

"Out First Every Friday"

KILLARNEY Outlook

To Advertise call **Des**: 087 659 3427 or **T**: 064 66 70000 Editor: Aisling Crosbie 086 0400 958 - editorial@outlookmags.com



Golden Chopsticks Chinese Restaurant

Mon - Sat: 3pm - 11pm | Sun: 12.30 - 11pm

Scotts Street Killarney
(opposite Peter Mark Hair Salon)
Tel: 064 66 22005

Gift Vouchers Available

Visit our website on www.goldenchopstickschinese.com
Check our Menu | Reserve on line with your Special Requests

RESTAURANT SPECIAL

EARLY BIRD SPECIAL -

€17.50 per person

Offer 2 Courses + Rice or Chips.

Monday - Saturday: 3.00pm - 6.00pm

Sunday: 12.30pm - 6.00pm

SUNDAY LUNCH MENU SPECIAL

- €14.00 per person

Appetisers + Main Course + Tea or Coffee

(Including Rice or Chips).

Sunday: 12.30pm - 4.00pm

SAVE YOUR MONEY & FUEL
with our **TAKE AWAY MEGA MEAL DEALS**
Free Delivery within 2 mile radius of Killarney Town
Minimum Spend €12

Great Scrappage Deals

UP TO €4000 SCRAPPAGE ON ALL BOXER VANS



T & C apply

REEN'S CAR SALES RATHMORE

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150



PEUGEOT



O'DONNELL'S FURNITURE & FLOORING

CORK ROAD, KILLARNEY
On 1st Floor over Mr Price

THE HOME OF GREAT VALUE FURNITURE

Tel: 064 6621632



THE FABULOUS FABRIC COMPANY
Beyond Measure

Free professional advice

 **Curtains · Blinds · Wallpaper**
Headboards · Upholstery fabrics

Tel: 026 45235 Email: info@tffc.ie Web: www.tffc.ie
Ballymakeera, Co. Cork

Image Courtesy of Jane Churchill



BR Insulation

T: 066 7193509

M: 086 8633143

E: brinsulation@hotmail.com

W: www.brinsulation.ie

"Your local Kerry based company"

C2 REG
FULLY INSURED



- external wall insulation -
- cavity wall insulation -
- attic insulation -
- internal wall drying -

Save up to
60%

Londis McCarthys
Convent Place, Rathmore

t: 064 7758053 f: 064 7758363
m: 087 2230595
email: mccarthy-rathmore@londisretailers.ie

<p>DAIRYGOLD 908gm ONLY €4</p>	<p>LOIN PORK CHOPS ONLY €5.99</p>	<p>HB ROMANTICA CARAMEL ONLY €5.00</p>	<p>LONDIS BREAKFAST ALL FOR €4</p>	<p>COCA COLA 8PK REGULAR/DIET/ZERO/FANTA/SPRITE ONLY €3.99</p>	<p>SURF HALF PRICE TROPICAL 20 WASH NOW €10</p>
<p>BAREFOOT 75cl ONLY €8.99</p>	<p>KELLOGGS RICE KRISPIES/BRAN FLAKES ONLY €3</p>	<p>HUNKY DORY'S CHEESE & ONION/SALT & VINEGAR/BUFFALO/SOUR CREAM 150g 2 FOR €4</p>	<p>GOODFELLAS Take Away Pizzas ONLY €3.50</p>	<p>POT NOODLE ONLY €1</p>	<p>GREEN ISLE SKINNY CUT CHIPS SPICY/REGULAR 800G ONLY €2</p>

-This weeks BEEF comes from DAVID COURTNEY ROCKFEILD FAHA

-This weeks LAMB comes from DENIS BUCKLEY ANNAMORE CASTLEISLAND

1 YEAR GUARANTEE
ON ALL WORK AND WARE

Fully fitted in your home to official Grant standards. VAT refundable

Mobility bathroom solutions

Customised for your specific needs

- Professional advice and free, no-obligation, home survey
 - We provide suitable design solutions and help with grant paperwork
- One team of qualified tradespeople
 - We properly dispose of your old bathroom and complete all the plumbing, wiring, plastering, tiling and painting required for your new bathroom
- One working week
 - We like to start each project on a Monday and complete it on Friday

Bathrooms4u

Quality make-overs, amazing prices

Right Price Tiles Centre, Manor West, Mile Height, Tralee
066 719 7009 • www.b4u.ie • info@b4u.ie

Green Belt
OVER 30 YEARS OF SOLID GROWTH
Planting since 1987

Get the most out of your marginal land.

Get professional advice from your local forestry experts on how to

Earn up to €249

per acre per year

New Forestry Scheme Available

For more information contact your local representative

Gerard Moroney

Mobile: 086 838 0915 Landline: 064 662 6614 Freephone: 1800 200 233

KCINEMAKILLARNEY
East Avenue Rd, Killarney, Co. Kerry

Friday 11th - Thurs 17th Mar 2016

SING STREET (12A) 115m Thurs 6:30 9:00	KUNG FU PANDA 3 (PG) 105m Sat/Sun 12:20 2:20 4:20 7 Days 6:30	DIVERGENT :ALLEGIAN (12A) 105m Sat/Sun 2:45 4:20 6:50 7 Days 6:20 8:50	LONDON HAS FALLEN (15A) 105m 7 Days 6:40 9:00
SPOTLIGHT (15A) 135m 7 Days 8:45	DEADPOOL (16) 120m 7 Days 9:00	ALVIN & THE CHIPMUNKS (G) 100m Sat/Sun 12:10 2:10 4:10	
HOW TO BE SINGLE (15A) 120m Fri-Wed 6:30 9:00	RIDE ALONG 2 (12A) 110m Sat/Sun 4:05	ROOM (15A) 125m 7 Days 6:25	
GOOSEBUMPS (PG) 110m Sat/Sun 2:20 4:30	DADDY'S HOME (12A) 105m Sat/Sun 2:10	KIDS CINE CLUB Sat 12th & Sun 13th March THE GOOD DINOSAUR (PG) 12:05 CAPTURE THE FLAG (G) 12:05 THE PEANUT MOVIE (G) 12:05	

www.cinemakillarney.com

CELEBRATE YOUR BIRTHDAY WITH US

SPECIAL BIRTHDAY PACKAGES AVAILABLE INSTORE
FOR AS LITTLE AS €3 PER CHILD

FOUR STAR PIZZA

KENMARE PLACE KILLARNEY
064 66 30222

O'SULLIVANS BEAUFORT BRIDGE
Shop - Service Station - Agri Supplies
T: 064 6644397 / 086 6396604

SPECIAL OFFERS
While stocks last

Galvanised Sheep Hay Racks Only €180	Roches Maize Meal 10 for €60	Roches Hi-Lac Ewe 18% €260 per tonne €6.50 per bag
Heavy Sheep Wire €44 per roll	Oak Sleepers €30 Each	Heavy 5' Split Posts Bale of 90 for €179

OPEN 7 DAYS A WEEK

JOHN GALVIN
ROOFING, BUILDING & CARPENTRY

- New Builds
- Extensions - Renovations
- Refurbishments
- Timber Frame
- Passive Insulation Foundations

• Free Consultation & Quotations
• Fully Registered & Insured

NO JOB TOO BIG OR TOO SMALL

KILLARNEY
CALL JOHN: 087 7082633

Fitzgibbon
INTERIORS

www.fitzgibboninteriors.ie
Tel: Curraheen - 066 7194982 | Tel: John Joe Sheehy Road - 066 7126177 | Email: info@fitzgibboninteriors.ie



STOVES &
FIREPLACES



Now Stocking Pellet Stoves

At Fitzgibbon Interiors we are now stocking a large range of **PELLET STOVES**. Sleek modern stoves, designed and manufactured in Italy. Not only would these stoves be a beautiful piece in any home but due to computer base design these stoves are highly economical. If you need any further information

Contact Mike at Fitzgibbon Interiors, Tralee on 066 7126177



FURNITURE
LIVING ROOM | DINING ROOM
BEDROOM | KITCHEN



FREE Interior Design Service

We offer a **FREE** interior design service in store at Fitzgibbon Interiors or for a small fee Lorraine will visit your home for a consultation with a follow-up report ensuring you have the confidence that you'll get the style in your home right first time - without expensive mistakes. As Lorraine would say "good design is timeless!"

Contact Lorraine at Fitzgibbon Interiors, Tralee on 066 7194982

FLOORING
HARDWOOD | LAMINATE
ENGINEERED WOOD

**BATHROOM
SUITES**

FREE Grout And Adhesive

For the next month here at Fitzgibbon Interiors when you spend over €500 on your new tiles, we will provide grout and adhesive absolutely **FREE!** This offer ends 17th March 2016. T&C's apply. If you need any further information **Contact Aidan at Fitzgibbon Interiors, Tralee on 066 7194982**

TILES
FLOOR TILES | WALL TILES
BATHROOM TILES | KITCHEN TILES



The people of Killarney came together this week at an emotional service in St. Mary's Cathedral to support Anna Rozycka in the loss of her beautiful son Karol who died in tragic circumstances on Mother's Day. Also in the minds of locals this week was Paddy Turner, who has had a bench named after him. Paddy was a regular visitor to the offices of Killarney Outlook, calling every Friday morning up until he passed away on March 3rd 2015.

The cast of Calamity Jane took to the stage at the INEC producing yet another successful show and the Young Musician of the Year was crowned by the Killarney Rotary Club. Bank of Ireland launched Killarney as an Enterprise Town and The Irish Cancer Society held their annual coffee morning. With St. Patrick's Day approaching, Killarney Outlook photographer Marie Carroll O'Sullivan will be on the street at the parade getting plenty of photographs for next week's Killarney Outlook which will be out a little later than usual on Friday afternoon.

Aisling Crosbie, Editor.

LOCALS GATHER TO REMEMBER PADDY

Killarney came to a standstill this time last year when the funeral cortege of one of the towns most popular characters made its way through the streets. Paddy Turner was known to everyone - and was a familiar face around the town where he went every day, right up to a few days before he passed away. This Wednesday locals gathered again to unveil a bench in Paddy's name, something that he would have been immensely proud of. Located at the top of High Street, the tribute was organised by one of Paddy's greatest friends, Enda Walshe and is a fitting memorial to the colourful man who loved Killarney, its people and had a great interest in motorbikes and fashion. Enda had the help of council officials in his endeavours to get Paddy's Bench situated in a place that Paddy would have passed



THE UNVEILING OF THE LATE PADDY TURNERS MEMORIAL BENCH AT THE TOP OF HIGH STREET ON WEDNESDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



several times a day. "I want to thank Kerry County Council, and Cllrs John Joe Culloty and Donal Grady for raising the issue at Council meetings, to John Joe for his ongoing help and Noel O'Leary and Kieran Halloran of the Killarney Municipal District for their assistance", Enda told the Killarney Outlook.

The plaque which reads: "Nice morning, not a bad morning" which was Paddy's greeting to everyone was kindly sponsored by Tom Tobin of Killarney Medals and Trophies. A fitting tribute to a man who was a friend to everyone.

PICTURED AT THE UNVEILING OF THE LATE PADDY TURNERS MEMORIAL BENCH WHICH IS LOCATED AT THE TOP OF HIGH STREET WERE PADDY'S GOOD FRIENDS AND CARERS BACK ROW L-R SEAMUS O'BRIEN (CARER), JOE MULVIHILL, EDITOR OF KILLARNEY OUTLOOK AISLING CROSBIE & BREDA WALSHE. FRONT ROW L-R ENDA WALSH (ORGANISER) & CLIONA O'SULLIVAN (CARER). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

HEALY-RAE CONVOY HEADS FOR THE DAIL

Following their successful appearance on last Friday night's Late Late Show, Kerry TD's Michael and Danny Healy Rae attended the first sitting of the Dail yesterday morning, Thursday March 10th.

In true Healy-Rae fashion the history making politicians were joined by a huge convoy of supporters who reserved two carriages on the

7.37am early morning train from Killarney. On arrival in Dublin the TD's and supporters held an impromptu concert outside with Danny playing the accordion.

