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KILLARNEY Outlook

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Killarney looked amazing last week in the aftermath of Storm Emma. And while the snow days were enjoyed by all, it is time to get out and about with a spring in our step. There is a busy weekend in store for the town this weekend. Daffodil Day is being launched, registration opens for the Ring of Kerry cycle and the inaugural Killarney Mountain Festival is taking place. Killarney Musical Society are all set to tread the boards in their 33rd production of "Sweet Charity"; a Killarney blogger is set to represent her mum on Winning Streak and there is a appeal for blood donations following Storm Emma. All this and so much more in this week's Killarney Outlook - Enjoy!

Aisling Crosbie
Editor



Designer showcase for Kilcummin NS

6



24

Snow day in and around Killarney

Mountain Festival this weekend



The inaugural Killarney Mountain Festival is set to take place this weekend. The committee, under chairperson Maureen Hegarty have been working extremely hard in the run up to the event and have a programme of over forty outstanding events running

throughout the weekend, including outdoor adventure films, guest speakers, guided walks, park run, photography exhibits and children's activities. The main hub of the festival is Basecamp and everyone is invited there each day to soak up the atmosphere.

Kerry to launch Daffodil Day today

Members of the Killarney Daffodil Day Committee will host the launch of Kerry's Daffodil Day in the Towers Hotel, Killarney today, Friday, 9 March at 10am. Daffodil Day, proudly supported by Boots, takes place on March 23rd and funds the Irish Cancer Society's vital services for cancer patients and their families in Kerry and nationwide.

The local Daffodil Day committee are appealing to the public to volunteer to sell daffodils on 23 March and to donate to support people affected by cancer.

Speakers include: • Chairperson of the Killarney Daffodil Day committee Eugene O'Sullivan • Michéal O'Cinneide, Volunteer Driver from Tralee, who helps patients get to their chemotherapy appointments. Last year 521 journeys were facilitated for 51 patients from Kerry who used the Volunteer Driver Service to get to their chemotherapy appointments. • Kate O'Connell, local Irish



JAMES GILLERAN FROM DUBLIN IS PICTURED WITH MIRIAM O'CALLAGHAN AT THE LAUNCH OF DAFFODIL DAY 2018. PICTURE ANDRES POVEDA

Cancer Society Night Nurse who will talk about her work to support terminally ill cancer patients at home. Last year 303 nights of care were provided to patients in Kerry.

Registration for Ring of Kerry 2018 opens tomorrow

Time to dust off the bike and get in gear for this year's Ring of Kerry Cycle.

Registration for the event on the 7th of July opens at 8am tomorrow, Saturday on the cycle website. When registering cyclists will have a opportunity to select a charity to cycle for by clicking the appropriate button. Having done so one can then opt to request a sponsorship card or alternatively make online donation through EveryDayHero. The process is straight forward much like booking a concert ticket/ airline ticket So make sure to get in and register.



MARK SHOOSMITH, CYCLIST, LEFT, CATHAL WALSH, RING OF KERRY PRO, AND ANTHONY CRONIN, CYCLIST, GETTING INTO PRACTICE FOR THE ANNUAL THE RING OF KERRY CHARITY CYCLE. PHOTO: VALERIE O'SULLIVAN

Dance the night away on Saturday night at Basecamp Coors Bar, but make sure to wake up for the Mountain Festival 10K Race will take place on Sunday and Registration will take place at Basecamp (tent marquee behind the Plaza Hotel) between 8.45am – 9.30am on Sunday 11th March.

The run will start at 10am from Mission Road. Runners, Joggers and Walkers welcome! All proceeds will go to the Killarney Micro-Track fund. for more information and route map see www.killarneymountainfestival.com

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PARENTS ASSOCIATION OF KILCUMMIN SCHOOL, ALONG WITH PUPILS LAUNCH THEIR FUNDRAISING DESIGNER SHOWCASE.

"It is set to be one of the biggest shows of the season" that's how host and producer Norma O'Donoghue of the "Designer Showcase" in aid of Kilcummin National School which takes place at the Great Southern Hotel Killarney on April 19th has described the event.

With some of the top designer names in Munster as well as a number of some very well known local designers, the line up is sure to bring a huge interest in particular with those who like fine fashion.

The event, which is a follow on from the success Liam Lawton

concert for Kilcummin National School, which was held prior to Christmas in the Cathedral in Killarney, is hoping to raise enough funds to complete the flooring of the Schools soon to be completed hall.

"At the launch of the Fashion Show, members of the public got a tour of the new building with everyone very excited about it and we want to get close to the line with the funds raised from this night" Tom Keane one of the event organisers told the Killarney Outlook

The show will feature new designs from Lynes of Killarney, Mods and Mini's, Claire Garvey Marion

Murphy Cooney, Valerie O Shea, Tina Griffin, Carol Kennelly, Cathy Troth, Rebekah Wall Hazel Comyn, Mary Brosnan, McBees Killarney, Phoenix V Cork, Silk Peaches Cork, Serenity Cork Scarlett Killarney, Jasmine Tralee and Virginia Bridal Limerick.

Tickets are on sale now costing €25 available from Scarlett's on Scott's Street, Killarney Royal Hotel, Quills in Killarney, Kilcummin National School, Kilcummin Post Office, Currow Post Office or on textline to 087- 7023681



LYNE'S OF KILLARNEY OFFERING AN EASY PAYMENT SCHEME FOR UNIFORMS.

Easy Payment Scheme makes life easier at Lyne's of Killarney

There couldn't be a better time to start preparing for the 2018/19 school year and Lyne's of Killarney is the place to do just that. With an Easy Payment Scheme in place, parents are being offered a €10 voucher to start them off. It's a great way to ease the financial burden on parents at the beginning of the school year. Every time you are passing you can pop in and put a few euros into the scheme which will all go towards the uniform costs. Lyne's of Killarney have

been supplying top quality uniforms to all schools in the Killarney area for the past 65 years. They cater for all primary schools in the Killarney area and are suppliers to all the secondary schools, including St. Brigid's, St. Brendan's and Killarney Community College. Based on High Street, all aspects of the school uniform are catered for at Lyne's of Killarney. From school bags to shoes and jackets to jumpers, everything is available to get you back to school at Lyne's of Killarney.

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Friday 9th - Thurs 15th Mar 2018

DAMO & IVOR 134 120 minutes THURS 9:00	BLACK PANTHER 134 133 minutes THURS 8:20 NO 8:45 SHOW SAT-SUN OR THURS
TOMB RAIDER 134 125 minutes THURS 8:55	TAD THE LOST EXPLORER PG 110 minutes SAT/SUN 12:20 2:20 4:20
FRIDAY/SATURDAY/SUNDAY KILLARNEY MOUNTAIN FESTIVAL IRELAND'S ADVENTURE CAPITAL	
EARLY MAN PG 110 minutes SAT/SUN 12:10 2:10 4:10	RED SPARROW 16 120 minutes 7 DAYS 6:15 8:40
JUMANJI 134 123 minutes SAT/SUN 2:10 4:15	LADY BIRD 134 130 minutes 7 DAYS 6:40 9:00
COCO PG 110 minutes SAT/SUN 12:15 2:25 4:35	ALSO SHOWING
<ul style="list-style-type: none"> 134 GAME NIGHT 100 minutes 7 DAYS 6:30 9:00 18 KOBITY MAFII (WOMEN OF MAFIA) 120 minutes SAT/SUN 8:40 18 FINDING YOUR FEET 120 minutes 7 DAYS 6:35 18 FIFTY SHADES FREED 110 minutes MON-WED 9:00 	
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It's almost showtime... KMS present Sweet Charity



BACK ROW L - R IRENE HURLEY, BRID O'CALLAGHAN, ILONA MCCUBBREY, ANNELIE FLEMING, SHIRLEY CORCORAN, NIAMH O'CARROLL, KATE CAMERON, MARY O'CALLAGHAN, ORNA CLEARY O'SHEA, NIAMH BLANCHE, HARRIET MCGUIGAN, CLAIRE SHEEHAN, SARA-JANE HOLBEIN



AOIBHE O'CONNOR, BRONAGH MURPHY, AMANO MIURA, CAIT O'SULLIVAN, DZANA BUTVIC, ELISE O'DONOGHUE, SHEREE MURPHY, ANN IVORY, JESSICA MURPHY, SIOBHAIN BUSTIN

Killarney Musical Society are putting the finishing touches to this year production - Sweet Charity as they polish up their dance numbers, work on the sets and finalise the costumes.

This is the society's 33rd production and rehearsals are in full swing for the show which will take place at the INEC from Wednesday March 14th to Friday March 16th.

Tickets can be purchased by calling to our pop up stand this Saturday & Sunday at Killarney Outlook Centre, calling 087 1342314 or the INEC Box Office on 064 66 71555. Sweet Charity

follows the romantic trials and tribulations of Charity Hope Valentine, played by Killarney local Lily Mc Monagle "a girl who wanted to be loved." Charity is a taxi dancer, a dance partner-for-hire at a dance hall in New York City. Though the job may be decidedly undesirable, Charity's hopeful romanticism and unflinching optimism lift her out of her circumstances and help her reach for a life beyond. In the past, she's been strung along and hung out to dry by a series of bad relationships and lousier men. When she meets Oscar, played by Rory Ward, a neurotic, shy actuary

seemingly from another world, will she finally find true love at last? One of the most famous shows by legendary director/choreographer Bob Fosse and with a laugh-a-minute script by the incomparable Neil Simon, every audience is destined to fall in love with Charity's limitless spirit, as she lives life "hopefully ever after."

"We would like to take this opportunity to thank all of our patrons and sponsors for their continued financial support, this support is vital to the success of the society and we are truly grateful, our main sponsor again this year is Independent Irish

Health Foods Ltd, thank you for your support, it is very much appreciated", Irene Hurley, PRO for the society told the Killarney Outlook. "The countdown is well and truly on and we guarantee you will be singing and dancing along with us to all our big numbers, that delight all audiences to include: "Big Spender," "If My Friends Could See Me Now," "There's Gotta Be Something Better Than This," "I'm a Brass Band" and "Baby, Dream Your Dream". We look forward to seeing you all in The INEC On March 14th, 15th & 16th", Irene added.



THE FULL CAST OF KILLARNEY MUSICAL SOCIETY'S PRODUCTION OF SWEET CHARITY



BACK ROW L - R RORY WARD, GERRY ADAMS, MIKE MALONEY, PADRAIG CREEDON, DAVID REEN, JOHN WALL FRONT ROW L- R JACK BROSAN, DAVID PURCELL, ABEL BENITO



SHIRLEY CORCORAN, SARA-JANE HOLBEIN, NIAMH BLANCHE, KATE CAMERON, NIAMH O'CARROLL, DANIEL MAGUIRE, IRENE HURLEY

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Community Energy Initiative project launched in South Kerry



LAUNCHING THE INTERREG NORTH WEST EUROPE CREATING NEW LOCAL COMMUNITY ENERGY CO-OPS (ECCO) PROJECT WIM CEULEMANS (INNOVATIESTEUNPUNT BELGIUM) LEAD PARTNER; SEÁN DE BUILTLÉAR, PROJECT MANAGER SKDP (CENTRE) TOM SCHAEKEN (BELGIUM); STEPHEN O'SULLIVAN (FEXCO); DIRK VANSINTJAN (PRESIDENT RESCOOP); FINOLA MOYLETTE (DEPT. RURAL & COMMUNITY DEVELOPMENT) (BACK FROM LEFT) ENDA GALLAGHER (DEPARTMENT OF CLIMATE ACTION); PADRAIG MALLON (KERRY GROUP); NOEL SPILLANE (CEO SKDP); CLLR. NIAL KELLEHER (MAYOR KILLARNEY MUNICIPAL DISTRICT) AND DELEGATES IN THE GREAT SOUTHERN, KILLARNEY ON THURSDAY.

Delegates from across the North West of Europe as well as from around Ireland were in Killarney last week for the launch of the INTERREG North West Europe Creating new local Community Energy Co-ops (ECCO) project. The project will be rolled out in the region by South Kerry Development Partnership CLG. (SKDP) who are one of eleven partners in the project. Other partners are based in Belgium, France, The Netherlands, Germany and Wales and the project is aimed at looking at the opportunities that exist for communities in these regions through developing the renewable energy assets that exist in their areas. The project is being supported by both The Department of Rural & Community Development and the Department of Climate Action as well as Kerry Group and FEXCO and will run for the next three years. Project manager with SKDP Seán de Buitléar said that there are

potentially significant economic and social benefits available to the communities in South Kerry from owning and developing the renewable energy assets that exist in their areas. "Many communities across Europe have realised the potential the renewable energy sector offers for them and have embraced it fully. We hope to be able to benefit from our partners knowledge and experience and accelerate the development of such community owned co-ops in the region" Seán said.

Welcoming delegates at the event SKDP CEO Noel Spillane thanked both Departments for their support for the project saying that their financial contribution means the SKDP can take a full part in the project. "It is also hugely positive for us that both FEXCO and Kerry Group, two hugely successful indigenous companies, have come on board to support this project and

it shows their commitment to the development of communities in the county" Noel said.

Speaking at the launch Mr. Enda Gallagher of the Department of Climate Action welcomed the involvement of SKDP in the project saying that while Ireland has lagged behind its European counterparts in relation to the development of the community owned energy projects sector, this project offers us an excellent chance to move forward in this area. He added that getting communities involved with such projects has been identified by the Department as being very important in the development of the energy sector in the country going forward. The project will run for three years and will explore and develop some of the opportunities that exist in the energy sector for the communities of South Kerry.

Letter to the EDITOR

Dear Editor,
Events of natural disaster can bring out the very best in people. This has been exemplified within Irish society the past week and in particular within our health services. Nursing Homes Ireland takes this opportunity to acknowledge, commend and thank staff within our nursing homes across the country. Nursing homes are reliant upon staff across a range of disciplines to meet the health and living care needs of people who require round-the-clock

care. These include nurses, carers, chefs and those who organise the activities that bring enjoyment and fulfilment to these people's lives on a daily basis. We are aware of great sacrifices that were undertaken by nursing home management and their staff to provide care to older persons as the country was pounded by the worst extremes of weather. We should not take for granted the tremendous sacrifices made by personnel within our nursing homes and, indeed, their families

and members of the public who are supporting them in travelling to and from the nursing home.

We take this opportunity, through your pages, to thank staff within our nursing homes for their tremendous commitment, resilience, dedication and compassion that was to the fore during Storm Emma. You exemplify human resilience, kindness and decency.

Yours,

Tadhg Daly
Nursing Homes Ireland CEO



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Kerry Businesses urged to make Daffodil Day their business

Bobby Kerr and Norah Casey are urging the business community in Kerry to show their support for cancer patients by getting involved in Daffodil Day on March 23rd. Both have experienced cancer in their lives and Norah's husband also tragically died from cancer.

On Daffodil Day, proudly supported by Boots Ireland, businesses in Kerry can help raise funds by hosting a fundraising event at work or by volunteering to sell daffodils.

Broadcaster and successful businessman Bobby was diagnosed with mouth, head and neck cancer in 2015. The cancer was caught early and after chemotherapy and radiotherapy treatment he got the all clear. He said, "Every year 40,000 people hear the dreaded words 'you have cancer'. In 2015, one of those people was me. Thankfully years of cancer research had developed smart ways of treating the disease and this ultimately saved my life. I'm one of the lucky ones. On March 23rd companies in Kerry can get involved and help save more lives from cancer."

Norah had a tumour removed from her breast several years ago and her husband Richard tragically died from aggressive kidney cancer. The broadcaster and leading Irish businesswoman said, "Richard dying just months after his diagnosis was devastating, and sadly many people in Ireland go through the grief of losing a loved one to cancer. This year approximately 9,000 people will die of cancer in Ireland. But progress is being made in the fight against cancer and Daffodil Day is the day where you and your colleagues can make a real difference to the lives of people affected by cancer. Get involved now at www.cancer.ie. Your support saves lives."

Chief Executive of the Irish Cancer Society Averil Power said, "Since 2010, the Society has invested over €25million in cancer research making us the leading voluntary funder of cancer research in Ireland. This investment, funded 100% by donations, is greatly improving how we diagnose and



BOBBY KERR AND NORAH CASEY WITH YOUNG BUSINESSWOMAN ALEX (9) FROM RATHGAR URGING THE BUSINESS COMMUNITY TO SHOW THEIR SUPPORT FOR CANCER PATIENTS BY GETTING INVOLVED IN DAFFODIL DAY ON MARCH 23RD. ON DAFFODIL DAY, PROUDLY SUPPORTED BY BOOTS IRELAND, BUSINESSES CAN HELP RAISE FUNDS BY HOSTING A FUNDRAISING EVENT AT WORK OR BY VOLUNTEERING TO SELL DAFFODILS. FOR MORE INFO SEE → WWW.CANCER.IE PICTURE ANDRES POVEDA

treat cancer. Survival rates have risen. Six out of ten people are now surviving cancer for five years, compared to four out of ten in 1998. With your help we want to make this ten out of ten."

Bernadette Lavery, MD, Boots Ireland said: "This year we are ramping up our efforts to fight back against cancer by sponsoring the Society's flagship fundraising day. Colleagues in Kerry are excited to get behind Daffodil Day on March 23rd and make a real difference to cancer patients and families across Ireland."

To get involved register at www.cancer.ie/daffodildayatwork, or contact the Corporate Partnerships team on 01 231 6625 or corporate@irishcancer.ie



CHAIRPERSON PAT DOOLAN

Kerry Hospice Foundation Killarney Branch A.G.M.

The following officers were elected recently at the AGM Chairperson: Pat Doolan, Vice Chairperson: Cathal Walshe, Secretary: Noreen Collins, Assistant Secretary: Angela Curran. Treasurers: Phylis O'Sullivan, Pat Doolan. P.R.O. Cathal Walshe. The meeting passed a vote of sympathy

to the family of the late Ted Moynihan, the public face of Kerry Hospice who died recently. The Vivienne O'Shea memorial walk takes place on Good Friday morning 30th of March, more details of which will follow in the coming weeks.

Sandra Flynn
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Maths Team Narrowly Misses Out At Higher Level Leaving Cert Maths Quiz



SCOIL PHOBAIL SLIABH LUACHRA RATHMORE HIGHER LEVEL MATHS TEACHER CATHERINE KIELY WITH STUDENTS DIARMAID NAGLE, KIERAN DALTON, SHAUNA DAVIES AND CATHAL COLLINS. PICTURE: EAMONN KEOGH

A quiz for higher level leaving cert maths students was held in the Institute of Technology Tralee where the county's brightest maths students competed against each other. The quiz consisted of eight rounds and included elements from the Leaving Cert Higher Level maths course with students competing in teams of four. Competition on the night was very tough with only the narrowest margins separating the leading teams, St Michael's College, Listowel and Scoil Phobail Sliabh Luachra, Rathmore at the end of the final round. A gallant effort from the Sliabh Luachra students was not enough on the night and they lost by one point to eventual winners St Michael's. The Sliabh Luachra students can be extremely proud of their efforts as they beat stiff opposition from schools such as Mounthawk Tralee, Pres Tralee, and St Brigid's Killarney.

