Listowel on Saturday. Mastergeeha started well and created some good chances in the opening half with David Gleason scoring in the 30th minute for the lead at the break. In the second half Mastergeeha continued to dominate but Listowel equalised with a deflected shot. For the remainder of the game the boys pushed forward and got the winner when Paul O'Connor converted from the spot after Sean O'Leary was fouled.

SENIORS:

MASTERGEEHA 1 RATOO ROVERS 2. In the league on Sunday the seniors played top of the table side Rattoo Rovers. The visitor's took the lead early on from the penalty spot. Mastergeeha battle well and equalised early in the second half when Corey Mitchell scored. Mid-way through the second half the North Kerry side took the lead again following a free kick. In the closing stages Mastergeeha created a number of good chances with Noel Moynihan and Daniel Murphy going closest.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 28th February. Numbers drawn were 12, 17, 22 & 23. Draw every Friday night in The Village Inn, Kilcummin. Jackpot now €9,900.

GLENFLESK NEWS

WITH DONAL KELLY

EAST KERRY SENIOR LEAGUE: The Glenflesk senior team, sponsored by Molly Darcy's, were defeated by Cordal in Rathmore last Sunday on a scoreline of 2-14 to 1-12. In a close-fought game, the tide ultimately swung against a young Glenflesk team following a goal from Eamon John O'Donoghue, after a period of hectic goal mouth action and good saves at both ends of the pitch. Thanks to Rathmore for the use of their pitch.

MINOR COUNTY LEAGUE: Last weekend's minor game was postponed and has provisionally been refixed for Saturday April 5th. The minor team, are at home to Brosna\ Knocknagoshel on Saturday 8th of March next at 4pm.

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Sunday the 2nd of March 2014, in John Dan's. Jackpot: €2,200. Numbers drawn: 1, 6, 18, 22. Next club lotto draw will be held on Sunday the 16th of March 2014, in Spillane's, Jackpot: €2,400.

31 CARD DRIVE: The prize money was shared on Friday February 28th between the following: Dermot Kelly and John C O'Donoghue, Tim Murphy and Donie O'Donoghue, Con

Kelliher and Pat O'Sullivan, Michael Bernard O'Donoghue and Liam O'Brien. The cards continue each Friday night in St. Agatha's community hall, Glenflesk at 8:15pm, with great prizes and a warm welcome on offer.

GLENFLESK MEMBERSHIP AND REGISTRATION DAY: Club membership for 2014 is now due. The club will hold its general membership and registration day in the hall on Sunday March 9th between 12 and 2pm. Adult, family, juvenile and ladies club membership can be paid on the day. Parents of juveniles registering for the first time are requested to bring an original birth certificate. All Girls aged 8 years and upwards must register with both the GAA club and with the Ladies GAA club. Membership can also be dropped into O'Brien's shop.

COSITE NA NOG: Outdoor training for U6s, U8s and U10s will commence in the first week of April. Watch these notes or follow Glenflesk GAA on Facebook for further updates. Remember that it is now compulsory for players at all levels to wear mouthguards for training and games.

RAMBLING HOUSE: Last weekend's rambling

house in Glenflesk was another great success and the large crowd was treated to feast of music, song, dance and story-telling. The organisers would like to thank everyone who came along, and in particular to those who performed and all those who helped out in any way on the night. See you all again in the autumn! Check the Glenflesk GAA Facebook page for some great photos from the night courtesy of Seamus Healy.

GLENFLESK COMHALTAS NEWS: Congratulations and well done to all who competed in Sult na nOg which was held in the IT, Tralee on Saturday 1st March. Under 9 Fiddle - 3rd Molly O'Donoghue, Under 9 Mandolin 3rd Liam O'Donoghue; under 9 Trio 3rd Gearoid Healy, Molly O'Donoghue & Liam O'Donoghue; under 9 English Singing 1st Molly O'Donoghue, 2nd Gearoid Healy; 9 - 11 Fiddle - 2nd Cliona Lynch; 9-11 Flute 3rd Alison O'Sullivan; 9-11 Mandolin 2nd Eabha Healy; 9-11 Trio 1st Sarah Moran, Alison O'Sullivan & Eabha Healy; 3rd Cliona Lynch, Ben Switzer & John Kelliher; 9 - 11 English Singing 3rd Sarah Moran; 11- 13 Banjo - 2nd Aileen Healy; 11 - 13 English Singing 1st Aileen Healy






Clonakilty Agricultural College Open Day

You are invited to attend the College open day at Teagasc-Clonakilty Agricultural College, Darrara, Clonakilty, Co Cork on **Tuesday, 11th March at 11.00am**

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Contact Keith Kennedy, Acting College Principal at 023 8832500
email clonakilty.college@teagasc.ie for further information



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Next week I will focus on Herbaceous Perennials.

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A GROUP AT THE START LINE BEFORE THE SCOIL PHOBAIL SLIABH LUACHRA, RATHMORE CHARITY RUN/WALK IN AID OF KERRY LIFELINE AT SOUTHWEST COUNSELLING CENTRE AND KILLARNEY WATER RESCUE AND ON SATURDAY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com



BEAUFORT GAA NOTES

By Nora Hallissey

Beaufort Minors began their County League campaign in fine style with a big win over Desmonds in Beaufort on Saturday last. They led at half time 3-4 to 0-2 with 2 goals from Niall O'Connor, the first involved the hard working Danny Healy and Joseph Glinwood, the 2nd was an unstoppable shot to the net. The 3rd goal was a brilliant individual effort from the outstanding Brendan Cronin from mid-field. Mike Breen had 2 fine points driving forward from centre-back, his 2nd a gem from 40m out. The other 2 points came from a free from Niall O'Connor when Danny Healy was fouled and another from Paudie Coffey. The 2nd half saw Beaufort continue where they left off with goals from Shane O'Sullivan who finished well from a poor kick out and Ryan Sweeney finished to the net from a breaking ball from a free into the square. Desmonds were awarded a penalty but this was well saved by Cian O'Sullivan in the home goals and out for a 45. Brendan Cronin, Danny Healy and Paudie Coffey had points before the full time whistle. An injury to the impressive Joseph Glinwood let to a hold up in the game but thankfully he was able to walk from the field. Final score Beaufort 5-9 to Desmonds 0-7. The team is being trained by Derry O'Sullivan, John Coffey and Raymond Breen. Their next game is away to Lispole/Annascaul on Saturday next.

Our seniors will have to wait another week to try and get their first points in the Mid Kerry League as they went down to Keel on a scoreline of 1.11 to 0.08 in Keel on Sunday last. Keel led at half time 0-5 to 0-3. Though Beaufort had the majority of possession in the first quarter they were guilty of kicking a good few wides. Their first score came on 16 mins when Fergal Hallissey scored a free. The same player brought a fine save from the Keel keeper 2mins later and had to do with the point. Their 3rd score came from Francis Courtney after good defence from Beaufort. Half time score 0.5 to 0.3. Keel had the best start possible to the 2nd half when they had 1.2 inside 5mins. Their wing forward easily rounding the defender to finish to the net. Beaufort had 2 points from Ronan Murphy and James O'Reilly and one from Francis Courtney but Keel had 3 of their own to cancel these out. A point from a free from Fergal Hallissey and another from play from Francis Courtney were their final scores. Their next game is at home to Glenbeigh/Glencar on Sunday next in Beaufort at 12.00.

MEMBERSHIP: It is the time of year again for Annual Membership to be paid. Rates are as follows: Family membership €50 covers all children under 18 and 1 adult has use of the gym. €50, senior player. €30, individual membership of the club only. Reduced rate for actively retired and there is also gym



THE KERRY LADIES TEAM THAT DEFEATED CORK. FRONT ROW L-R: AMY FOLEY, CAIT LYNCH, LOUISE NI MHIRCHEARTAIGH, PATRICE DENNEHY, DEIRDRE CORRIDAN, BERNIE BREEN, CLAIRE O'SULLIVAN, AISLINN DESMOND, GINA CROWLEY, DENISE HALLISSEY. BACK ROW L-R: LOUISE GALVIN, SARAH JANE JOY, LORRAINE SCANLON, EMMA SHERWOOD, EDEL MURPHY, AMANDA BROSNAN, BREDA LANE, SARAH HOULIHAN, DEBRA MURPHY, JULIE BROSNAN, MARIA QUIRKE, LAURA COLLINS.

membership for only €50. The registrar is Patie Hartnett 0872515311 or Bridget 0879975737

LOTTO: Next draw for a jackpot of €3,400 will be held in the Inn Between Bar on Sunday, 9th March. Tickets available from usual sellers, shops and bars. Anyone interested in signing up for €50 annual ticket or set up a standing order can contact our treasurer Pdraig O'Sullivan on 087 2866011 or any member of the club executive.

REFEREES COURSE: A Referees Course has been organised by Coiste na nOg starting on 18th March for 4 nights. They are Tuesday 18th, Thursday 20th, Tuesday 25th and Thursday 27th March at a Tralee venue to be confirmed. If any Club Members are interested in attending this course, please contact Bridget Hartnett as soon as possible on 0879975737

COUNTY COUNCIL RECEPTION: On Friday last Mary Jo Curran was recognised by Kerry County Council on her recent Hall of Fame Award by the Ladies Football Association. A reward richly deserved was the consensus of all present. Amid family and friends and ex-team mates Councillors O'Donovan and Cahill spoke of her outstanding contribution to the youth of her club Beaufort, her school, Glenbeigh and the County. Also Mick Fitzgerald who trained her for 9 of her 10 All-Ireland titles simply said that she is the best lady footballer he has ever seen. The highlight of the reception for Mary Jo and everyone in attendance was Maurice Fitzgerald. Mary Jo is an avid admirer of Maurice as a player and he didn't disappoint, when he stood up and said he also admired Mary Jo's prowess on the field of play. He praised her dedication to players in all sports where she always saw their potential. Well done to Kerry County Council for recognising Mary Jo for what she does for youth in sport in the county.

EAST KERRY NEWS

By Áine Ní Shúilleabháin

RESULTS: East Kerry Senior League

Division 1: Dr Crokes 1-11 Rathmore 1-10,

Cordal 2-14 Glenflesk 1-12,

Legion 3-09 Kilcummin 1-10,

Dr Crokes 4-14 Kilcummin 1-08,

Division 2: Fossa 1-12 Fries 0-06,

Listry 0-11 Kenmare 0-11.

FIXTURES: East Kerry Senior League

Division 1: 7 March 2014 at 8pm.

Rathmore V Kilcummin

9 March at 12 noon, Dr Crokes V Scartaglen,

Spa V Cordal, Currow V Glenflesk.

Division 2 Final: Fossa V Listry.

East Kerry Senior League

DIVISION 1:

DR. CROKES 1-11 RATHMORE 1-10

Dr Crokes hosted Rathmore in the East Kerry Senior League, sponsored by Frank Doran Safeguard Security, on Sunday afternoon last. Rathmore would settled first. A great delivery from Eoin Lawlor saw John Moynihan open scoring with a goal. Dr. Crokes immediately worked the ball back down to Keith O'Leary who opened scoring with a well taken point. Following this, they kept the pressure on the Rathmore side to push the score to 0-08 to 1-01, Bryan O'Shea and Tony Brosnan on target for Dr. Crokes. Rathmore closed out the half with two frees, a point each for Mark Reen and Michael O'Riordan. The second half started in similar style with frees and points for both sides. A number of frees within scoring distance brought Rathmore two points behind Dr. Crokes, the O'Riordan brothers, Michael & Sean, contributing. In the dying minutes, David Moloney made crucial saves to retain the lead for Dr. Crokes. John Moynihan pointed for Rathmore. Full-time score: Dr. Crokes 1-11, Rathmore 1-10.