PICTURED ON THE TRAIN HEADING FOR DAIL EIREANN ARE FROM LEFT NOEL LUCEY, JOHNNY HEALY RAE, TADGH O'DONOGHUE AND DERRY HEALY.



IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: **editorial@outlookmags.com**

TIME FOR A CHANGE?

Tralee Road, Killarney, Co. Kerry. ● T: 064 66 31959 ● E: killarney@leanes.com

Unit 10, Westside Business Park, Monavalley Industrial Estate, Tralee, Co. Kerry. ● T: 066 7186594 ● E: tralee@leanes.com

Unit E2, Eastway Business Park, Ballysimon Road, Limerick. T: 061 440 855 ● E: limerick@leanes.com

Leane's

KITCHENS & BEDROOMS



- Established 1975.
- 100% Made In Kerry.
- New ranges now on display.

AT THE HEART OF **YOUR HOME**

T. CRONIN & SONS



TRY SOME TRADITIONAL
CORN BEEF
THIS ST. PATRICKS DAY

Happy
St. Patricks Day

Good Luck to "the Sem"

9 High Street, Killarney t: 064 66 31181 f: 064 66 37387

The Danny Mann Pub

BEST WESTERN
EVISTON HOUSE HOTEL

97 New Street, Killarney | www.evistonhouse.com
E: info@evistonhouse.com

Now taking bookings for
**Confirmation &
First Holy
Communion Lunches**

TO MAKE IT A DAY YOU WON'T FORGET ENJOY
COMPLIMENTARY USE OF OUR IN-HOUSE PHOTO
BOOTH, DRESS UP WITH OUR FUN PROPS,
FACE PAINTING AND KIDDIES DISCO

PRICES: €22.95 PER ADULT, €11.50 PER CHILD

CONFIRMATION/ COMMUNION CHILD DINES
FOR FREE

Contact Leighanne: 064 6631640
E: leighanne@evistonhouse.com

KILLARNEY HOUSE: THE AMERICAN CONNECTION



KILLARNEY HOUSE BUILT IN 1726.

Aoife O'Carroll

An ITN Roving Report from 1959 opens with grainy footage of Ladies View and the caption "Killarney, USA?" Reporter Tom St. John Barry asks "Is the Star-Spangled Banner now the national anthem of Killarney?"

The reason for his question lies in Killarney House, which Florida realtor J. Stuart Robertson bought in 1956 and then sold to a U.S. syndicate in 1958. A member of that syndicate was John McShain, who became known as "the man who built Washington" after his firm built the Jefferson Memorial, extended the Pentagon, and refurbished the White House.

A mutual interest in horse racing inspired McShain's friendship with former Irish president Sean T. O'Ceallaigh, who reputedly advised the building magnate to buy Killarney House to prevent it from being turned into a theme park. McShain eventually bought out the other members of the syndicate, reassuring the people of Killarney in a January 1961 issue of *The Kerryman* that he would "always honour this commitment of doing the best for Killarney."

That commitment involved using workers from the Kenmare Estate to refurbish the 18th-century house and attend to the exquisite lawns, gardens, and greenhouses. Killarney House caretaker Harry O'Donoghue, who

worked for the McShains, recalls that the O'Connor sisters of New Street placed fresh flowers in the rooms daily, while chef Jimmy Sugrue and gardener William Keogh picked vegetables for the kitchen all-year round.

One of Harry's duties was to look after the many American guests who visited. They played golf, took trips by pony and trap, and explored Ireland by chauffeur-driven car. The McShains took up permanent residence in 1987, after John McShain became too frail to travel home to the United States in winter. From then until his death in 1989 and the death of his wife, Mary, in 1998, a permanent nursing team was employed to take care of the elderly couple. Some Killarney people may have looked forward to "dollars flying everywhere," but the U.S. connection to Killarney House ended with Mrs. McShain's death, and ownership of the property reverted to the Irish state in 1998. The Office of Public Works acquired most of the house's contents, including important furniture and art dating back to the Earls of Kenmare. Now the property of the Department of Arts, Heritage and the Gaeltacht, which has responsibility for Killarney National Park, some of these will be on display when the house opens to the public.



THE MANSION BUILT 1872.

FUNDING OF €116,500 FOR FESTIVALS IN KERRY

The Minister of State for Tourism & Sport, Michael Ring TD, has announced that funding of €116,500 is to be allocated to thirty festivals in County Kerry by Fáilte Ireland, under its 2016 Festivals and Events Programme.

Among the festivals being funded by Fáilte Ireland include:

Dingle Marathon - €10,000; Rose of Tralee - €30,000; Puck Fair €3,000; Sneem Storytelling Festival €3,000; Quest Killarney €2,000. The Gathering €3,000; Comórtas Peile Páidí Ó Se €3,000; Killarney Festival of Trees €2,000; Killarney Adventure Race, €3,000 and Run Killarney €2,000.

SEAMUS WELDON EXPERIENCE DAY

To celebrate John Deere's 50th Anniversary, Seamus Weldon is hosting an Open Day at his showroom in Barleymount, Killarney. The Seamus Weldon Experience Day will take place on Friday 18th and Saturday 19th March

from 9am to 4pm.

At the event you can see and drive the 2016 range including lawnmowers, gators and tractors. There will be an anniversary draw with amazing prizes along with lots to do on the

CALAMITY JANE WINNERS

Congratulations to everyone who won tickets to Calamity Jane at the INEC.

Thanks to Killarney Outlook and Killarney Musical, Geraldine Teahan from Killarney, Ann O'Leary, Gneeveguilla, Paul O'Shea, Ardshanavooly and Noreen O'Doherty, Furies all enjoyed the fantastic show this week.

RETIRED NURSES AGM

The 2016 Annual General meeting of the Kerry Branch of the Retired Nurses Association will be held at the Killarney Court Hotel on Friday March 18th 11am. As there will be a range of issues relevant to Retired Nurses on the agenda for discussion a special appeal is extended to all members to be in attendance. The National Conference of the RNAI will take place in the Hodson Bay Hotel Athlone on June 1st and members wishing to submit motions for discussion at the Conference are invited to convey same to the AGM on March 18th. A golf competition will take place on the course adjacent to the Hodson Bay Hotel on the day previous to the conference and this is opened to all members.

Retired nurses wishing to join the association are invited to contact the secretary Ms Nora Moynihan at 064 7754204.

MODS & MINIS OPEN THEIR 6TH STORE

A successful Killarney business is expanding by opening their 6th store in Ballincollig Shopping Centre. Mods & Minis children's clothing company, are opening their new store this weekend.

The first Mods & Minis store was established in Killarney in 2004 by Deirdre and Thomas McCloskey. This family orientated, Irish owned company, stock a range of clothing, accessories and gifts to suit all ages from the delicate newborn to 12 years and Diesel Teen boy to 14 years. Their Head Office is based in Killarney and Deirdre is originally a native of Killarney and her family own a gift shop, Blackthorn Shop in the town centre.

day. So if you are in the market for some of the famous John Deere range of equipment make sure you attend. For more information see advert on the back cover.



Brookfield College

Now at our new school in Monavalley, Tralee

28th Annual Easter REVISION COURSE

for Junior & Leaving Certificate Students
Monday March 21st - Friday March 25th
at Brookfield College, Tralee &
The Malton Hotel, Killarney

UPCOMING COURSES 2016

SUPERVISED STUDY

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

ORAL PREPARATORY COURSES

Saturday March 12th

Intensive One Day **Irish Oral Preparatory Course**

Saturday March 19th

Intensive One Day **French Oral Preparatory Course**

Saturday April 2nd

Intensive One Day **German Oral Preparatory Course**

Saturday April 2nd

Intensive One Day **Spanish Oral Preparatory Course**

EASTER REVISION COURSES

Monday March 21st- Friday March 25th

Intensive Revision for Leaving and Junior Certificate

BLOCK STUDY

Monday March 28th - Friday April 1st

Supervised Study 9.00am - 5.30pm (Easter Break)

ART HISTORY

Saturday 23rd April

One Day Revision Course of Art History for Leaving Cert.

CHEMISTRY

Saturday 23rd April

One Day Intensive Revision of Organic Chemistry.

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

BLOCK STUDY

Monday 30th May - Fri 3rd June

Supervised Study 9.00am - 5.30pm (Summer Break)

Information can be viewed and forms downloaded from our website.

(Go to application forms at top of page)

www.brookfieldcollege.ie

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

EDEL CROWNED YOUNG MUSICIAN OF THE YEAR

Soprano Edel Crowley from Tralee has been crowned overall winner of the Killarney Rotary Young Musician of the Year competition on Saturday night.

The 16th annual event took place in the Franciscan Friary in Killarney while earlier the competition took place in the Kerry Diocesan Youth Service Centre, Fairhill, on Friday and Saturday.

Edel represented Rotary Ireland last year in the Rotary International in Great Britain and Ireland Young Musician competition in the UK.

Killarney Rotary president-elect Angela O'Connor described the event as a huge success and paid tribute to all involved. Angela and Rotary Ireland District Governor Declan Tyner presented the prizes.

Killarney's Hannah Sherry, on piano, won second prize while Catriona Fitzmaurice, Tralee, voice, was in third place.



PICTURED AT THE KDYS FOR THE ROTARY CLUBS YOUNG MUSICIAN OF THE YEAR COMPETITION WERE L-R EIMEAR DOYLE, ORGANISER ANGELA O'CONNOR WITH SISTERS MEADHBH & ORLAITH O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KDYS FOR THE ROTARY CLUBS YOUNG MUSICIAN OF THE YEAR COMPETITION WERE L-R SINEAD HORAN, ORLA O'CONNOR, GRACE McLOUGHLIN & ORGANISER CIARA IRWIN-FOLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The runners-up were Caoimhe Doyle, Muckross, Killarney, on violin, and Charlotte O'Halloran, Tarbert, in the voice category.

Orlaith O'Sullivan from Killorglin won the James Gleeson Memorial Trophy. James's wife Grace and son Eoin presented the trophy in James's memory.

The competition's adjudicators were Tomas O Tuama and Donal O'Callaghan.

Organisers Sean Treacy and Barry Murphy of Killarney Rotary Club established the contest in 2001.

"It's great to see that the competition is holding its numbers that every year with so many young performers taking part," said Sean.



PICTURED AT THE KDYS FOR THE ROTARY CLUBS YOUNG MUSICIAN OF THE YEAR COMPETITION WERE L-R JAMES TREACY, CATARINA ROBERTS & JOSEPHY CAHILLANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

CAROL SINGING RAISES FUNDS FOR HEALTH LINK BUS

The Killarney Active Retired were busy over the Christmas period when they organised carol singing at the Killarney Outlet Centre for a very good cause.

The group, which are based at the KDYS, Killarney, took a break from their busy schedules to do some fundraising for the Kerry Cancer Support Group. The club presented a cheque to Jay Galvin (chairman) and Breda Dyland (manager) of the KSCG on Friday last (4th March). The committee of The Killarney Active Retired organised carol singing in the Killarney Outlet Centre, and contributed some of the money directly from club funds.

When they are not fundraising, Mary Ryan, chairperson of the club, says that the 42 members are never short of something to do, participating in a huge number of activities, from bowls to bingo, as well as trips out for the day, and coming this September a holiday abroad. There really is no end to their activeness. New members are always welcome, and the group meet every Friday from 2-4pm.



MEMBERS OF THE KILLARNEY, ACTIVE RETIRED PRESENT A CHEQUE TO JAY GALVIN AND BREDY DYLAND FROM THE KERRY CANCER SUPPORT GROUP..

Kerry Cancer Support Group would like to thank Mary Ryan, Eileen O'Leary and Betty Toomey,

and all the members of the Active Retired who took part and helped to raise the money.

MARCH MADNESS!