Appeal for blood after clinics nationwide were cancelled due to Storm Emma



Following calls from the Minister for Health for people to give blood, the Irish Blood Transfusion Clinic will be in Killarney for four days at the end of March. From Monday the 26th March until Thursday 29th the clinic will be open at the following times at the Dromhall Hotel. Monday 26th 5pm to 8.30pm; Tuesday, Wednesday and Thursday 3 to 5pm and 5pm to 8.30pm; Minister Simon Harris is urging people to give blood and help restore blood supplies for patients, after clinics nationwide were cancelled

due to the impact of Storm Emma. The Minister said "1 in 4 people will require a blood transfusion at some time in their lives. For many people that time is now, and our blood supply has been severely depleted over the last week", the Minister said. "The Irish Blood Transfusion Service has kept up its supply to hospitals during the severe weather, but hasn't been able to hold clinics. Now they have just 3 days supply on average across all groups and just 2 days of O negative. "I'm now asking blood donors, and those who would like to be blood donors, to visit a clinic in

the coming weeks. "Every week, hundreds of patients in hospitals all around the country are helped in their recovery by the ready availability of blood. I want to acknowledge the generosity of donors and the work of the IBTS in maintaining this vital supply. "The IBTS is aiming to collect 7,000 donations between now and St Patrick's weekend, and I'm appealing to those who able to do so to give blood and make a vital difference to those in need."

Killarney blogger set for Winning Streak



Miriam O'Sullivan, A chef and popular food and fashion blogger, from Knocknahoe in Killarney but living in London, will give her mum the best Mother's Day present ever this Saturday by appearing on the National Lottery Winning Streak game show on RTE One on her behalf. Miriam O'Sullivan, who lives in North London, got a call last Sunday morning from her mum Mary O'Sullivan Mangan asking her to go on the show for her. After thinking it was a wind up, a look at the show on the RTE player confirmed the great news and Miriam was planning a flight home!

Miriam (33) has had an interesting career path. She has always been interested in fashion, having studied it and completed a degree in Fashion Buying. She then worked in the corporate side of fashion in Tesco head office but gave it all up and pursued her other passion, home cooking, and in 2016 took a three month course in Ballymaloe Cookery School. She now works as head cook for a property development company in London, looking after all their catering requirements. She retains her interest in fashion and Miriam combines her loves by writing her popular blogBakeMyStyle.com,

through which she has built up a strong social media following too. In the blog, she shares ideas for outfits and for recipes. Miriam says her love for home cooking was nurtured by her mum Mary who is an amazing cook herself. She has a strong bond with her mum and Miriam writes a letter to her mum and posts it from London every week to let her know all of the news. This is not the first time that Miriam has had some Lottery luck as she won €5,000 a few years back on a Fame and Fortune scratch card. Mary bought her ticket at Hegarty's Spar on Park Road.



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that that you review your pension regularly. You may or may not be contributing to your pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension could substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you the income you need at retirement. So whether you are currently contributing to a pension or have a pension that you paid into in the past it is very important that your pension is reviewed by an independent advisor regularly.

To discuss this or any other financial matter you can contact Dermot Cronin QFA APA at 0646622775 or dermotcroninifa@gmail.com

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4 GORTREAGH, FOSSA, KILLARNEY

Superb detached luxury family home, decorated to a high standard, with spectacular views over large green towards Lough Leane and Gap of Dunloe. The residence which is on a third of acre site has a large South facing deck to the front, taking advantage of the views. Self contained apartment, suitable as granny flat/investment/Airbnb rental.



Price Region: **€380,000**
BER D2

15 BALLYOUGHTRA HEIGHTS, MILLTOWN

Exceptionally well finished large four bedroom with one en suite detached family home, property is located within walking distance of all amenities and centrally located in mid-Kerry convenient to Tralee, Killarney, Killorglin & Kerry Airport. The property is presented in excellent condition with hardwood flooring and quality tiling.



Price Region: **€245,000**
BER C2

Council thanks public for cooperation during severe weather



CHIEF EXECUTIVE OF KERRY COUNTY COUNCIL MOIRA MURRELL

The Chief Executive of Kerry County Council, Moira Murrell, has thanked members of the public for their cooperation and support during the recent adverse weather conditions.

Over the course of several days, the Kerry Local Coordination Group – including Kerry County Council, An Garda Síochána, the HSE, Kerry Civil Defence and Kerry Fire Services – coordinated preparations for the storm and the response on the ground. The Group also liaised with the regional response team and the National Emergency Coordination Office.

Up to 150 council staff were involved in treating routes and in the clean-up operation around the county and personnel were mobilised to clear snow when it was safe to do so. Ahead of the storm, some 400 tonnes of grit were made available at over 90 locations around the county for use by members of the public.

'I would like to thank our Operations staff for their Trojan work over recent days as well as our Municipal District



GAP OF DUNLOE MARCH 2018 PHOTO GERRY LILLIS

offices, engineers, and emergency contact personnel. Our staff on the ground managed to get the county moving again after some very busy and tiring days and nights,' she said. 'The volunteers in the Civil Defence provided tremendous support in transporting people in urgent situations. There was also great

assistance from Chief Supt Tom Myers and his colleagues, the team at Irish Water, and Teresa Donovan, Head of Primary Care with the HSE.' 'The Council is satisfied with the level of preparation at all levels of the organisation. There was very effective collaboration with all the public bodies involved,' she said.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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Address: Knockerah, Killarney, Co. Kerry, Detached House | 3 Beds | 1 Bath. Charming 3 bedroom detached bungalow on an elevated c.0.3 acre site. Detached garage to the rear. Conveniently located only 6km from Killarney town. Immaculately maintained throughout. Ideal first time purchase / holiday home property.

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Guide Price: €195,000

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Price: €195,000 BER D2



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Stunning modern (2007) detached residence (1700 sq ft approx) located in a panoramic setting commanding picturesque mountain views and located just 10 minutes drive from the popular tourist town of Killarney.

GUIDE PRICE: €255,000
BER C2




9 ARD MHUIRE, RATHMORE, KILLARNEY, CO KERRY

Stunning newly refurbished semi-detached house located in the popular Rathmore village close to all amenities supermarket, train and bus stations and close proximity to primary and secondary schools.

GUIDE PRICE: €140,000
BER E1




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Brian crowned Business Man of the Year 2018

Brian de Staic Jeweller has been crowned Business Man of the Year 2018 at the Brides of Kerry Wedding Magazine Inaugural Industry Awards at Ballyroe Heights Hotel. Over forty Awards were presented on the night recognising all aspects of the wedding business. "At the end of the night April Drew announced that there was one more award", Máiréad de Staic told the Killarney Outlook. The award was presented to a business man with nearly forty years in the business. A man whose wife plays a large part in the business also. A Jeweller recognised Locally, Nationally & Internationally. A jeweller based in Dingle — the crowd stood up & applauded when April announced - Brian de Staic, Ireland's Leading Goldsmith Brian De Staic, a Multi Award Winning Jeweller said he was humbled and honoured to receive this prestigious award in his own county of Kerry.



WORLD RENOWNED DESIGNER DON O'NEILL PRESENTED THE AWARD TO BRIAN & MÁIRÉAD DE STAIC.

Gleneagle Concert Band set to stage fundraising concert

The Gleneagle Concert Band will be staging a showcase fundraising concert at the Mangerton Suite in the Gleneagle Hotel Killarney on Saturday March 25th 2018 at 7.30pm. All proceeds from this concert will be allocated towards the South Kerry MS Association, Kerry Cancer Support Group, Enable Ireland Kerry Children Services and for the purchase of instruments for our Music Education Youth Programme instrument loan scheme. The Cobh Confraternity Band will be guest artists this year. Each band

will perform a selection of pieces individually before coming together at the end of the concert for a massed band performance featuring over 80 musicians on stage. The Gleneagle Concert Band which performed superbly for President Michael D. Higgins on his visit to Killarney in 2012 embarked on a concert tour to Lisbon in 2013 and performed two concerts in the Portuguese capital under the baton of Vincent Condon. The band was again a very proud ambassador for Killarney and Kerry on foreign soil in August 2017 when the band

travelled to the Monaco & Cannes and performed two concerts in the south of France. This was the band's 7th foreign tour including visits to Germany, Holland, Sweden, Austria, Portugal and Paris over the past four decades. Tickets are on sale at €12 each and €10 for OAP's and Students. By supporting the band, your attendance will also provide you with an opportunity to see the wonderful work that is being done through the Music Education Youth Programme which has benefitted so many young people throughout Co. Kerry over the past 38 years.



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4 Bedroom Dormer Bungalow (approx 1,850 sq ft) standing on approx 0.37 acre site with gated entrance, private rear garden & patio area located in Beaufort Village. Amazing mountain views, well maintained lawns with mature hedging, oil fired central heating.

REF 1132 **BER D1**



ROSSALIA, LOUGH GUITANE Guide Price €250,000

6 Bedroom Bungalow currently divided into two separate residential units (approx 1,640 sq ft) on circa 0.48 acre site with stunning views of Lough Guitane lake & surrounding mountains. Only 12km to Killarney Town Centre. Oil fired central heating

Ref 1094 **BER E1**



HAVENS REST, TRALEE ROAD, KILLARNEY Guide Price €450,000

Substantial residence (approx 2,573 sq ft) on approx 0.5 acre site. Currently a Special Merit Award of Excellence winning B&B. Ideal for a business minded person interested in the hospitality trade or a family looking for more space. Oil fired central heating, zoned heating system.

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Kerry County Council announce awards "as gaeilge"



Promoting and using the Irish language as part of your daily business is set to be rewarded by Kerry County Council's Irish Office.

The council has announced details of a new awards scheme for businesses which are promoting and developing the use of the Irish language as part of their daily business. Gradam Gnó Chiarraí is open to all types of businesses in the county regardless of their size. There will be four main categories: Retail, Services, Tourism, and Other Businesses.

Two other prizes will be awarded to the best of the finalists within the Gaeltacht and outside the Gaeltacht. Nominations are now open and will remain open until the end of March. Business can develop their Irish language services up until the beginning of May, when the adjudication will take place. A marking system will be used to help choose the winners of each category. This system will be based on how best the business can use the Irish language with its customers, on signage, on printed material and in other innovative ways.

Each award winner will receive an advertising/financial award and a slate plaque bearing the inscription 'Gradam Gnó Chiarraí'.

'Irish can be used in many ways in businesses – by speaking Irish to customers, by using it on signage



GRADAM GNÓ CHIARRAÍ IS SPONSORED BY KERRY COUNTY COUNCIL, ÚDARÁS NA GAELTACHTA (BEST GAELTACHT ENTRY), KERRY LOCAL ENTERPRISE OFFICE (BEST NON-GAELTACHT ENTRY), RADIO KERRY (RETAIL) AND KERRY'S EYE (SERVICES)
PIC: L-R: RACHEL NI RIADA, ÚDARÁS NA GAELTACHTA; ROIBEARD Ó HEARTÁIN, COMHAIRLE CONTAE CHIARRAÍ; FIONA LEAHY, KERRY COUNTY COUNCIL LOCAL ENTERPRISE OFFICE; BRENDAN KENNELLY, KERRY'S EYE; CABRÍNÍ DE BARRA & EÓIN MAC CORMAIC, GLÓR NA NGAEILGE AGUS PÁDRAIG MAC FHEARGHUSA, CONRADH NA GAELIGE

(indoor and outdoor), on stationery, brochures, leaflets, menus and on other printed material,' Roibeard Ó hEartáin of Kerry County Council's Irish Office.

'Use of Irish creates a distinctive image that can give your business a marketing edge and attract new customers. With Gaeltacht areas and Irish speaking communities growing up around our many Gaelscoileanna

it makes good business sense to target these growing audiences. Support packages are available from Foras na Gaeilge and Glór na nGael are available to advise you on how best to develop Irish in your business,' he said.

For details and a nomination form, contact, Roibeard Ó hEartáin, Oifig na Gaeilge, Comhairle Contae Chiarraí at gaeilge@ciarrai.ie

Diarmuid is crowned club person of the year



Motor enthusiast Diarmuid Lynch from Clonkeen has been crowned Killarney & District Club Person of the Year Award 2017. Club Chairman Diarmuid Cronin presented Diarmuid with his award at the club AGM last week.

Diarmuid was honoured for his dedication and commitment to the Club throughout each and every event it runs, for his charity work in 2017 raising over €44,000 for the Kerry - Cork Health Link Cancer Bus and for his long time passion for motorsport in the club. A true clubman and recipient of the Award.

DIARMUID LYNCH RECEIVES THE CLUB PERSON OF THE YEAR AWARD FROM DIARMUID CRONIN.



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Work to begin at junction



Cllr. John Sheahan has welcomed the resurfacing work at Kilcummin junction on the N22 that are scheduled to commence in the coming weeks. "This has been the scene of many accidents during 2017 which I duly raised at the Killarney Municipal Council meetings. Sections of the crash barrier were replaced recently and

a number of warning signs have also been erected on approaching this junction/dangerous end.

"I strongly advise motorists to heed the warning signs and reduce your speed and that will put an end to all those actions at this location on the Tralee Road", Cllr Sheahan said.

Mission Road crossing



At the recent Killarney Municipal Area Meeting, Councillor Michael Gleeson asked that Kerry County Council would take due cognisance of the large numbers of people crossing Mission Road as they walk to and from Killarney House and Gardens and proceed in conjunction with the TII in the

development of a controlled pedestrian crossing.

Kerry County Council replied that they will carry out traffic and pedestrian surveys to determine if a crossing is warranted at this location and they will revert back with details of this survey.

Port Road works welcomed

Cllr. John Sheahan has welcomed the road works at Port Road, Killarney. "I have raised those issues on many occasions at the Killarney Municipal area meetings", he told the Killarney Outlook.

The relocating of the pedestrian crossing and realignment of the footpath will incorporate a system that will help prevent vehicles from parking illegally which has been the root cause of many serious issues at this location.

I look forward to seeing this area when works are complete and that this will be a much safer environment for everyone

I would strongly advise everyone to allow extra time for their journey as there are delays in the area.



Public Lighting needs upgrading

Cllr, Michael Gleeson also raised the issue of the poor standard of public lighting in Ballyspillane Housing Estate. He called on the Council to make financial provision for its upgrading. "Health and Safety demands that appropriate action is taken", he said.

Kerry County Council replied that they operate and maintain 71 No. public lights within Ballyspillane and Hazelwood Drive. As part of routine maintenance, as any lanterns are damaged or are beyond economical repair, we then change them out for an LED lantern. As outlined in the Public Lighting Policy, any requests for public lights to be provided and operated by Kerry County Council



will be assessed annually having regard to the available resources and the policy.

Councillor Gleeson strongly urged the Council to give highest possible priority to both of these very urgent issues.

Call for more beds in Kerry University Hospital

Michael Healy Rae, TD, has raised in the Dail, what he calls a massive problem in County Kerry and all of Ireland with regards to waiting lists and trolleys in our hospitals. In a recent address in the dail, Deputy Healy Rae said: "These waiting times are unacceptable and specific action must be taken to decrease waiting times in places

such as Kerry University Hospital. One such action that can decrease waiting times and the amount of people on trolleys is an increase in the amount of beds.

Due to the overcrowding and trolley crisis the General Manager of Kerry County Hospital, Fergal Grimes, has submitted a request and plan to the HSE and South/

South West Hospital Group for 40 more beds in Kerry County Hospital.

"This plan is a fantastic proposal that must be implemented to improve the healthcare of the people of Kerry", Cllr. Healy Rae said.

"Due to its importance, I raised the issue in the Dail to the

Taoiseach but unfortunately, the Government refused to make any specific commitments to the plan. "This is why I am formally calling upon the Government and the South/ South West Hospital Group to review Kerry County Hospital's plan and implement it immediately, he added.



Jerome O'Regan

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NEW TO THE MARKET

24 BRIDGEFIELD, UPPER LEWIS ROAD, KILLARNEY.

Delightful, 3 bed, detached 2 storey in a superb location, only minutes walk to town centre, yet quiet and peaceful. Part of a very small, private development. Not overlooked front or back.

P.O.A. BER PENDING.



NEW TO THE MARKET

CARRANAHONE, BEAUFORT, KILLARNEY.

Detached, large, (2,200 sq. ft.) 4 bed dormer. 2 Ensuite, all rooms very spacious. Solid oak kitchen and solid oak internal doors and frames. Open fireplace, stove and oil fired C/H. Spectacular mountain views. On c. 3/4 acre.

A quality home.

P.O.A. BER PENDING.



94 PINWOOD ESTATE, KILLARNEY

Extremely attractive, totally refurbished terrace house. 3 bedrooms, lounge with stove & new "bay" window. Bathroom, Kitchen/dining, large fully fitted utility, store/shed. Overlooking a large green area with mountain views.

P.O.A. BER PENDING.



6 ARLINGTON HEIGHTS, KILLARNEY

3 bed semi, in excellent cond. Only mins walk to town.

Nice private back garden. BER PENDING

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KILLAHA COURT, COUNTESS RD. KILLARNEY. Delightful 2 storey townhouse. 2 bed, both ensuite, concrete 1st floor, former showhouse, extra spacious. Exceptionally convenient location.

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

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

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

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BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

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MILLTOWN VILLAGE Commercial street front property. Great location. Good investment opportunity. Price region €95,000 ono.

CARRANAHONE, BEAUFORT, KILLARNEY Large, detached 4 bed dormer on c. 3/4 acre. 2 ensuite, quality finish.

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

WAREHOUSE TO LET close to Killorglin town, v. modern building..

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

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

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

KNOCKLEBEDE, KILCUMMIN, KILLARNEY Exceptional 4 bed bungalow with additional upstairs, floored space. 3 ensuite, walk-in-robos, jacuzzi shower, many extra attractive features, electric gates, tarmac drive, detached garage, on c. 1 acre. v. scenic.

GLENBEIGH, CLOSE TO ROSSBEIGH. 6 acres approx. with full planning for a detached dormer bungalow, extremely scenic, tranquil setting. Price region €150,000

WHITEBRIDGE MANOR, BALLYCASHEEN, KILLARNEY 3 bed semi with garage converted to 1 bed apt./office etc. Great location P.O.A. BER pending.

JACK DUGGAN'S PUB, CASTLEMAINE. A landmark modern property with 5 overhead bedrooms, kitchen etc. Great potential for Hostel/Eirb&b to enhance income. Guide price €170,000.

FARMS/LAND

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

DEVELOPEMENT LAND 8 acres approx. zoned residential, only minutes walk to Killorglin town centre. (Sunhill area.) Dry, elevated property.

TULLORUM, Spa, Killarney 7 acres approx. of good land close to Killarney town.

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

SITES

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

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

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

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

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

FAHA, KILLARNEY, c. 1/2 acre, dry, roadside, great location, bargain.

SITE AT COOLICK, Kilcummin. 1/2 acre or more if required.

SITE AT ARDLAHAS, Beaufort c. 0.8 acre.

ROSSBEIGH, Glenbeigh 6 acres approx. with full planning for a dormer, no residency clause. Extremely scenic.

TIRNABOUL, Spa area, (opposite G.A.A grounds) Approx. 16 acres. Good dry ground.