Referee: Donal Barry (Kilcummin)

LEGION 3-09 KILCUMMIN 1-10

Played in Dereen, last Sunday, both sides had periods of dominance in the first half of this East Kerry Senior League Division 1 game.



GAA CLUB CALL

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Legion, with a good team performance in all quarters of the field, pulled ahead in the first quarter with three points and a Kevin Breen goal, to a single point from Kilcummin. The visitors narrowed the margin to the minimum with 2 pointed frees, then took the lead with a well worked Shane Mc Sweeney goal, in a move that started with a great block by Kilcummin defender Eric O'Connor. The home side responded with a Tom Moriarty goal and a point. Score at the short whistle: Legion 2-4; Kilcummin 1-5. The second half opened with a Kilcummin point. Legion pulled further ahead, with a great goal by David O'Sullivan, five minutes into the second half. Five points for Legion to four for Kilcummin in the remainder of the half, meant that the home side ran out comfortable winners. Final score: Legion 3-09 Kilcummin 1-10.

DR CROKES 4-12 KILCUMMIN 1-8

This back game was played on Friday night in Lewis Road. Dr Crokes proved far too sharp and fit for a Kilcummin side starting the year's campaign. The home team showed all their class early on and the likes of Jamie Doolan, Kieran Ward, Michael Millner and Keith O'Leary made life difficult for the Kilcummin defence. Goals from Andrew Kennelly, Keith O'Leary and Brendan Falvey helped give them a nine point lead at the interval. However, it could have been much closer if either Shane Mc Sweeney's blazed shot across the goalmouth or Jamie O'Sullivan's pile-driver which came back off the butt of the post had gone in to add to Ian Devane's earlier finish to the Crokes net. Half time score: Dr Crokes 3-8 Kilcummin 1-3. Both sides introduced substitutes in the second half, with Dr Crokes dominant, the highlights of the half were some fine long range points from Crokes Brian O'Shea, Dr Crokes fourth goal by Shane Myers and a magnificent save by Kilcummin's net minder Darragh Mc Carthy. Final Score: Dr.Crokes 4-14, Kilcummin 1-8. Referee: John Dineen (Fossa)

DIVISION 2:

LISTRY 0-11 KENMARE 0-11

This East Kerry Senior league Division 2 game played in Listry on Sunday was a game of two half's as a strong wind had a big influence on the game. Although playing against the wind, Listry were first to score with a Derry Ahern point from a free. Kenmare then took full advantage of the elements to score 4 points without reply, with 3 of these from Paul O'Connor. Listry worked the ball into the Kenmare half and got points from John Foley and Derry Ahern, to leave it Kenmare 0-5, Listry 0-3 after 15 minutes. Listry had a chance of a goal during this period but a great save from the Kenmare keeper kept them at bay. Kenmare again took control for the last 10 minutes of this half scoring 4 points without reply, 3 from Mark Crowley. Half time score: Kenmare 0-9, Listry 0-3.

Listry, with the aid of the strong wind, started the second half in superb fashion and had 4

points (Derry Ahern, Paul O'Donoghue, Garry O'Sullivan and Damien Clifford) on the board after 8 minutes to reduce the Kenmare lead to 2 points. A heavy shower of rain brought the game to a slow pace. Kenmare, through their centre forward, scored a point to extend their lead. However Listry, with points from Gary O'Sullivan and a superb free from Jimmy O'Leary, levelled matters with 8 minutes left. Kenmare again took the lead with a Paul O'Connor point, but with time running out Jimmy O'Leary, again from a long range free, levelled matters and this is how it ended Listry 0-11 to Kenmare 0-11. Listry with a win over Fossa and drawing with Furies and Kenmare have qualified for the Final where they will play Fossa. Referee: Tom Moriarty (Legion)

FOSSA 1-12 FIRIES 0-06: Fossa qualified for the East Kerry super league Division 2 final with a 1-12 to 0-06 win over Furies in the old Fossa Sportsfield on Sunday last. They now meet neighbours Listry in the final. The first half was nip and tuck, but a competent performance by the experienced Fossa defensive six saw them hold a 0-07 to 0-05 lead at the break. An opportunist goal by substitute Eoin O'Connell for Fossa in the 12th minute of the second half put daylight between the teams, and in atrocious conditions, they held on for a well merited win.

Referee: Donal Donnelly (Kilcummin)

DR. CROKES GAA CLUB NOTES

By Michael O'Keeffe

LOTTO: Draw took place in the Speakeasy Bar on Sunday last. The jackpot of €6300 was not won. Match 3, 11 winners received €40. Next week's jackpot is €6600. Draw will take place in the Tatler Jack.

FIXTURES: EKSL: Home vs. Scartaglin, Sunday 9th March, 12pm. Minor League: Home vs. Austin Stacks, Saturday 8th March, 4:00pm. Please support.

RESULTS: EKSL: Dr. Crokes 4-14, Kilcummin 1-06. **MINOR LEAGUE:** Dr. Crokes 3-12, Kerins O'Rahilly's 1-12.

EK SENIOR LEAGUE: Rd. 4 of the East Kerry Senior League against Rathmore went the distance on Sunday afternoon last. Rathmore were the first to settle, scoring a goal in the second minute. We immediately worked the ball back down to Keith O'Leary who opened scoring with a well taken point. We then kept the pressure on the Rathmore side to push the score to 0-08 to 1-01, Bryan O'Shea and Tony Brosnan on target. The second half started with frees and points for both sides. A number of frees within scoring distance brought Rathmore within two points. In the dying minutes, David Moloney made crucial saves to retain our lead. A scuffle in the square approaching injury time led to some confusion. Our guys lined the goal

to save the resolving free and the kick from the resulting rebound sailed over the bar. Full-time score: Dr. Crokes 1-11, Rathmore 1-10.

TEAM: David Moloney, Mark Egan, PJ Lawlor, Sean Coppinger, Gordon Buckley, Conor O'Neill, Gavin Tucker (0-01), Michael Milner (0-01), Andrew Kenneally, Brendan Falvey, Bryan O'Shea (0-05, 4f), Niall O'Riordan, Tony Brosnan (0-03), Laurence Burns (1-00), Keith O'Leary (0-01). Subs: Jason Lyne for Brendan Falvey, Daniel Healy for Niall O'Riordan.

OPEN DAY: What a hugely successful Open Day for our Academy last Saturday. Orchestrated superbly by Billy Hennigan, the Bouncing Castles, entertainment and fun do games made sure all the boys and girls had a very enjoyable day. Even though it might have been the first day of Spring, it didn't seem to bother anyone and every single child had no problem with the free ice cream they received on the way home. Well Done again to our Academy Coaches for a fantastic first Day, and the children will again look forward to next Saturday morning. Our hurling starts at 10:00am to 10:40, followed by our football from 10:45am to 12:00 noon.

Any child living in Killarney is very welcome to come along and join in our FREE Academy. Just come to Lewis Rd. Any enquiries regarding any part of our juveniles, contact our coaching officer John O'Shea 087-2488768

NATIONAL LEAGUE CHALLENGE: Thanks to all for supporting our National League Fundraiser. Updates on Round 3 are available on www.drcrokes.com and the Dr. Crokes Facebook page.

GAA NATIONAL CLUB DRAW: Tickets (€10) are still available for the GAA National Club Draw. There are great prizes on offer and all proceeds from ticket sales benefit our club. Closing date: Thursday 6th March. Draw takes place on St. Patrick's Day, 2014. Please support.

MEMBERSHIP 2014: Club registration for the year 2014 is now due.

CONGRATULATIONS: To Johnny Buckley on winning #TheToughest Munster Club Player Award 2013.

MID KERRY GAA

By Joan McGillicuddy

RESULTS OF ROUND 2 SENIOR LEAGUE

Keel 1-11 Beaufort 0-08, Miltown/Castlemaine 1-11, Glenbeigh/Glencar 1-04, Cromane 0-05 Laune Rangers 5-08 Round 3 continues next Sunday 9th all games 12 noon.

Beaufort host Glenbeigh/Glencar, Cromane entertain Miltown/Castlemaine, Laune Rangers are home to Keel.

MEETING: The Mid Kerry Board Executive met the senior & coiste na nÓg secretaries & chairperson of each club this week in the Killorglin Golf Club.

CHURCH GATE COLLECTION: Takes place in Glenbeigh, Glencar, Keel, Kiltallagh &

GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com



Milltown at all Masses this weekend.

SCOR: Senior County Final will be held in Fossa on Saturday 15th March - Quiz at 4pm with the other events at 6.30pm

LISTRY GAA NEWS

By Paula Courtney (PRO)

LISTRY WEEKLY LOTTO RESULTS: 2nd March 2014. Winning Numbers 1, 13, 24, 25 Jackpot €5,300, not won.

1 x €100 Teresa O'Sullivan c/o Siobhan.

2 x €50 Mike Reen, 9 Torc Terrace, Patsy Mannix, Keel. 2 x €25, Sharon Campion, Ballymalis, Michael McCarthy c/o K B.

Draw Entrant, Orla O'Shea, Lissivane.

Jackpot next week 9th March €5,450.

MONTHLY MEETING: March monthly meeting changed from Monday 3rd March to Monday 10th March at 9pm.

KEANES SUPERVALU MINOR FOOTBALL LEAGUE 2014: Keel/Listry

began their Co. League campaign with a brilliant win at home v Rathmore on last Saturday, 1st March. Rathmore began the game with a dream start scoring a goal in the first 30 seconds, but Keel/Listry battled back well with some brilliant scores to lead at half time by 2 pts. A great game of football right through with six minutes to go Keel/Listry led by 2 pts, but finished the stronger on a score of Keel/Listry 1-16 Rathmore 2-07. It was lovely to see a great local crowd turn out to support the lads at the very early start time of 10.30 am which was to facilitate Rathmore. A great performance by all the players on the day considering we were also missing a few of our panel. This group have been training for the past few weeks and great credit to the management team of Sean Walsh, Jimmy Kennedy & Pdraig Murphy who have put in a lot of work with this group. Next Saturday, 8th March they are away to Gneeveguilla and Saturday 15th March at home v Kenmare/Kilgarvan.

EAST KERRY LEAGUE: Div 2. Rd 1.

LISTRY V KENMARE: This East Kerry league Div 2 game played in Listry on Sunday last ended in a draw 11 points each. It was certainly a game of two half's as a strong wind had a big influence on the game. Even though playing against the wind Listry were first to score with a Derry Ahern point from a free, but then Kenmare took full advantage of the elements to score 4 point without reply with 3 of these coming from Paul O'Connor. Listry eventually worked the ball into the Kenmare

half and got points from John Foley and Derry Ahern to leave it Kenmare 0-5 to Listry 0-3 after 15 minutes. Listry had a chance of a goal during this period but a great save from the Kenmare keeper kept them at bay. Kenmare again took control for the last 10 minutes of this half scoring 4 points without reply, with 3 of these coming from Mark Crowley, to leave the half time score Kenmare 0-9 to Listry 0-3. Listry with the aid of the strong wind started the second half in superb fashion and had 4 points (Derry Ahern, Paul O'Donoghue, Garry O'Sullivan and Damien Clifford) on the board after 8 minutes to reduce the Kenmare lead to 2 points. A heavy shower of rain at this time brought the game to a slow pace and Kenmare through their centre forward scored a point to extend their lead. However Listry with points from Gary O'Sullivan and a superb free from Jimmy O'Leary levelled matters with 8 minutes left. Kenmare again took the lead with a Paul O'Connor point but with time running out Jimmy O'Leary, again from a long range free, levelled matters and this is how it ended Listry 0-11 to Kenmare 0-11. Listry with a win over Fossa and drawing with Furies and Kenmare have qualified for the Final where they will play Fossa who defeated Furies also on Sunday.