SUITS SELECT

SUIT

SHIRT

TIE

SHOES

& BELT

€175

FOR

1 MONTH ONLY

MANOR PARK, MANOR WEST
TRALEE - 066 719 2102



BANK OF IRELAND LAUNCH KILLARNEY AS AN ENTERPRISETOWN

A two day event to showcase the business community in Killarney was launched by Bank of Ireland at the Dromhall Hotel on Thursday night.

"Killarney - Bank of Ireland Enterprise Town - Showcasing your Community will take place on Friday 15th and Saturday 16th of April. The event is completely free for both the public and participants.

The Killarney Sports & Leisure Centre is the venue for the Friday event from 5pm to 8pm. Along with showcasing the business community, this will be a fantastic opportunity for people to network.

Schools in the area will also be participating on the night and there will be a discussion panel with Gillian O'Sullivan (Walker/Fitness Coach), Brendan Kealy (Kerry Goalie/Business Start Up) & Mike Stack (Tricel/Killarney Plastics) among those confirmed at this stage. Other individuals from both start up businesses and established businesses in the town will also take part.

The Saturday event will be more focused on the Sports/Community aspect of the town with sports clubs, charities, community groups and organisations displaying what they are



PICTURED AT THE DROMHALL HOTEL FOR THE BANK OF IRELAND ENTERPRISE TOWN EVENT WERE L-R BERNADETTE RANDLES (DROMHALL HOTEL), FRANK SHAW (BOI AREA MANAGER), DEIRDRE TWOMEY (BOI MANAGER KILLARNEY), RUTH ALLEN (KILLARNEY ENTERPRISE COMMITTEE), TOM LESLIE (ENTERPRISE COMMITTEE) & SYLVIA LESLIE (BANK OF IRELAND). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

about. This will have more of a family friendly atmosphere with face painting bouncing castles etc. on the day and this will be based in the Killarney Race course.

"We are working on establishing a panel for the Saturday also with more of a Sports and

Community theme" Siobhan Kissane of Bank of Ireland told the Killarney Outlook.

"So far Mick Galway (Rugby), Liam Sheedy (Hurling/RTE), Killian Young (Kerry Footballer) along with Weeshie Fogarty as interviewer have confirmed", she added.



PICTURED AT THE DROMHALL HOTEL FOR THE BANK OF IRELAND ENTERPRISE TOWN EVENT WERE L-R EILEEN DALY (KILLARNEY OUTDOOR SPORTS), JOHN O'SULLIVAN (REEKS GUIDING COMPANY), KATE O'LEARY (KILLARNEY CHAMBER OF COMMERCE), SEAN O'SULLIVAN (MANUFACTURING ENTERPRISE) & JOHN DALY (SUPER VALU). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR THE BANK OF IRELAND ENTERPRISE TOWN EVENT WERE L-R SIOBHAN KISSANE, MAIREAD O'LEARY, JOAN CRONIN AND MARY BROSAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

BREWING UP FOR TEAM IRELAND

Ahead of their upcoming trip to Florida to take part in the World Championships, The Team Ireland cheerleaders are holding a coffee morning on Friday March 18th.

The venue is the Killarney Avenue bar from 9am-11am.

Team Ireland cheerleaders are flying off to Florida for the world championships on the 19th of April. This coffee morning is an effort to raise funds for the big competition. There are 17 athletes along with parents, coaches and supporters who have been working tirelessly in the lead up to the world championships and the group are now looking to the town for support.

Tickets will be pre-sold for €5 each or alternatively you can pop in on the day. "We will have tea, coffee and nice treats all the ingredients you need for a nice relaxing morning with friends and family", Katlyn Moynihan, who is a member of Team Ireland told the Killarney Outlook.

CHEERLEADERS "TEAM IRELAND" PICTURED AT ST OLIVERS NS AT TRAINING AND ALSO LAUNCHING THEIR FUNDRAISING COFFEE MORNING WHICH WILL BE HELD ON 18TH MARCH 9AM-11AM AT THE KILLARNEY AVENUE HOTEL. INCLUDED ARE - TARA DINEEN, MEGAN BROSAN, DARAGH BEGLEY, EMILY EGAN, EMMA ROSE BYRNE, KATLYN MOYNIHAN, RACHEL LEANE, LEAH LYNE, KATELYN NOLAN, SHANNON HANAFIN & CAOILIN CULLEN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MARK COYNE TYRE SHOP

"HONEST ADVICE" "HONEST PRICE"

**MARCH
MADNESS**

SALE

NEW TYRES

WAS

NOW

205-55-16	€65	€49
215-55-16	€75	€59
195-65-15	€65	€45
175-65-14	€55	€40
185-65-14	€60	€45
185-60-14	€60	€45

ALL MECHANICAL WORK CARRIED OUT

Budget • Mid range • Top quality tyres!

087 2726287 / 064 6671987

UPPER ROSS ROAD (BELOW AMBER FILLING STATION)

Terms & Conditions apply

Stop Wishing...Start Doing

ADVANCED BODY TREATMENTS

Endermologie
(FDA approved treatment for permanent reduction of cellulite – 8 treatments required)
Buy 7 Get 1 free (Save €80)

Lipofirm Plus
(inch loss, contouring, sculpting)
Buy 8 Get 2 Free (Save €200)

Ellipse Laser for Onychomycosis
(Fungal Nail Infection)
Buy 4 get 1 Free (Save €100)
*This offer is available from 2nd treatment onwards only

ADVANCED FACIAL TREATMENTS

Jet Peel Facial
(non-invasive deep exfoliation via micro jet technology)
Buy 4 Get 1 More!
(Save €85 euro)

Primaluce Cosmetic Peel
(AHA/PHA Peel – no downtime required, course of 6 'shock therapy' recommended) Buy 5 Get 1 Free
(Save €90)

Lipofirm RadioFrequency Facial
(Award winning skin tightening facial treatment – For best results 8 treatments recommended) Buy 6 Get 2 Free
(Save €200)



THE SANCTUARY CLINIC
LASER & ADVANCED SKINCARE

Medical Micro-Needling
(wrinkle reduction, acne scarring, pigmentation, cellulite, stretch mark)
Buy 3 get 1 Free
(Save between €150-€190 depending on area to be treated)

IPL Photo-rejuvenation
(pigmentation, uneven skintone, skin brightening)
Buy 5 Get 1 Free (Save €150)

Tel: 066 71 85776

The Sanctuary Clinic, No.3, The Square,
Tralee, Co.Kerry

info@sanctuaryspa.ie

T & C's: To avail of any of these offers, payment is required before 29 Feb. All purchases are valid for 1 year from date of purchase and are non-transferable and non-refundable



5000 DANCERS DESCEND ON THE TOWN



THE 2016 AN COMHDHÁIL WORLD IRISH DANCE CHAMPIONSHIPS KICK OFF AT KILLARNEY CONVENTION CENTRE ON SATURDAY, MARCH 19TH. FROM LEFT, EVE GRIFFIN, WATERFORD, KAYLEIGH O'RIORDAN, KILLARNEY JAMES REDMOND, WATERFORD, EMMA KEANEY, CORK AND ANDREA TWOMEY, CORK. PHOTO: VALERIE O'SULLIVAN.

Over 5,000 Dancers are due to take part in The 2016 An Comhdháil World Irish Dance Championships which kick off at Killarney Convention Centre on Saturday, March 19. Competitors from America, Scotland, England, Europe and all over Ireland will compete for a world title in the championships which run from March 19 to 26. In total, forty-three competitions take place over the eight day championships and winners are announced every day after each competition. The competitions are held in the INEC auditorium.

The youngest dancer in the competition is nine years old and the oldest is twenty five. Over 5,000 dancers will take to the stage over the course of the eight days. The 5,000 competitors will be accompanied by an entourage of organisers, teachers, adjudicators, musicians, families, friends, supporters and spectators. Last year an estimated 22,000 people visited Killarney for this event and this is the town's third year hosting the Championships.

BRIDGET TO SPEAK AT KWOTE

Guest speaker at this month's KWOTE meeting will be Bridget Delaney, Co-ordinator of the Killarney Cardiac Response Unit. The meeting takes place on March 16th at 8pm at Scotts Hotel.

KWOTE is Killarney Women's Organisation for Training & Empowerment. Members €2 Non members €3.



BRIDGET DELANEY.

FLEADH CHEOIL

Plans and preparations are well under way for Fleadh Cheoil Chiarraí which will take place from May 18th to 22nd in Tralee. The town will host this years county fleadh cheoil for the first time since 1979. The square will be a hive of activity over the five days with plenty of free entertainment. The St Patricks day parade will be led by a Kerry comhaltas float which will provide the best of trad music. A street collection will take place on Saturday April 16th and we will be very grateful for all your support. We will do our utmost to make this fleadh a memorable one for the town and we welcome the backing of Kerry County Council, Tralee chamber alliance, the vintners association and indeed all the various shops and businesses throughout Tralee. For all information on this event its Facebook/ fleadh cheoil chiarraí and kerry CCÉ.

CÉILÍ MÓR

A Céilí will be held at the Torc Hotel Killarney on Monday 14th March 2016 8 pm - 11 pm. Proceeds from the night will go to Mary O'Leary's Nepal Earthquake Relief Fundraiser. Admission €10.00 and music is by Uí Bhriain. For more information contact John Dineen 087 9352175 or Ann Mangan 087 9403508 Damhsa, Ceol agus Craic go leor!

SHORE CLEAN UP

The Lough Lein Anglers Club are holding a major clean up of the Valley Shore tomorrow, Saturday March 12th starting at 9am. In conjunction with the Killarney Tidy Towns group, they are looking for volunteers. "There is a huge amount of rubbish to be collected following the spate of storms. Volunteers are being asked to e at the Jarvey Gates at 9am on Saturday morning.

CALAMITY JANE BRINGS THE HOUSE DOWN

Bumper crowds attended the INEC for the opening night of Calamity Jane - the 31st production by Killarney Musical Society, on Wednesday night last. The show exceeded all expectations and brought the full house to its feet for a standing ovation at the end of the show. You still have time to catch this show as there are tickets still available for the final night, tonight March 11th.



PICTURED AT THE INEC FOR KILLARNEY MUSICAL SOCIETY'S "CALAMITY JANE" ON OPENING NIGHT WERE L-R CAROLINE GRIFFIN, MAGARET O'SHEA, MARY O'KELLY & RHONA DANAGHER.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE INEC FOR KILLARNEY MUSICAL SOCIETY'S "CALAMITY JANE" ON OPENING NIGHT WERE BACK ROW L-R PATSY DINEEN, MARY MAC MONAGLE, JULIETTE KELLY, BRENDA MOYNIHAN & EMER CORRIDAN. FRONT ROW L-R SHEILA COURTNEY & KATHRYN LEEN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Park View
Chinese Restaurant
& Take Away

T: 064 6630802 / 087 6077678
Located on Muckross Road Killarney
Just past the Gleneagle Hotel

**COME IN,
SIT BACK, RELAX
AND ENJOY
GOOD FOOD**

Looking out at
the Beautiful Mountains of
Killarney National Park
- All within walking distance

DELIVERY SERVICE AVAILABLE

Open 2pm to 12pm



Star Seafoods Ltd

High Street, Killarney

064 6633607 | 6641755 | 087 9063351

Our Fish Shop is Open 6 days a week from 9am-4pm
Saturday 9am-2.30pm

We are located in the lane opposite to Keanes Jewellers

We Supply a fine variety of Fresh Local Catch
Seafood on a Daily Basis.

- All Fish can be Boned & Filleted to your liking •

Make the most of your
Fish Dish by picking up our
FREE Recipe Book.
Now available in our shop.



Coming to Killarney

Jasmine
a unique boutique for womenswear

**Warehouse
Clearance
SALE!**

Dresses from..... €30
Shoes from..... €25
Debs dresses..... €70

BLOWOUT PRICES
...as all stock must clear

*Perfect for Confirmation and
Communion Moms .. Selection of
Mother of the Bride and Groom all sizes*

**Killarney Heights
Hotel**

Saturday 12th and
Sunday 13th March 12-6 PM

Free Parking on site

 **jasmine tralee**



EXHIBITION AT THE LIBRARY

"The Photographers Eye" will be launched at Killarney Library on Tuesday next, March 15th. The exhibition displays a wide variety of photographic subjects and styles. There are sumptuous sunsets, candid shots of people, still life images, pictures of local wildlife, lakes, star-filled skies, mountains, seascapes and caves. Many of the images highlight the extraordinary beauty of Kerry, but there are images here also from Europe, from Asia and from Australia.