Wellonda gets a make over at Martha's Hair Salon in Killorglin.



Gerry Lillis, Cooleenig, Beaufort, Killarney sent us this picture of a Snow Family complete with the little dog.

COUNTDOWN!

By Nicky Barry

Like the clock ticking at Cape Canaveral, for a rocket launch,
We had one eye on the second hand, approaching four o'clock.
Armageddon was supposed to be, unleashed upon this island,
But four o'clock came and went, and still the sun was shining.
A wee light breeze was blowing, when a blizzard was forecast,
People in Killarney thought, surely this can't last.

Leo addressed the nation, like Churchill during the war,
Telling us all to stay inside, and not to go out for a jar.
Six o'clock and seven came, and still there was no sign,
Of the horror that was forecast, to be coming down the line.
At eight o'clock it was as you were, a grand night in Killarney,
And I sort of wondered, was it all a load of blarney?

At nine o'clock when I decided, to venture out for stout,
The snow started falling gently, but still I had my doubts.
Meanwhile the country was in the throes,
of all they said would happen,

And I thought we are so lucky, to be living here in heaven.
There was no wind nor blizzard, just a light veneer of snow,
It was quite delightful, and it wasn't all that cold.

I woke up on Friday morning, in a Yuletide wonderland,
Tomies was an Alpine vision; Killarney never looked so grand.



10 foot snowman made by the Galvin and Cox families at a Deerpark, Killarney on Saturday last.



Bread gate just got real. Picture Karen Foley



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KILLARNEY TOWN TALK



CAOIMHE SPILLANE

It's Mother's Day this Sunday March 11th so hope all the mummies have a lovely day! Niall Horan of One Direction fame, will be taking to the INEC stage on Saturday night and the Mountain Festival is also taking place so town should be very busy this weekend!

To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

SEAN KEANE IN CONCERT

The Schoolhouse at Muckross will welcome back Sean Keane for a very special concert on Sunday April 1st at 8pm. Traditional Irish, folk and even country and blues songs all lend themselves to his unique style and unforgettable voice. Growing up in a family of singers and musicians, Seán learned the sean-nós style of singing from his mother and his aunts. Singing was his life, even in early childhood; by the time Seán reached his teens, he had collected thirteen All-Ireland medals in Fleadh Ceoil competitions. He was by then an accomplished whistle and flute player as well and had taken up the uilleann pipes and bodhrán. Tickets cost €25.00 each and available to purchase from booking office 064 6630804. Limited tickets available, pre-booking essential.

STRICKEN CHARITY EVENT

The Annual Stricken Mountain Charity Event has to be rescheduled due to Storm Emma and now takes place on Saturday 24th March. Registration at Kate Kearney's Cottage from 10:00am -11:00am. Dance that night in Kate Kearney's with Neily O'Connor. Contact Mary on 087-2227188. All funds raised will go to the oncology unit Tralee and palliative care unit Killorglin, Tralee and Killarney.

BREDA'S CAR BOOT-IQUE

Breda Lynch, one of the driving forces behind the Run for the Bus campaign which raised funds for the Kerry-Cork Health Link Bus, is holding a car boutique this Saturday at 11am to 1pm the 10th March. It will be on in Curreal Glenflesk. Breda will be selling next to new and high quality clothes, shoes and bags. There will also be a selection of fantastic books. Ranging in price from €1 to €8. The proceeds will go toward Glenflesk/Kilcummin GAA event, The Oskars.

MAYOR'S CHARITY SHINDIG

Cllr Niall Kelleher will be holding a mayor's fundraising ball on Sunday March 18th at 7.30pm. The evening promises to be a night of fantastic entertainment to raise funds for two very worthy causes. All funds raised on the evening will be divided between two worthy local causes – the Kerry Parents and Friends Buy a Bus Campaign and the Social Action Group in Rathmore. The event will run as part of this year's St Patrick's Weekend Festival in the town, will be held in the INEC. The shindig will include a pre-dinner drinks reception, a banquet, guest speaker Oliver Callan and The Kelts. There

will also be super prizes on offer on the night. Tickets for the event are €65.00, the dress code is lounge suit, as opposed to black tie. Tickets will be available from Killarney Town Hall, Rathmore Social Action Group, Kerry Parents and Friends, Rathmore Post Office, Killarney Chamber of Tourism and Commerce and Cllr Niall Kelleher's Offices in the Courtyard, Fairhill.

SPEED DATING NIGHT

Following on from the success of their first speed dating night, K-Town will be hosting another speed dating event 'Catch a Match' on Friday March 30th at 9pm. The age group this time is from 30-40 year olds. Entry to the event is €10.00 and there will be a disco afterwards. Registration is essential, message 087-9613482.

BAND REUNION

Local band Sin-iad will be playing a gig on the Friday 16th March in Courtneys bar at 10pm. This will be a full band reunion after a two years, not to be missed!

REMINDER

Killarney Musical Society production of Sweet Charity will be taking place 14th, 15th and 16th March in the INEC.



BILLY HORAN, KILLARNEY CAMERA CLUB TAKES A SELF TIMED SHOT USING A TRIPOD ON THE SUMMIT OF CARRAUNTOOHIL IN THE AFTERMATH OF STORM EMMA

OLD MARKET FLEA

The next Old Market Flea, will take place on Sunday 11th March from 1-6pm so it coincides with Mother's Day, perfect if you are looking for a thoughtful gift. They will have a mixture of vintage and pre-loved clothes, jewellery, handcrafts, baking, art and gifts on sale. There will be over 20 stalls at the event, so lots to choose from. You can find out more by following them on Facebook and Instagram : oldmarketfleaKillarney.

SUPERCÉILÍ AT CAFÉ DU PARC

SuperCéilí will be playing on Saturday the 10th March at Basecamp (the marquee to the rear of Killarney plaza hotel) It's free entry and if you haven't experienced Superceili in action you are in for a treat. Irish Dance Music events and 'Supermixes'. Producer of @ScannalMusic and #SuperCéilíBeo. Dance and rave hits from the 90s to now, mixed with reels and polkas. Café du Parc's Pop-up Café and Bar will be open from 9am over the weekend of the festival - expect good food, and chilled vibes.

DANCING WEEKEND

The Billy Morrissey St. Patrick's Dancing Weekend takes place from Friday 16th to Sunday 18th March in the Gleneagle. Featuring Irelands Top Country Stars including Mike Denver, Michael Collins, Shay O'Callaghan, PJ Murihiy, Muriel O'Connor & Fran Currey, TR Dallas, Patrick O'Sullivan & Jimmy Buckley! Friday March 16th Dancing to Michael Collins, PJ Murihiy, Muriel O'Connor & Fran Curry Saturday March 17th (St. Patrick's Night) Mike Denver & TR Dallas Sunday March 18th Patrick O'Sullivan, Jimmy Buckley & Shay O'Callaghan

FASHION SHOW

A designer showcase will be held at the Great Southern Hotel, on Thursday, April 19th hosted by the Norma O'Donoghue Model Agency, in association with Kilcummin National School and community hall. There will be a drinks reception at 7.00pm, followed by the show at 7.30pm. There will be a fabulous door prize, spot prizes and a prize for the best dressed lady on the night. Tickets cost €25 and they are available from Kilcummin National School (064-6643163). Quill's Killarney, Russell (086-2832925) or Tom (087-2890630). Funds raised will go towards the completion of the magnificent hall in Kilcummin.



ROSS CASTLE IN THE AFTERMATH OF STORM EMMA. PHOTO TAKEN BY DECLAN CASEY

GINA AND THE CHAMPIONS

Gina and the Champions will perform at the Gleneagle Ballroom on Friday 30th March. The legendary band established themselves as Ireland's top attraction in the late seventies and maintained that coveted position right through the eighties with record breaking attendances at dances and concerts, wherever they performed. Matching their live success with industry recognition, the band were awarded every accolade there is in the Irish music industry. 1978 proved to be a monumental year for the group, firstly with the release of one of their biggest hits 'The Greatest Lover' and then to be decorated with two major awards; Gina being voted 'Ireland's Number 1 Pop Singer' and the band being voted 'Ireland's Top band'. Amazingly this feat was to be repeated a number of times over the following years. As well as relentless touring, 'Gina and the Champions' made innumerable television appearances both in Ireland and Britain over the course of their lengthy career. Appearances on Gay Byrne's famed 'Late Late Show' were a regular occurrence, performing many of their hits, such as, The Greatest Lover, Give me back my Love, The Drunken Sailor, Dreams are Good Friends and many more. Doors: 8.30pm with the show starting at 9.30pm and tickets cost €20.

RAMBLING HOUSE

at Heritage Centre Scartaglen Monday 12th March at 8.30 pm. Admission free, raffle and refreshments. All are welcome.

KILLARNEY MUSICIAN

Killarney musician Cathal Flaherty has just announced his EP launch for the INEC Acoustic

Club on May 25th. He will also play Dublin's iconic Whelans on June 3rd. His brand new EP 'The Head & Heart' will be available to buy on the night. Tickets €12 ex. booking fee available on ticketmaster and INEC.ie

MUCKROSS GUILD OF ICA

The monthly meeting of Muckross guild of ICA takes place on Monday 12th March at 7.45pm at Lough Guitane N.S. New members always welcome.

MUCKROSS COMMUNITY ASSOCIATION

Public Meeting Tuesday 13th March 2018 - at 7.30 pm in the Community Centre
Muckross Community Text Alert : This hugely successful project is now a year old and it's time to renew (€10 for the year). Killarney Gardai will present an update and advise on how to keep our person and property protected.
Lyme Disease : This is a subject of particular interest to the community in Muckross. James Pembroke will show his film and answer questions on his experience afterwards. The prevalence of Lyme's Disease and the tick that transmits it, is of concern to everyone in our community.

FOSSA/ TWO MILE COMHALTAS RAMBLING HOUSE

Fossa/Two Mile Comhaltas will hold their annual Rambling House on Saturday 10th March at 8.30pm in the Innisfallen Hotel Fossa. A great night of music, song, dance and story telling. All welcome.

CALL TO EXHIBITORS
REGISTRATION NOW OPEN!

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Irish Girl Guides appeal for volunteers



With 3,000 girls waiting to join the organisation, Irish Girl Guides is hoping that women throughout Ireland will step forward to volunteer.

Susan Graham, a leader with the Killarney Girl Guides relishes her role as within the organisation.

"Guiding not only gives girls confidence but also the adult leaders. I would encourage anyone thinking of becoming a volunteer to go for it! I did and I love it!", Susan told the Killarney Outlook.

Irish Girl Guides (IGG) equips and empowers girls and young women from 5-30 years to grow in confidence, independence and resilience and to develop essential life-skills. Volunteers find that they benefit in the same way as the girls and that they enjoy the safe, non-competitive, fun atmosphere of Guiding. Many volunteers make friends for life with people they wouldn't otherwise meet.

The Girl Guide programme is girl-led and incorporates a wide variety of activities which volunteers learn as they go – team games, recycled crafts, campfire songs, indoor and outdoor challenges. Girls are encouraged to get involved in every activity to the best of their ability in an unpressurised environment. Volunteers come from a variety of backgrounds and have different skills to offer, as can be seen in IGG's #becomeavolunteer campaign video, which features a Garda, a farmer, a mum, a solicitor, a teacher, a scientist and a quantity surveyor. IGG currently has 1,800 volunteers and always has room for more.

"Our message is that 3,000 girls are waiting because we need more

women to volunteer," says IGG Chief Commissioner Helen Concannon.

"There are lots of ways to volunteer with us, from working directly with the girls as a Leader or Unit Helper, to support roles behind the scenes. No previous Guiding experience is necessary and we provide appropriate child protection training and resources. You will become part of a team of like-minded caring women who want to empower the next generation of girls and young women.

"Studies show that volunteering is good for mental health as you get a great deal of satisfaction from giving something to the community, developing new skills and building on existing experience and knowledge. The more we give, the happier we feel. Volunteering also increases self-confidence and is good for your CV as it demonstrates your commitment to the community and a willingness to work for the betterment of others. Our volunteers are helping bring about change in the lives of girls and young women and we need more volunteers in order to reach greater numbers of girls. We encourage girls to pursue their dreams and to believe that they can achieve whatever they want to. "We would like to welcome every single girl who wishes to join our organisation and, for this to happen, we need more women to step forward and volunteer. Even just giving one hour a week can make all the difference to a group of girls wanting to grow and develop their skills in an informal setting."

To find out more, see www.irishgirlguides.ie, email info@irishgirlguides.ie or tel: 01 6683898. We'd love to hear from you!



*One of the greatest gifts you
can give is your time...*





30th Annual Easter REVISION COURSE

FOR JUNIOR & LEAVING CERTIFICATE STUDENTS

Monday March 26th to Friday March 30th

**Brookfield College in Tralee and in
The Great Southern Hotel, Killarney**

UPCOMING COURSES 2018

SUPERVISED STUDY

Mon-Fri 4.20pm - 6.00pm After School Study

Mon-Fri 7pm - 10pm Night Owls Study

Saturdays 10am - 5.30pm Saturday Study

Sundays 10am - 5.30pm Sunday Study

ORAL PREPARATORY COURSES

Sat 10th March

Intensive One Day French Oral Preparatory Course

Sat 24th March

Intensive One Day Irish Oral Preparatory Course

Sat 24th March

Intensive One Day Spanish Oral Preparatory Course

Sat 24th March

Intensive One Day German Oral Preparatory Course

EASTER REVISION COURSES

Mon. March 26th - Fri. March 30th

Intensive Revision for Leaving and Junior Cert

BLOCK STUDY

Mon. April 2nd - Fri. April 6th

Supervised Study 9am-5.30pm (Easter Break)

ART HISTORY

Sat 21st April

One Day Revision Course of Art History for Leaving Cert.

AGRICULTURAL SCIENCE

Sat 21st April

One Day Revision Course of Agricultural Science

CHEMISTRY

Sat 28th April One Day Intensive Revision of Organic Chemistry.

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

BLOCK STUDY

Mon. May 28th - Fri. June 1st

Supervised Study 9am - 5.30pm (Summer Break)

**Note: Information can be viewed and forms
downloaded from our website.**

(Go to application forms at top of page)



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Beauty Therapy (year 1)
Fashion Design

Level 6:

Beauty Therapy (year 2)

Department of Business and Technology

Level 5:

Business Studies
Computer Games Design and Development
Criminology with Security Studies
Health Care Security
Office Administration with Computer Applications
Pre-Garda Studies
Pre-University Law
Reception and Customer Care
Retail Selling
Secretarial Studies – Medical and Legal
Software Development

Level 6:

Advanced Software Development
Business Management
Office Management

Department of Childcare and Education

Level 5:

Childhood Education with Montessori
Early Childcare Education
Pre-Teaching and Education Studies
Pre-University Studies
Special Needs Assistant / Classroom Assistant

Level 6:

Advanced Disability Studies with Special Needs
Advanced Montessori and Childcare Management
Advanced Supervision in Childcare

Department of Construction and Engineering

Level 5:

Building Construction (Pre-Apprenticeship)
Carpentry and Joinery (Pre-Apprenticeship)
Engineering Technology
Furniture Making and Design

Level 6:

Furniture Making and Restoration
Mechatronic Engineering



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Music and Theatre Studies
Music Performance
Music Technology

Level 6:

Advanced Art, Craft and Design

Department of Humanities and Health Care

Level 5:

Applied Social Studies with Psychology
Carers (Health Care Assistant)
Emergency Services
Nursing Studies
Nursing Studies with Maternity Care Skills
Pharmacy Assistant
Youth Work

Level 6:

Health Care Supervisory Management

Department of Science

Level 5:

Applied Science
Food Nutrition and Science
Veterinary Assisting Studies

Department of Sports and Nutrition

Level 5:

GAA Coaching and Sports Development
Physiotherapy Assistant Studies (year 1)
Sport, Recreation and Exercise
Sports Nutrition
Sports Therapy

Level 6:

Physiotherapy Assistant Studies (year 2)

Department of Tourism and Hospitality

Level 5:

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Professional Cookery
Tourism with Business

Level 6:

Advanced Professional Cookery

Students may be eligible for Maintenance Grant
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Courses will be offered based on
demand and resources; content may be subject to change.



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RATHMORE /GNEEVEGUILLA

NEWS by Michael O'Mahony

GRANTS

Rathmore Community Council welcomes Community Support Fund Grants: €10350
Sliabh Luachra Cycling Club €1000 SAG €1000
DANU €500

PARADE

Rathmore's 8th Annual St. Patrick's Day Parade on Sunday March 11th 2018 at 2pm. Led by this year's Grand Marshall Kerry Rose Breda O'Mahony. This year's theme recognises the importance of the 11th March with our theme: Rathmore Parade celebrates "THE MAMMY".

Best Overall Float - Frank Buckley Memorial Cup
Best Vintage Vehicle - Best Commercial Float
Best Organisation / Group
Best Window Display - Best Dressed Buggy / Pram

Best Agricultural Float - Best Dressed Pet
All Floats welcome. Street Entertainment.
Children Face Painting. Live music by Tri Cheile Band before Parade at 1pm beside Community Centre & after Parade.

Further information contact 087 6676817.

No Street Traders please. Sponsored by Kerry County Council.

FASHION SHOW

Gneeveguilla Ladies GAA present a Ladies Fashion Night in Gneeveguilla Community Centre on Friday 16th March. Cheese and Wine Reception at 7.30pm, Show starting at 8pm. Tickets €10 and are available from Committee members.

JUVENILE CLUB

Registration Evening between 4pm and 6pm. Membership fees for U6 to U16 will be collected. All new members welcome.

RATHMORE CREDIT UNION SCHOOL QUIZ

This Sunday the winners of the local heat in the Credit Union Schools Quiz will take part in the regional stage of the quiz in the Ballyroe Hotel, Tralee at this Sunday March 11th at 2.00pm. They are the Holy Family N.S. who won both the U-11 and U-13 category. The team members of the U-11 team are Grace Murphy, Liam O'Keeffe, Ross Moriarty and Eoin Cashman. The U-13 team are Anna Cashman, Jack Buckley, Rachel Frampton and Fionn Murphy. Both teams did very well at local stage and we wish them the very best of luck on Sunday.

SYMPATHY

To Eileen Lawlor, East End, and her son T. J., daughter in law Elizabeth, grandson A.J. on the death of her husband John Lawlor and to his brothers Tony, Francis, Gerard, Martin & Joseph and his sister Patricia. John death was last weekend May he rest in peace,

GAA FIXTURES

County Minor League first team home venue this Saturday March 10th at 4pm Division 1.
Rathmore vs Milltowncastlemaine
Division 3B
Gneeveguilla vs Glenbeigh G'car/Cromane
Co, senior League Division 1. First team home venue Sunday March 11th.
Spa vs Rathmore at 12.30pm.

Co, League Division 4
Gneeveguilla vs Castlegregory 12.30pm.

Co, League Division 5. Group B

Tourist vs Rathmore B 12.30pm.

East Kerry senior League Division 1B first team home venue

Rathmore vs Killarney Legion

14th March at 8.30pm.

KNOCKNAGREE ST. PATRICK'S DAY PARADE

Committee are holding their first Parade on Saturday March 17th at 11.00am - after Mass in Knocknagree.