MILLTOWN LISTRY COMHOLTAS: Congratulations to all our Sult na nÓg participants Tallulah Belle Courtney, Katie Howe and Aoibhe Horan, who took part in music competitions in ITT last Saturday. Katie and Aoibhe took bronze in the 9-11 duets, and Katie won the silver in the 9-11 concertina. Well done also to their friends John Power and Shauna Murphy, winners of the 9-11 duets. All five are part of Cailín O'Shea's Sunday Groupa Ceoil. Many thanks to Cailín for her continuing hard work with our up and coming musicians. Music classes and set-dancing classes continue in Faha, contact Amanda on 087 7973303.

GAME OF THE WEEK ANOTHER WIN FOR KERRY LADIES

Kerry made home advantage count on Sunday, defeating Cork in the Tesco HomeGrown National League fourth round in Dingle all part of the #KerryLadiesSpringSeries. They won by the slimmest of the margins; with the winning point coming from local girl Louise Ni Mhuirheartaigh who also scored Kerry's only goal. It was a shaky start to the game from the

home side, with Cork breaking down the first attack of the game from Kerry & moving the ball swiftly downfield, Doireann O'Sullivan blasted to the back of the Kerry net. It was a very tough physical encounter with both teams uncompromising, resulting in a relatively low scoring first half. Kerry only managed 2 points in the first half from Bernie Breen & Louise Ni Mhuirheartaigh & will be disappointed with the poor return despite equal possession. Half time Kerry 0-2 Cork 1-03. However a much more focused Kerry side took to the field in the second half & within 10 minutes only a goal separated the sides. Kerry took the lead for the first time on the 41st minute when Louise Ni Mhuirheartaigh goaled for Kerry, reacting first to a ball that hit off the upright. She was a menace all afternoon to Cork as she also nearly goaled a second time a clever flick in the air that just went wide. Minutes after the goal however Kerry's Julie Brosnan was sin binned & Cork took advantage of the extra player & went ahead again. However Kerry with the sizeable home crowd cheering them on were not about to lose on home territory & Sarah Houlihan scored a lovely long range point to level the game. But then in the final minutes of the game up popped local favourite Louise Ni Mhuirheartaigh with the winning point. Cork quickly tried to get another attack going from the kick out but Kerry were quick to snuff it out, winning the kick out. Referee Keith Delahunty's whistle was music to the large home crowds' ears as Kerry took full points. Final Score Kerry 1-08 Cork 1-07. Many thanks to Dingle GAA club for hosting the game, the facilities despite recent weather conditions were fantastic & encouraged a large home crowd to come out and cheer on the Kerry ladies. Also thanks to Paul Geaneys Bar & Restaurant/Sizzlerz Steakhouse for supporting the game. Next up for Kerry is a tough away fixture to Monaghan on March 9th. Kerry in a very fortunate position of having their final 3 games at home - 26th March, 30th March & 6th April. The 2012 & 2013 All Stars head to Hong Kong on the 11th March with 7 Kerry representatives & 2012 All Star team managed by William O'Sullivan.

KERRY: A Brosnan; J Brosnan, A Desmond, G Crowley; M Quirke, C Lynch, D Hallisey; E Sherwood, B Breen (0-1); S J Joy, D Corridon (0-1), D Murphy; P Dennehy, L Galvin (0-1) L Ní Mhuirheartaigh (1-04 . 0-1F)
Subs: S Houlihan (0-1) for P Dennehy (ht) and L Scanlon for D Murphy (39).

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COMMERCIAL ROWING CLUB

By John Kelly

DOWN MEMORY LANE: John McCormack performs at Regatta Concert 1924:

Mr A J McGillicuddy during the course of his secretary's report to the AGM of the Killarney Regatta committee in 1924 reported as follows "The year 1924 was a dawn of what will be a new era for Killarney. On the inspiration of our President and through his kindly office the Committee were able to arrange a voluntary concert by Mr John McCormack and the No. 1 Army Band in aid of regatta funds. The Regatta having been arranged synchronise with the visit to Killarney of several leading members of the American Bar Association.

It was decided also to hold a Ball in the East Avenue Hall on the eve of the Regatta thus giving Killarney a three day festival. The town was decorated for the occasion and three prizes were offered for the best individual effort of house decoration.

Commercial RC are currently inviting new members to become involved with the club for the 2014 season- Contacts are DJ Riordan 064-6631743 Jimmy Doyle 064-6639856, John Joe Healy 064-66 43136, Henry Clifton 064-6632252 John Kelly 064-6632698

GNEEVEGUILLA ATHLETIC CLUB:

By Cynthia Daly

LOTTO: No winner of lotto dated 28/02/2014, numbers drawn were 7, 13, 20 and 28. Sellers prize Tom Joe O' Donoghue. €50 yearly ticket winner Seamus Murphy Castlemaine, €50 to John Breen Knocknagree, €40 each to Ann Cronin Masrour, Pat McAuliffe Tureengorri, John Vaughan Lisheen. €1,000 bonus prize not won numbers drawn were 9, 12, 13 and 25. Next week we draw €7,400, €1,000 bonus plus lucky dips.

THE 4 MILE ROAD RACE in Rathmore was a great success, there was over 360 people in the event which included walkers, joggers, some carried dogs, more carried prams while some made a great race out of it. When the dust settled Robert Purcell of Gneeveguilla AC was 2nd, with fast improving Matthew Collins who is only 15 years in 3rd place. Andrew Purcell was 1st under 16, Anthony Darmody 1st U14, Caroline Murphy 1st O50, Catherine Daly 1st U16. For all results go to face book.

At the Munster Indoor Championships in Nenagh over the weekend we had some very good results, Sinead Warren was 2nd Shot Putt, Amy Cronin despite being sick was 3rd in 60m and 200m. On Sunday Francis Cronin in his first big race was 2nd in 800m. All go forward to the National Championships in Athlone in a few weeks. Well done.

The last few memberships are now being collected, so if you have not paid yet you can still avoid the levy by paying now.

MILLTOWN / LISTRY COMMUNITY GAMES

By Denis O'Mahony

ART: We were well represented in Listowel in the Art Competition at the Co. Finals in Listowel last Saturday but unfortunately we had no winners. We would like to thank all those who travelled and supported the children and hope you all enjoyed the day.

HANDWRITING: Both our local winners travelled to the Co. Finals also in Listowel last Saturday and we were delighted when we heard that Brendan Casey came 2nd in the Boys Section. Well done Brendan.

INDOOR SOCCER: We had a great result last Sunday in Listowel with our U13 Girls team when they qualified for the Co Finals coming up next weekend.

DRAUGHTS: We had a very enjoyable evening last Saturday evening in Beaufort where we had a challenge game with the host club. We would like to thank them for their co-operation in organising this game and providing refreshments afterwards. Another challenge is planned with Firies this Saturday night.

UPCOMING EVENTS: Please note the following events are coming up and we would encourage participation in them if possible: Projects, Boys U13 Boys Basketball and U11 Mixed Basketball, Model Making. If there is interest please don't hesitate to contact Denis 087-9662332 or Pa 087-6447788 for details and we will gladly help in any way.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES:

U10 GIRLS INDOOR SOCCER: On Sunday last the U10 girls indoor soccer team along with coaches Owen O' Leary and Mags Fitzgerald travelled to Mountcaol to take part in this competition. This team played against Duagh / Lyre, Moyvane, Ardfert and Fossa. Such was their determination and skills that the girls had to play Fossa in the play offs, beating them they secured bronze medals for their efforts. A great result for coaches and girls. Team members were Tara O' Leary, Delia Foley, Saoirse Casey, Michelle Cronin, Roisin Brosnan, Chloe McCarthy, Laura Phelan and Orla Cremin. Thanks to Owen and Mags for training the team, without the trainers we would not be able to enter teams in the various competition. A great evening's entertainment was had by the girls, trainers and parents and supporters. Thanks to Gneeveguilla GAA Hall for the use of the hall for training.

HANDWRITING U10 BOYS AND GIRLS: On Saturday the U10 Handwriting competition was held in Listowel, Caoimhe Guerin Crowley and Sean Finnegan represented our area. Both Caoimhe and Sean scored very high, with Caoimhe being placed in 4th place, thus

receiving a cert. Well done to both Caoimhe and Sean.

CHURCH GATE COLLECTION: We will be holding our Church Gate Collection on Saturday 15th 7 Sunday 16th in Shrone, Rathmore and Gneeveguilla. Your support would be greatly appreciated.

KILLARNEY SWIMMING CLUB

CONGRATULATIONS to all our swimmers who took part in the recent "C" gala in Askeaton. 25 swimmers took part, gathering a magnificent haul of 7 gold, 6 silver and 11 bronze medals! Several swimmers also reached "B" gala qualifying times.

Thanks to coaches Cathal and Vicki who travelled with the group and also to those parents who volunteered for time-keeping duty and helped with organizing the trip.

Congratulations to all and well done.

KILLARNEY COUGARS BC SENIOR NEWS

Senior Women's Div 1

Cup Final

Killarney Cougars 67

Kilorglin CYMS 59

(After Overtime)

As anticipated Cougars and Kilorglin produced an excellent game for this Senior Women's Cup Final before a large attendance at the Pres Gym. A thrilling finish to the game saw a determined Killarney Cougars claim the Cup in overtime to take the Cup for the Cougars.

The Cougars made a great start to the game with great baskets by Allyson Caggio and Amanda Brosnan in the early stages. Cougars finished the quarter with three pointers by Marion O'Callaghan and Chloe O'Doherty to lead 17 - 11 at the end of the opening quarter. The second quarter saw Kilorglin reduce the arrears thanks to three pointers by Kerry O'Sullivan and Evelyn Twiss, but good baskets by Mags Cronin and Cassandra Buckley kept Cougars ahead 25 - 22 at half time.

The third quarter was basket for basket with the game proving very exciting for the big crowd with Cougars still just ahead 38 - 36 with two three pointers by Allyson Caggio to maintain the Cougars lead.

The games excitement increased as the Kilorglin ladies produce some great basketball to take the lead by a basket with Cora Conway hurting Cougars with some great scores. Cougars struggling for the first time in the game but Chloe O'Doherty stepped up with a huge three and a basket and two from the free throw line by Amanda Brosnan helped restore Cougars advantage. Cougars harshly lost Brosnan on five fouls and Alma O'Mahony to injury at a crucial stage and were now in team foul trouble as Kilorglin took the lead again from the free throw line. Cougars pushed



hard and Mags Cronin made a big basket which looked like the winning score before Evelyn Twiss made one from the free throw line with just ten seconds on the clock to take the game to overtime in a thrilling finish.

Cougars were still very composed and played some of their best basketball in overtime to take control of the game midway through overtime with some brilliant baskets by Cassandra Buckley, Allyson Caggio and two massive three pointers by the excellent Marion O'Callaghan as the Kilorglin challenge finally ended in a very entertaining and sporting game.

JUVENILES NEWS

U16 Girls

League Semifinal

Vixens Athea 27

Killarney Cougars 28

Cougars made the long journey to Athea for this important league semi final on Tuesday evening and came away with a narrow win following a strong team performance to advance to the final. This game was very entertaining with the lead changing hands throughout the game with never more than a basket between the teams. Cougars led by a point at half time and with the impressive Claire O'Brien contributing 8 points for Cougars.

A three pointer by Abigail Graham gave the Cougars a good lift as they pushed a head in the final quarter but the Vixens responded each time with good scores. Cougars Katie Talbot scored a great basket in the final minute for Cougars and Kate Stack stepped up with a great steal and lay up to tie the game before Stack added a further point from the free throw line as Cougars finished the stronger in a very entertaining finish.

FIXTURES

Friday March 8th

Girls U14 League

Tralee Imperials v Killarney Cougars 6pm Mounthawk.

Sunday March 9th

Boys U12 League

Kenmare v Killarney Cougars 1pm. Kenmare.