The members of the Killarney Camera Club are almost all amateur photographers who join together to explore their creative talent and to improve their photographic technique with the help of other members of the Irish photographic community. There are about 50 members from all age groups and walks of life.

The Club has regular outings to places of beauty, to places of historic or architectural interest, to nature spots or simply to the streets. The members regularly covers some of Kerry's major events, including the Ring of Kerry Charity Cycle, the Operation Transformation



CALLANAFERRY PIER BY KEVIN DAWSON.

Walk and the South Kerry Ploughing Championships. On every second Thursday from September to June, the Club meets in the Killarney Heights Hotel for presentations,

workshops and informations sessions.

Frank Lewis will launch the exhibition at 7.00pm on Tuesday 15th March and it will be open until the end of the month. All are welcome.

IRISH WATER ANNOUNCE €30 MILLION INVESTMENT

Irish Water, Ireland's national water utility, responsible for providing and developing water and wastewater services throughout Ireland, has this week announced details of a €30 million investment in the Kerry Central Regional Supply Scheme including the construction of a new Water Treatment Plant at Lough Guitane together with associated upgrade and refurbishment works on existing infrastructure.

The scheme serves in excess of 62,000 people on a permanent basis. The area served by the scheme is also one of the premier tourist

regions in the Country. Tourist visitors to the Central Regional Water Supply Region are estimated to be in excess of 1.2 million annually. The new Water Treatment Plant will provide 51 million litres of treated water per day to the communities of central Kerry including Tralee, Killarney, Castleisland, Castlemaine and an extensive rural area across the county. The delivery of this project will ensure that more than 62,000 people will be removed from the RAL and will provide a safe and secure water supply in relation to industry, agriculture and tourism.

IRISH TV TO BROADCAST NEW YORK ST. PATRICK'S DAY PARADE LIVE

The New York City St. Patrick's Day Parade, the largest and most renowned St. Patrick's Day parade in America, will be broadcast live for the first time ever in Ireland and the UK on March 17th St. Patrick's Day Parade officials have partnered with IRISH TV to facilitate the international broadcast of the 255th annual Parade that will see 200,000 people walk up Fifth Avenue on March 17th.

The St. Patrick's Day Parade airs live from New York's Parade on March 17th from 3pm to 7pm on IRISH TV SKY 191.

KERRY GAA SUPPORTERS CLUB AGM

The AGM of the Kerry Supporters Club took place on Monday night last in the Ballygarry House Hotel where the following officers were elected:

President: Gerry Brosnan, Vice Presidents: Gerry O'Leary, Maurice Dowling, Mike Allen, Noel Brosnan, Kevin Lynch, Tom Rohan, Jim Wrenn, Carmel Mansfield, Mark Doran, Tim Leahy, Dan Dwyer. Chairman: Donal O'Leary.

Vice Chairman: Pat King. Secretary: John King. Treasurers: Leanne Ryan, Martin Leane. Registrars: John O'Connell. PRO: Martin Leane. Committee Members: John Joe Sugrue, Jimmy Shanahan, Denis Reen, Karen McAuliffe, Kit Ryan, Bridie Howard, Grainne Howard, Brendan McCarthy, Triona Brassill, Elaine O'Connor, Bernard Lynch, Noreen Lynch and Jimmy Fitzgerald.

SCARTAGLEN RAMBLING HOUSE

All roads will led to the Rambling House at Heritage Centre Scartaglen on Monday next, March 14th at 8.30 p.m. The event takes place during Seachtain na Gaeilge and admission

is free, with a raffle and refreshments on the night.

All are welcome.

MENS SHED HOST FASHION SHOW

Keel/Castlemaine Men's Shed are hosting a fashion show at Keel Community Centre, tonight March 11th at 8pm.

Tickets are €10 with children free and there will be a door prize and raffle along with local models, designers and retailers exhibiting on the night. Highlight of the evening will be a sensational finale performed by the KCMen's Shed Committee - not to be missed!

GMHD.ie

Insurance, because... *it happens.*

Whatever you need,
we've got you covered!

**Exceptional Service,
Extensive Cover Options,
Incredibly Competitive Rates.**

**• CAR • HOUSE • COMMERCIAL
MOTOR**

GMHD.ie is the new name for Killarney's
Gallivan Murphy Hooper Dolan Insurance.

**Gallivan Murphy
Hooper Dolan
INSURANCES**

Visit
GMHD.ie

Would you like an Apple Watch?

To celebrate the launch of our brand new website,
we're giving away a fantastic Apple Watch! All
you have to do is simply go online during the
month of March and get a Quick Quote on your
home, car or commercial motor insurance.
It only takes 60 seconds!

Visit **GMHD.ie/watch** to save money on your
insurance.... and maybe win this great prize!!!

f [facebook.com/gmhdinsurance](https://www.facebook.com/gmhdinsurance)



**1890 92 92 42
064 66 34632**



APPLE WATCH

Gallivan Murphy Hooper Dolan Insurances Ltd, trading as GMHD.ie is regulated by the Central Bank of Ireland.

RATHMORE RESIDENTS TRAIN IN CPR

Residents of the village of Rathmore are planning on setting up a community Cardiac First Responders Unit in the parish. The aim of the group is to establish and run a Community Cardiac responder scheme to provide rapid intervention to preserved life before the arrival of HSE & ambulance. There are already defibrillators (AED) in place, one at the Community Centre and one opposite the Church. These life saving devices can give a person in cardiac arrest an 80% chance of survival even before the arrival of an ambulance. Volunteers must have completed a certified training courses in CPR and AED use in order to become a member. Recently 34 people from all walks of life took part in the courses which were held in Rathmore.

More information on further courses can be obtained by contacting Michael O'Mahony 087 6676817.



PICTURED IS NEILLY WARREN INSTRUCTOR PRESENTING THE CERTIFICATES TO THE PEOPLE THAT COMPLETED CERTIFIED TRAINING COURSE IN CPR AND AED COURSES RECENTLY AT RATHMORE COMMUNITY CENTRE TO PEOPLE OF RATHMORE PARISH.

NEWS FROM KILLARNEY MUNICIPAL DISTRICT MEETING

Cllr. B. Cronin: That this Council carry out an assessment to identify the suitability of possible sites for the development of a multi-storey car park in Killarney which will be a necessary future requirement in our town as a major tourist destination.

Reply: The Traffic Management Plan will examine the parking requirement for Killarney Town and this will indicate what parking solutions are required. This plan is due for

completion in Mid-March.

Cllr. B. Cronin: To request the Roads Department along with Gardaí to re-examine the one-way system at school times on New Road to Port Road as I am informed that some traffic exiting from St Mary's Terrace and other entrances are ignoring the one way system and driving against school traffic, sometimes on the footpath, to the Port Road Junction. This is extremely dangerous to motorists obeying the

traffic plan and to pupils exiting schools.

Reply: Kerry County Council has been monitoring the traffic situation at New Road during school times. There is a problem with cars ignoring the one way system. Kerry County Council will discuss this matter with An Garda Síochána and request them to police the area to improve compliance.

A LEGION OF MEMORIES



WHERE ARE THEY NOW THIS LEGION MINOR TEAM 1993?

FRONT (L TO R), TOM O'CONNOR, KEVIN O'DONOGHUE, JOHN CRONIN, FERGAL MOYNIHAN, GERARD MOYNIHAN, SEAN O'SULLIVAN, LIAM BARRY, LIAM HEGARTY. BACK (L TO R), ADRIAN HEGARTY, TED HEALY, BRIAN MCCULLOUGH, KIERAN FOGARTY, SIMON TWOMEY, PADRAIG CASEY, ALAN O'NEILL, TED BOWLER, JOE JOE FLEMING.

JOHN CRONIN WENT ON TO WIN A SENIOR ALL IRELAND MEDAL WITH KERRY AND ALAN O' NEILL IS THE PRESENT MANAGER OF THE KERRY LADIES FOOTBALL TEAM.



MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



DO YOU FEEL FINANCIALLY SECURE?

Those in the 41 to 50 age range feel more financially secure than people in their 30s, according to new research. The study found that people aged 31 to 40 felt less financially secure than those in other age groups. According to the study's findings, nearly 30% of people aged 31 to 40 feel financially insecure. The study also found that those in the 41 to 50 age range feel more secure at present, but worry about their income at retirement. Obviously the closer you are to retirement the more of an issue your retirement becomes especially in relation to your retirement income. Friends and family are the most trusted sources of financial advice, according to the survey's results. Indeed, 27% of people said they would rely on family and friends for financial advice. Brokers were also seen as a trusted source of advice, with 19% of people saying they'd consult a broker for financial counsel and 17% said they'd get their financial advice from an accountant, but just under one in ten said they would rely on a bank for financial advice. The lack of financial planning can have a massive negative impact on people's wellbeing, as well as their actual finances. So no matter what age bracket you are in you will need financial advice at some stage whether it's about your savings, pension, mortgage, life insurance, investments etc. You should discuss your financial affairs and options with someone you can trust and preferably someone that is independent.

To discuss this or any other matter you can contact **Dermot Cronin** APA at **064 66 22775** or **dermotcroninifa@gmail.com**

HENNIGAN Auctioneers

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

FOR SALE



'BLUEBELLS GROVE' KILLARNEY

Michael Sheahan & Sons are proud to unveil its newest construction project, Blue Bells Grove on Countess Road, Killarney. This exciting new residential development consists of a collection of 3 story 4 bedroomed ultra luxurious homes finished to the highest quality design standards in the heart of beautiful Killarney County Kerry. These architecturally designed houses are ideally located just off the Countess Road, in close proximity to shops, crèches and facilities. Blue Bells Grove has been purposely designed with families in mind, with a huge focus on providing large open spaces and impressively designed landscaped areas. **FEATURING:** Ground Floor: kitchen/dining room, living room, Utility, w/c, entrance hall First Floor: Master bedroom (ensuite and walk-in wardrobe), second bedroom (walk-in wardrobe) Second Floor: Hallway closet, Bedroom 3 (ensuite and walk-in wardrobe), Bedroom Four (ensuite and walk-in wardrobe) Oak-veneered internal doors, spacious utility rooms, natural gas central heating, electric fire with steel graphite frame as per show house, generous electrical specification. Wired for intruder alarm bow top railings to front of houses.

For plans or more information, please contact Hennigan Auctioneers

PRICE: €550,000

Hennigan Auctioneers 66 New St., Killarney t| 064 6634582
m| 087 2354416 www.dalt.ie/hennigan

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

Sherry
FitzGerald
Coghlan



Address: Gortagullane, Muckross, Killarney. Spacious architect designed detached bungalow completed to a superior finish throughout, boasting decorative cornicing, quality tiling, bespoke kitchen units with granite worktops. All bedrooms are en suite with walk-in wardrobes and an elevated site with lake and mountain views. Viewing of this spectacular property is highly recommended.

● Sherry FitzGerald Coghlan ● 95 New Street Killarney Co Kerry ● Tel: 064 6631892 ● Fax: 064 6634652 ● Mob: 087 2668591
Visit our Website www.sfmcc.ie

PRICE REGION: €450,000 BER Pending

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

STYLISH LISA WOOS THE FASHION CONSCIOUS

Muckross Park Hotel & Spa was a fashion lovers dream last weekend when Lisa Fitzpatrick hosted an amazing Style Evening. The event welcomed groups of ladies for the ultimate "girls night out" and mothers & daughters celebrating Mother's Day weekend. It was a fashion lover's dream and an evening filled with fun, fashion, food and style.