All Clubs, Groups, Businesses & Committees are welcome to participate. Everyone's support would be greatly appreciated. For more information phone 085 1611878 or 087 63998740.

KNOCKNAGREE LADIES FOOTBALL

CLUB Our Club is running a Fundraising Euro Millions Syndicate, for just 8 cent per day you will be entered into the Euro Millions with us twice weekly for 1 year. Limited Number of tickets available, Ticket costs just 30 euro for 104 draws.

Tickets available from Jack Reen on 087 9718116 or Catherine Ring 083 3498778 at present. Full list of ticket sellers here next week. We have has huge interest in this, so please pick up your ticket, plenty of excitement for the year ahead hopefully, don't miss out!

Training has resumed for our U12, 14,16, Minor and Junior Teams for 2018, New Players welcome to all our teams, Our U8 and 10s will resume shortly.

Thanks to all our new trainers and committee members who have come on board this year, very positive year ahead for all of us.

We are looking for an assistant coach /selector for our Minor and Junior teams, give Jack a buzz on the number above if you want to find out more.

We are holding a Fundraising Table Quiz in the Pap's Bar in Knocknagree on Saturday March 10th at 9pm, cash prizes, table of 4 costs 40 euro. All Welcome.

MARKET DAY 2018

Friday 16th of March at 11:00 to 2pm. in Raheen School Hall. Come and see great offers, homemade baking, local produce, vegetables, turf, timber, toys, games!!!! Something for everyone!!! All Welcome

RAMBLING HOUSE at Heritage Centre Scartaglen Monday 12th March at 8.30 pm.

Admission free, raffle and refreshments.

All are welcome.

APPLICATIONS

Invited Stewards in Fitzgerald Stadium
Applications are invited for voluntary stewards in Fitzgerald Stadium. Applicants should be over 18 years of age. Full training will be provided. Contact John Lenihan at 087- 776 3500 or Dermot O Connor runai 087-6958610.

TRACTOR RUN

Sunday 25th March in aid of children with Autism attending St. Francis Special School. Registration €20 at Tureencahill Community Centre. Registration at 12 noon. Commencing at 1pm. For details phone Siobhan Daly 0879249918.

Madeleine Murphy 0879817310.

KILLARNEY MD MAYOR NIAL KELLEHER'S FUNDRAISING CHARITY BALL AND SHINDIG

INEC Killarney on Sunday, March 18 at 7.30 p.m. with Comedian Oliver Callan and Music by The Kelts Tickets €65.00 Tickets are available from Rathmore Social Action Group who are one of the beneficiaries of the Charity Ball. 064 7758588 or 064 7761

NOTES

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

FOSSA NOTES

LOTTO

4th March 2018

Numbers drawn were 7, 11, 12, 20. There was no jackpot winner and the consolation winners were Karen Myers, Barleymount East, Emma Hallissey, Crohane, Phil Ahern, Listry, Joannan Brosnan, Killorglin and Alan Looney, Milltown. Next weeks jackpot will be €3,600.

FREWEN CUP

Congratulations to Emmett O'Shea, Ruari Doyle and Killian Buckley who helped The Sem win the Frewen Cup on Wednesday, Emmett continued his rich vein of scoring form, contributing a handsome 1-05 of the final tally. They beat St Flannans of Ennis 2-15 to 1-08 and they will now face St Pat's of Cavan in the All-Ireland semi-final of the Paul McGirr Cup on Saturday.

LADIES FOOTBALL

Well done to Fossa girls, Anna Clifford, captain and motm, Shelly Clifford, Ella and Chelcy O' Connor who helped the Pres overcome Rathmore school in the Munster Junior B Final in Fitzgerald Stadium last week. Congratulations to all the team and management.

MEMBERSHIP

A membership registration morning will be held in the clubhouse on Sunday, March 11th from 12 noon to 1pm. Adults/Senior Players €30, Family membership, which includes parents and all children including minor, €60, Student/ Juvenile €15. It is imperative that all registration is paid to the club before March 31st as that is the Croke Park deadline, any player not registered is not covered by insurance.

SCÓR

Fossa GAA would like to wish our Instrumental Music group of Amy Moriarty, Cian O'Sullivan, Michael, Mary and Sean Kelliher the very best of luck in the Munster Final of Scór Sinsir. It will take place in Cappamore on Saturday, 10th March. If anyone is interested in traveling please contact Theresa Kissane on 087 6816169 and if there is enough interest we will run a bus.

RAMBLING HOUSE

Fossa/Two Mile Comhaltas will hold their annual Rambling House on Saturday 10th March at 8.30pm in the Innisfallen Hotel, Fossa. A great night of music, song, dance and story telling. All Welcome.

ZUMBA CLASSES

Zumba classes continue in Fossa Community Centre every Tuesday from 7-8pm, all welcome



CIARA HEASLIP SERVICE MANAGER TESCO DEERPARK KILLARNEY AND ANTHONY HORNIBROOK PERSONNEL MANAGER PRESENTING A VERY MUCH APPRECIATED CHEQUE FOR €373.49 TO PATRICIA MURPHY CO-ORDINATOR AND HELENA KELLIHER TREASURER AND SAOIRSE MURPHY BARRADUFF CARDIAC RESPONSE UNIT.



FIONN MCCLOSKEY, JASON LEE AND ISAAC O'ROURKE WITH THEIR STUDY ON 'DO YOUR SOAPS WORK' AT SCIFEST IN ST BRENDAN'S COLLEGE, KILLARNEY ON TUESDAY.

BEAUFORT NOTES

KILLORGLIN AREA PASTORAL COUNCIL

will host a Lenten Talk entitled " Spirituality for today looking after body, mind and soul" in the CYMS, Killorglin on Thursday 8th March at 8.00pm. The speaker is renowned Performance Consultant and motivational coach Gerry Hussey. Gerry has coached elite athletes for Olympic Games, World Championships and Heineken Cups. Admission is free and all are welcome to what promises to be a very interesting and stimulating evening.

LOTTO

Lotto results of Sunday, 4th March for jackpot of €2,600. Numbers drawn: 10,20,23,24. No jackpot winner.

Consolation Prizes

€80 Phil McCarthy, Caherciveen

€50 Lilly Joy, Caherciveen, Elena Horgan, Listry, Luke O'Shea, Lyre, Bally.

Next draw for a jackpot of €2,800 will be held in Inn Between on Sunday, 18th March.

MEMBERSHIP

Beaufort Club and Gym membership for 2018 is now due.

Membership prices are: Family including one gym membership €60. Under 21 Players, Senior Men and Lady players €60.

Individual gym €60. Gym entry fob is €10. For membership and more information, please contact Patie Hartnett at 087 2515311.

EXERCISE CLASSES

Classes on Wednesday and Thursday nights at 7pm, Thursday mornings at 9.30am and Friday mornings at 11am.

OPERATION TRANSFORMATION

Operation Transformation walking continues in GAA Complex. Walk on Monday from 7pm. All are welcome.

MILLTOWN NOTES

WOMEN'S GROUP

Milltown Women's Group meet on second Tuesday of every month in the Nagle Rice Centre at 8pm. A variety of activities take place and all

LISTRY NOTES

COMHALTAS QUIZ

Comhaltas quiz in aid of Fleadh Chiarrai 2018. Rescheduled quiz takes place in LKangford's Bar, Milltown at 8.30pm on Friday, next March 9th. This will be great fun night out with few novelty rounds. Lots of chances to win, with spot prizes and prizes for the winner on the night.

KILCUMMIN NOTES

THE SAMARITANS

The organisers of the Christmas Church Gate Collections in Kilcummin for the Samaritans would like to thank the Collectors, all who helped and contributed so generously. Amount collected €1487.78

ANABLA N.S. ENROLMENT

Anabla N.S. enrolment on Thursday 15th March between 12.00 – 1.00 pm. Enrolment forms available at the school at any time.

KILCUMMIN NATIONAL SCHOOL OPEN DAY

Kilcummin N.S. will be holding an Open Day for all prospective students and their families on Thursday, 22nd March 2018, from 2.15pm-4pm. Enrolment application forms are currently available from the school and can be submitted on the Open Day. All are welcome to attend. Tá fáilte roimh chách! Please contact the school (064) 6643163 if you require an enrolment application form.

FASHION SHOW LAUNCH

Thanks to all who supported our launch on Sunday, 25th February. A Designer Showcase will be held at the Great Southern Hotel, Killarney, hosted by the Norma O' Donoghue Model Agency, in association with Kilcummin NS/ Community Hall. This spectacular fashion show will be held on Thursday, 19th April. There will be a drinks reception at 7pm, followed by the Designer Fashion Show at 7.30pm. There will be a fabulous door prize, spot prizes and a prize for the Best Dressed Lady on the night. Tickets cost €25 and are available at Kilcummin NS (064 6643163), Quill's Killarney and other outlets in Killarney. Funds raised will go towards the completion of the magnificent hall in Kilcummin.

IDEAL MOTHERS DAY GIFT

Tickets to a fashion show in the Great Southern Hotel, Killarney on Thursday, 19th April. Show hosted and produced by the Norma O'Donoghue Model Agency. Great spot prizes on the night. Tickets available in Kilcummin Post Office or call Russell 086-2832925 / Tom 087-2890630.

ILLEGAL DUMPING

To report any illegal dumping, waste burning, water/air pollution etc. please contact the Environmental Department 'litter complaints hotline' on 1800 326228 or you can download the app 'See it? Say it' free to your phone and this will allow you to instantly send a confidential report to the relevant authorities.

KILCUMMIN GAA SENIOR FOOTBALL

Kilcummin commence their Credit Union Co. League Division 2 campaign with a home game against Austin Stacks this Sunday at 12.30pm.

OSKAARS NIGHT

March 29th is the big night for Kilcummin and Glenflesk GAA clubs in the INEC. I will include more information in the coming weeks of this

once off event the first of its kind in Munster but firstly the seven films to be shown have been selected and casted with people from both clubs. They are Fr Ted, Michael Collins, The Field, Sister Act, The Snapper, A Few Good Women and Forest Gump. This event is being sponsored by KWD and the audience will get to enjoy the premier of eight minute excerpts from each film. A night not to be missed. Visit our website or Facebook page for regular updates.

CLUB MEMBERSHIP

Club Membership is now due. Please contact any executive member.

MASTERGEEHA FC LOTTO

There was no winner on Friday 4th March, 2018. Numbers drawn were 1, 11, 12, 16. Consolation prizes were €100 Ian Millis, c/o Klub. €30 Bea O'Neill, Saoirse, Ballinamanagh. €30 Muiris Healy, Kilcummin P.O. €30 Ian O'Leary, 26 Mountain View, Kilcummin. Jackpot now €4,800.

GLENFLESK NOTES

GLENFLESK SENIORS

Our Senior team begin their Co. League campaign this weekend away to Castleisland Desmonds with the time and date of the fixture not confirmed at the time of writing.

GLENFLESK LOTTO:

No winner of the lotto which took place in John Dan's Bar on 28/2/2018. Jackpot €5,200 Numbers were 6, 15, 19, 29.

1. Patrick Kelliher Jnr, Carrigeen (Yearly ticket)
2. John Joe Murphy, Barraduff (sellers prize) John Joe Murphy.
3. Rory & Siobhan Darcy, Carrigavimo.
4. Rian Newman, Carrigtohill
5. Padraig Cashman, Carrigavimo.

The next draw will take place in Spillanes on 12/3/2018 and the Jackpot is €5,400

A NIGHT AT THE OSKARS

The actors are cast and the cameras are about to roll as preparations for the Oskars night scheduled for the INEC on March 29 well and truly are underway. The two parishes of Kilcummin and Glenflesk are joining forces in a major fundraising event for our GAA clubs and are being kindly supported by main sponsor, KWD Recycling

Tickets priced €25 go on sale on the 8th March from the following outlets: Kilcummin Post Office, O'Brien's Glenflesk, Variety Sounds, Who's 4 Shoes, INEC Box Office and members of the Organising Committee:

Derry Healy(087 2707899), Cathy Somers(087 2900476), Emma Looney(085 7547586), Mish O'Donoghue(087 4146901) Rosie Healy(087 2072512) -Glenflesk GAA

Formal wear is encouraged with prizes on the night for Best Dressed Male & Female

RAHEEN N.S.

Market Day 2018, Friday 16th of March at 11am in Raheen School Hall, Come and see great offers homemade baking, local produce vegetables, turf, timber, toys and games!!!



JACK MCGUIRE AND JACK COSTELLO WITH THEIR RHODODENDRON PROJECT AT SCIFEST IN ST BRENDAN'S COLLEGE, M KILLARNEY ON TUESDAY.

Something for everyone, all welcome!!!

Congratulations to Aisling O' Riordan who had the winning lotto no.24 on Saturday the 3rd of March

BARRADUFF N.S.

Barraduff NS is now taking enrolments for new Junior Infants for September 2018.

Application forms for enrolment of new entrants are available from the school. Closing Date is 23rd March 2018. Contact Telephone No: (064) 7754478 email: Barraduff.ias@eircom.net.

BARRADUFF COMMUNITY FIELD

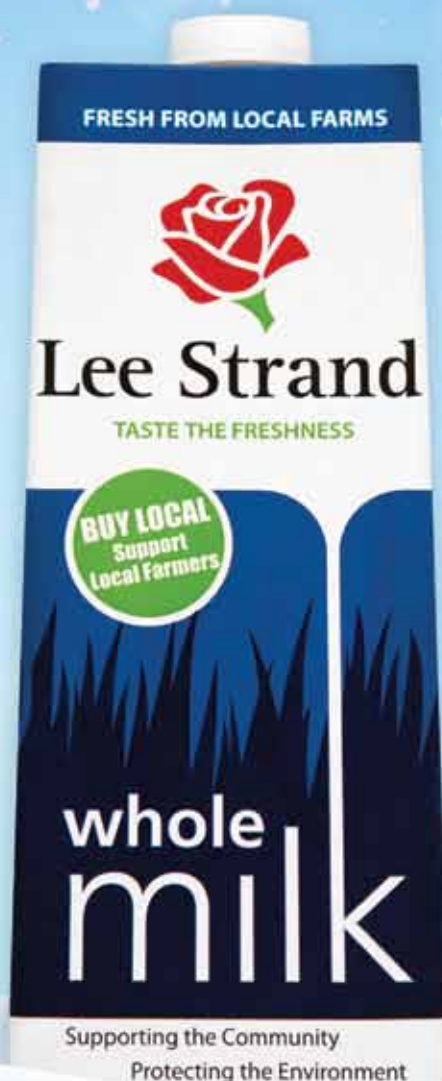
Barraduff Community Field 300 Club 2018 Family Membership and Grand Prize draw has been relaunched. Family membership of track and facility Great prizes of €500 and 4 prizes of €100 ever month for 12 months. This is very important fundraiser to meet ongoing running costs, servicing loan and ongoing necessary improvements such as Ball Stop nets, kitchen, flooring and perimeter lighting for better, safer and more secure facility for all. €100 secures your membership and in the drum for 12 monthly draws. We ask all individuals, groups and teams who have and continue to use our facility to support us and promote us through your social media pages. Note Only fully paid up Members may use the Track from 1st April 2018, Tickets available from local businesses and any committee member or further enquires to, Eamon 087 251 1691, William 087 773 0805, Tadhg 086 8373951

CONTACT

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



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So If you are trying to lose weight you need to take in a little less every day than your body needs, combining this with burning off the fat storage and your on a recipe for success. Do not starve yourself as you wont stick to this for long and will cause a cycle of crashing and binging.

I recommend taking in about 250-300 (an average chocolate bar) calories less than your daily calorie needs (average woman is about 2000cals per day) and then burn off an additional 250-400 in class or out doing your own activities outdoors.

If you want to workout your own individual daily calories needs to loose 1-2lbs per week there are lots of online tools that will work this out for you, I love using the app "myfitnesspal"

FACTS:

3x biscuits = 300 cals approx. = a 30mins workout in gym

1x bag of taytoes = 1 x 1 hour walk

1x bottle of wine = 2 and a half fitness classes

SO NOW ASK YOURSELF DO YOU REALLY DESERVE IT IF YOUR LOOKING FOR INCH AND FAT LOSS!!!

How's about Treating yourself when you are on weight maintenance mode, then you will deserve it as all the hard work will be done :)

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION

Change To A Jumpsuit!:

The jumpsuit has maintained its momentum from last year and is proving a stylish alternative to a dress. While we might immediately think "dress" for a formal occasion, teamed with a bit of statement jewellery a jumpsuit can be as classy. Bear in mind, a jumpsuit fitted at the waist and looser at the legs is the most flattering for all shapes.



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FIVE QUESTIONS THAT CAN CHANGE YOUR LIFE

In ancient Shamanic traditions there are five core power questions that can illuminate your purpose and meaning of your life. As human beings we are often compelled to search for meaning and purpose in our lives. Having a sense of purpose and following our passion can help us to share our abilities and talents in this world in a way that is in alignment with who we truly are. When you know who you are and what brings you alive it is easy to make decisions and say "NO" to things that don't align with this and a big "YES" to things that do!

Spend a little time with these questions and see what comes up for you. There are no right or wrong answers — only what feels right for you.

1. Why was I given this body?
 2. Why was I given this family?
 3. Why was I given these talents and abilities?
 4. What makes me have the obstacles I have in my life?
 5. How do I find the spirit or inner guide that will help me answer these questions?
- It's worth spending time in reflection and questions such as these can really help you to connect with your authentic self and your souls calling.

Also, just as a "heads up" my mindful movement and energy medicine course Chakranetics continues with another five weeks from Monday 12th March at 7.30pm at the Killarney Court Hotel. Cost is 60.00 for the five weeks. Booking is essential.

066 9766374 | life_coachingunlimited@yahoo.ie



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DRIVERS AND CYCLISTS

ADVICE FOR DRIVERS AND CYCLISTS SO THAT ROADS ARE SHARED SAFELY

Many people are getting back on their bikes or taking up cycling as the most convenient (and cheapest) way to get around

The following are key tips for safer and confident cycling.

Be aware of the driver's blind spot when passing lorries and buses. It's often safer to hang back. Pay attention to what is going on around you and be aware of what other road users might do.

Try to make eye contact with drivers so that you know they have seen you.

Ride assertively, away from the gutter. If the road is too narrow for vehicles to pass you safely, it may be better to ride in the middle of the lane to prevent dangerous overtaking.

Ride in a straight line past parked cars, rather than dodge between them, and allow at least a full door's width between you in case the doors are suddenly opened.

Wait in front of other vehicles at traffic lights. Use the advanced stop line for cyclists if there is one.

Don't ride through red traffic lights.

Use appropriate hand signals when making a left or right turn.

Wear bright clothing in the day and reflective clothing or accessories at night.

Use lights after dark; white at the front and red at the rear.

Wear a helmet.

Keep up to date with your knowledge of the Rules of the Road and follow its advice.

RULES FOR CYCLISTS:

Cyclists have the same rights on the road and as a driver you should remember that you are sharing the road with cyclists.

Cyclists are more vulnerable than car users – take particular care near cyclists and give them plenty of room at all times.



Expect cyclists in unexpected places – always check your mirrors for cyclists before turning.