Girls U16 League Final

Killarney Cougars v Kcymys or St Annes. Time & Venue TBC.

A full list of the latest fixtures is available on the club website www.killarneycougars.com

KILLARNEY BADMINTON CLUB

By Sinead Galvin

Well done to all who took part in recent competitions for Killarney Badminton club. Most notably the masters which took place in Castleisland last week. Division 5 men's team had a great win against Listowel last week. Division 1 and 3 doubles also took place last Friday and again Maeve Twomey and Lisa Sayers had a great final coming out on top. The triple is on for Maeve from the Killarney club and we wish her the best of luck from the club.

Division 1 also saw Jennifer Keane and Mary Falvey in final but alas it was not to be this year. Congratulations to all that competed for Kerry on the Division F in Munster "a great Munster win".

Last but not least was the Brewster cup played in Co. Clare on Sunday. Congrats to all from the club who competed for Kerry as they came up against very strong opposition.

Church gate collection on Saturday night and Sunday morning. Contact Liam for further details.

DEERPARK PITCH & PUTT

By John Kelly

Winners of last Sunday mornings competition were Robbie O'Brien and Conor McCarthy.

BOB CASEY COMPETITION: The following teams will represent Deerpark in the Bob Casey competition commencing 9am in Deerpark followed by a Shot gun start at Gleneagle 12md Team A Gross- Conor McCarthy, Ger Casey, Jason O'Brien Nett- Robbie O'Brien St John Kelliher, James Fleming and Michael O'Connor Sub- Sheila Donoghue.

Team B Gross- John McGrath, Damian Fleming, Mike Foley Nett -John O'Brien, Paul Cronin, Betty O'Brien Hugh O'Sullivan Sub- Gerry O'Sullivan.

TABLE QUIZ ON MARCH 21ST: The annual club Table Quiz will be held at Charlie Foley's on Friday March 21st.

MEMBERSHIP: It's that time of year again where membership or application for membership is due. The club is pleased to announce that the rates will remain unchanged for the coming season. There is a special offer available at present of a 10% discount on all memberships which expires on March 17th. Membership this week will be collected on Saturday 8th March 1pm to 1.30pm Sunday 9th 12.30pm to 1pm Wednesday 12th 5pm to 5.15 pm If the aforementioned times are inconvenient or you require more information please ring either Sean Kelly at 086 0508686 or Colm O'Dowd at 087 7673742. We would encourage all members or intending members to register as early as possible to avoid the disappointment of not being registered to participate in a specific competition. Please note that it takes one week to become registered.

COMMITTEE MEETING: Next committee meeting has been provisionally fixed for Monday March 24th, Venue to be decided.

MUCKROSS ROWING CLUB

By Linda Daly

SYMPATHY: The club extends its deepest sympathies to the Horgan and Kenny families on the passing of Breda Greg nee Horgan in England in early January. We also wish to send condolences to the Greg family in England. Ar dheis De go raibh a anam dilis.

EVENTS UPDATE: The Cork Head Of the

River is rescheduled for tomorrow Saturday the 8th after being cancelled first time round due to bad weather. We have a range of crews from Junior 14 to Intermediate men ready to compete in the first event expected to run since our own head at the beginning of December. Please contact coaches for further details. Best of luck to all!

NEW MEMBERS: The club is always welcome to new members, why not give rowing a go? For younger members aged 12-14, our beginners group meets at the boathouse or community centre, whatever the weather! You can come along just to see what is involved or get stuck right in! Contact Eadaoin Moynihan 086 152 9476 for further information.

MUCKROSS YOUTH CLUB: The Muckross Youth Club is back in action and going well! The 'Teens on Wheels' visits the Muckross Community Centre on Saturday nights between 7 and 9pm. Newcomers are welcome to attend each Saturday. For further information, please contact Geraldine O'Halloran from KDYS on 087 0517695.

UPCOMING FUNDRAISERS: We will be bag packing in Dunnes Stores on the 13th, 14th and 15th of March to raise funds for the club. We are asking all members to get involved and help out. Please contact Linda Daly on 0876935508 if you are available to help. We hope to see plenty of shoppers in Dunnes supporting us!

KILLARNEY BRIDGE CLUB

By Mary Murray.

CONGRATULATIONS to all winners in recent club night:

North/South

1.Mary Trant, Michael O'Connor

2.Joan Culloty, Phyllis O'Regan

East/West

1.Joan Lenihan, Pauline Lyne

2.Hazel O'Connell, Marjorie Barton

G N E E V E G U I L L A BASKETBALL CLUB

The club would like to extend a big thank you to everyone who supported our Table Quiz in the Club Bar last Saturday Night. A special thank you to all our sponsors on the night.

Thanks to Tony Moynihan our Quiz Master and Owen Casey.

Thanks to Denis Kerins, Hugh Ryan and Patrick Brosnan for their assistance.

We are very grateful to the parents and teams from the community who supported us.

U17 BOYS JAMES HOBERT MEMORIAL

TOURNAMENT: Gneeveguilla U17 boys took part in the James Hobart Memorial Tournament Blitz hosted by St. Brendan's Tralee on Saturday March 1st. We were pitted against the home team, Titans of Galway and Neptune of Cork city. Our first game against the local team and



St Brendan's were fast off the blocks and we were down 20 points to 7 in the first half. The Gneeveguilla team showed great heart coming back into the game but were beaten 34 – 28 in the finish.

Next up was titans of Galway, this was a must win for us to stay in the tournament. Gneeveguilla were fired up and led the game start to finish. We won this game 45 – 37

Gneeveguilla's final game was against an impressive Neptune team from Cork and given that they had easily accounted for St. Brendan's we were hoping luck was on our side.

Gneeveguilla played strong defence and were excellent going forward hitting a total of 9 three pointers. Leading by 8 points with 4 minutes to go Neptune's pressed the Gneeveguilla team in the last few minutes and the game was tied with 1.23 left. Gneeveguilla held their nerve and went on to win by 6 points. The boys gave a tremendous display against much vaunted opposition.

This was a great win for the club with one of the lads pointing out that we had a 100% record v Neptune (played one and won one!). Gneeveguilla failed to go through to the semi-final on point's difference but it was a superb team effort and some outstanding basketball was played. Well done to all concerned.

RESULTS THIS WEEK:

U12 Boys Div 1 Gneeveguilla 44 St. Brendan's 43

St. Mary's 38 Gneeveguilla 26

U12 Boys Div 3 Gneeveguilla 30 Rathmore 26

U14 Boys Div 1 Gneeveguilla 39 St. Anne's 31

U16 Boys Div 1 Gneeveguilla 65 St. Bridget's 39

U16 Boys Div 2 Cahersiveen 31 Gneeveguilla 27

U12 Girls Div 1 Glenbeigh 30 Gneeveguilla 15

U16 Girls Div 1 Glenbeigh 41 Gneeveguilla 40

U18 Girls Div 2 Gneeveguilla 33 St Anne's 32

FIRIES COMMUNITY GAMES

By Carmel Sheahan

HANDWRITING: Well done to all the competitors in the hand writing competitions. One boy and one girl in U10 represented Firies in the County Final. Congratulations to both children who won bronze medals. They are Conaill O Mahony in the boys section and Meabh Coleman in the girls category.

BASKETBALL MIXED U11 (OVER 9): Trials will take place in Farranfore hall on next Saturday 8th March from 9.30 – 10.30. Boys and girls who are U11 before 31st July are eligible to enter. The competition will then take place on April 21st at 10.00 in Castleisland. €2 please.

TAG RUGBY MIXED U11 & U14: Tom Campbell will train teams in U11 (mixed) and U14 (mixed). Contact Frances Murphy for further details on 086 8931538

DRAUGHTS U10, U12, U14: Practice continue after 7.30pm mass in Marian Hall. These teams have now been signed up for County Final which takes place on Sunday March 16th at 1pm in Listowel Community

Centre. Good luck to the teams.

SOCCER BOYS U12 (OVER 8): The County Final takes place on 13th April at 10am in Mastergeeha pitch. Contact Eugene Cosgrave or Martin Brosnan for further details.

QUIZ U14: Thank you to all the children who took part in the local competition on Friday in Marian Hall. Thank you to our quiz master Tom Farrelly who managed the event and who had a great variety of questions to suit all. Well done to the qualifying team of Cian Doe, Cian Sheahan, Ciara Kearney, Jessica O Leary, Sarah Kennedy and Rachel Hctor. This competition will take place on 11th April.

BASKETBALL GIRLS U13: This competition takes place on Saturday 22nd March. Training continues as normal.

KILLARNEY CAMOGIE CLUB

The Killarney Camogie Club is an inclusive organisation welcoming all players from the wider Killarney area. Training for this season will commence on Monday 10th March at Dr. Crokes' G.A.A. grounds from 5.30pm to 6.30pm for all age groups. New members are always welcome!

KILLARNEY RUGBY CLUB

FUNDRAISING: Liam McGuire has successfully led a small band of hard-working workers and thanks to them, they accomplished their goals to collect of €36,000 to meet the requirements of the threshold for the application for maximum available Capital Sports Grant. Sincere thanks to all of them for superb efforts – not an easy task but nevertheless those that persevered were successful. All those who have funds to come in we are still in fund gathering mode from now on for the foreseeable future because the overall costs will be upwards of €400,000.

UNDER 18S: Killarney hope to welcome Killorglin to Dirreen for the West Munster Cup semi-final kick off at 12:30pm – check for weather details. Best of luck lads you have done brilliantly this season. See you there folks.

MUNSTER JUNIOR LEAGUE DIVISION

2: Castleisland 5 Killarney 3 – Killarney gave up their advantage of home venue due to a waterlogged pitch and were pipped by a single try to a Paudie Sheahan penalty goal. In an old fashioned dog-fight nothing really separated these teams and only a few strange interpretations called in favour Castleisland, split the teams in the end. Killarney lie in 10th position while Island are up to 5th. Killorglin are languishing dangerously above Newport. The Tipp side are due to play Killarney in Dirreen next Sunday at 2:30pm and Killarney's final league encounter will be the long trip away to mid table Thurles. Despite struggling for numbers at Christmas Killarney has done themselves proud to turn the season back on track under leadership of Paul O'Sullivan the Captain and John Nikoru as Coach. John took

over control just after Christmas and has been inspirational in keeping the side going with some very close games. Mid table finish will be a credit for this side as we look forward to moving to new grounds in the future.

U14S: were to travel to Highfield but it was cancelled. Tomorrow we hope to have a friendly against Killorglin at a venue and time to be announced to the squad.

MINIS: Killarney mini rugby players trained at 'The Sem' Gym as well as at Fossa National school all weather pitch, on Saturday. We are hoping to secure a suitable playing area to accommodate all ages so that we can host another club in the near future (details to follow later) In the meantime we will train on the all-weather surface and in the Gym until ground conditions improve.

DRAW FOR HEINEKEN CUP MATCH

TICKETS: Many thanks to the Members, Parents and children who have returned sold raffle tickets for the Munster v Toulouse Heineken cup quarter-final in early April. Anyone who still has tickets please make a really big effort to sell as many as possible, as the club really needs your help. There is still loads of time to sell tickets for the running of the Club so please make an effort. Thanks. Queries Tom Campbell - 087-2657994. Sean Hickey 087 2233399.

KILLARNEY SOUTH COMMUNITY GAMES

INDOOR SOCCER: The under 13 soccer soccer tournament was held recently in Listowel. The Killarney South team played their hearts out during their four matches. Unfortunately their efforts were not enough to make the medal podium, but the boys thoroughly enjoyed the event. Thanks to Ciaran O Sullivan and Joe McCarthy for helping out in the day.

BASKETBALL: We are currently recruiting for the under 13 boys team which will play in the county blitz in early April. Anyone who is interested is urged to contact Killarney south @ the email address given below.