Guests were welcomed from 7pm with a Champagne Reception and enjoyed a sumptuous three course meal prepared by the award winning team of chefs at Muckross Park. Lisa Fitzpatrick took to the podium at 8pm and presented her insightful fashion tips and



PICTURED AT THE MUCKROSS PARK HOTEL KILLARNEY STYLE EVENT WITH LISA FITZPATRICK WERE FROM LEFT, AOIFE GOLDEN, BERNIE O'SULLIVAN, CIARA LOUGHNANE AND EDEL MURPHY FROM MUCKROSS. PHOTO: DON MACMONAGLE.

styling advice and then presented a fashion show which showcased outfits from MacBees,



PICTURED AT THE MUCKROSS PARK HOTEL KILLARNEY STYLE EVENT WITH LISA FITZPATRICK WERE FROM LEFT, KAREN LONG, BRIAN MILEY AND SHEILA SHEAHAN FROM MUCKROSS PARK HOTEL. PHOTO: DON MACMONAGLE.

The Pillbox, Phoenix_V, Verso and Kilkenny.

GOOCH LAUNCHES THE 5TH "KERRY COUNTY CLEAN UP" DAY



THIS YEAR THE COUNTY CLEAN UP DAY WILL BE HELD ON SATURDAY APRIL 2ND. PICTURED AT THE LAUNCH FOR THIS YEAR WITH, COLM COOPER KILLARNEY, WERE MEMBERS OF THE TRALEE AND KILLARNEY TIDY TOWN GROUPS LEAD BY MRS MARY O'BRIEN FROM TRALEE. PHOTO BY: DOMINICK WALSH © EYE FOCUS LTD ©

Kerry County Clean Up day - which is facilitated by KWD Recycling is due to take place on Saturday April 2nd 2016

The clean up has the support of the Kerry County Council, Kerry County Board, An Taisce and the Department of Environment. The Gooch was on hand to help launch this worthy one day event in the Ballygarra House

Hotel with many tidy town committees and volunteer groups in attendance, along with KWD Recycling and Kerry County Council representatives. This initiative has grown from strength to strength in the last four years and organisers are now going for the 5th County Clean up in a row which is a huge milestone. The aim as ever, is to pick up all the litter, on one

day, from all our main roads around Kerry in an attempt to keep our environment pristine for Locals and visitors alike to enjoy. This in turn promotes better tourism by making a lasting impression to all who visit the county. Last year 3200 volunteers collected over 60 tonnes of litter off Kerry roads. The benefits of this is immense and immediately noticeable with cleaner roadways, adding to the famous beauty of Kerry.

As well as making a huge difference to the beauty and scenery of Kerry, it's also a great way to get local communities and groups together for a good cause and it's easy to get involved, please show your support and log onto www.countycleanup.com where you can register your group and order a free "Clean Up Day Pack" which includes reflective vests, Red branded refuse sacks, event posters and information on how to organise your group. You can also follow progress or get information on the "Kerry County Clean Up" Facebook page.

So let's show pride in our local Community and County on April 2nd by helping out on this one day initiative to clean our roads, and keep Kerry the cleanest County in Ireland.

WALK TO REMEMBER VIVIAN

The annual Vivian O'Shea Memorial Walk will take place on Good Friday, March 25th. The walk, which is in aid of the Kerry Hospice Foundation, will take place from Muckross house via Dinis starting at 9am. There is no registration fee but there will be a

bucket collection on the day. The walk is approximately 8km long but there will be a shorter walk for kiddies, buggies etc which will take the route from Muckross House to Bricin Bridge and back. There will be marshalls on duty at the National

Park exits and re-entry points to assist walkers crossing the roads.

If you would like to take part in this worthy cause you can take get sponsorship cards from Pat Doolan at **085-1543514**.



**REVIEW
YOUR
PENSION**

DERMOTCRONIN
TRUSTED FINANCIAL ADVISOR



Call 064 6622775 NOW

to arrange an appointment

or email us on dermotcronin@gmail.com

:: Pensions :: Mortgages
 :: Life Insurance :: Investments
 :: Income Protection & Serious Illness Cover

Old Market Lane, Killarney, Co Kerry

(Dermot Cronin is a Kerry Mortgage Centre is regulated by the Central Bank of Ireland)

95 NEW STREET,
KILLARNEY, CO. KERRY
T: 064 6631892 F: 064-6634652
M: 087 2668591 E: INFO@SFMCI.E
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

**Sherry
FitzGerald
Coghlan**

NEW TO MARKET

5 FRIARY COURT, PARK ROAD, KILLARNEY

**Open Viewings Tuesday, 15th March, 2016
from 5.00 p.m. to 5.30 p.m.**

Conveniently located two bedroom townhouse in courtyard development, just off the Park Road, within walking distance of all town centre amenities. The town house which is in walk in condition comprises on the ground floor open plan kitchen dining livingroom and first floor two bedrooms and bathroom. Ideal first time buyer, investor, holiday home or retirement property.

Price Region: €145,000 BER D2



16.52 (6.693 HECTARES) ACRES LAND CURRAGH, AGHADOE, KILLARNEY

Agricultural landholding, extending to 16.52 acres approximately, strategically located with frontage to three roadways. This landholding has potential for a small holding in the Fossa Parish area. The lands have two agricultural accesses to the Barleymount Road and one to the Curragh by road.

Price Region: €170,000





Jerome O'Regan
AUCTIONEER & VALUER

T/F: 066 9761200 | M: 087 2833410
Email: jeromeoregan@eircom.net
Web: www.jeromeoregan.ie

**2 Maple Drive, Milltown,
Killarney, Co. Kerry.**



This is a bigger-than-usual 4 bed semi-detached house. It comprises of 4 spacious bedrooms, 1 en-suite. All the bedrooms come with solid timber flooring and fitted wardrobes. The bathroom is tastefully tiled. The lounge has a fireplace and double doors opening to the dining area giving additional light and space. The kitchen/dining is fully fitted out and very spacious and bright. It has a patio door to the back garden. There is a utility room separate from the kitchen which also has a door to the garden.

Milltown has a lot going for it presently with 2 new schools and good shops etc. Housing is in big demand here. It is very convenient for commuting to Killarney, Tralee, Killorglin and Kerry airport.

A big number of Killarney families now reside in Milltown where they can enjoy a fine home at an affordable price and yet they still retain the Killarney address. (Milltown, Killarney)

GREAT VALUE €150,000
BER Pending

REA | REAL ESTATE ALLIANCE.IE

COYNE & CULLOTY



€190,000

**NO.5 SUNDAYS WELL,
COUNTRESS ROAD**

This superb property is situated within a private development of 6 units. Maintained to a very high standard, ideal for an investment or retirement property. Just a short 5 minute stroll to the town centre of Killarney, bus station and train station. Open fire and oil fired central heating.



€265,000

**51 LACKABANE VILLAGE,
FOSSA, KILLARNEY**

Situated in the popular Lackabane residential development just 4 miles from Killarney town centre. This four bedroom semi-detached property has three reception rooms and a large rear garden. The property is in show house condition.

www.killarneyproperty.com

Contact 064 6631274 / 087 2354790
to arrange a viewing.

Your Property Managers




11.03.16 Outlook 21

THE BREHON INVITES YOU TO THEIR WEDDING CONSULTATION DAYS

Brides and grooms to be are invited to meet with Wedding expert, Kelly Ann O'Connor who is set to host two wedding consultation days at The Brehon on Saturday, March 26 and Sunday, March 27.

The Brehon is the perfect hotel for couples seeking an extra special venue for their wedding day. From the moment you enter the hotel's marble reception area, you understand the special emphasis the hotel places on making guests welcome and providing superior quality and award-winning service. Recent accolades include being numbered among Trip Advisor's Top Ten Hotels in Ireland and receiving the Best Four Star Hotel from CIE Tours.

"The Brehon Banqueting Suite can cater for up to 220 and our private dining room is perfect for more intimate wedding parties of up to 100 guests," explains Kelly Ann. "When it comes to banqueting, The Brehon is a true fine-dining experience. Head Chef, Chad Byrne and his team create gourmet dishes that will amaze your guests."

Wedding packages include: red carpet and champagne reception; table centre pieces of fresh cut roses or lilies and candelabras;



THE

personalised menu cards; Complimentary Bridal Suite for your wedding night with Champagne Breakfast; Special accommodation rates for wedding guests and the personal attention of

our dedicated Wedding Coordinator Kelly Ann O'Connor. For more information visit www.thebrehon.com

QUIZ HELPS CONTINUE TIM'S WORK



THE LATE TIM MOORE.

A Killarney man who devoted much of his life to a great charity will be remembered at a table quiz, in his name, to raise funds to help continue his work. The late Tim Moore, a well-known accountant in Killarney who passed away, suddenly, in 2002,

was actively involved in the Irish Pilgrimage Trust which brings children and young adults to Lourdes every year.

To honour his commitment, the annual Tim Moore Memorial Table Quiz is held in the town

every year and this year's event will take place in the Mangerton Suite of the Gleneagle Hotel on Tuesday, March 15 (8.00pm).

Kieran Coffey, retired principal of Fossa National School, spearheads the Kerry pilgrimage to Lourdes every Easter and he has appealed to the public to support the very important fundraiser which helps offset some of the costs involved.

Several children and young adults from Kerry, with physical and social needs, will travel on this year's pilgrimage, starting on Easter Sunday, as part of a 1,000-strong group from Ireland.

Cathal Walshe will be the quizmaster on the night and there will be some super spot prizes and raffle prizes given away.

The admission for tables of four is €40 and the entry fee for primary and secondary school students is €20 per table.

MUNSTER SCÓR FINALS

Just one Kerry winner at the Munster Scór finals in Ovens on Sunday last where Spa Figure Dancers danced their way to an All Ireland Final appearance and now join Churchill Quiz team who had already qualified for the final.

There was no luck for Glenflesk (Solo Singing), Spa (Recitation), Na Gaeil (Ballad Group), Fossa (Leiriú) and Spa (Set Dance).

The All-Ireland Finals will be held in the INEC (Cill Airne) on 2nd April.

WHAT'S MY NAME

Killarney Credit Union has recently launched a campaign to name their new children's mascot for junior members. The campaign is to encourage young children to come up with a new and novel name for a red deer character who is to become the new mascot of the credit union. The mascot naming competition is open to all children aged between 4-10 years and the closing date is 30th April 2016. Winner gets a €50 goodie bag. To apply <http://www.killarneycu.ie/my-credit-union/junior-members>



2nd April 2016

County Clean-Up

Facilitated by KWD Recycling



Your Local Bin Collection Company



Celebrating our **5th** YEAR

Be part of a winning team!

www.countycleanup.com

Supported by



Centralist, Public Open Access, 2011
Environment, Community and Local Government



An Taisce
The National Trust for Ireland



Killarney
CHAMBER
OF COMMERCE



Tralee
CHAMBER
OF COMMERCE



100 GATHER TO LAUNCH NATHAN'S WALK

More than 100 people came to the Porter House in Killarney on Monday evening as Pieta House launched Kerry's Darkness Into Light and Nathan's Walk events in association with Electric Ireland. Founder of Pieta House Joan Freeman was joined by Michael Healy-Rae, Kevin Ryan from Electric Ireland, members of local organisations, and volunteers from across the county to launch the event which is now in its eighth year.

Taking place on Saturday, May 7th, Darkness Into Light is a unique, early morning experience which begins in darkness at 4.15am as thousands of people walk or run a 5km route while dawn is breaking. Last year's event attracted 100,000 participants in over 80 locations across Ireland and abroad. Kerry county saw over 3,000 people participate in the dawn walk and raise over €100,000 for the charity which has a centre in Tralee.

"Last year's Darkness Into Light in Kerry was an incredible success and we are delighted to have five venues host the walk in the county this year," said founder of Pieta House Joan Freeman. "We're so grateful to the people of Kerry for your continued support. Your



THE OFFICIAL LAUNCH OF PIETA HOUSE, WALK FROM DARKNESS INTO LIGHT WHICH WILL TAKE PLACE ON 7TH MAY FROM ROSS ROAD WHICH IS IN MEMORY LOCALLY OF THE LATE NATHAN CARROLL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

courage, vision and generosity has helped to change the dialogue around suicide and self-harm and allows Pieta House to bring hope to over 5,000 people every year. Together we are leading the way with Darkness Into Light now reaching communities from Tory Island to Abu

Dhabi and many more across the world".