If you're uncertain as to the intention of another road user – including cyclists – hold back rather than risk a wrong assumption.

Watch out for cyclists coming up on your near side when turning left or moving over to the left – check mirrors and blind spots carefully.

Give as much room as practically possible when over-taking a cycle

When parking check the door mirror and look behind you before you open the door to make sure you don't hit a cyclist.

When turning left allow any cyclist ahead of you to pass the junction rather than overtake them and turn sharply across their front wheel. Don't overtake a cyclist if you can see that the road narrows ahead – if they're travelling faster than you think you could end up squeezing them off the road.

Don't drive aggressively around cyclists or sound your horn

Cyclists may be travelling faster than you think (could be 20mph plus) – judge their approaching speed with care before pulling out at a junction.

Take special care on roundabouts – you must give way to any vehicle approaching from the right and that includes cyclists.

Be prepared to wait behind a cyclist turning right in the same way you would for a car – rather than squeezing past or getting impatient.

Don't park in cycle lanes – you could be forcing a cyclist into a dangerous situation and will be committing a road traffic offence if you drive or park in a cycle lane marked with a solid white line.

Match your speed to the conditions and make sure you will be able to stop well within the distance that you can see to be clear – on country roads there could be a group of cyclists, a horse rider or pedestrians around the next bend.

At night, use dipped headlights when approaching cyclists as you would when approaching any other road user.

Allow cyclists extra room in wet weather as surfaces will be wet and slippery.

Consider riding a bicycle for some of your own journeys to get a better understanding of the risks cyclists face.

USING JUMP LEADS

How to use jump leads without hurting yourself or damaging either car

Unless you know what you're doing, delving under the bonnet to check for or correct faults can be dangerous. We generally recommend that you seek professional assistance.

Check the vehicle handbook before using jump leads. All include general advice on jump starting but some include model specific procedures. If this is the case you must follow the manufacturer's procedure rather than the steps described below. Jump starting a vehicle can be a safe procedure however and damage can be avoided if a few simple rules are followed:



SAFETY RULES

Keep metal objects out of the way – rings, watch straps, hand tools, clips or stray wires just brushing a battery post can cause a spark, possibly exploding the battery and releasing the acid.

Don't attempt to jump-start a battery that is leaking or looks damaged – it could explode.

Avoid smoking or naked flames – batteries give off flammable gases so an explosion could result.

Keep hands well away and avoid loose fitting clothing, particularly scarves or neckties – with the engine running it's easy to get caught-up and seriously injured on moving parts like pulleys or belts.

Don't use jump leads if they're damaged – broken conductors or damaged clamps can overheat and may catch fire.



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BEAUFORT GOLF CLUB - MEN'S CLUB

Due to Bad Weather Captains Drive In was cancelled and will now take place on 18th or 19th March.

FIXTURES

18th or 19th March – Captains Drive-In – Meet at Clubhouse at 10.30am – Drive-In at 11am followed by Scramble.

10th/11th March – – Round 3 Spring League Sponsored by Cahillane Butchers – 11 hole Stableford (yellow tees)

17th/18th March – Easter Egg Competition – Sponsored by Kerry Petroleum.

30th March – Club Fundraiser Sponsored by Great Southern Hotel, Killarney – 4 Ball Betterball (Any Combination) – Entry Fee €25 per person – Timesheet now open.

BEAUFORT GOLF CLUB – LADIES CLUB

Due to Bad Weather Captains Drive In was cancelled and will now take place on 18th or 19th March.

FIXTURES

18th or 19th March – Captains Drive-In – Meet at Clubhouse at 10.30am – Drive-In at 11am followed by Scramble.

17th/18th /19th March – Easter Egg Competition – Sponsored by Helen Clifford.

Ladies Getting Into Golf Program – Commencing Beaufort Golf Club Thursday 19th April for 8 weeks (Cost €50). Application form available from Golf Club – Places limited.

KILLARNEY MENS GOLF CLUB

Club Captain Derry McCarthy on behalf of the whole Club wishes to send our sincere condolences to Katie O'Connell, Competition Secretary of our Ladies Club on the recent death of her beloved mother, Lady Elizabeth O'Connell of Lakeview House, Fossa, and to all of the extended O'Connell family. The O'Connell family have been synonymous with Killarney Golf Club since the Club's inception in 1893 when we were located at Deerpark, which was located at the North side of Killarney town, part of which is now the bypass road. Sir Morgan O'Connell in the early 1900s presented a very fine cup, The O'Connell Cup, valued at 10 Guineas, to the club for a Men's Club Competition. In the 1930s it was Sir Morgan O'Connell



SHEILA CROWLEY LADY CAPTAIN (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN THE KILLARNEY GOLF CLUB LADIES OPEN DAY TO JOAN FLEMING WHO ACCEPTED ON BEHALF OF CORINNA GRIFFIN KILLARNEY WITH (FRONT LEFT) MARY SHEEHY WHO ACCEPTED 2ND PRIZE FOR SUSAN TONG KILLARNEY AND MAIREAD O'SULLIVAN KILLARNEY 6TH (BACK ROW LEFT) YVONNE COURTNEY WHO ACCEPTED BEST GROSS PRIZE FOR JENNIFER HICKEY MALLOW, SINEAD O'HALLORAN BANDOON 3RD, DEIRDRE GALVIN MACROOM 5TH AND MARY GEANEY WHO ACCEPTED 8TH PRIZE FOR MARY KIELY DUNGARVAN AT KILLARNEY GOLF CLUB ON SUNDAY.



THE LATE LADY ELIZABETH O'CONNELL.

who suggested to Lord Castlerosse that the Western Demesne, at Mahony's Point would make an excellent location for a Golf Course, when it became necessary to find a new golf course location, as Deerpark was no longer feasible as the Club's location. Lady Elizabeth herself was very involved in the Girl Guide movement, and many young girls in Killarney and its surrounding areas were introduced into the Girl Guide movement by Lady Elizabeth O'Connell in the 1960s and 1970s. Club Captain Derry once would also like to send our condolences to Liam Walsh on the recent Passing of his mother Dora Walsh, Fossa, Killarney.

Due to the continued inclement weather with Storm Emma and the Beast from the East clashing then our planned Competition for Sunday the 4th of March was cancelled once again, so accordingly we do not have any Competition results to report this week.

DEERPARK PITCH & PUTT CLUB NEWS

Sunday Competition: Unfortunately the lack of a significant thaw prevented us from playing last Sunday with the snow that arrived last week. Some wonderful images of the course in the snow taken by club member Brian Moloney are available on our Facebook page while on our website is a feature of some old photos. Please check both out.

Upcoming Fixtures: We will have the usual Sunday draws at 9.15am and 11.15am this week while on St Patricks Weekend there will be draws on both Saturday and Sunday at the same times. A reminder that anyone who wishes to play in same now must be a registered member of the club.

Membership: Club Registrar Sean Kelly (086 0508686) and Treasurer Colm O'Dowd (087 7673742) are currently collecting same. We ask everyone to ensure they are joined up quickly as the Johnny Kelly Scramble on Sunday March 25th is approaching.

Frewen Cup: Great to see some of our younger members, Adam Kelly, Cian Murphy, Padraic Looney and Cian O'Mahony involved in St Brendans College's win in this competition last week. They compete in an All-Ireland Semi-Final against St Pats of Cavan tomorrow (Saturday).



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FIXTURES for Weekend March 10th:

Cup Fixtures:

John Murphy 12's Cup:

Camp Juniors A – Listowel Celtic A 10.30

Dingle Bay Rovers – Listowel Celtic B 12.30

John Joe Naughton 13's Cup:

Mastergeeha A – Camp Juniors A 10.30

Tom Hayes 14's Cup:

Castleisland – Listowel Celtic A 10.30

Healy Family 15's Cup:

Listowel Celtic A – Dingle Bay Rovers 12.30

Tucker Kelly 16's Cup:

Ballyhar – Camp Juniors 10.30

Park B – Inter Kenmare 1.30

Castleisland – Dingle Bay Rovers tbc

League Fixtures:

Moriarty's Centra 11's

Premier South / Division 1 South:

Mastergeeha – Inter Kenmare 12 / Mastergeeha

B – Inter Kenmare B 1pm

Ballyhar – Killorglin 12.30 / Ballyhar B – Killorglin

B 1.30

Killarney Athletic – Iveragh United 2pm /

Killarney Athletic B – Iveragh United B 3pm

Premier North / Division 1 North:

Dingle Bay Rovers – LB Rovers 2pm / Dingle B

ay B – LB Rovers B 3pm

Listowel Celtic – Camp Juniors 2pm / Listowel

Celtic B – Camp Juniors B 3pm

Fenit – Castleisland 3pm / Fenit B – Castleisland

B 4pm

Park – Tralee Dynamos 3pm / Park B – Tralee

Dynamos B 4pm

Division 2:

Tralee Dynamos C – Killarney Athletic C 12.15

Listowel Celtic C – Inter Kenmare C 4pm

Park C – Killorglin C 4pm

JK Sports12Premier:

Park – Iveragh United 12

JK Sports 12 Girls Premier:

Killorglin – Camp Juniors 12

Killarney Celtic White – Listowel Celtic 1.30

Fenit – Inter Kenmare White 1.30

Killarney Celtic Green – Inter Kenmare Blue 2.30

Daly's Supervalu 13 Premier:

Killarney Celtic Park 10.30

Killarney Athletic A – Killorglin A 10.30

13 Division 1:

Tralee Dynamos – Killarney Celtic B 10.30

Dingle Bay Rovers – Inter Kenmare 11

13 Division 2:

Fenit – Killorglin B 10.30

Killarney Athletic B – Park B 12

Killarney Plaza 15 Premier:

Park A – Killorglin A 10.30

Killarney Celtic A – Mastergeeha 12

15 Division 1:

Killorglin B – Ballyhar 10.30

Fenit – Killarney Athletic 12

15 Division 2:

Ballyheigue – Windmill United 10.30

Listowel Celtic Girls – Park B 10.30

KILLARNEY ATHLETIC A.F.C.

FIXTURES 10TH MARCH 2018

Under 13 Premier

Killarney Athletic A v Killorglin A 10.30am

Under 13 Division 2

Killarney Athletic B v St Brendan's Park B 12.00

noon

Under 15 Division 1

Fenit v Killarney Athletic 12.00 noon

Under 11 Premier South

Killarney Athletic v Iveragh 14.00pm

Under 11 Division 1 South

Killarney Athletic B v Iveragh B 15.00pm

Under 11 Division 2 South

Tralee Dynamos C v Killarney Athletic C

12.15pm

Senior Fixtures

Sunday 11th March 2018

Killarney Athletic B v Listowel Celtic B 2.00pm

Results

All games cancelled due to weather.

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

KILLARNEY CELTIC NEWS

Killarney Celtic is participating in the Killarney

Tidy Towns program and we ask all connected

to Killarney Celtic to keep Killarney clean and

litter free.

Reminder to all parents and players. All

players from U7 to Youths level must bring

€2 to training/matches and wear the proper

footwear for the Astro. Failure to do so will result

in players not being allowed to participate in

training or matches.

For pitch bookings contact Mary on 086

6485809.

Munster Junior Cup Sun March 11 Waterford

Southend Utd vs Killarney Celtic KO 2pm

CELTIC LOTTO

Numbers Drawn 6,10,12,20. No Jackpot winner,

5 x €30 winners, next jackpot €2,400.

Hear the Cheltenham Roar at The Gleneagle Hotel this March 13th to 16th

Whether you're an experienced punter or fancy having your first flutter then The Gleneagle is the next best place to be for the highly anticipated Cheltenham Racing Festival which takes place from March 13 to 16.

All four days' racing action, featuring 28, races will be broadcast live on big screen, other highlights include daily race previews with a "Mark Your Card" preview panel revealing their best tips for the day, onsite betting with 777bet, a nightly Texas Hold'em poker tournament and free nightly entertainment.

The official charity partner for the event is The Jonjo Bright Trust - all funds raised through charity bets from 777 Bet will be donated to former jockey Jonjo Bright, who was left paralyzed from the neck down following a horse racing accident in March 2013.

Jonjo was a pony fanatic from the young age of 3, getting his first when he was 4 years of age. From her he became a member of the East Antrim Pony Club where he discovered his fondness for the thrill and exhilaration of riding, rather than dressage. At the age of 9 he had now developed into a very competent rider with show jumping becoming a major

part of his life, as he travelled and competed all over Ireland, as well as Scotland and Wales. Jonjo took part in many major competitions, including Royal Dublin Show and the Belfast International Horse Show. At the age of fourteen, he finally got what he had begged for - his chance to school a racehorse upsid. At sixteen he left school and in 2011 he rode his first point to point. Over the next year he rode horses for a various owners. He was placed a number of times and showed great potential as an up and coming young jockey. Jonjo's competitive nature meant that he would not be content until he rode his first winner. Unfortunately, it was not to be! On 2nd March 2013, aged just 19, Jonjo had a life changing accident while racing at Tyrella Point to Point. A serious spinal injury at the c3 and c4 level has seen Jonjo paralysed from the neck. Jonjo, along with his family and friends, remain very hopeful for an independent and fulfilling future.

Venue Doors will open at 10.30am Daily. Follow @CheltenhamGlen #CheltenhamGlen on Twitter for all the latest updates.





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Plate Title decider in Killarney



COACH CORMAC O'DONOGHUE WILL ALSO BE LOOKING FOR BIG PERFORMANCES FROM THE LIKES OF MARK GREENE, ANDREW FITZGERALD, DAN GRIFFIN, PHILIP O'CONNOR, CON O'MAHONY, CIAN CLERNON, DYLAN O'SULLIVAN AND PAUL CLARKE.

Like many other sporting events planned for last weekend, Scotts Lakers clash with Paris Texas Kilkenny was postponed due to the severe weather. The match has now been rescheduled for this Saturday night March 10th in Killarney Sports Centre at 7.30 pm.

With no games going ahead last weekend Scotts Lakers continue to remain in the top position of the Division One B league table with nine wins and 27 points. In second place are Kilkenny with eight wins and 24 points and one game in hand. Kilkenny will also play bottom club Titans this weekend and will be expected to win that match.

Kilkenny's clash with Scotts Lakers in Killarney on Saturday night will effectively decide who wins the Division One B Plate title. The sides clashed in Kilkenny earlier in the season with the Lakers losing 86-72. Kilkenny have some quality players in the likes of Taylor Young, Brian Hogan, Julian O'Keeffe, James Butler and Lukasz Szulc.

Apart from a recent loss to Dublin Lions, Scotts Lakers have enjoyed a very impressive run in the league with the Lions loss their first league defeat since December. With the continued absence of the injured Justin Tuason, the Lakers will be relying on the twin scoring threat of foreign players Antuan Bootle and Dailian Mason. Coach Cormac O'Donoghue will also be looking for big performances from the likes of Mark Greene, Andrew Fitzgerald, Dan Griffin, Philip O'Connor, Con O'Mahony, Cian Clernon, Dylan O'Sullivan and Paul Clarke.

It is the last home game of the regular season for Scotts Lakers and Killarney basketball fans are urged to come out in force to support the team. It has been a remarkable season overall for Scotts Lakers with the return to national league action after an absence of nearly a decade. The huge crowds supporting the team in Killarney Sports Centre all season is bigger than any attendance at any other division one venue and bigger than the majority of superleague venues. With a plate title up for grabs, the Killarney supporters can make a difference again on Saturday night.

Easter basketball camp in Killarney

After a five year absence St. Pauls Basketball Club will host an Easter Basketball Camp at the Killarney Sports and Leisure Centre from Tuesday March 27th to Thursday March 29th inclusive.

Scotts Lakers national league superstars Antuan Bootle, Dailian Mason and St. Paul's director of basketball and former euroleague player Vojkan Bencic will be joined by a number of well established Irish coaches and local club coaches. Club officials are still finalising the full list but those expected to be involved will be announced soon.

The camp, which is open to boys and girls from 7 to 17 years of age will involve intensive and interesting sessions on skill development in offence and defence, as well as teaching the participants the mental side of basketball. There will also be informative tips on nutrition and much more giving all participants a huge insight into basketball and help them to improve their overall game.

Everybody taking part in the camp will benefit from a total of nine hours basketball coaching over the three days. The cost for each participant is €40 each and for the second and third child in the same family, the cost is €20 euro.

The camp is not confined to members of the St. Paul's club and there is an open invitation to all basketball enthusiasts in Killarney and to



members of any basketball club in Kerry and beyond. Entries will be taken on a first come first taken basis and it will be restricted to limited numbers.

Application forms are available from the reception of Killarney Sports and Leisure centre and must be returned before Friday 23rd March as numbers are limited.



SCOTT'S LAKERS PLAYERS DAILIAN MASON AND ANTUAN BOOTLE WITH ST. PAUL'S BASKETBALL CLUB DEVELOPMENT OFFICER PADRAIG WELDON AND CHAIRMAN PAUL SHEEHAN AND SOME UNDERAGE ST. PAUL'S PLAYERS LAUNCHING THE EASTER BASKETBALL CAMP THAT WILL TAKE PLACE AT THE KILLARNEY SPORTS AND LEISURE CENTRE FROM TUESDAY MARCH 27TH TO THURSDAY MARCH 29TH INCLUSIVE. PICTURE: EAMONN KEOGH





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GNEEVEGUILLA GAA

There was no winner of last weeks lotto Numbers drawn were 5,6,18,22. Lucky dip winners were €40 Elaine O Keeffe c/o Donal, €40 Bertie Hickey c/o John Joe, €40 Ritchie and Ann Marie Leader, €30 Mike Kelly Gullane, €30 Tade Mahoney Knocknagree, €20 Tim Murphy Village. Next week jackpot €12,600 thanks for your continued support. EK league result Legion 2 17 Gneeveguilla 2 05. Our first county league game is this Sunday, we are at home to Castlegregory at 12.30. On 11th March there will be juvenile club registration evening between 4pm and 6pm membership fees for u6 to u16 will be collected. All new members welcome. Gneeveguilla ladies GAA present a ladies fashion night in Gneeveguilla community centre on Friday 16th of March. Cheese and wine reception at 7.30pm, show starting at 8pm. Tickets €10 and are available from committee members.

MID KERRY GAA

Mid Kerry Senior League fell a victim of the weather last week this round will be refixed. Mid Kerry will hold a board meeting thurs night next 8th Mar at 8.30pm in J P O'Sullivan Park meeting rooms. Pls ensure all delegates are in attendance.

Mid Kerry U21 Championship Final between Glenbeigh/Glencair/Cromane & Milltown/Castlemaire St Patricks Day in Beaufort at 1.15pm Extra time playable.

The Mid Kerry Final of Scór na bPáistí will be held in the CYMS, Killorglin, on Friday 23 March, at 7.00pm. Entries for all competitions except the Quiz to Mary Clifford by 16th March: mbclifford@eircom.net

The Tráth na gCeist / Quiz will be held on the day of the County Final on 22nd April. All Club Quiz teams will compete on that day. Venue, time n entry details will be available later.

MILLTOWN/CASTLEMAINE NEWS

SYMPATHY

Our club extends sincere sympathy to the family of Aodhán Ó Conchúir, Dingle who died recently. Solas na bhFlaitheas dá anam uasal.