CROSS COUNTRY, COUNTY TEAM

EVENT: All those interested in cross country running both on teams and individual level should make contact as qualifiers for the county team are coming up in the next few months

FACEBOOK: Please follow Killarney South Community games on Facebook for all new updates, pictures and reports. All electronic queries can be forwarded to killarneysouthcommunitygames@gmail.com. Telephone enquiries to Noreen Cooper 087 674 6189.

SCHOOLBOY/GIRL SOCCER

By Padraig Hartnett

ONLY WEeping FOR WILLOW:

15'S NATIONAL CUP LAST 16:

Kingdom Boys 2-1 Willow Par (Athlone)

JOHN MURPHY 12'S CUP:

Park B 2-9 Castleisland

TOM HAYES 14'S CUP:

Castleisland 1-3 Park A.

TUCKER KELLY 16'S CUP: Park A 9-0 Park B.

LEAGUE: JK SPORTS 12 PREMIER:

Killarney Celtic A 1-1 Kingdom Boys

Killorglin A 1-2 Park A

Killarney Athletic 1-7 Listowel Celtic A

DIVISION 1:

Killarney Celtic C 1-2 Mastergeeha

Fenit 3-4 Inter Kenmare

Park B 5-1 Listowel Celtic B

FOUNDATION SPORTS 14 DIVISION 1:

Killarney Athletic A 3-3 Killorglin A

Park B 2-5 Camp

Killarney Celtic B 4-0 Killarney Celtic C

TRALEE TROPHY WORLD 16 PREMIER:

Killarney Athletic 4-1 Fenit

16 DIVISION 1:

Listowel Celtic 1- Mastergeeha

Inter Kenmare 9-1 Killarney Athletic B

GIRLS: FOUNDATION SPORTS 14

PREMIER: Killarney Celtic 2-0 Listowel Celtic.

REPORTS: NATIONAL CUP LAST 16:

KINGDOM BOYS 2-1 WILLOW PARK:

Kingdom Boys came into this game on the back of a very good win away to Arklow Town while Willow Park had received a walk-over as a result of Cork pulling out their team so it was hard to know how good they were.

To be fair they started the better and pinned Kingdom Boys back without causing too many threats. However the Tralee side played their way into the game and forced a succession of corners. Rian O'Sullivan swung them in and from the last one Brian Kennedy headed just over.

These opportunities gave Kingdom Boys belief and they began to take control with O'Sullivan pulling the strings in midfield. He flashed a shot wide as did Dean Meehan and Dara Lowth, who was becoming a thorn in the Willow Park side, set up Oran Liston but Colin Lynch made a very good save in the visitors goal.

Kingdom Boys were forced to make an early change when keeper Donagh McKiveran pulled up injured and was replaced by Simon Driaghi, who went on to have a very good game.

Willow Park were living on scraps but the lively Brian Moloney gave Kingdom Boys a scare when he got in on goal but Kennedy made a goal saving tackle.

But the breakthrough was only around the corner. In the next attack Rian O'Sullivan sprayed a great ball out to Lowth who took it on and spotted Dillon Robinson steaming in and picked him out with an inch perfect pass to put the home side ahead in the 25th minute. 5 minutes later and the Last 8 looked to be a real possibility. Eddie Rogers cross was controlled by Robinson who had his back to goal but he managed to swivel and score a cracker.

Into the second half and it was more of the same with Lowth and Liston having the best of the Kingdom Boys chances while Martin and Troy tested Driaghi but he was equal to both efforts.

As the game entered the final quarter we almost witnessed a spectacular goal when Robinson picked up the ball inside his own half, skipped up 4 defenders and almost beat the goalkeeper but he just managed to stick out a leg.

As the game wound down Kingdom Boys can be forgiven for thinking about the next round and an away trip to either Swilly Rovers or Castlebar and they conceded with almost the last kick of the game.

The 2013/14 National Cups will be known for many reasons and not all of them the right ones, but here it is turning into a very good competition with both Killorglin and now Kingdom Boys into the Last 8 with the possibility of more to come.

KERRY CUP'S: There was action in the John Murphy 12's Cup, the Tom Hayes 14's Cup and Tucker Kelly 16's Cup. In the 12's Castleisland progressed to the last 8 with a 9-2 win over Park B. Connie O'Connor hit 5, with Dan Kelly and Roy Donoghue also on the score sheet.

The Park are into the Last 8 of the Tom Hayes 14's Cup thanks to a Robin McCarthy hat trick in a 3-1 win over Castleisland. Sean Horgan had put Castleisland ahead in the first half.

In a repeat of last year's final The Park A were too strong for their teammates Park B. Jesse Stafford Lacey, Kieran Carmody, Ferdia O'Brien, Luke Moynihan, Fergal Ryan and Seguire Duyile all scored.

LEAGUE ROUND UP: JK SPORTS 12

PREMIER: In the JK Sports 12 Premier Kingdom Boys dropped their first points of the season as they were held to a 1 all draw by Killarney Celtic at Celtic Park. The Tralee side had gone ahead but Podge Looney equalised for the home side. However Kingdom Boys are well in control of this Division and still have an 8 point gap at the top. Listowel Celtic's 7-1 win over Killarney Athletic moves them into second and it came about thanks to goals Sean McGrath (3), Kevin Goulding (2), Tadgh O'Carroll and Michael Fogarty. The Park are a further point back in 3rd after a 3-1 win over Killorglin A. Colin Walsh and Mervyn Shambala were the scorers.

12 DIVISION 1: With none of the top three at the start of playing, Ballyhar, Killarney Celtic and Castleisland not playing other sides were looking for 3 points to close the gap. The biggest movers are Inter Kenmare who are now 3rd. They just got the better of Fenit 4-3 to move to within three points of second placed Celtic. Sean Lucey got 2 with the others coming from Oisín Quill and Daniel Crowley. Mastergeeha took the points in their clash with Killarney Celtic C. Evan Buckley and Con Fleming swapped goals before Philip O'Leary gave all three points to the Kilbreen side.

The Park B had a hat trick from Martin Loucher, an og and a goal from Jack Burke in their 4-1 over Listowel Celtic B. But the day ended on a sad note for Burke who broke his arm. We all

wish him a speedy recovery.

FOUNDATION SPORTS 14 DIVISION 1:

Camp and Killarney Celtic B continue to top the table here but with Camp having a game in hand. Camp were 5-2 winners away to Camp. Jack Farrell and Seamus Boyle scored two each with Killian Falvey getting the other. Both Killarney Celtic sides in this division met and as expected the B's won. Alan Murphy, Eddie Murphy and Jordan Lee did the best for the B's with Jack and Kevin O'Connor the best for the C's. Celtic B and Camp are now on 18 points.

Killarney Athletic and Killorglin were involved in a cracker sharing 6 goals. Jason Coffey, Reece Hegarty and Finbar Murphy scored for Athletic with Mark O'Connor 2 and Evan Madden scoring for Killorglin. The draw leaves Athletic 4 points off top spot but with two games in hand.

TRALEE TROPHY WORLD 16 PREMIER:

There was only one game here with Killarney Athletics win moving them to within a point of second place. Padraig O'Brien hit a hat trick and Shane O'Donoghue the fourth while Oisín O'Brien replied for Fenit.

DIVISION 1: Second played third in Listowel with Celtic taking on Mastergeeha and it was the Kilbreen boys who kept up the chase on leaders The Park with a 2-1 away win. David Gleeson and Paul O'Connor from the penalty spot got the Mastergeeha goals.

Inter Kenmare moved above Listowel Celtic after they proved too strong for Athletic B. Daniel Taylor, Darragh Siochru, Dara Sweeney, Dan Twomey, Chris O'Sullivan and Joe O'Sullivan all scored.

KILLARNEY CELTIC NOTES

By Jimmy O'Sullivan Darcy

Congratulations to Irish U17 Ladies Player of the Year Savannah McCarthy of Listowel Celtic, who wore the captain's armband and did Kerry and her whole country proud.

RING OF KERRY CHARITY CYCLE: The Ring of Kerry Charity Cycle is one of the greatest charitable institutions in the whole country and Killarney Celtic are proud of all our members and all the other people who take part. While all of the causes are hugely worthwhile, we would ask those participating to consider supporting the Kerry Stars in particular.

LAST MAN STANDING: Week 4 saw just one stumbler, with 14 astute pundits left in the mix.

RESULTS: DENNY PREMIER: Killarney Celtic 3 St. Brendans Park 2

As always, this was another cracker between the two sides, with John McDonogh, David Hayes, and Gintarus Paketuras giving Celtic the edge.

LADIES LEAGUE: Listowel Celtic 7 Killarney Celtic 0

A great effort was to avail against an excellent Listowel side.

U14 DIV ONE: Killarney Celtic B 4 Killarney Celtic C 0

Both Killarney Celtic sides in this division met and as expected the B's won. Alan Murphy, Eddie Murphy and Jordan Lee did the best for the B's with Jack and Kevin O'Connor the best

for the C's

U14 GIRLS: Killarney Celtic 2 Listowel Celtic 0
Disappointingly, the girls received a walkover, something that is unusual by Listowel. Regardless of the result, a competitive game is always our first preference.

U12 PREMIER: Killarney Celtic 1 Kingdom Boys 1

A fantastic standard of play by two excellent teams. Kingdom Boys went one up but Padraig Looney forced an equaliser after sustained pressure by Celtic. Ruairi Doyle, Christian Casey, and Emmet O'Shea were the pick of Celtic, but there wasn't a poor player on the pitch for either side.

U12 DIV ONE: Killarney Celtic C 1 Mastergeeha 2

A brilliant effort by the lads, including a great goal by Evan Buckley, was denied as Mastergeeha clinched it with a late goal.

FIXTURES: MUNSTER JUNIOR CUP QUARTER FINAL:

Killarney Celtic at home to Newmarket Celtic, Sunday, 2.00pm

Denny Premier A: Killarney Celtic B away to Fenit Samphires, Sunday, 11.30am

U17 LEAGUE: Killarney Celtic away to Mastergeeha, Saturday, 2.30pm

U16 DIV ONE: Killarney Celtic away to Castleusland, Saturday, 12 noon

U15 PREMIER: Killarney Celtic at home to Listowel Celtic, Saturday, 12 noon

U15 DIV ONE: Killarney Celtic away to Ballyhar, Saturday, 12.30pm

U13 GIRLS: Killarney Celtic away to Killarney Athletic, Saturday, 2.00pm

U13 DIV ONE: Killarney Celtic B away to Kenmare, Saturday, 10.30am

U13 Div One: Killarney Celtic C away to Killorglin, Saturday, 10.30am

U12 NATIONAL CUP: Killarney Celtic at home to Southend, Saturday, 1.30pm

U11 GROUP ONE: Killarney Celtic away to Killorglin, Saturday, 2.00pm

U11 GROP TWO: Killarney Celtic B away to Killorglin, Saturday, 2.00pm

Please note that all of these fixtures may be subject to change. Players and parents are advised to stay in touch with team managements.

FOOTBALL FOR ALL

Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5.30pm-6.30pm at the Club Vitae Leisure Centre in the Quality Hotel. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729.

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality

soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981. There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 2, 3, 14, 21. No winner, four x match 3, Jennifer Lynch, Fossa, Catherine Fitzgerald c/o Breda Doona, D. Galbraith St. Marys Terrace, Emma Griffin c/o Denis €35 each. Next week's jackpot €5200, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We all saw the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738.

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.