Online registration and further details will be available now on dil.pieta.ie

For more information on Darkness Into Light in Kerry contact **Kieran O'Brien** on **087 7382441**.



PICTURED AT THE PORTER HOUSE KILLARNEY FOR THE OFFICIAL LAUNCH OF PIETA HOUSE, DARKNESS INTO LIGHT WALKS FOR KERRY SCHEDULED FOR 7TH MAY, WERE THE OFFICIAL ORGANISERS FROM TRALEE L-R AIDAN O'SULLIVAN, MARTIN BROSNAN, KIERAN O'BRIEN, STEPHANIE TURNER & COLIN AHERNE.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE PORTER HOUSE FOR THE OFFICIAL LAUNCH OF PIETA HOUSE, DARKNESS INTO LIGHT WALK FOR CO. KERRY, WERE BACK ROW L-R MARTINE DRIVER, SIMON GALLIVAN, JOHN SHEEHAN (PORTER HOUSE), TD MICHAEL HEALY-RAE & KEVIN RYAN. FRONT ROW L-R DENIS CARROLL, JOAN FREEMAN (PIETA HOUSE FOUNDER) & MARIE CARROLL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

LIEBHERR RETAIN ALL IRELAND TITLE

MEDTRONIC(GALWAY) 0-7 LIEBHERR (KERRY) 0-10

Liebherr Retained their All-Ireland Senior Inter-firm Crown in Tuam on Saturday Last against last years defeated finalists Medtronic. Liebherr who were playing against a strong breeze in the first half were dealt a harsh blow when they were reduced to 14 men on 20 mins and at that stage trailed 4pts to 2. Liebherr upped their game and rallied late in the half to draw back level and go in at the break 4pts a piece. Liebherr started the second half on a mission and were 3pts up with 44 mins played, Medtronic were not giving up though and with 10mins left to play their was only 2pts separating the sides. Liebherr tagged on another pt and defended heroically during the closing few mins as Medtronic tried in

great numbers but ultimately in vain to get an equalising goal. This was a superb Team Performance from the Liebherr Team who were playing away from home against a Team desperately trying to avenge last years defeat. After the game Chairman of the Inter-Firm GAA Connacht Council John Gray presented the Cup to Liebherr's Captain Eoin Lawlor of Rathmore who dedicated the Win to the memory of Paddy Curtin who played on the Liebherr Team over the past 3 years.

LIEBHERR TEAM/SCORERS: Colin Myers, Danny Wrenn, Mike Moloney, Padraig Reidy, Martin Burke, Padraig O'Connor, AJ O'Connor, Kevin Gorman (0-1), Thomas Dennehy, Micheal Shaughnessy, Eoin Lawlor (0-2 (0-1 free)),



THE VICTORIOUS LIEBHERR TEAM.

Daniel Sullivan, Donal Murphy (0-1), Daniel O'Shea (0-3 (0-2 Frees)), Gavin Kelly
Subs used: Kieran O'Leary (0-3 (0-1 frees)) for Gavin Kelly (20 Mins). Eanna Reidy for Micheal Shaughnessy (50 mins), Anthony Kennedy for Daniel O'Shea (52mins). Daniel O'Connor for Donal Murphy (55mins). Mark Dennehy, Darragh Twomey, Adrain Lynch, Morgan O'Donoghue, Conor Breen, Aaron Farrell, Stephen O'Connell, Joseph Nestor.



21 Clover Lane | College St. | Killarney | Co. Kerry

Tel. 064 66 23100 | Fax. 064 66 23111

Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

- Manual Therapy
- Dry-needling
- Sports Injuries
- Orthotics
- Biomechanical Assessment



Jimmy Galvin MISCPC MCSP
Chartered Physiotherapist

Approved by all major Health insurance providers.



Katie Purtill MISCPC
Chartered Physiotherapist

Approved by all major Health insurance providers.

The latest member of our team is

Donal O'Sullivan

who recently graduated with a

**MSc. Physiotherapy from Glasgow
Caledonian University.**

Donal also has a

BSc. Honours degree in

Athletic Therapy and training from DCU.



Chi Kung

HOW TO BECOME HEALTHY, PAIN FREE AND DEAL WITH STRESS

Medical Chi Kung or Qigong as it is also known is one of the oldest of the Chinese therapies for overcoming chronic pain, illness and benefitting health and wellbeing. It is a training of energy and meditation to cleanse the meridian system and strengthen the mind. When the meridian system is blocked or stagnant ill health occurs as does lack of energy, depression, inability to deal with stress, increased anxiety and fear, chronic pain and illness and a feeling of disconnection.

THIS 12 WEEK COURSE WILL HELP YOU BECOME MORE HEALTHY AND RELAXED.

Venue: The Innisfallen suite, Gleneagle hotel, Killarney

Date: 31st March 2016

Time: 8.30pm - 10pm

Fee: €500.00 includes 12 week course, hand outs and personalised training programme and support.

Instructor: Joan Browne (who overcame a serious back and neck injury using this programme) has been on OPENHOUSE on RTE 1 and was recently interviewed on the TalkAbout programme by Deirdre Walsh on Radio Kerry, she has written many articles on the benefits of Shaolin Chi Kung for good health and wellbeing and is a disciple of Chinese Shaolin Grandmaster Wong Kiew Kit. She has taught in London, Tokyo, Manchester, Tel Aviv and around Ireland.

Website: www.smilefromtheheart.ie/courses.html

ENROL NOW on 064 6685877/087 12 12 249 by text or phone call.

Email: sifujoan@gmail.com

ENROL NOW
on 087 12 12 249 by text or phone call.



ANGSANA
Spa

Your Spa Journey Awaits...

THE BREHON
KILLARNEY

The Essence of Spring

Enjoy a 60 minute visit in the Vitality Suite

A 30 minute Back Energy Massage

A 30 minute Anné Semonin Facial

30 Minutes of Relaxation Time

€95 pp (Tuesday - Friday ONLY)

Tranquility & Rest

60 Minute Visit in the Vitality Suite

30 Minute Mini Facial

60 Minute Choice of a De-Stressing Full Body Massage

30 Minutes of Relaxation Time

Main Course Lunch in THE BREHON BAR

€135 pp (Sunday - Friday ONLY)

Terms & Conditions: all rates and package details are subject to change without prior notice. Packages are valid until March 31st 2016.

For reservations, please contact Angsana Spa at The Brehon on 064-6623980 or email angsanaspa@thebrehon.com

THREE IN A ROW FOR THE EUROPE HOTEL AT IRISH RESTAURANT AWARDS



SIMON REGAN, HEAD CHEF, THE EUROPE HOTEL, KILLARNEY.
PHOTO: DON MACMONAGLE.

Restaurant Awards took place in the The Muckcross Suite at The Malton Hotel, Kerry on Tuesday night and named the top restaurants in six counties for 2016. Over 500 restaurant owners and staff celebrated their hard work and achievements at the Awards, which saw many well-known restaurateurs of Munster turn out to see if they had won one of the prestigious awards.

The Panorama Restaurant at The Europe Hotel & Resort won the award for best Hotel Restaurant in Kerry.

Head Chef of The Panorama Restaurant Simon Regan scooped the award for The Best Hotel Restaurant in Kerry for the third year in a row. This is a fantastic achievement for The Europe Hotel & Resort. The success of The Panorama Restaurant is as a result of a talented team who has devoted their careers to continuously delivering and nurturing such high standards. Speaking to the Killarney Outlook, head chef Simon Regan said "The Restaurant Association of Ireland awards are held in great esteem among our hospitality peers and customers



ALBERTO MENDOZA OF SOLY SOMBRA.

alike, therefore as a kitchen team we are very proud to have won Best Hotel Restaurant in Kerry for a third consecutive year. It shows a sustained level of consistency, which in turn enables the customer to enjoy a 5 star dining experience."

Meanwhile Alberto Mendoza of Soly Sombra in Killorglin won the Best Manager Award with Nick's Seafood Restaurant & Piano Bar taking the Best Gastro Pub award.

The Munster Regional Final of the Irish

AUDIENCE IN AWE AS EVA SCHLOSS TELLS HER STORY



EVA SCHLOSS

It was a very special night at the Kerry Businesswomen's Network, International Women's Day event held at Ballygarry House Hotel, Tralee. The event was opened by Moira Murrell, Chief Executive of the Kerry County Council. She

welcomed distinguished guests Eva Schloss and Ryan Tubridy to Tralee. Moira stated that it was indeed a great honour that Eva choose Kerry to commemorate International Women's Day. She also welcomed members of the Bon Secours Hospital and in particular the newly appointed CEO of Bon Secours Hospital Tralee, Neil Donnelly. Before the event kicked off there were two dinner addresses, one from Deirdre Fanning, Urologist and John Curran Plastic Surgeon, at the Bon Secours Hospital Tralee. The exclusive interview was chaired by none other than Ryan Tubridy of RTE but prior to the interview, Yolande Nieman had a very special gift to present to Eva - A Diamond Brooch which originally belonged to a Jewish family

during the War.

Yolande Nieman born to Dutch immigrants was given a brooch by her paternal grandmother. Her grandmother told her to take care of the brooch and to look after it. Her grandfather was give it to by a Dutch jew during the war for safe keeping. However, he never had the opportunity to return it despite putting notices in newspapers trying to track the owner down. Yolande stated "I didn't know what to do with the brooch and it didn't feel right wearing or worse still selling it." After telling the story to a well known jeweller in Grafton Street, a suggestion was made to donate the brooch.

As a committee member of Kerry businesswomen's Network, I was delighted when I had heard that Eva had confirmed her attendance for our event to commemorate International Women's Day. I thought it would be the perfect setting to donate it to her and the Anne Frank Trust. It would be so much better if this brooch wasn't hidden away and that it could possibly represent something more positive for people to see," says Yolande. Eva stated that she would place the brooch in a museum as a tribute to all those who lost their family possessions during the war.

According to Ryan Tubridy, "In an audience of over 250 people you couldn't hear a pin drop during the interview". Eva Schloss recalled her life in such explicit detail she captured the audience for the entire duration of her

interview.

Eva related how she has lived her life in the shadow of both the Holocaust and her stepsister, Anne Frank. Born in 1929, Eva and her family fled Nazi occupied Austria to Holland in the 1930's. In 1944, the family were betrayed and sent to the Auschwitz-Birkenau concentration camp. While Eva survived the camps, her father and brother perished – a story similar to her step sister Anne Frank. After the war Eva's mother married Anne's father, Otto Frank in 1953. Eva's story of her life was both compelling and captivating and at times Ryan Tubridy managed to get a few words in. Both Eva and Ryan complimented each other well and had great onstage rapore.

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

The event was hosted by Kerry Business Women's Network (KBN) and sponsored by Bon Secours Hospital Tralee.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News



HAVE
YOU
HEARD

WHAT WE OFFER?

Phonak LYRIC Hearing Aids

Pioneers of the latest hearing technology and are currently offering risk-free one month trials of the **Phonak LYRIC** hearing aid. As the first hearing healthcare practice in Ireland to fit this revolutionary product, we are now looking for individuals with a hearing loss to come and trial this technology with us.

Microsuction Earwax Removal

Microsuction for the removal of earwax at Audiology Medical Services Tralee is the safest, most effective way of cleaning wax build-up and any obstruction caused by foreign bodies in the ear canal.

Tinnitus assessment & management

Our audiologists have been trained in tinnitus assessment and management and treatment focuses on symptom reduction and the management of the psychological consequences of tinnitus.

Hearing aids for one-sided deafness

We also specialise in the provision of hearing aids for individuals who experience one-sided deafness.

Our dedicated clinics are open five-days a week offering cutting-edge equipment while our team of qualified Audiologists adhere to evidence-based best practice.