MOTHER'S DAY

Wishing all the mothers-god mothers, grand mothers and foster mother including in our community a very happy Mother's Day on Sunday next. We hope you will be spoiled on the day!

We remember all those who have been

bereaved since last year-we hope the memories of your loved ones will sustain you in the sad times.

SNOW

I'm sure all the young and not so young had much fun in the recent snow. Our club member Mary Rose Hayes and her family were busy building our new club mascot- in the form of a snow man. Very impressive indeed!

On a more serious note, we wish to commend all the people from our community who cared for those unable to get out of their homes because of the weather. In particular, we acknowledge the efforts of personnel who ensured the sick in our hospitals, care facilities and private homes were looked after- by going above and beyond to get to their place of work. We hope you will be rewarded for your commitment and dedication. We also wish, all those from our community whom you care for, a speedy return to full health.

THIS WEEK'S FIXTURES

Our seniors (sponsored by Larkins Bar and Restaurant/ Kelly's Londis, Topshop), will have their 1st game in Division 2 of the County League at home to Currow, on Sunday next with a 2 pm throw in.

The minors are away to Kenmare in Round 3 (Division 2) of the County League on Saturday next with a 4 pm throw in.

Please do your best to head along and support all our teams this year.

CHILD PROTECTION/SAFE GUARDING

Over 20 officers/mentors/trainers from our club completed a Child Protection/Safe Guarding Course on February 19th at the Gaa Clubrooms, organised by our recently appointed Child Protection Officer-Emir Bevan.

There is still a few outstanding trainers/mentors who need to complete their Garda Vetting- which is compulsory if you are training at underage level. Please get in touch with Emir and she will be delighted to assist you in this very simple but extremely important task.

LOTTO JACKPOT DRAW

Want to head to New York for St. Patrick's Day but can't afford it.... Then why not play our Lotto Jackpot this week. Just a €2 ticket could win you €18,600 or a share in it. Match 3 numbers for a win or share of €200. There are also 6 consolation prizes up for grabs. So head out and purchase your tickets. It could be you! We had another Match 3 in our Lotto Draw last week- with two people matching three numbers. The drawn numbers were 8, 22, 28 and the bonus was 14. Congratulations to Patrick Hanafin Milltown and Kathleen Golden,

Kells.

Our next draw on Friday March 9th 2018, takes place in O'Shea's Bar, Milltown.

ST. PATRICK'S DAY PARADE

We are looking forward to our annual St. Patrick's Day parade here in Milltown. We are appealing in particular to the parents/guardians of the Under 12's and U-14's, along with their management, to make a special effort to participate in the annual parade. Sincere thanks to the hard working committee who have been very busy organising over the past few weeks. Let's make this the best St. Patrick's Day parade ever!

MILLTOWN LISTRY COMHALTAS

Rescheduled quiz takes place in Langford's Bar, Milltown at 8:30 on Friday next, March 9th. This will be a great fun night out with a few novelty rounds. Lots of chances to win, with spot prizes and prizes for the winners on the night.

SACRAMENT OF CONFIRMATION

Best wishes to all our young players who will be making their confirmation, with Bishop Ray Browne on Monday next, March 12th.

We hope you will be guided by the Holy Spirit throughout your lives.

FIRST CONFESSION

Congratulations to all our young players who made their First Confession on Wednesday last.

ROSE OF TRALEE ESCORTS

We have been asked to bring the matter underneath to the attention of club members: The annual search for eligible young bachelors between the age of 21 and 30 is underway for the International Rose Festival 2018. They require in the order of 70 young gentlemen to help host the 2018 festival. In the past, a good number applied successfully from other GAA clubs along with our own club here in Milltown Castlemaire. Closing date is fast approaching -so don't hesitate or you might be late!

CLOSING DATE FOR REGISTRATION:

March 31st 2018. Our club will hold one last opportunity for anybody who still needs to register with our club. This will be on Thursday March 22nd (7-8) at the GAA Clubrooms.

Under 6's are free.

Juvenile/student and OAP are €30.

An adult is €50, couples are €80 and family membership is €100.

As you will agree, these are fantastic rates- for the juvenile/student/OAP - it works out at 58 cent per week, while a family membership (up to 2 adults and 4 children) works out at just under €2 per week.

And don't forget that membership entitles you



to free entry to all our home Co. League games - worth €30 (on production of your membership card) as well as entry to the Munster Final ticket draw and that all important All Ireland ticket draw in September!

Membership also entitles all those aged 18 and over to vote at the AGM.

Certainly great value for money!

Please note that all officers, mentors and trainers must be registered.

All officers, players and mentors need to be registered for insurance purposes with Croke Park. Our registrar Karina Spring will be delighted to facilitate anybody who wishes to join our club. Membership must be paid before March 31st 2018. (Registrations after this date will not be issued with a registration card - something that is necessary to gain your free entry to home county league games)

REVISED DRESSING ROOM/SIDE LINE GUIDELINES:

Please note that under age players are NOT permitted inside the dressing rooms prior to or after a SENIOR game or inside the surrounding fence wire when a senior game is ongoing.

This is to protect all parties involved. We ask parents and guardians to continually remind their children of this rule which will be strictly enforced. We appreciate your on-going support and cooperation.

EAST KERRY GAA NEWS

BY MICHAEL O'MAHONY PRO EASTKERRY PRO'S MEETING

We will be having a meeting with all East Kerry PRO's from the District on Tuesday 13th March at 8:30pm in the Killarney Heights Hotel, on the night Con Dennehy a very successful author & journalist will give a few advisory words on how to work with Radio and the Print media. All club PRO'S requested to attend, Applications Invited Stewards in Fitzgerald Stadium

Applications are invited for voluntary stewards in Fitzgerald Stadium. Applicants should be over 18 years of age. Full training will be provided. Contact John Lenihan at 087- 776 3500 Or Dermot O'Connor secretary of East Kerry Board at 0876958610,

Gaelacht Scholarsips Clubs interested in obtaining Gaelacht Scholarship to offer part scholarships grant aged between 12 years to 18 years to attend Irish College in Dingle Peninsula Gaelacht let Secretary Dermot O'Connor known by 17th March 2018, at 0876958610,

FREWEN CUP FINAL (U16.5)

St Brendans College defeated St Flannans recently in Duagh. The match was played in brisk weather conditions. John Brennan (Munster Council) deserves great credit for getting the game played. Two well matched teams provided a fantastic open game of football before a large attendance. The game was played in a sporting manner with Emmet O Shea (Fossa) and Michael Lenihan (Dr Crokes) goals proving decisive in the finish. Daniel Kelly (Clondragad) and Kevin Keane (Corofin)

performed well for the Ennis outfit. Mike Meade (Limerick) refereed the game well on the day. Best of luck to St Brendans College in the All Ireland semi final next Saturday 10th March. St Pats of Cavan will provide stiff resistance the Ulster champions winning the title with a superb team display. The match venue and time have yet to be finalised.

M D O'SHEA'S EAST REGION COISTE NA NOG U16

We propose to get our competitions started with U16 Leagues to commence on Monday March 26th. Games to continue each Monday afterwards. We propose the following groups.. Group A Kenmare, Killarney Legion, Furies, Rathmore, Dr Crokes. Group B Glenflesk, Kilcummin, Gneeveguilla, Tempelnoe, Fossa, Listry-Keel .Group C Cordal-Scartaglin, Spa, Kilgarvan-Tuosist, Currow, Beaufort, (Any B team that would wish to enter) We propose to play 2 finals from each group after the league phase. Div 1 Final Top of group A (Home) v 2nd Div 2 Final 3rd of group A (Home) v 4th Div 3 Final Top of group B (Home) v 2nd Div 3 Final Top of group B (Home) v 2nd Div 6 Final 3rd of Group C (Home) v 4th. This format is not "set in stone" and we will take on any feedback or recommendations from the clubs.

FIRIES COISTE NA NÓG

CLUB REGISTRATION

Unfortunately, Furies GAA Club Registration evening succumbed to the harsh effects of Storm Emma last weekend, but fear not as we are delighted to announce an alternative registration evening on Saturday, 10th March from 4pm to 6pm in the Community Hall, Pairc Eamonn, Farranfore. Note that all codes and age groups; Football, Juvenile Hurling and Ladies Gaelic will be catered for on this date. The membership rates for 2018 are as follows

- Juvenile Coiste na nOg Membership (U18) €20
- Adult GAA Membership €50
- Senior GAA Player Membership €55
- Student Player GAA (O18 in 2nd or 3rd Level) €30
- Family (GAA/Coiste na nOg) Membership €80

We also advise that Vincent Murphy's Sports Shop of Castleisland will also be available on the day to cater for all of your Furies Jersey or Academy Kit requirements.

All players MUST be registered before playing. Membership fees are payable before 30th March 2018. For additional information contact Club Secretary: Brendan Spring 087 2998231 Secretary.furies.kerry@gaa.ie or Club Registrar: Peter Costelloe 086 8277860 furiesgaaregistrar@gmail.com

CUL CAMPS 2018

Furies Coiste na nOg are delighted to announce that Cul Camp for Pairc Eamonn, Farranfore will take place from Monday, 16th to Friday, 20th July 2018. Further details to follow closer to the date.

LISTRY GAA NEWS

DEFIBRILLATOR TRAINING

The club is organising a defibrillator training course shortly. Cost will be €20 each and will

take place on a Saturday for approx 4 hours (both morning and afternoon courses available). Please text back to 087 919 4669 if you would like to take part with name and preferred option of morning or afternoon. Course will be 6 people at a time and we hope to run it over a few Saturday's in March.

MEMBERSHIP 2018

Listry GAA membership forms can now be downloaded from our website www.listrygaa.ie. Forms are also available from 087 9194669 or Anthony Clifford 087 2215059. Closing date is March 31st.

CUL CAMP

Kelloggs GAA Cul Camp will be held in Listry from July 2nd - July 6th. For full details: www.kelloggsulcamps.gaa.ie

LOTTO RESULTS

Numbers drawn: 1 4 10 25

No jackpot winner

€100 - Mike Pigott, Killarney

€50 x 2 Lino, McElligott family c/o Kevin Murphy

€25 x 2 C. Coakley Faha Mike Kennedy

Draw Entrant:

Next Sunday 11th March E3,950

DR. CROKES GAA NEWS

DEVELOPMENT FUND

Dr Crokes Club are embarking on a fundraising initiative to help upgrade the current facilities of our grounds as it has been 12 years since serious work has been carried out. There are fantastic prizes to be won with the first prize a Nissan Pulsar Executive Class Car and second prize is a four night stay for two people in New York including flights. We have 10 prizes in total and the draw will take place on December 20th 2018. Tickets are €10 each or a book of 6 for €50. There will be an additional draw of €1000 for those who purchase a full book for €50. Tickets can be purchased in the Tatler Jack, Club members or Kerry Shop in Killarney Outlet Centre.

DR CROKES FAMILY WALKING GROUP

As part of the Clubs Health and Wellbeing initiative we will be walking every Tuesday evening departing the Clubhouse at 6.30pm. All welcome to our sociable 30/40 min walk.

PROGRESSIVE 31

Progressive 31 is on every Wednesday night in Crokes Clubhouse. It will start at 8.00pm. You will need to bring money and a partner €5 per person.

INVITATION

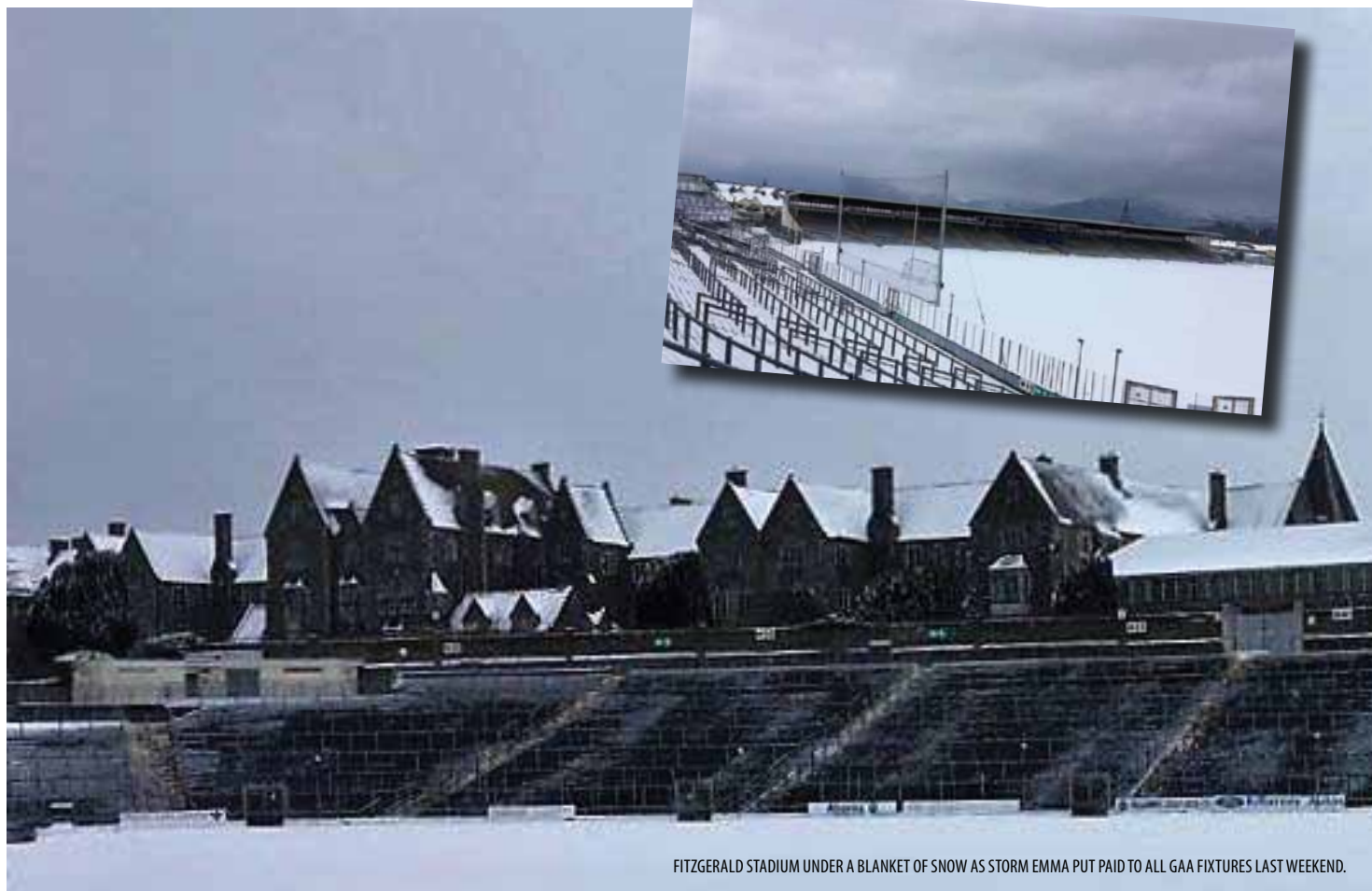
Dr Crokes GAA Club invites the parents in the Killarney area and their boys and girls to the 2018 Registration open Day this Saturday 10th of March. Boys and Girls aged 4 - 10 welcome.

CLUB MEMBERSHIP

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

DEEPEST SYMPATHIES

Deepest Sympathies to the Family of Johnny O Connell of Marion Terrace and Kenmare who



FITZGERALD STADIUM UNDER A BLANKET OF SNOW AS STORM EMMA PUT PAID TO ALL GAA FIXTURES LAST WEEKEND.

passed away recently. RIP

LOTTO

Lotto 3, 10, 14, 16. Jackpot €7200 Not won Match 3 7 by €60. Next draw Sunday 11th of March in Tatler Jack. Jackpot €7500

LEGION GAA

SCÓR NA BPÁISTÍ

A fine showing by our young Scór contestants recently and in the process maintained what has been a strong part of the social side of the club. Áine Devlin's winning performance in the recitation saw her make it three in a row just goes to show what a talented young person she is. What added to the win was that she chose a piece composed by a near neighbour of her dad Mike's home parish in Castlederg, Co. Tyrone beautifully titled "Dancing round my handbag". The ballad group came in second place and was made up of Kevin Looney, Evie Fahy, Lucy Spellman, Orianne McGillicuddy and Amy Healy. The set dancers also gave a great display with Ronan Fahy, Jeremy Brosnan, Adam Counihan, Tracy Brosnan, Lucy Spellman, Evie Fahy, Eva Spellman, Áine Devlin and Zoe Counihan all to be commended for their efforts.

AWARDS NIGHT

A date for the diary as we hold our annual awards night on the 18th. March in the Killarney Plaza Hotel. Admission is free and going by last year it's a most enjoyable night celebrating many achievements from all aspects of the club.

MEITHEAL AG TEASTÁIL

As a follow up to last weeks request for volunteers for our St. Patricks Day plans we will gather at Mission Road at 1.30 p.m. please wear club colours. Further information from Stella at 086 8228937 or Tommy at 086 3171312.

SYMPATHY

The tragic passing of young Amy O Connor R.I.P. has without doubt struck a chord with many people and her family are certainly in the thoughts and prayers of all. The Killarney Legion Club extends it's sincerest sympathy to the O Connor family on their heartbreaking loss. Codladh sámh l measc na n-Aingeal.

LOTTO

Winning no's - 3,6,13,27. No winner. Lucky dips - (1) Andrea McCarthy, Rosmore House. (2) John Dineen, Coolbane, Faha. (3) Miriam Brosnan, c/o Nora Kissane. (4) Mike Leahy c/o Holiday Inn. (5) Seanie McDermott, c/o Dan Joe Lynch. Next weeks jackpot €100. Play online at www.legiongaa.com.

SPA GAA NEWS

COISTE NA NÓG

ABC, U6 start back Sat March 11th @10am. U8 boys and girls will commence @11am.

UPCOMING FIXTURES

Co League minors home to Beale 4pm next Sat March 10th.

Co League Rd 1 Seniors home to Rathmore at 12.30pm on Sunday March 11th.

Senior Ladies away to Austin Stacks in Co

League Div 2 @12noon March 11th.

HANDBALL

A new handball club has been set up in the club. Please contact secretary Deirdre O Sullivan Darcy for details 087 6332773.

REGISTRATION

Continues in Spa as deadline is fast approaching. Registrars will be present at both games (registrars will also be in Spa from 8-9pm on Wednesday night or pay online www.spagaa.com

LOTTO

Numbers drawn in Jimmys 4,13,14,20. One Jackpot winner of €14,900. Congratulations LORENA O'CONNOR, TULLIG, KILLARNEY. Next week's jackpot in the Arbutus will be €3,000.

SPEEDY RECOVERY

A Mass for held for Spa Ladies player Louise Lynch, Tullorum, who was injured in a car accident in Spain recently. All in Spa wish Louise a speedy recovery and our prayers and thoughts are with Nora, Seamus, James and Marie Lynch at this time.

LISSIVIGEEN COMMUNITY ALERT

Marie O' Connor HSE Community Placement Co-Ordinator, Kerry will give a talk on the Nursing Home Support Scheme (Fair Deal) on Thursday 15th March at 8pm in the Torc Hotel, Killarney. Everybody welcome to attend.



KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO

ALLIANZ LEAGUE ACTION

Last weekend's weather played havoc with the fixtures schedule as all Allianz League games, football and hurling, were postponed. The football game between and Dublin and Kerry will now go ahead on Sunday at 4pm in Croke Park. Tickets purchased last week are of course valid for Sunday's game. Tickets are priced at €15 for adults and €5 for children under 16. There is a 20% discount on tickets purchased before midnight on Saturday.

At the moment we are in 4th position on the division 1 table behind Dublin, Galway and Monaghan and ahead of Donegal, Tyrone and Mayo who are all on 2 points and bottom of the table is Kildare who as of yet haven't registered points. In terms of upcoming games, we are away to Dublin, home to Kildare and away to Tyrone.

CREDIT UNION COUNTY LEAGUE

The launch of Credit Union County Leagues scheduled for last Thursday was postponed but it will be rescheduled for a night in the near future and on the night presentations will be made to Dr Crokes, Killarney Legion, Na Gaeil, Keel, Cordal, Ballyduff, Glenbeigh/Glencair and St Brendan's College Killarney.

As regards the county leagues, 'B' teams participating must have their first 15s approved by their respective District Boards and submitted for tonight's CCC meeting (Wednesday March 7th) for them to be allowed play the following week.

Round 1 games are fixed for next weekend and in light of the throw-in time for Kerry v Dublin Allianz League game being confirmed for 4pm on Sunday next, the default time for Round 1 SFL games is now 2pm on Sunday March 11. Where both Clubs are agreeable to play at an alternative time, please confirm same by 5pm Wed March 7th.

The fixtures for round 1 are as follows -

Division 1

Dingle v Legion, Spa v Rathmore, Beaufort v John Mitchels, An Ghaeltacht v St Marys, Templenoe v Kerins O'Rahillys, Glenbeigh/G'car v Dr Crokes

Division 2

Desmonds v Glenflesk, Miltown/C'maine v Currow, Na Gaeil v Dromid, Ballymac v Kenmare, Kilcummin v Austin Stacks, Emmets v Ardfer

Division 3

Keel v Ballydonoghue, Listry v St Pats, Dr Crokes B v St Senans, Waterville v Finuge, Laune Rangers v Annascaul, Brosna v Lislipole

Division 4

Tarbert v Skellig Rangers, Renard v Cromane, Fossa v Cordal, Ballylongford v Beale, St Michaels/Foilmore v Furies, Gneeveguilla v Castlegregory

Div 5 Group A

Austin Stacks B v Kilgarvan, Churchill v Valentia, Asdee v Knocknagoshel, Scartaglin v Kerins O



LAURA POWER FURIES WHO CAME FIRST IN SOLO SINGING IN THE RECENT EAST KERRY SCOR NA BPAISTI FINAL.

Rahillys B

Div 5 Group B

Tuosist v Rathmore B, Duagh v Ballyduff, Moyvane v Dingle B, Sneem/D'nane v Bye
Home PROs are asked to provide a short, balanced match report.

REFEREE TRAINING

The Referees committee had to cancel the Referee's Foundation Course scheduled for last Friday night in Austin Stack Park. It has been rescheduled for next Friday night 9th March at 8pm in Austin Stack Park. The Referees committee will also be holding the first night in St. Mary's Caherciveen GAA Grounds on Friday night. Referees who have already done the course but couldn't make the Refresher Course may also attend in Caherciveen. The course will last for 1.5 hours each night and you must attend both nights.

CUMANN NA MBUNSCOL

Kerry schools will be hoping to bring home some silverware from the Cornmarket Cumann na mBunscol Awards in Kilkenny on Friday night March 9th. Glenbeigh NS has been shortlisted in the Best Small School category along with Doon CBS from Limerick and Gaelscoil na bhFál, from the Falls Road in Belfast. Ardfer NS has been shortlisted for Promotion of Gaelic Games and Culture. Other schools shortlisted in this category are Darkley Primary School, Co. Armagh and The Downs NS, Co Westmeath. All will be revealed on Friday night in the Newpark Hotel in the Marble City. Kilkenny manager Brian Cody, a former primary school teacher himself, will be the guest speaker at the event.

MCNAMEE WINNERS

Congratulations to the Austin Stacks Club whose project 'Stacks 100' has been announced as the McNamee GAA Award winner in the

Category: Best New Digital Initiative. At the beginning of 2017, Austin Stacks Hurling & Football Club's Executive were faced with the enormous task of how best to celebrate the Club's centenary year 1917-2017. A club website simply called 'Stacks 100' (www.stacks100.ie) was commissioned and club members were encouraged to submit their old photographs, audio clips and video footage including clips of some of the clubs past achievements, interviews with former players etc. The 100 year club history was brought right up to date with interviews from current club executive members and video footage from some of the 2017 events. Austin Stacks Hurling & Football club will receive their award on Thursday March 29th in Croke Park. This is the 2nd McNamee award for the club, having previously won 'Best Club Project' award for 'Rockumentary' in 2014.

KERRY GAA SUPPORTERS CLUB

The following are the bus times for Sunday morning 11th March Kerry V Dublin Allianz Football League game. Farranfore 8am, Tralee 8.30a.m and Listowel 9am. Seats must be booked not later than Thursday night 8th March. If you have previously booked a seat there is no need to rebook unless you are unable to travel. Contact Donie O'Leary, John King and Martin Leane.

Kerry play Tyrone in the final round of the League on Sunday 25th March in Omagh. This is an overnight trip for the Kerry Supporters. Bookings for this trip can be made on Monday night 12th March in the Listowel Arms Hotel and Ballygarry House Hotel at 8 p.m. This is the final night for bookings with full payment.

It was with great sadness and regret that we heard the news on Tuesday last that Jerry Brosnan of Moyvane had passed away. Up to the time of his passing Jerry was President of the Kerry GAA Supporters Club and was a member since it was formed almost 30 years ago. There was no journey too long or too short for Jerry to attend whether it was an underage game within the county or with the Kerry teams in Donegal or Dublin. He was there!! Jerry enjoyed the social side of those weekends away. He was the first to start a song and the last to finish in the early hours of the morning. On the way home on the bus from those long overnight trips Jerry would make his way from his familiar back seat to the front of the bus and would say "give me that thing there" (meaning the microphone) and start the sing song singing about 6 songs in a row. His likes will never be seen again 'Jerry thanks for all the great memories'. The Supporters Club and the GAA world send their sincere sympathy to his wife Nodie, son Mike, daughters Kay, Brenda, Aileen and Geraldine, daughter in law Breda, sons in law Tom, John, David and Aidan and his grandchildren. May the sod rest lightly on his soul.



KILLARNEY RUGBY CLUB GIRLS WHO TRAVELLED TO DUBLIN FOR THE WOMEN'S 6 NATIONS MATCH

GNEEVEGUILLA ATHLETIC CLUB: LOTTO

No winner of our lotto draw 03/03/2018, numbers drawn were 3, 4, 5 & 6. Sellers prize winner Shelia O' Donoghue Taur. €50 Y/T prize to John Guerin Newmarket, €50 to Maureen McAuliffe Ballydesmond, €40 each to Con Murphy Caherbarnagh, Dan Cremin Quarry Cross & Michael O' Donoghue Knocknageeha. Bonus no won numbers drawn were 13, 19, 24 & 27. Next week's jackpot €6,800 plus €1,000 bonus.

MUNSTER SPORTS STARS

Congratulations to Shona O' Brien who has been nominated for a Munster Award. Due to have taken place on Friday last, the function has been cancelled for another two weeks.

Kerry Indoors: Next Saturday March 10th the Kerry Indoor Sports Hall competitions will be held in Milltown. It would be nice to see all our athletes born 2007, 2008, 2009 or 2010 in attendance. Any child born 2007 – 2010 that won a county, national or provincial medal in 2017 is not eligible to compete. Best of luck to all out athletes.

NATIONAL INDOOR MASTERS

Rescheduled to take place next weekend in Athlone. Best of luck to Shelia O' Donoghue, Eileen O' Riordan & Brid Stack who will be making the journey.

HANDBALL NEWS

MUNSTER HANDBALL FINAL FOR KERRY DUO

Following on from disruption by the storm the handball fixtures will take a little time to get back to normal.

Scheduled for this Thursday night is the Munster 40x20 Junior Doubles A final. Kerry dup Jack O'Shea and Rory O'Connor from Glenbeigh will take on Ciaran Buckley and Ryan Harkin from Cork.

The match will take place in Ballydesmond on Thursday night at 7.30pm/

It is expected that the other games, including Dominic Lynch and Jack O'Shea's All Ireland 40x20 Senior Doubles Last 16 game will take place around March 24th.

WORKMEN'S ROWING CLUB NOTES

ONGOING TRAINING

The recent snow and Storm Emma hampered our access to Ross Road recently but indoor and outdoor training now continues as per coaches' texts. Many thanks to our coaches and especially to Kieran Kennedy and Gary Fleming for their help recently with our Juniors.

UPCOMING EVENTS

Skibbereen Regatta 14th & 15th April at National Rowing Centre.

Limerick Regatta, Saturday 28th April, and Schools Regatta Sunday 29th April, O'Brien's Bridge.

INTERNATIONAL WOMENS DAY

This was held yesterday 8th March, and the International Olympic Committee (IOC) salutes all those who contribute to the development of girls and women in sport. This year's theme is #PressforProgress. This is a call to motivate and unite friends, colleagues and whole communities, to think, act and be gender inclusive. Here at Workmens we take this week to salute those men and women in our club who do exactly that...who motivate and coach our members equally, regardless of gender. We also salute our female members who through their ongoing commitment to their training, inspire more young girls to take up the sport of rowing and give it their all.

BIRTHDAY WISHES

Best Wishes to Ryan and Dylan Bartlett who celebrated their birthdays on the 2nd and 3rd March, to Michael O'Donoghue who celebrated his on Wednesday 7th and to Derva Ireland who celebrates her birthday this Tuesday 13th March.

CONFIRMATIONS IN KILLARNEY PARISH

To all of our Junior scullers who celebrate the sacrament of Confirmation this Friday, 9th March... we wish you and your families all the very best on this special day.

FIRIES COMMUNITY GAMES

The chess competitions take place on Sunday 11th March in Glenflesk. Good luck to our team of Simon Foley, Luke Costello, Tristan Keating, Noel McMahon, Michael O Sullivan,

Luke Henderson, Ben Brosnan and thank you to Peter Costello for managing the team. The girls u13 Indoor soccer finals take place next Sunday in Duagh, good luck to the Firies team and their coaches. Anyone interested in taking part in model making contact Maura Culloty.

BADMINTON NEWS

INTERCOUNTY

Grade D intercounty competition was held in Dublin on the 25th February. Well done to Maeve Twomey (Killarney) and her partner Elaine Hudson (Moyvane) who were runners up in the Ladies Doubles.

UPCOMING EVENTS

Good luck to everyone playing in the County Mixed Doubles for Divisions 1, 3 & 5 on the 9th March and the Division 2 & 4 Doubles on the 19th March.

KILLARNEY RFC NEWS

Last weekend put paid to all rugby related activities in Munster as Storm Emma took hold and the country turned white with snow. Even the PRO14 fell to the weather. Next weekend we have 2 matches on the cards with the U16's hosting Nenagh/Ormond in the refixed fixture at Aghadoe on Saturday at 12. Meanwhile the Seniors host Clonakilty at Aghadoe on Sunday in the next round of the Munster Junior League - Division 2.

TABLE QUIZ

Our minis host a fundraising table quiz at the Killarney Oaks on Friday the 23rd of March next at 7:30pm and we would invite all minis, youths and their parents to attend and support our minis. A table of 4 adults costs €40 while a table of 4 children under 15 costs €20. A great night of fun is guaranteed with great prizes and a raffle will take place. for details contact our Minis Coordinator Liam Murphy on 087-4145662.

KILLARNEY VALLEY ATHLETIC CLUB

The weather played havoc with training and competition last week. The National Master Indoor Championships which was due to take place on Sunday 4th March is changed to Saturday 10th March. The very best of luck to Mike Murphy who is competing. Also the best of luck to all our young athletes taking

part in the Development Sports Hall Games in Miltown.

The Killarney Mountain Festival are hosting a 10K race on Sunday morning at 10am through the Demense. Registration from 8.30am at Base Camp (at back of the Plaza Hotel). All proceeds of this 10K race will go to the Community Track Project!

TRAINING

MONDAY 7-8pm @ Sem Gym – S&C for age 12yrs and over. Jeremiahs Adult running club still going strong 7pm leaving from the Sem Gym. **TUESDAY** 5.55pm @ Killarney Oaks – Run Session (Please contact Connie with any questions 086-1505007). High viz vest is essential. **WEDNESDAY** 1.45pm – 2.30pm @ Demense – Speed and Hill training for members in secondary school. High Jump is on in Sem Gym 6-7pm for 10-14 year olds. **THURSDAY** 6-7pm @ Sem Gym for 7-12 year olds. All sessions are €2. Please check our facebook page <https://www.facebook.com/KillarneyValleyAC/> for up to the minute changes to training schedule.

KILLARNEY COUGARS BC.

JUVENILE NEWS

U12 GIRLS DIV II

Killarney Cougars 52

St Bridgets 18

Cougars hosted the Currow girls at the Pres Gym Killarney on Monday last and they made home advantage count with a quick start to the first half performance as they continued their good form.

Cougars lead by 11-3 after a good competitive first qtr with Mia Griffin impressing with some great baskets. Cougars Grace O'Connor and Lucy O'Sullivan added good baskets to increase the lead despite good effort by St Bridgets to get back in the game. The visitors had a good third qtr as they worked hard to get back in the game, but Cougars continued to impress and dominate and finished comfortable winners with good performances by Ciara O'Donoghue, Stephanie Carey, Sarah Mc Auiliffe and Grace O'Connor.

U16 GIRLS DIV II

Kcymys 31

Killarney Cougars 28

A top of the table clash saw Kilorglin secure the points over Cougars in an important game at the top of the league. Kcymys made a great start to lead by 8 pts in the opening minutes Fodhla Houlihan on target with a couple of good baskets. The Killarney girls were slow to start but recovered by halftime to trail by 5 pts with Alison Flynn impressing. The sides went basket for basket through the second half with Cougars briefly taking the lead in the last qtr by a point thanks to baskets by Meave Bellew and Holly Clifford but the home side recovered well with Houlihan with 4 points from the free throw



DAVID LOONEY, MANAGER OF TATLER JACK PUB (CENTRE) PRESENTS THE 1ST ANNUAL TATLER JACK KNOCKOUT CUP! WINNER DALE MCCARTHY(RIGHT) AND RUNNER UP NEIL O'DONOGHUE(LEFT). DALE WON 8-6.

line in the last minute ensuring a deserved but hard earned win with Cougars Holly Clifford, Alison Flynn, Meave Bellew all impressing.

SENIOR NEWS

Senior Mens Div II

Killarney Cougars 68

St Annes 42

Cougars last home game of the season saw them finish comfortable winners over Farrenfore side St Anne's a win that moves the Cougars back to the top of the league. Cougars led throughout and were at full strength for this final home game of the season. Cougars held a big lead at half time 34-15 and despite a big effort by St Annes in the second half Cougars had the points secured well before the final buzzer. Best for Cougars were Marius Dailyde, David Bartlett, Darren Gaffey and Daniel Aleksejenko.

COUGARS GIRLS & BOYS ACADEMY

Our U8 & U10 Girls & Boys continues on Friday evenings in the Parish Hall.

Further details on training schedules, fixtures, results go to our website www.killarneycougars.com or follow us on facebook

MUCKROSS ROWING CLUB

EVENTS

As had been feared, the exceptional weather of last weekend saw the cancellation of the Cork Head Of the River which was scheduled for Saturday last. It is intended that the event will now be run in the Autumn. Club training was also cancelled on Friday and Saturday last as the country fell under the icy grip of the Beast from the East. Next up on the events calendar is the Kerry Head Of the River, rescheduled for Sat 24 March in Killorglin following postponement in January.

MEMBERSHIP

A reminder that membership is now overdue for those existing members renewing for 2018. Outstanding fees and forms are to be returned to Jeremy Kenny or Mike Daly as soon as possible.

RACE NIGHT

Preparations are now well underway for our Fundraiser Race Night. We are eagerly looking forward once again to another entertaining night. The Race Night will take place on Saturday 14th April at the Killarney Oaks Hotel. First race will be 9.00pm and all are welcome. Further details to be announced. Find us on Facebook for all the latest updates!

FLESK VALLEY NOTES

AGM

Due to unforeseen circumstances the AGM due to take place this Friday 9th March has been cancelled and rescheduled for Friday 23rd March at the Killarney Oaks Hotel at 8.30pm. Apologies for any inconvenience. Anyone with motions to be discussed are to be with Club Secretary Clara O Connell 48hrs prior to meeting. Email: clara_rachel@hotmail.com

THE OLD KENMARE ROAD WALK

The Old Kenmare Road Fun Walk which unfortunately had to be call off in January had due to bad weather had been rescheduled for Sunday 25th March 2018. Meeting at the Killarney Oaks Hotel at 10am, you will be transported to the upper carpark at Torc. Refreshments will be provided along the way, and some light entertainment. On arrival in Kenmare, a bus will transport you back to the Killarney Oaks Hotel. It promises to be a great day out. Adults- €20 Under 18s-€15. Family rates also available

IF YOU HAVE A STORY... Call: Aisling on **086 0400 958**
or Email: editorial@outlookmags.com



Michael Healy-Rae TD
Tel: 064 66 85782 / 087-2461678
Will Attend Scotts Hotel, Killarney
every Saturday at 3.00pm

Castleisland Clinic: River Island Hotel
Last Friday of every month at 7.00pm


Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm

Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm

Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

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

Contact Numbers: E: Michael.Healy-Rae@oireachtas.ie
Michael Healy Rae: 01 618 3363/064 66 85782 / 087-2461678



FIANNA FAIL
THE REPUBLICAN PARTY
John Brassil TD
Killarney Constituency Office
Open Hours:
Thurs 15th & Fri 16th March from 9.30am - 5.30pm
Address:
The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.
(Just behind the Royal Hotel)
John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
Working with Cllr John Joe Culloty 087-1308000 cllrjcculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

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

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TAX MATTERS

With O'Brien Coffey MacSweeney
Accountants & Statutory Auditors

PAYE CUSTOMERS - CLAIMING A REFUND?

You may be due a refund of some of the tax you paid for the years 2014 to 2017. To check if you are, you will need to review your tax for those particular years.

Note

For 2017, all pay and tax details may not yet be on Revenue's record. If so, you will need to supply these details from either a P60 or P45 available from the relevant employer.

What you need to review your tax

There are two ways to review your tax:

- Request an End of Year Statement (P21).
- Complete a Form 12.

Request an End of year statement (P21)

The quickest and easiest way to request an End of Year Statement (P21) is by using PAYE Services in myAccount. To do this you must:

- sign in to myAccount
- select 'Review your tax 2014-2017' on the 'PAYE Services' card
- select 'End of Year Statement (P21)' for the appropriate year.