KILLARNEY ATHLETIC A.F.C. NOTES

By Mary McCarrick

FIXTURES: Kerry Schoolboys/Girls League Saturday 8th March 2014

Under 7 & 8 Mini Blitz's

KINGDOM BOYS: Castleisland / Killarney Athletic 2.00pm

ASDEE / KINGDOM BOYS:

Moriarty's Centra Under 11

GROUP 2:

Listowel B v Killarney Athletic 2.00pm

Daly's Supervalu Under 13 Division 1

Killarney Athletic B v Listowel B 11.00am

Killarney Plaza Under 15 Division 1

Killarney Athletic B v Asdee 12.30pm TBC

Castlemaine v Killarney Athletic A 11.30am

Trophy World Under 16 Division 1 Plate

Park C v Killarney Athletic B 12.30pm TBC

Girls League Fixtures

Daly's Supervalu Under 13 Girls Premier

Killarney Athletic v Killarney Celtic 2.00pm

Trophy World Under 16 Girls Premier

Listowel Celtic v Killarney Athletic 2.00pm

RESULTS: Senior Division 1A

Killarney Athletic B 2 LB Rovers 4

This was top versus bottom clash and LB would have been favourites for this fixture from the off, not helped by the fact, Athletic missing players due to injury. With new management and formations, this was always going to be a learning curve for Athletic but will feel aggrieved not to have taken points from the game as Athletic had the better possession but shots were restricted to edge of the box due to great defending by LB. LB capitalised on 2 mistakes and a deflection to take an early 3-0

lead. Credit to the Athletic players who's heads didn't drop and continued battling away only to concede another early in the second half. Athletic were fighting an uphill battle but got goals back from the ever consistent Gary Moynihan and Paudie Clifford to rally late on. 2 missed chances close to the death cost Athletic a share of the spoils. Hard luck lads and keep plugging away. Training Friday at 7.00pm.

UNDER 16A: Killarney Athletic 4 Fenit 1

Despite missing 4 starters due to injury etc, Athletic got a great win played with a great passing game against a very young Fenit team. Only for a resilient defence and keeper by Fenit, this scoreline could have been easily more. Shane O'Donoghue with the first goal and a Padraig O'Brien perfect hat trick (1 left leg, 1 right leg and header) ensuring the win for the boys in blue.

UNDER 16B: Inter Kenmare 8 Killarney Athletic 1

Kasper with the goal for the b team who were depleted of players.

UNDER 14: Killarney Athletic 3 Killorglin 3

TRAINING TIMES: Tuesday

Under 14 7.00 – 8.00 Fossa astro turf

Senior 8.00 – 9.00 Fossa astro turf

Wednesday

Girls 6.00 - 7.00

Under 13 7.00 - 8.00 Fossa astro turf

Thursday

Under 15 6.00 - 7.00 Fossa astro turf

Under 16 7.00 - 8.00 Fossa astro turf

Friday

Under 11 and 12 3.45 – 5.45

Senior 7.00 – 8.00 Fossa astro turf

Academy under 6-10 5.00pm - 6.30 Fossa astro turf

MERCHANDISE: Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

Killarney Athletic Website: Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

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.

FIXTURES AND TIME CHANGES

Note changes in U13 Div.1 and U15 Div1 fixtures for Saturday 8-3-2014

U7's & 8's Mini Blitz in Ballyhar is OFF

U13 DIV.1: K.Athletic v Listowel B OFF

Ballyhar v St.Bernards OFF (fixture already played)

Inter Kenmare v K.Celtic B OFF

Killarney Athletic v Ballyhar 11oc new fixture

Killarney Celtic B v St.Bernards 10-30 new fixture.

U13 DIV.2: Asdee v Park B is now 12oc

U15 DIV.1: Ballyhar v K.Celtic B OFF

K.Athletic B v Asdee OFF

Camp v Killorglin A 1-30

Listowel B v Inter Kenmare 12-30

Castlemaine v K.Athletic A 11-30

U16 DIV.1 PLATE: Castleisland v K.Celtic B is now 11-30

GLENEAGLE PITCH & PUTT

By John O Halloran

Last Sunday we had a 36 hole v-par competition and the winners were John O Halloran, 2nd Trevor Shine, gross Denis Looney and 18 nett Steve Shine.

This Sunday we will be playing the Bob Casey inter club competition, firstly at Deerpark at 9.00am shotgun start and after at the Gleneagle.

KILLARNEY GOLF CLUB MEN'S RESULTS

By Sean Casey

Yellow Ball Team of 4

2 Scores Stableford to count including Yellow ball at every hole

1. Padraig Sheehan (13) Roland Janssen (15) Tony Walsh (20) Seamus Doheny (20) – 88 pts
2. Paul McMahon (18) Sean Goulding (8) Padraig Griffin (14) Ger Lenihan (15) – 87 pts
3. Donal Cronin (12) Eugene O Sullivan (4) Seanie Kelliher (11) Jim Sheehan (17) – 85 pts

19 of 22 yellow balls returned.
The Killarney Men's Club are looking for interested parties in taking charge of any the club teams for the coming season ahead. If you are interested then please contact Harry O'Neill at 086 6996368.

KENMARE GC NEWS

By: Mike Murphy

GENTS: 1st Mick O'Brien 17] 31pts
2nd Conor McSwiney [9] 29pts

Next weekend 3rd Round of District League.

KILLORGLIN GOLF CLUB NEWS

By Eileen Bell

Ladies Results: 12 Hole Stableford re-entry month of February: 1. Kathleen Keating (24/16) 27 pts. 2. Anne Kenny Foley (36/24) 26 pts (B6). 3. Eileen Bell (23/15) 26 pts

ROSS GC, KILLARNEY, GENTS CLUB

By: John Ivory

The following notes from the Ross GC, Killarney, Gents Club, are for publication on March 7th, please.

SPRING LEAGUE: The entry sheet for the MD O'Shea Spring League is now available on the noticeboard so please add your name to it as soon as possible.

OUR QUIZ NIGHT on Feb 28th went off very well and was well supported. We would like to thank the Killarney Oaks Hotel for their cooperation in this event, all those who sponsored spot prizes and those who supported the quiz on the night.

ROSS LADIES GOLF CLUB NOTES

Sunday February 9th 9 hole club sponsored competition.

Sunday March 16th club sponsored 18 hole

competition.

Monday March 17th St. Patrick's Day mixed scramble. Draw for partners, Sunday March 16th.

BEAUFORT GOLF CLUB

FIXTURES: As a mark of respect to Tom Grant the Captains' Drive in has been rescheduled to the 16th March'14 meet in clubhouse at 10am

WEEKEND SCRAMBLE: Sunday 9th March'14 9 hole scramble will take place at 10am

SPRING LEAGUE: Sponsored by Cahillane Butchers Killorglin. Ring clubhouse for time sheet.

QUIZ NIGHT: 7th March'14 Club Fundraiser in aid of junior golf will be held in the Clubhouse at 8pm all members are asked to support this and bring along family

And friends. Team of 4 €40

SYMPATHY: The Club would like to extend its deepest Sympathy and sincerest condolence to the Grant family. Tom will be sadly missed. RIP
MEMBERSHIP: Contact Beaufort Golf Club or website www.beaufort-golf-club.com for latest offers on membership and green fees.

Phone: 064 66 44440

Email: info@beaufortgolfresort.com

FIXTURES: 12 Hole Scramble sponsored by The Club is this Sun 9th March. First and second rounds of the Spring League have been extended to Tues 11th March. Next 12 hole re-entry Stableford sponsored by Lady Captain Maura O'Boyle continues until end of March.



Denis Pio Moriarty of Eddie Rockets Diner, New St, Killarney, presents a new set of playing gear to Killarney Celtic U-13 Captain David Dineen. Also included are front from left, Jared Barton, Darragh Dennehy, Liam Spillane, Caolan Ryan, Eanna Coleman, Niall McGillycuddy and Ryan O'Grady. Standing at back are Brian McCarthy (Coach), Ryan Kelliher, Michael Lenihan, Mark Kelliher, Denis Pio Moriarty (sponsor), David Dineen, Darragh Lyne, Patrick Darcy and Philip O'Sullivan (Manager). Picture: Eamonn Keogh (MacMonagle, Killarney)



KILLARNEY ROAD RUNNERS PICTURED AT ELVERY'S SPORTS STORE, NEW STREET WHERE THEY RECEIVED A TALK ON THE BEST FOOTWEAR TO WEAR WHILE RUNNING AND ALL UNDERWENT A FOOT SCAN. THE GROUP MET BEFORE THEIR EVENING RUN. BACK ROW L-R CIARA O'CONNOR, PAT HORGAN (ASSISTANT MANAGER OF ELVERY'S), DANIELLE McLoughlin, JONATHAN LENISTAN, POL WHITTALL, COLIN RYAN, KEVIN GRIFFIN, KAY DENNEHY, JAMIE O'SULLIVAN & RICHARD O'BRIEN. FRONT ROW L-R BEN O'BRIEN, BREA DUGGAN, PAULINE HERLIHY, FIDELMA CREMIN & DARREN O'BRIEN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Killarney Outlook

Available online at www.killarneyoutlook.com Every Friday from 12 noon.





RECIPES OF THE WEEK

SPICY TURKEY & PEPPER BAKE

This warming bake is a real family winner, it's cheap, low-fat and superhealthy

- 1kg potatoes, chopped
- 25g butter
- 300g chopped peppers
- 1 onion, chopped
- 500g pack turkey mince
- 1 red chilli, deseeded and chopped
- 1 tbsp smoked paprika
- 200ml hot chicken stock

Method

1. Heat oven to 200C/180C fan/gas 6. Cook the potatoes in a large pan of salted water for 12-15 mins or until tender. Drain well, then return to the pan and allow to steam for 3mins. Add some seasoning and the butter, then roughly mash with a fork and set aside until later.
2. Meanwhile, cook the peppers and onion in a large pan for 5 mins – the water in the peppers should stop them sticking. Stir in the turkey mince, chilli and paprika and cook until browned. Pour in the stock, then bubble for 10 mins until thickened. Transfer the turkey mince into an ovenproof dish, top with the mash and cook for 30 mins or until golden and bubbling.



STRAWBERRY CHEESECAKES

This speedy, low-fat recipe means you can enjoy creamy cheesecake without the guilt

- 85g low-fat biscuits (we used WeightWatchers ginger biscuits)
- 200g tub extra-light soft cheese
- 200g tub 0% fat Greek yogurt
- 4 tbsp caster sugar
- Few drops vanilla extract
- 2 tbsp good-quality strawberry jam
- 100g strawberries, hulled and sliced

Method

1. Put the biscuits in a plastic bag and bash with a rolling pin until you have chunky crumbs. Divide between 4 glasses or small bowls.
2. Beat the soft cheese, yogurt, sugar and vanilla together until smooth, then spoon over the crumbs and chill until you are ready to serve.
3. Stir the jam in a bowl until loose, then gently stir in the strawberries. Divide the strawberries between the cheesecakes and serve.



Citizens Information

Know Your Rights:

PAY FOR PUBLIC HOLIDAYS

QUESTION

I work 2 ½ days a week from Wednesday afternoon to Friday. Am I entitled to a day off for St Patrick's Day?

ANSWER

St Patrick's Day is a public holiday, one of nine public holidays in Ireland each year. Part-time workers who have worked for their employers for at least 40 hours in the five weeks before a public holiday are entitled to pay or time off for the public holiday.

If the public holiday falls on a day you normally work you are entitled to a day's pay for the public holiday. If you are required to work that day you are entitled to an additional day's pay.

If you do not normally work on that particular day you should receive one-fifth of your weekly pay. Even if you are never rostered to work on a public holiday you are entitled to one-fifth of your weekly pay as compensation for the public holiday.

In 2014 St. Patrick's Day falls on a Monday. In your case, even though you never work on Mondays you are entitled to one-fifth of your normal weekly pay for the St. Patrick's Day public holiday. Your employer can also choose to give you paid time off instead of pay for the public holiday (again one-fifth of your normal working week which is a half-day).