Open 5 days a week

Bon Secours Hospital,
Strand Street, Tralee

info@audiologymedicalservices.ie
www.audiologymedicalservices.ie

"HEAR'S" A
NUMBER TO HEAR!
1800 501 501



MILLTOWN DENTAL PRACTICE

SPECIAL OFFER

Bleaching, Scale & Polish
with **FREE** electric toothbrush.

€300!!

NOT to be missed for limited time only
S&P with dentist.



Open Mon - Sat: 9am - 6pm

Late evening appointment available

Milltown Dental Practice -

066 976 5635

milltowndentists@eircom.net | www.dentistsskerry.ie

For more information or to arrange an appointment

PLEASE CONTACT: 066 9765635

Killarney Massage Therapy Centre

Advanced Clinical & Sports Massage

Specialist treatment of soft tissue manipulation for the treatment of chronic pain or sports injuries.



1 hour massage only **€50**

90 minute massage only **€70**

First massage includes **FREE** consultation and assessment

At KMTC we incorporate a range of advanced bodywork techniques such as Myofascial Release, Trigger Point Therapy, Sports Stretching, Hot and Cold Therapy and STR (Soft Tissue Release) for the effective relief from:

Neck & Shoulder Pain, Low Back Pain, Sciatica, Piriformis Syndrome, Headaches, Leg & Foot Pain, Fibromyalgia, Rheumatoid Arthritis, Frozen Shoulder, RSI's, Scar Tissue, Pregnancy Related Discomforts & much more.



Call **087-2922851**

to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),
Park Rd, Killarney

www.killarneymassagetherapycentre.ie

Healing Touch

Patricia Heffron, MA Affiliate member of the IACP

Holistic Treatment Centre

Need to talk to someone? I offer low cost therapy sessions using CBT, Gestalt, and humanistic approaches to therapy. Counselling services for adolescents and adults for any and all problems/issues in a professional, supportive environment. Fee for 2016 is €30.

Reiki is for:


- Relaxation
- Mental Clarity
- Life stress
- Pain management
- Post operatively
- Acute and Chronic conditions
- Side Effects of Medications and Treatments

www.munsterhealingtouch.com

Contact me with any questions 089 4527050

SARAH JAYNE
LINGERIE - NIGHTWEAR - SWIMWEAR
New Spring Stock Arriving Daily
Including
Swimwear
Measuring Service Available & Gift Vouchers
MAISON MARTIN MARGIELA Charmline MARIE JO PRIMA DONNA Chantelle
25 New Street, Killarney, Co. Kerry | Tel: 064 66 33224
GIFT VOUCHERS AVAILABLE

Fully Licensed Restaurant & Bar
Treyvand's
OPEN
For Lunch & Dinner
From 12 till Late
Find us on Facebook | Reservations: **064 66 33062**
62 High Street, Killarney Fax: 064 66 22793


Astrid Longhurst
Life & Body Confidence Coach

BREAKTHROUGH FROM EMOTIONAL EATING & TRANSFORM YOUR LIFE!

Our relationship with food is one of the most fundamental relationships that we have in our life. It is key to how we nourish, sustain, care and love ourselves. When this relationship is healthy and in balance we are in harmony with our hunger, what we desire and our life. However, for many people, their relationship with food is not an easy or enjoyable one. Whenever we turn to food when we are not physically hungry there is something else going on. There is something else that we are truly hungry for or something that we are trying to avoid or escape from. Food is a powerful medicine – it can heal or hurt us. It can soothe, comfort and love us into health and vitality. How we choose to eat and our relationship with food can transform our lives!

We have to eat to live but it is the way we eat and our relationship with the food we choose that is crucial to our experience of our life! If you, or anyone you know struggles with their relationship with food, I am running a six week "Breakthrough from emotional eating" course starting Wednesday April 6th from 7.30 – 9.30pm at the Travel Inn, Fossa, Killarney. Booking is essential.

066 9766374 | life_coachingunlimited@yahoo.ie

Advanced Chiropractic & X-Ray Clinic

Tel: 064 6636835

Expert care of:

- Back pain • Neck & Joint pain
- Sciatica & Disc injuries
- Whiplash & Headaches • Scoliosis

Digital X-Ray Facilities

TOG Gaitscan Foot Analysis

Opening Hours: Monday-Friday 9.30am-7pm | Saturday 9.30am-1pm

Park Clinic Medical and Wellness Centre, Park Road, Killarney (Above Daly's Supervalu)

Dr. Lyndsey O'Leary

BSc Hons Chiro, DC, MCAI



Email: tasminf1@gmail.com

www.killarneychiropractic.com

We would like to welcome a new
chiropractor to our team

Dr. Clíodhna Walsh.

Dr. Walsh is a fully registered and
accredited chiropractor and is now
accepting patients. Her special
interests include spinal care for all
ages and sports injuries.

NOTE TO PARENTS



Killarney No Name Club
are delighted to announce
a change of venue to
**Mustang Sally's
Nightclub,
Killarney**

Next Disco:
Mustang Sally's Nightclub!
18th March
Doors open @ 8pm and remain closed
until 11pm

STRICTLY NO DRUGS OR ALCOHOL

Ticket information available
@ Killarney No Name Club facebook page
Enquires to Anne 087 9049393

Spiritual Intuitive Energy Healer

Trisha Moloney



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

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

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

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

Call Trisha on 085 1625095

Call: Trisha 085 1625095



FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



EFFECTS OF STRESS ON DIET AND EXERCISE.

PART 2

Stress causes muscles to tighten up in the body causing possible injuries when exercising as the targeted muscles are unable to fire up properly due to tension and other muscle groups kick in causing imbalances and injuries.

So how do we try combat the enemy of STRESS??? It is impossible to avoid stress 100% from your life, in fact a little bit of stress is good as it fires up our adrenaline to get things done!! It's prolonged periods of stress that we want to avoid so here are some helpful easy tips that I find help

Breath! Sounds easy, well it is. Next time you feel your heart thumping and a need to lash out then take 4 breaths in hold for 4 and breath out for 6, repeat this 10 times and it should help you relax. Even on a busy day flying around, before you start the car try this method and practice daily and watch how it helps you cope better. After you have dealt with the situation try and cut the chords with in and move on and the stressful situation or day will melt away.

Exercise can help with stress too, so instead of skipping the workout make a conscious effort to get it done even if it is only 80% effort. Exercise releases our feel good hormones so one thing I always did was never think about how you feel doing the exercise think about how amazing you will feel afterwards

Try meditation. This isn't the easiest thing to get into but try it out you could surprise yourself. Go online there are plenty of guided meditation sessions to try. Need help? Then join a meditation group and give it a go. Once your body and mind has learn to relax through meditation techniques it will start to work better and perform optimally instead of constantly being tight, overworked and underpaid!

Eat healthy. Food we eat directly effects our mood and hormonal balance so make sure to start feeding yourself with good quality wholesome food and believe me your mood will start to lift & stress will dissolve. If you eat crap and will feel crap!!! Eat clean and you will feel revived and clean and stress free inside.

Still struggling with stress?? Then talk to someone, if it's not a friend or family member then seek out a professional that can expertly and confidentially advise you how to cope and manage stress.

And finally give it time. Rome wasn't built in a day so practice practice practice and be patient and it will gradually get easier. Think positive and say to yourself I'm going to be a less stressful person this time next week, month year, and believe it will happen and it will!

So in summary remember ... We all get stressed ...so don't beat yourself up when it does happen. ...it's how we manage it that counts!

Stress gets things done in busy situations just don't let it take over your life!

MORE TIPS NEXT WEEK...
FITNESS WITH EDELE
087-7643449
WWW.FITNESSWITHEDELE.COM



OUTLOOK FASHION GYM STYLE

Since the new year, almost every high street shop has gym gear in their windows and on the rails. Gym gear seems to be getting more popular by the minute and the new trendy patterned exercise leggings will definitely give you the motivation to show them off at the gym.

HEALTH TIP BURN MORE CALORIES

When exercising try work multiple muscles at the same time, it doesn't just save time but it helps burn more calories.



Beauty tip

Moisturising

Although it's Spring the weather doesn't seem to be getting any warmer. In this cold weather we are all prone to getting dry, flaky skin. To prevent this from happening it is extremely important to cleanse and use a light moisturizer daily. This will make your skin smooth and help your makeup sit better on your face throughout the day.



BREASTFEEDING

Breast milk is the ideal food for your baby. It contains the perfect blend of nutrients for your baby, as well as antibodies which help protect them from infection. The benefits don't stop there! Women who breastfeed have a lower risk of some cancers and tend to return to their pre-pregnancy figures more quickly. Exclusive breastfeeding (feeding your baby nothing but breast milk) is recommended for the first six months of your baby's life.

What should I eat?

When you're breastfeeding, all of the usual healthy eating guidelines still apply.

Should I eat more than usual?

You don't need to eat for two when you're breastfeeding, but do try to eat and drink a little more than usual. Try to eat a wide variety of nutritious foods - it's important both for you and your baby. If you find it hard to fit in healthy meals while looking after your new arrival, the following tips might help:

- Ask your family, friends or partner to cook some homemade meals that you can keep in your freezer and microwave as you need them
- Go for simple meals that don't take long to prepare - beans on wholegrain toast is simple but highly nutritious
- Or go for smaller meals regularly throughout the day
- Your body needs more fluids than usual while you're breastfeeding. A good idea is to have a drink by your side each time you sit down to feed your baby. Milk and water are the best choices.

See more at:
<http://www.safefood.eu>





EAMON KELLY Arts Bursary 2016

APPLICATIONS ARE OPEN TO ARTISTS

(dance, sound art, literature, theatre, circus, traditional arts, visual arts, music, film & video & opera) and Arts Students, including Leaving Certificate Students. Applicants must reside in or be native of the Killarney Municipal District (see map) and demonstrate strong artistic potential.

CLOSING DATE 4PM ON WEDNESDAY 6TH APRIL 2016

APPLICATION FORMS AVAILABLE FROM:

Arts Office, Kerry County Council,
Rathass, Tralee, County Kerry
Email: arts@kerrycoco.ie



CURRAN

Project
Management

Quantity
Surveying

QS SERVICES

- Professional Quantity Surveyor with over 10 years experience
- Cost Estimation for Homeowners (Budget / Bank Approval)
 - Tendering / Estimating for Main & Sub-Contractors
 - Bills of Quantities & Materials
 - Interim & Final Accounts
 - Cost Value Engineering
 - Contract Review & Negotiation
- Project Management & Building Surveying Services also available

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

John Ross
KERRY'S FINEST JEWELLERS

*First Holy Communion
&
Confirmation Gifts
From €13.50*

4 Lower Castle St. Tralee
066 71 21426

Deposits Now Being Taken



A-Z TOOL & PLANT HIRE

• TOOLS • PLANT HIRE • SALES

- Diggers from 1 ton to 14 ton, Teleporters 14m and 17m,
- Dumpers 1 ton to 9 ton, rollers and generators
- Lighting Towers, Bobcats and much more...

Mike Herlihy 087 2449859

(formerly Feale Valley Plant Hire)

Mossie 087 6683410

NOW COVERING ALL OF KERRY



Killarney Marquees

Michael O'Donoghue | Killarney Co. Kerry

087 9226306

Catering for all your special occasions...



We also provide:

- Flooring
- Heating
- Lighting
- Tables & Chairs
- Accessories

Bouncing Castles also Available

EASTER OUTLOOK

Lir

Award Winning
Chocolatiers



Easter OUTLET SHOP

Opening Hours:

Monday - Saturday: 10am - 6pm

Sunday: 12 noon - 6pm

2 Large Eggs
Only €18.00



KILLARNEY OUTLET LOCATED ON
MAIN STREET,
KILLARNEY, CO. KERRY



www.lircafe.com
086 159 8842

Competition Time

Lir

Award Winning
Chocolatiers

Outlook
MAGAZINES

3 Delicious Easter Eggs
to be
WON



In Lir Chocolate Factory Outlet,
Main Street, Killarney this Easter!