Complete a Form 12

If you wish to claim additional tax credits for a prior year, you must complete a Form 12 online. To do this you must:

- sign in to myAccount
- select 'Review your tax 2014-2017' on the 'PAYE Services' card
- select 'Form 12' for the appropriate year.

**O'BRIEN
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ACCOUNTANTS & STATUTORY AUDITORS

To discuss the above, or any other financial matter
with one of our advisors contact 064 6632045 or
info@obcm.ie

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WILDLIFE PHOTOGRAPHER OF THE YEAR AWARD

A photo of a man and a gorilla sharing a sweet embrace has earned Jo-Anne McArthur the coveted title of the Wildlife Photographer of the Year People's Choice Award.

Pikin the gorilla had originally been captured by poachers with the intent of using her for bushmeat. Ape Action Africa charity rescued her and brought her to an animal sanctuary in Cameroon.

In the winning photo, Pikin was being transferred to a new sanctuary when the sedatives wore off and she woke up. While some animals might have exhibited discomfort towards finding themselves in a moving car, she woke up in the arms of her caretaker Apollinaire Ndohoudou who shares a bond with Pikin; not just because he helped rescue her from the poachers, but also because he too was forced out of his home in Chad because of a civil war. Upon rebuilding his life in Cameroon, he found a passion for helping displaced wildlife – just like Pikin.

The competition, which was held by the British Natural History Museum received almost 50,000 entries from professionals and amateurs across 92 countries and Ms. McArthur's photo was chosen as the winner by 20,000 nature fans that voted on a shortlist of 24 photographs.

DID YOU KNOW?

On 19 August 1960 Russia launched Sputnik 5 (also known as Korabl-Sputnik 2) which carried the dogs Belka and Strelka, along with a grey rabbit, 40 mice, 2 rats, and 15 flasks of fruit flies and plants. It was the first spacecraft to carry animals into orbit and return them alive. One of Strelka's pups, Pushinka, bred and born after her mission, was given to US President John F Kennedy as a present to Caroline Kennedy by Nikita Khrushchev in 1961, and many descendants are known to exist. Pushinka soon settled in to the White House and used climb a ladder up to Caroline's playhouse and then slide down the metal chute.

QUOTE:

"My goals have always been to educate people about our treatment of animals, to reduce their suffering, to make animal industries visible, and accountable" - Canadian photojournalist Jo-Anne McArthur.

ON THIS DATE - MARCH 9TH

1562 - Kissing in public banned in Naples (punishable by death).

1820 - U.S Congress passed the Land Act, paving the way for westward expansion.

1834 - French Foreign Legion founded.

1841 - The rebel slaves that seized a Spanish slave ship, the Amistad, in 1839 were freed by the U.S. Supreme Court despite Spanish demands for extradition.

1932 - Éamon de Valera was elected President of the Irish Free State and pledged to abolish all loyalty to the British Crown.

1936 - The German press warned that all Jews who voted in the then upcoming elections would be arrested.



1954 - The CBS news show See It Now, produced by Edward R. Murrow, aired a report critical of U.S. Senator Joseph McCarthy, which led to the end of his Communist 'witch hunts'.

1956 - British authorities arrested and ordered the deportation of Greek Cypriot leader, Archbishop Makarios when he arrived at Nicosia airport to board an airliner for Athens. (Cyprus was then a Crown colony).

1967 - Svetlana Stalin, daughter of the Soviet dictator, requested asylum at the United States Embassy in India.

1999 - A record price of £725,000 an acre for land in the South East was set in Waterford.

DOG DISSAPPOINTED WHEN NO ONE SHOWED UP TO READ TO HIM

Sting the dog loves helping children with their reading skills. So when no one showed up to one of his library session recently, his owner posted some lonesome looking photos of the greyhound to Facebook to encourage participation and thousands of people from across the USA started clamouring to cheer him up.

The 10-year-old greyhound is a retired race dog who now works as a certified therapy dog in White Bear Lake, Minnesota. Once a week at the city library, Sting lets children read to him for the Paws to Read programme – an initiative that lets children practice their reading skills by reading to complacent dogs. He usually spends an hour at the library so at least three children can get 20 minutes of reading time.

John Muellner, Stings owner posted "Unfortunately nobody signed up to read to Sting at the White Bear Lake library tonight. If you know of a 4 to 8yr old who would like to read to a dog, please contact the White Bear Lake library by phone or their website about the Paws to Read program".

Much to the surprise of Mr. Muellner and the library staff, the phones immediately started ringing off the hook with people asking if they could get people to hold the phone to Sting's ear so they could read to him.

WAS ONE OF THE WORLD'S MOST IRREPLACEABLE BOOKS USED AS A CUTTING BOARD?

Though the Anglo-Saxon period in England lasted for roughly six hundred years, not many Old English (think Beowulf) manuscripts from

that era survived. As the longest and oldest of four manuscripts that contain poetry, the Exeter Book is a particularly crucial remnant of a once-rich oral tradition.

While the first few pages of the book are missing, the opening pages that are intact have deep knife marks, which suggest that the book may have been used as a cutting board. Several folios of the book are stained with a circular ring that bled through the pages as well.

Anglo-Saxon writing would have been incomprehensible to most people by the 13th century and went unread for centuries though the book has spent most of its existence in the Exeter Cathedral library. The book and its large size

appear by the damage to have made it a useful countertop.

FATHER FIRED FOR ATTENDING SON'S BIRTH WAS FLOODED WITH SUPPORT AND JOB OFFERS:

Lamar Austin was working a part-time 90-day trial period as a security guard at Salerno Protective Services when his wife went into labour. Though he sent a text to his boss explaining the situation, he received a response reading: "You're forcing my hand; if you aren't in work by 8 tomorrow we are going to terminate you."

At 1am on New Year's Day, after their son became the first baby of 2017 born in New Hampshire, he received another text saying that he was "terminated".

When Lamar's story was published in the local newspaper, it was seen by former town board member and paid family leave advocate Sara Persechino, who created a GoFundMe campaign to ease the financial stresses of the family until Lamar found another job.

"No one should have to choose between their family and their job," said Sara. "Welcoming a new baby to a family should be a joyous time." Within two days of its creation, 100 people had donated over \$2,000 to the campaign. More importantly, 3 different local employers contacted Lamar with job offers, as well as an apprenticeship from the local business manager of the International Brotherhood of Electrical Workers and from the labour union, AFL-CIO.

TABLE QUIZ

Killeentierna Macra Club which covers the Farranfore, Ballymac area as well of course as the Currow / Currans Castleisland, Scartaglin, Cordal, Brosna, and Knocknagoshel areas will be holding their annual table quiz on Friday March 23rd in Browne's Bar, Castleisland at 9pm with a table of four costing €20. This is always a very entertaining night with lots of prizes and a big raffle to be won. You do not have to be a member of Macra or of farming background to take part and all in the Killeentierna Club would be delighted to have you support on this very enjoyable evening.



INVITATION

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

LEWIS ROAD KILLARNEY

Dr. Crokes GAA Club invites the Parents in the Killarney Area and their Boys and Girls to the **2018 Registration Open Day. Boys and Girls aged 4 to 10 welcome.**

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



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

On Registration:

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



SCÓR

Participate in Irish Dancing & Music



GIRLS' GAELIC:

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



GAELIC FOOTBALL:

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



HURLING:

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

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



FREE Registration for all Children U6

Each training session for all is FREE OF CHARGE

Full details contact: John O'Shea 087 2488768

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Citizens Information

Know Your Rights: PART-TIME WORK AND SOCIAL WELFARE PAYMENTS

QUESTION

I'm working part-time on a low wage. Do I qualify for any social welfare payments?

ANSWER

It depends on your personal circumstances. Many people work part-time before taking up full-time employment. If you are working part-time you can, in some cases, keep or apply for a partial social welfare payment, or you may qualify for additional supports.

If you work over 38 hours in a fortnight and you have children you may be able to claim Working Family Payment (WFP), formerly known as Family Income Supplement or FIS. WFP is a weekly tax-free payment for people on low pay.

You may be able to claim a jobseeker's payment for the days you are not working. You can work part-time for up to three days a week and claim a reduced Jobseeker's Benefit or Jobseeker's Allowance payment. You may qualify for the Part-Time Job Incentive Scheme if you were getting Jobseeker's Allowance and find part-time work for less than 24 hours per week.

However, one of the main conditions for getting a jobseeker's payment is that you must be available for work and actively seeking work. This means that you must continue to look for work on the days you are unemployed. You must also be unemployed for at least four days out of seven consecutive days.

If you return to work after a period of unemployment, you may qualify for the Back to Work Family Dividend (BTWFD) which aims to help families move from social welfare into employment. The BTWFD and WFP can be paid together and the BTWFD is not taken into account in the means test for WFP.

If you are parenting alone and getting a One-Parent Family Payment, you are allowed to earn a certain amount each week and keep your payment. In some cases, people getting disability payments can do some work and keep a social welfare payment.

You can get more information on your options from the Citizens Information Service below.

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

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

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When choosing a conifer they are usually classified under four sections. Dwarf which will grow from 1.5ft to 15ft. Medium 12ft to 50ft. Tall anything over 50ft and finally ground cover or prostrate growing from about 2ft in height to a spread of anything from 2ft to 6ft.

When choosing a dwarf conifer it is very important to remember that it can mean two things. It may describe a slow growing variety which will grow to about 2 to 3 ft after 10 to 12 years or it may mean that it will grow to its maximum height in a quicker time frame.

An ideal dwarf conifer to choose is Juniperus Communis Compressa which will not grow more than 2 to 3 ft which makes it ideal for a rockery.

There is also a big choice when it comes to medium conifers. So remember before you choose find out the mature height and spreads. Medium conifers are ideal for shrub beds as they will give you a good focal point and colour all year round whether it is green, gold or blue-grey.

Tall conifers speak for themselves and are ideal for a large garden.

Prostrate conifers are ideal for ground cover but make sure to remember that there are different varieties, dwarf, medium and large. Conifers are also ideal for centerpiece in pots and containers.

Next week I will focus on Climbers.

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ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



It's all kicking off in the soaps this week as Keegan's father turns up in Eastenders, David suffers a terrible ordeal in Coronation Street and Lisa is drugged in Emmerdale.

EASTENDERS

The Taylor family face a huge week as Mitch, Keegan's father turns up. While Keanu wastes no time in punching Mitch, Karen is soon falling for his charms again. Later in the week, Keegan learns the awful truth about Keanu's father. Meanwhile, Mel has Ian and Jack vying for her attention.

Elsewhere, Big Mo returns and reveals that Kat is dead.

CORONATION STREET

In dark scenes set to air this week, David's life will be changed forever after a fateful night out with supposed friend Josh leads to him being drugged and raped. Meanwhile, Tyrone confesses to Fiz that he slept with Gemma.

Elsewhere, Billy's addiction sees him stoop to a new low.

EMMERDALE

A shock incident sees Lisa suffer a heart attack this week. After accidentally ingesting some ketamine, Lisa collapses in the pub. Will Gabby and Liv own up to their role in the incident or will Vanessa lose her job? Meanwhile, Joe discovers the truth about the acid attack. Elsewhere, Ross is left heartbroken.



SouthWest Counselling Centre

GOOD MOOD FOOD



It is a well known fact that what we eat and drink can affect our mood. Our body and mind responds to what we digest not just on a physiological level but also on an emotional level. However, everyone has a tendency to ignore this on a small or grand scale to some degree depending on how busy or chaotic our lives become. The end result being we feel drained, emotional, moody, tired and irritable. It can be an ongoing struggle for many of us to incorporate a healthy eating mind set into our lives and yet when we do, we feel so much better, more energised and positive. The challenge, of course, is to maintain and sustain this approach. Some Golden Rules to follow;

- Eat Breakfast and kick start your metabolism.
- Include fruit and vegetables in your diet.
- Eat regularly and include fish, chicken and any lean meat in your diet.
- Drink plenty of water (6 to 8) glasses per day.
- Avoid late night eating and too many take aways!
- Watch portion size.
- Reduce Caffeine
- Be mindful of alcohol consumption.

Some key foods to include are minerals such as magnesium, found in nuts, whole grains and green leafy vegetables, zinc, found in meat, milk, legumes and whole grains and iron, found in red meat, green leafy vegetables, eggs and some fruit. Omega 3 polyunsaturated fatty acids found in oily fish and some plants are also very important and of course vitamins such as vitamin B, C and E. Again whole grains, fruit and vegetables important here. Changes in our diet can enhance our cognitive abilities and indeed protect the brain from any damage, boosting our mood and general sense of wellbeing. So consider the benefits of certain foods in the wider context and you are not only trying to counteract heart disease and cancer through these choices but you are also protecting the brain and looking after your mental health. Go further and make exercise part of the equation and you are well on your way to a healthier you; another layer of self-care is sleep. Strive for 8 hours and when awake strive for healthy eating and moderate exercise. Our physical and mental state is often vulnerable and under duress so it is important to acknowledge this and fuel our being with the right nutrients and minerals when, and if, necessary. Needless to say have the occasional treat and indulge a little every now and then because something sweet and tasty is deserved and worthwhile after all your hard work to be good! Bon Appetite!

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

Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide.



Kerry ETB Training Centre



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

CAD - Computer Aided Design Course (ET115) - Tralee.

This course offers participants the opportunity to develop knowledge and skills in 2D and 3D computer aided design. Participants must have technical drawing and maths in the Leaving Certificate or equivalent. **Start Date:** 26th February 2018. **Duration:** 34 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

ECDL (ETK79) - Tralee.

This course offers participants the opportunity to develop the computer skills needed to work in an office. It covers keyboard skills, computer essentials, online essentials, word processing, spreadsheets, databases, presentation software, and career planning & job seeking skills. **Start Date:** 26th February 2018. **Duration:** 18 weeks. **Certification:** ECDL Award, Level 1 Office Procedures Certificate and Typewriting Certificate.

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

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Date:** 26th March 2018 in Tralee and the 14th May 2018 in Killarney. **Duration:** 10 weeks. **Certification:** QQI Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Traditional Stonewall & Landscape Gardening Construction (ET4R8) - Tralee.

This course provides participants with the knowledge and skills to build a range of stone walls and landscape gardening features. **Start Date:** 26th March 2018. **Duration:** 34 weeks. **Certification:** QQI Special Purpose Award in Traditional Stonewall Construction.

Deciding Your Future (ET980) - Tralee.

This course is for people who find themselves unemployed and uncertain on what to do next. It gives participants the opportunity to boost their confidence, interact with people who have similar concerns and put structure back in to their working day. It offers them the opportunity to devise a career development plan that suits their needs, develop the skills to implement the plan and work towards achieving it. **Start Date:** 26th March 2018. **Duration:** 11 weeks. **Certification:** N/A.

Construction Ground Work Skills (ET23462) - Tralee.

This course provides participants with the knowledge and skills to construct concrete slabs and paths and to lay kerbs, flags and pavements under various conditions. **Start Date:** 9th April 2018. **Duration:** 16 weeks. **Certification:** QQI Level 4 Award.

Digital Photography (ET08585) - Tralee.

This is an introductory course for those wishing to pursue careers in the world of photography and digital imaging. It offers participants the opportunity to develop the knowledge and skills needed to generate a range of professional photographic content. **Start Date:** 14th May 2018. **Duration:** 14 weeks. **Certification:** QQI Level 5 Award in Digit Photography.

Fibre Installation Technician (ET08632) - Tralee

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

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Date:** 21st May 2018. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

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

Kerry ETB Training Centre

Monavalley, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,

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THE MIRACLE PRAYER

Dear Heart of Jesus, in the past I have asked you 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

THE MIRACLE PRAYER

Dear Heart of Jesus, in the past I have asked you 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.

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In Loving Memory of

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That you were still here.

Happy Birthday Rose

Sadly missed by your Family and Friends.

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

ACKNOWLEDGMENT AND 1ST ANNIVERSARY



In Loving Memory of

JOSEPH SCULLY

*Dunloe Upper, Beaufort
Whose first anniversary occurs on
the 9th of March.*

As we remember Joseph's first anniversary, we the family wish to express our deepest gratitude and appreciation to all those who sympathised and supported us on our sad loss. We also want to thank those who called to the house, attended The Rosary, the removal, the funeral mass, burial and those who travelled long distances.

We very much appreciate the support Joseph got from Dr. Donal Coffey, Nuala Kelly and the palliative care nurses and nurses and staff in District Hospital Killarney. Special thanks to Fr. Michael and Fr. Paddy O'Donoghue who celebrated Joseph's funeral mass, and to Gerry Healy for the beautiful music and singing at the funeral mass and at the graveside.

Thanks to the O'Shea funeral directors for their sensitive and professional handling of the funeral arrangements, as it's impossible to thank everyone individually, please accept this acknowledgement as a token of our gratitude and appreciation and kindness for your support. The Holy Sacrifice of the mass will be offered for your intentions.

Joseph's 1st Anniversary Mass will be celebrated on Friday 9th March at St Mary's Church Beaufort at 7.30pm.

THE MIRACLE PRAYER

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

(Mention favour).

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

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

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

M.D

GRATEFUL THANKS

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

GRATEFUL THANKS

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

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 heart where your Father sees it.

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

Amen.

Say this prayer three times for three days and your favour will be granted.

My prayers were answered.

Brid

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A WORD OF VICTORY

Welcome back dear reader, last week we looked at God's promise to cleanse our sins "though they are like scarlet, they shall be as white as snow (Isaiah 1:18). Well, we've had plenty of beautiful bright powdery snow to demonstrate how white we are washed! The light reflected off snow is incredible, and not only are our sins cleansed by the sacrifice Jesus made, but as we grow in understanding all that He won for us at the Cross, we then reflect the light and love of God in a transformed life. Righteousness means right standing with God and changes us from living out the old fleshly sin nature becoming instead a new creation in Christ. What this means is that when I repent for my sins and ask Jesus to be my Lord, acknowledging Him as the Son of God and my Saviour, He exchanges my sinful past for His righteousness. He never sinned but took my sins upon Himself, and because of His sacrifice God has forgiven and forgotten them, and transforms my spirit by His supernatural Holy Spirit Power making me a brand new creation, or 'born again' (2 Corinthians 5:17; John 3:7&16). Now when God looks at me after I have received His free gift of Salvation, He no longer sees me as I once was, sinful and broken, but now He sees only Jesus and His perfection. My spirit is now born again and I am joined to God the Father in the Spirit and someday when I die, I will enter into eternal life with Him in Heaven (Romans chapters 5 & 6). That is peace that money cannot buy friend! In the meantime, I'm living on this earth and my soul (that's my mind, my will and my emotions) has scars and wounds that were caused by my own past sins, or by things wrought by others on me. These wounds can manifest in the body as sickness, disease, and mental health issues. As I seek God's Word, believe it and obey it, I will receive healing and get washed by it. Changing the way I think about myself - is fundamental to receiving freedom from curse. Sickness, disease, poverty and relationship problems are all results of the curse and need to be broken (Galatians 3:13; Deuteronomy 30:11-20). Our thoughts and words about ourselves have so much to do with the outcome - "for as he thinks in his heart, so is he" (Proverbs 23:7), and "death and life are in the power of the tongue, and those who love it will eat its fruit" (Proverbs 18:21). We will continue this next week. . . .

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