You can visit workplacereactions.ie to get more information on working hours, leave and public holidays.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Castleisland 0761 07 7790, 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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STOP USING FOOD AS A SUBSTITUTE FOR LIFE!

Life is the biggest banquet of all. To sit at the table of life asks us the most fundamental question – what is it to be alive? What does it mean to you? When we can answer this question and give ourselves the life experience that we most desire then our needs are being met. However, when we don't know what we want or won't allow ourselves to have the things that our souls hunger for we may begin to look for emotional substitutes. This can be anything from alcohol, sex, overworking, drinking, gambling, food etc. Interestingly the more we indulge in this substitute the more out of touch we become with who we are, what we want and our true joy and happiness. So, if you find yourself fighting against you when it comes to food, you may want to consider calling a cease-fire. When you find yourself reaching for food and you're not even hungry, relax, pause, take a step back and ask what you want the food to give you? You may or may not get an answer... that's okay, just asking the question is the key. Push the pause button on the eating experience every now and then, and listen into the silence. You'll hear something very compelling. It's your Life. And it's calling you.

If you would like to break through from emotional eating and discover more about the psychology of eating I am running a one day workshop called "What are you hungry for?" on Saturday 29th March (10 – 4.00pm) at the Meadowlands Hotel. €75.00. Booking essential.

066 9766374 | life_coachingunlimited@yahoo.ie





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09 Audi A4 2.0 TDi 92k, Black, Full Audi S/H

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SAFETY TIPS FOR OLDER DRIVERS

For most, continuing to drive as they get older is important as it helps them stay active in their communities and access essential services. However, as we age there are particular driving risks to be aware of. Issues commonly experienced by older drivers include:

- Changes in eyesight
- Health issues
- Medication side effects
- Uncertainty on busy roads and junctions
- Decline in physical strength

WHAT OLDER DRIVERS DO WELL

While older drivers face more physical challenges than younger drivers, generally speaking they're a lower motor insurance risk compared to other age-groups, especially young drivers. This is because older drivers usually:

- Wear seat belts
 - Don't drink and drive
 - Don't speed
 - Obey the rules of the road when they drive and demonstrate courtesy to other road users
 - Drive less kilometers compared to younger drivers and motorists driving to and/or for work
- Because of their physical frailty, older drivers are more likely than other motorists to suffer injury in the event of a car crash. With this in mind, it's important, if you're an older driver to keep up your driver fitness levels.

KEEPING FIT TO DRIVE

- Make sure you have regular eye and hearing check-ups
- Avoid driving when you're tired
- Avoid driving on unfamiliar roads, at night, in bad weather and during rush hour traffic
- Share the driving when travelling longer distances



- Allow yourself longer driver reaction times
- Leave plenty of room between your car and the vehicle in front
- Indicate in plenty of time
- Drive cautiously
- Keep your car well maintained
- Never drive if instructed not to by a doctor
- Be aware of medication side effects and whether or not they'll impact your driving.
- If driving grandchildren around, fit approved child car restraints in your vehicle correctly
- Stay physically active as this'll help with actions such as turning the car's steering wheel and looking over your shoulder
- Know when it's time to consider hanging up your car keys. If you become confused while driving or you're concerned about your ability to drive safely it may be time to consider alternative forms of transport.

DRIVING CAREFULLY AROUND AREAS WITH LOOSE LIVESTOCK

With almost 91,000kms of regional and local roads in Ireland, it is not uncommon

for motorists to come across loose livestock. Livestock have been mentioned in many an AA Roadwatch radio report over the years with "horses loose" or "geese waddling" a common occurrence. It may make for a light-hearted listen whether it is deer, swans, cattle, horses, sheep or goats but they all pose a danger for motorists. Animals don't usually cause that many single vehicle collisions but motorists must be aware how to behave if they do come across livestock. According to the RSA, there were twenty cases of injury and zero fatalities in 2010. This is a relatively low number compared with the number of single vehicle collisions with ditches. In 2010, there were 23 fatalities and 595 cases of injury.

If motorists come across loose livestock or farmers moving animals; it is imperative that motorists be patient and do not startle the animal.

- Always slow down and be prepared to stop when approaching or overtaking animals.
- You must obey any signal to slow down or stop given by the person moving animals.
- Motorists should avoid using their horn if an animal is in front as it might frighten them. A warning sign will be in place on roads where animals are common.

CAR SECURITY

Tips to aid in the prevention of car theft

With modern cars being fitted with complex immobilizers, a common tactic for thieves these days is to take keys off hall tables or from convenient key racks near the door, simply by 'fishing' for them with a pole through the letterbox.

The days of 'hot-wiring' cars are for the most part behind us. However tactics have changed. Thieves will now target car keys, and will

sometimes break into a house to look for them. It is a mistake to leave them in an obvious place like on a hall table.

Burglars are also adept at opening doors secured with conventional slam-shut barrel locks. Once in the house, they'll often find the keys left on a table or sideboard and can make a quiet getaway in the stolen vehicle.

Tips to tackle car thieves:

- Don't be a temptation to the thief – lock your valuables in the boot.

- Park legally in a secure place.
- Lock the doors when driving.
- Park before 11.00pm for greater comfort.
- Use off street car parks.
- Lock the car! It is all too easy to forget the obvious.
- Use a steering wheel lock especially if you're driving an older vehicle. Cars built before 1996 are at high risk. Cars built after 1996 are at low risk and cars built after 1999 are at very low risk. Discount for Fire, Theft or Glass claims.



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RAMBLING HOUSE

Sean Hurley will be recording the Rambling House at the Sliabh Luachra Heritage Centre Scartaglen on Monday March 10th for his Radio Kerry Kerrywide programme. Commencing 8.30 pm. Admission free. Raffle and refreshments. All are welcome.

BIRDWATCH IRELAND SEEKS VOLUNTEERS TO HELP FIND NESTING CURLEWS

The Curlew may be facing extinction as an Irish breeding bird. Volunteers are needed to help locate pairs during this year's nesting season, which runs from April to July. At present, there is no clear idea of how many pairs remain; there may be as few as 100. Curlews often nest in remote uplands or bogs and so can be hard to find, but Birdwatch Ireland plans to survey areas where there have been previous reports of sightings. If you can take on an area to survey, please email Anita Donaghy at adonaghy@birdwatchireland.ie Full details and training will be provided.

WILL YOU SUPPORT TROCAIRES LENTEN CAMPAIGN?

Since its inception, Trócaire has been committed to bringing about a more fair and just world. We have witnessed the devastating impacts of Climate Change on some of the world's poorest communities. We recognise that Climate Change is not an issue that will be resolved in the short term. What we do in these early years to combat Climate Change will dictate what is possible in terms of poverty eradication and global justice in the years to come. We all need to adopt a more responsible approach to energy consumption and the natural environment. It involves all of us making small changes in our lives now which will, in turn, benefit all of us in the future. It's Up to Us! This year's Trocaire Lenten campaign presents us with one of the most challenging and universal human rights issues in our world today – water. Water is a basic human need, and yet in large parts of the developing world, people do not have adequate access to clean water in order for life to flourish. Despite the fact that in Ireland we seem to have an endless supply of rain, is a very precious resource and one which we must carefully conserve for future generations. At the moment we are doing the opposite. Nationally, we use 70% more water today than we did 40 years ago! More than 1,700 million litres of water are used in Ireland every day, and the average adult in Ireland uses about 150 litres per day.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

Scientists at BHF Health Promotion Research

Group, Nuffield Department of Population Health, at the University of Oxford, England compared the effects of eating one daily apple to taking statin drugs (used to lower cholesterol levels) among British adults aged 50 and up. The study participants made no other dietary or lifestyle changes and their mortality rates from heart attacks and strokes were recorded. Scientists found that eating an apple a day or taking statin drugs daily resulted in an equivalent reduction of mortality. The scientists also estimate that if 70% of the 50+ population of the United Kingdom simply ate one apple daily, 8500 deaths every year due to heart attack or stroke would be averted. And, if 90% of the British population over fifty ate a daily apple, the number of lives saved would climb to 11,000 annually. Scientists also found that prescribing statin drugs to everyone over the age of fifty, would result in 1200 additional cases of myopathy, 200 additional cases of rhabdomyolysis, and 12,300 additional cases of diabetes annually. The great news is that if people ate a daily apple instead of taking statin drugs to prevent heart attacks and strokes, there would not be an increase in any of these serious conditions the scientists added. The researchers concluded that "An apple a day or a statin a day is equally likely to keep the doctor away." They added "We find that a 150 year old proverb is able to match modern medicine and is likely to have fewer side effects." WARNING – As always consult your Doctor for advice and NEVER stop taking prescribed medication unless your Doctor advises you to do so.

THIS WEEKS QUOTE

If you don't like how things are, change it! You're not a tree - Jim Rohn

ON THIS DATE – MARCH 7TH

1530 - Pope Clement VII refused Henry VIII's request to divorce Catherine of Aragon. Henry then declared that he, not the Pope, was supreme head of England's church.

1774 - British closed port of Boston to all commerce.

1854 - Charles Miller patented 1st US sewing machine to stitch buttonholes

1864 - Archbishop Paul Cullen issues a pastoral for St. Patrick's Day denouncing Fenianism

1876 - Scotland's Alexander Graham Bell patented the telephone.

1921 - Limerick Mayor George Clancy was shot and killed in his home by disguised members of the Black and Tans

1923 - Five Republican prisoners were blown up with a Free State landmine at Countess Bridge near Killarney within 24 hours of the Ballyseedy Massacre, one victim escaped to tell the story.

1965 - US Troopers with night sticks, shotguns and tear-gas grenades violently confronted 600 civil rights marchers during an attempted 50-mile march from Selma to the Alabama state capitol Montgomery.

1999 - A human chain was formed around the Central Bank in Dublin to highlight the

campaign to cancel unpayable Third World debt for the millennium. Over 400 people took part in the ceremony organised by Trocaire, Jubilee 2000 and the One World Network of Students in Ireland. Similar events were held in as many as 50 other countries across the world. 2005 - Calling the story of the Irish in America "an important part of the history of our country," President George W. Bush proclaimed March as Irish-American Heritage Month.

ELEPHANT ESCAPES DEATH

Authorities in Zimbabwe say that a suspected poacher was killed by an elephant after he attempted to shoot the animal. Rangers found the body of Solomon Manjoro inside a national park, and believe he was attempting to poach in the protected Charara safari area. It is believed Manjoro and an accomplice entered the park with plans to hunt elephants for their ivory. It seems that when Manjoro and his friend, Noluck Tafuruka, finally tracked down an animal and attempted to shoot it, the elephant charged. Manjoro was killed in the incident and Tafuruka is now in custody, along with a third man suspected of involvement. The surviving pair appeared in court where they faced charges of illegal weapon possession and contravention of local wildlife laws. Sadly, pachyderm poaching has been on the rise lately, as the black market demand for ivory continues to increase. This elephant, perhaps knowing the danger he was in, protected himself.

NEOLITHIC FARMERS PREFERRED MILK OVER FISH

The appearance of farming, from its inception in the Near East around 12 000 years ago to the northwestern extremes of Europe by the fourth millennium BCE or shortly thereafter has led to various models being created to explain the Neolithisation of northern Europe. New research by archaeologists and chemists from the University of Bristol and Cardiff University attempts to answer the question of dietary change utilising multiple evidence strands, from the Late Mesolithic into the Neolithic and up to 1400 CE. The team, led by Professor Richard Evershed of the University of Bristol's School of Chemistry, developed new techniques in an effort to identify fish oils in cooking pots. Their findings, together with archaeozoological and human skeletal analysis explored by the Cardiff group led by Dr Jacqui Mulville, confirmed that a drop in marine resource usage by early farmers coincided with the adoption of intensive dairy farming, with more than 99 per cent of the earliest farmer's cooking pots lacking any marine derived residues. Human bone collagen contains a unique chemical signature for those eating seafood; while the early fisher folk possessed this signature it was lacking in the later farmers, which backed up the lack of marine residues in the pottery. The Bristol team used a compound-specific carbon isotope

technique they have developed to identify the actual fats preserved in the cooking pots, showing that dairy products dominated the menu right across Britain and Ireland as soon as cattle and sheep arrived. The ability to milk animals was a revolution in food production as, for the first time humans did not have to kill animals to obtain food. As every farmer knows, milking stock requires a high level of skill and knowledge. In view of this, team member, Alison Sheridan from National Museums Scotland concludes that: "The use of cattle for dairy products from the earliest Neolithic confirms the view that farming was introduced by experienced immigrants." Viewed together the findings show that Early British hunters ate a diet rich in venison and wild boar as well as eating quantities of sea food, including seals and shellfish. With the introduction of domestic animals some 6,000 years ago they quickly gave up wild foods and fishing was largely abandoned with people adopting a new diet based around dairying. It was another 4,000 years before sea food remains appeared in pots again, during the Iron Age, and it was only with the arrival of the Vikings that fish became a significant part of our diet. This pattern of Neolithisation contrasts markedly to that occurring in the Baltic at exactly the same time, suggesting that geographically distinct ecological and cultural influences dictated the evolution of subsistence practices at this critical transitional phase of European prehistory.

ELECTRIC CAR THAT ALLOWS A WHEELCHAIR TO ROLL RIGHT IN

Weighing in at around 1,000 lbs., the Kenguru—Hungarian for "kangaroo"—is an electric vehicle designed specifically for wheelchair users. Drivers roll their wheelchair in through a pop-up backdoor and use motorcycle-like handlebars to steer. The car, which goes into production in the next year, provides unprecedented access to transportation for wheelchair users. The concept for Kenguru originated in Hungary six years ago, with automaker Istvan Kissaroslaki, but the project

never got off the ground because of financial troubles. That's when Texas lawyer Stacy Zoern stepped in. For Ms. Zoern, accessible and affordable transportation for wheelchair users is personal—she has spinal muscular atrophy and uses a wheelchair. So when she heard about Kenguru, she called Mr. Kissaroslaki and convinced him to move the company to the U.S. The two worked together to set up Community Cars, which now manufactures the Kenguru, and have raised the \$4 million needed to produce the E.V. The seven-foot car has a maximum speed of just 25 miles per hour and an estimated range of about 60 miles on an eight-hour charge, it's designed more for commuting and errands around town and has a \$25,000 price tag. The Kenguru 2.0 will feature a joystick-controlled "steering wheel" for those users who do not have the upper-body strength to operate the current model.

THE STORY BEHIND NUTELLA

In the 1940s, Italian pastry maker Pietro Ferrero created "pasta gianduja" — "pasta" meaning paste and "gianduka" named after a carnival character used in the original ads. Chocolate was in short supply due to rationing during World War II, so Pietro used hazlenuts in the spread, which were plentiful in the region. Pasta gianduja was first made in loaves, wrapped in foil and sliced, then served on bread. Children often would throw out the bread, so Pietro altered the product to be spreadable and sold in a jar, renaming it "supercrema gianduja." In 1964, the product was renamed "Nutella."

URBAN BIRDS USE CIGARETTE BUTTS TO KEEP PARASITES AWAY

Birds often bring parasite-deterring plants into their nests, but some city birds faced with different nesting materials in the city, have taken to using the cellulose fibres from smoked cigarette butts instead. As every smoker knows Nicotine is forced through the fibres when someone smokes a cigarette, and the study authors speculate that this chemical might act

as a mite repellent. The team set up parasite traps in house sparrow and house finch nests in Mexico City. The heated traps attracted parasites, which then became stuck to pieces of tape. The researchers included cellulose fibres from the filters of smoked cigarette butts in some traps, and fibres from the filters of unsmoked cigarettes—which would not contain nicotine—in others. The researchers also analysed the birds' nest materials and found that 89% of house sparrow and 86% of house finch nests contained cigarette-butt fibres. The more fibres the birds used, the fewer mites the team found in the nest.

DID YOU KNOW

Researchers surveyed a total of 2,000 women in a detailed study about women's make-up habits and beauty routines. Nearly one in five women said they would refuse to open the front door if they hadn't their make-up on. The "average" woman will spend more of her life wearing make-up than not. In a typical day, women will have a face full of cosmetics for nearly 13 hours a day and will have just 11 hours free from it. The "typical" woman puts on her 'face' at precisely 8am and spends 11 minutes applying it. A quarter of women said they don't remove their face until gone 10.30pm. 58% of those polled said they make a point of leaving their make-up on all evening if they know guests might be popping in. 38% admitted to frequently going to bed with all their make-up intact. 10% said the more make-up they have on the better they feel. Well over half surveyed said they feel much less confident when completely bare faced and 50% said they dreaded anyone seeing them without make-up. 38% said their make-up bag was full of the same products that they had been using for years. 16% per cent confessed to loving to buy the latest cosmetics. The "average" women will spend £147 on cosmetics in a typical year and has around 13 items in her make-up bag. Foundation, concealer, mascara and eye shadow were said to be the most popular cosmetic items.

FINALLY THIS WEEK:

A child who reads will be an adult who thinks.

KERRY STOP SEX TRAFFICING CAMPAIGN

March 8th is International Womens Day

SABRIANA'S STORY

Sabriana was introduced to a man called Yani by a neighbour in her village as someone who would help her to a better life in Western Europe. She would earn good money, have a new life and be able to send money home to her elderly mother and father. She agreed to pretend to be married to the man and went with him using false documents he procured. But what began as a journey of hope soon

became a living hell.

As soon as she reached London she was beaten and abused, she was locked up, told she would be put in jail if the police caught her. Yani forced her to sell sex. Foolishly she hoped for the best because she did not want to believe that it could get worse. It did when Yani sold her to another man and she had to work in brothels and clubs. Without documents escape was almost impossible, she was controlled through a combination of promises, lies, threats and violence. She was eventold that her parents would be killed if she tried to escape. Months later she was sold on again and was moved to Dublin from where she was regularly sent to

'visit' provincial towns. After a severe beating Sabriana decided she had to get out. She escaped and arrived in a Garda Station afraid, bruised, with broken ribs and teeth. Sabriana's saga is not yet over. She is now in the asylum process. She lives in fear that the 'owner' who beat her will find her again. She fears being deported and also that her parents will suffer because of her escape. It is estimated that over 400,000 women and girls are trafficked into and within Europe every year. Sabriana is one of the many who's suffering and misery is unimaginable..... Ruhama.



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**.

To make an appointment call **064 6636416**.
info@southwestcounselling.ie
info@kerrylifeline.com

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

Health Matters....

With Dr. Michael Moloney

TENNIS ELBOW (LATERAL EPICONDYLITIS)

Tennis elbow is a common condition which causes pain and inflammation of lateral (outside) of the forearm just below the elbow joint.

It is an overuse injury in which partial tears of the extensor tendons occur at the point at which they insert into the bone. The extensor muscles are the muscles that extend the wrist. We commonly use these muscles while clicking the mouse on a PC or twisting a screwdriver. It is typically the injury associated with poor backhand technique in tennis players, although I more commonly see it in avid Wii users!

Xrays and other imaging are rarely required in order to make the diagnosis.

Treatment

If you feel you may have tennis elbow it is reasonable to rest from activity for a few days and use ibuprofen and heat packs. If the symptoms are severe or persist you should seek an appointment.

There are many different treatment options available for tennis elbow. The main aim of treatment is to reduce the symptoms until natural healing occurs (which can take 6-12 weeks). Treatments range from physiotherapy and ultrasound to steroid injections. There is some evidence to suggest that autologous blood (one's own blood) injected onto the tendon may improve healing.

Steroidal injections are very popular as they help reduce pain in the short term but recent evidence suggests that they may prolong the healing time overall and can occasionally cause rupture of the tendon. Acupuncture has been shown to be safe and effective in relieving the symptoms of tennis elbow.

If the symptoms are persisting or if the injury is sport related advice should be sought for rehabilitation exercises. Ones sporting technique may have to be examined and modified to prevent recurrent injuries. Counterforce bracing (special brace on forearm) may also be of benefit.

If you have any further queries please do not hesitate to contact me on 064 6620628



Dr. Michael Moloney,
 MB, BCH, BAO, BMedSci MMedSci, DOWH, MCGP
 Specialising in Sports Medicine, Acupuncture,
 Paediatrics and Womens Health.
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NOVENA TO THE SACRED HEART

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

x

THE MIRACLE PRAYER

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

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.
Thanksgiving for favour received
and promised publication.

NOVENA TO THE SACRED HEART

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

THANKS GIVING

Sacred Heart of Jesus, Padre Pio and Our
Blessed Lady, a thousand thank you for
everything and all the Saints and Souls.

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within
Your own heart where your Father sees it.
Then in his merciful eyes it will become your
favour not mine. Amen.

Say this prayer for three times for three days
and your favour will be granted. Never know
to fail. Must promise publication of prayer.
In thanksgiving.

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light
all roads so that I can attain my goal. You gave
me the divine gift to forgive and forget all evil
against me and that in all instances of my life
you are with me. I want in this short prayer to
thank you for all things you have given me as
you confirm once again that I never wanted to
be separated from you in spite of all material
illusions. I wish to be with you in Eternal Glory.
Thank you for mercy towards me and mine.

This prayer must be said for three days, after
three days the favour will be granted.

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within
Your own heart where your Father sees it.
Then in his merciful eyes it will become your
favour not mine. Amen.

Say this prayer for three times for three days
and your favour will be granted. Never know
to fail. Must promise publication of prayer.
In thanksgiving.

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.

Pray, whether you believe or not.
Publish on the 9th day.

May the Sacred Heart of Jesus be praised,
adored & glorified today and always.
Request will be granted no matter how
impossible it may seem.
Publication must be promised.

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.

x

PRAYER TO ST. JOSEPH

O St. Joseph, whose protection is so great, so strong,
so prompt before the throne of god, I place in you
all my interests and desires. O St. Joseph, do assist
me by your powerful intercession, and obtain for
me from your divine Son all spiritual blessings,
through Jesus Christ, Our Lord. So that, having
engaged here below your heavenly power, I may
offer you my thanksgiving and homage to the
most loving of Fathers. O, St. Joseph, I never weary
contemplating you, and Jesus asleep in our arms; I
dare not approach while He reposes near your heart.
Press Him in my name and kiss His fine head for me
and ask Him to return the kiss when I draw my dying
breath. St. Joseph, Patron of departing souls pray for
me. this prayer was found in the fiftieth year of Our
Lord and Saviour Jesus Chris. In 1505 it was sent from
the Pope to Emperor Charles when he was going
into battle. Who ever shall read his prayer or hear it
or keep it about themselves, shall never die a sudden
death, or be drowned, nor shall be burned in any
fire or shall be overpowered in battle. Say for nine
mornings for anything you desire. It has never been
known to fail, so be sure you really want what you
ask for. In thanks for request granted.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.
Publication of prayer and favour will be
granted.

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light
all roads so that I can attain my goal. You gave
me the divine gift to forgive and forget all evil
against me and that in all instances of my life
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Thank you for mercy towards me and mine.
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three days the favour will be granted.

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

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

Amen.

Say this prayer for three days.
Publication of prayer and favour will be
granted..

x

PRAYER TO THE VIRGIN MARY NEVER KNOW 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. **N.O.D.**

PRAYER TO THE VIRGIN MARY NEVER KNOW 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
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said for three days and after that the request will
be granted and the prayer must be published
immediately. **B.T.**

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.
Publication of prayer and favour will be
granted.

B.T.

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- 30 Minute choice of a Full Body Scrub
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