Just post or drop in your own

Easter Themed Drawing to
Lir Chocolate Factory Outlet Shop

Main Street, Killarney

before the 23rd March 2016

Killarney
sports & leisure centre

INTENSIVE Swimming Lessons

From Tuesday March 29th to
Friday April 1st

● Time 9.30am - 10.15am

● Levels 1-5 ● Age 4+ ● COST: €48



EASTER CAMP

Running from
Tuesday March 29th
to Friday April 1st

10.30am to 3pm

COST: €52 ● Age 4+

DAILY VISIT: €15

Both Camp & Intensives €90

To book Call

064 6636554

or email

swimlessons@killarneyleisure.com

COME TO CORK...
ORIEL HOUSE HOTEL

Fota Family Special

1, 2 OR 3 NIGHT
BED & BREAKFAST
WITH 1 EVENING MEAL
& PASS TO FOTA WILDLIFE PARK
FAMILY PICNIC

FROM
€199
PER FAMILY

QUOTE "OUTLOOK" WHEN BOOKING

www.orielhousehotel.ie

ORIEL
HOUSE HOTEL
LUXURY CLUB & SPA

Oriel House Hotel, Ballincollig, Cork 021-4208400

danú

AT THE BREHON

Enjoy Easter Sunday Lunch

Take Part in our Complimentary

Easter Egg Hunt!

4 Course Lunch

€32 per adult

€15 per child

Look out for our Resident Fairies!

TO BOOK PLEASE CALL 064 6630700

INFO@THEBREHON.COM WWW.THEBREHON.COM



Self-motivated and enthusiastic Healthy Food Shop/Cafe Manager

required

At least 2 years experience in a similar position essential.

Keen interest in a health and fitness lifestyle beneficial.

Computer literacy essential.

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

Foleys Townhouse & Restaurant

23 HIGH STREET, KILLARNEY

IS NOW RECRUITING FOR

- EXPERIENCED CHEF DE PARTIE
- COMMIS CHEF
- BREAKFAST CHEF
- NIGHT PORTER
- KITCHEN PORTER
- EXPERIENCED BAR/WAITING STAFF
- RECEPTIONISTS (EVENINGS)
- EXPERIENCED PIANIST

FULL-TIME/PART-TIME POSITIONS
AVAILABLE IN ALL AREAS

Apply with C.V. or Telephone:

064-6631217

Kerryhead/Ballyheigue Family Resource Centre

Applications are invited for the post of:

FAMILY SUPPORT / COMMUNITY DEVELOPMENT WORKER (17.5 hrs per week)

The Development Worker will work closely with the Co-ordinator and the Voluntary Board of Directors to help the Project achieve its aims.

The ideal candidate should have:

- A relevant Third Level Qualification – Minimum level 7 (e.g. Family Support, Community Development)
- At least 2 yrs experience and knowledge of Community Development in a community based setting
- Experience of working with community, voluntary and statutory agencies
- At least 2 yrs experience of planning, developing and delivering programmes, activities and/or services to groups experiencing poverty, exclusion and/or inequality
- Experience of providing information & support to individuals & Groups
- Group facilitation & group work skills
- Proven experience in accessing funding
- Excellent IT, social media and report writing skills
- Access to own transport and letter of indemnification from insurer

This project is an equal opportunities employer.

For information and an application form, please contact:
**Project Co-Ordinator, Kerryhead/ / Ballyheigue
Family Resource Centre,
Sraida Thaidhg, Ballyheigue, Co. Kerry.
E-mail: ballyheiguefrc@gmail.com
Tel: (066)7116961**

The closing date for applications is Friday March 18th
Applications will only be accepted on the official application form.
C.V.s will not be accepted.



PEUGEOT

Reens Garage Rathmore require a 2nd / 3rd YEAR APPRENTICE MOTOR TECHNICIAN

REQUIREMENTS:

Apprentice Technician with at least 2 years experience ideally working within a Main dealership.

REWARDS:

A competitive salary package with commitment to training & career development.

APPLICATION:

To apply, please send your CV and a covering note via the email link below for attention of Billy Clifford (Service Manager)

Tel: 06477 58150

Email: service@reensrathmore.ie

REQUIRED EXPERIENCED DELI MANAGER FOR A BUSY CONVENIENCE STORE

We are looking for enthusiastic, customer-focused, friendly and hard-working candidate to join our team. They must be willing to learn, work as part of a team and also be able to work on their own initiatives where necessary. They must have prior experience in a similar convenience store environment and are HACCP trained. Weekend work and flexibility with shifts will be expected.

Job Responsibilities include:

- Reporting to Store manager
- Management of day-to-day store operations
- Achieving sales and margin targets
- Staff management • Ordering

Job Type: Full-time

All replies to: PO Box No 4413
The Killarney Outlook, 30 High Street,
Killarney, Co. Kerry.

PARK PLACE APARTMENTS



Part-time Receptionist required

We need someone to join our team to carry out all front office duties in a busy self catering apartment complex in Killarney town centre.

We want to hear from you ...

- Are flexible and enjoy a wide variety of tasks
- Have a positive "can do" attitude
- Love dealing with people and can offer fantastic customer service
- Can deal with problems in a practical and calm manner
- Have experience in customer service
- Want to learn new things
- Are happy to work evenings and weekends
- Live within close proximity to Killarney town centre

Call, email or drop in a CV to Park Place Apartments,
High Street, Killarney, Co. Kerry
T: 064 66 71281
E: parkplacekillarney@hotmail.com

SNEEM CHILDCARE CRECHE

STAFF
WANTED

Hiring Two Relief Cover Childcare Assistants

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

Candidates must have at least

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

Successful candidates must be willing to be garda vetted.

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

sneemcreche@yahoo.com

for attention of Deirdre Murphy

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

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

BUSY KERRY INSURANCE BROKER Requires a PERSONAL INSURANCE ACCOUNT HANDLER

- Previous experience an advantage as is a working knowledge of the Relay System.
- Experienced candidates should be APA qualified or working towards same.

All replies to: PO Box No 3189
The Killarney Outlook, 30 High Street,
Killarney, Co. Kerry.



PICTURED AT THE TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING WERE ICS COMMITTEE, O'DONOGHUE/RING HOTEL SPONSORS & MEMBERS OF STRICTLY COME DANCING 2016. L-R SHELLA MCSWEENEY, KATHLEEN O'SHEA, GILES CASEY, ELEANOR O'DOHERY, KATHLEEN CRONIN, KATHRINA BREEN, MARY HARTNETT-CUSSEN, TIMMY MORIARTY, EUGENE O'SULLIVAN, NIAL O'CALLAGHAN & RITCHIE FITZGERALD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY TOWERS HOTEL FOR THE IRISH CANCER SOCIETY'S DAFFODIL COFFEE MORNING WERE MAJELLA FITZGERALD & MARK DOONAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE TOWERS HOTEL FOR THE IRISH CANCER SOCIETY COFFEE MORNING, COMMITTEE MEMBER ELEANOR O'DOHERTY WITH HER TWO DAUGHTERS CATRIONA (LEFT) & CHLOE (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR THE IRISH FASHION INDUSTRY AWARDS AS PART OF KERRY FASHION WEEK WERE THE TWOMEY'S L-R VERONICA, GEORGIA, AMANDA & TOM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR THE BANK OF IRELAND ENTERPRISE TOWN EVENT WERE ORDER OF MALTA REPRESENTATIVES L-R ANNE NAGLE, ANGIE KISSANE & SUZANNE SCULLY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR THE BANK OF IRELAND ENTERPRISE TOWN EVENT WERE L-R DIETER GOSH (GLENAGLE HOTEL), MIKE WALKER (CURRAN MOORE) & DONALD O'SULLIVAN (CURRAN MOORE). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TWIN BABY GIRLS AVA & ELLA LOWE PICTURED AT BARRADUFF CHURCH ON THEIR CHRISTENING DAY WITH THEIR DAD JAMIE & MUM CIARA, FAMILY AND FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING, BABY ABBY QUILL WITH HER MUM MAIREAD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

**REQUIRED
FOR IMMEDIATE START**



**Part Time / Full Time
VAN DRIVER**

For Deliveries in the South Kerry Area

Contact: 087 6283949

Senator Marie Moloney

Full-time Constituency Office open at Conroy Hall,
Park Road, Killarney Mon to Fri 9.30am to 5.30pm.

Advice Clinic every Saturday morning
from 10.00am.

Regular Clinics throughout the Constituency
- ring for details.

Contact Office: 064 6632034
Mobile: 086 3049422
Email: marie.moloney@oir.ie



teagasc
Agriculture and Food Development Authority



College Open Day
Clonakilty Agricultural College
Wednesday, 16th March | 11am
Find out more about our QQI accredited
courses such as....

- Level 5 Certificate in Agriculture
- Level 6 Advanced Certificate in Agriculture
Dairy Herd Management
- QQI Level 6 Specific Purpose Certificate in Farm Administration
(Teagasc Green Cert)
- CIT courses in Agriculture, Horticulture & Herbal Science

Find out more from....
023-8832500 or clonakilty.college@teagasc.ie
or Find us on Facebook!

**CLONAKILTY
AGRICULTURAL
COLLEGE**

**KNOCKADERRY
NATIONAL SCHOOL**
Farranfore Village

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

Open Evening
Tuesday March 15th
6.30pm to 7.30pm

Excellent Pupil / Teacher Ratio
Very Central Location
NOW TAKING ENROLMENTS





T: 066 9764729
E: knockaderryns.ias@eircom.net

Irish Pilgrimage Trust

**Tim Moore
Memorial
Table Quiz**

**QUIZ
NIGHT**

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

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

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

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



ENJOYING THE IRISH CANCER SOCIETY COFFEE MORNING AT THE TOWERS HOTEL WERE L-R KATHLEEN O'SHEA, SUE McDONOUGH & MAUREEN DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY TOWERS HOTEL FOR THE IRISH CANCER SOCIETY DAFFODIL COFFEE MORNING WERE L-R ARIF UMNESA, COMMITTEE MEMBER EUGENE O'SULLIVAN & TANJINA AFROSE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE HOTEL FOR THE CHEQUE PRESENTATION RESULTING THE OLD KENMARE ROAD WALK, AN ANNUAL FUNDRAISER FOR MS, WHICH RAISED €20,000 FOR THE CHARITY WERE BACK ROW L-R MICHAEL O'GROMAN (ORDER OF MALTA), KATE FLEMING, MARY O'CONNOR, JIMMY O'CALLAGHAN (SPONSOR), GERALDINE TANGNEY (GLENEAGLE) & MARY O'CONNOR. SEATED IN FRONT L-R ROSEMARY NOLAN (MS), SEAMUS O'SULLIVAN (MS), PAT O'NEILL (CHAIRPERSON), JOHN O'SHEA (ORGANISER) & LIAM KEELY (GLENEAGLE HOTEL). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GNEEVIGUILLA AC MEMBERS WHO RECEIVED AWARDS AT THE KERRY COUNTY ATHLETIC AWARDS NIGHT, BRID STACK, MATTHEW COLLINS, JACK O'LEARY, DONAL DALY, SHELIA O'DONOGHUE, MAIREAD O'NEILL, HANNAH O'SULLIVAN & ANNETTE O'BRIEN



PICTURED AT THE EUROPE HOTEL FOR THE IRISH FASHION INDUSTRY AWARDS AS PART OF KERRY FASHION WEEK WERE STAFF OF OUTLOOK PUBLICATIONS FROM L-R EIMEAR DALY, CATHERINE COLLINS, DENISE CARROLL, EMMA MCELIGOTT & TINA BRENNAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR THE IRISH FASHION INDUSTRY AWARDS AS PART OF KERRY FASHION WEEK WERE L-R GILLIAN LOONEY, NINA ANDREREGA, RASA LELENE & ROMAS LEYS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR THE IRISH FASHION INDUSTRY AWARDS AS PART OF KERRY FASHION WEEK WERE L-R TRISHA O'SULLIVAN & TARA O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR THE IRISH FASHION INDUSTRY AWARDS AS PART OF KERRY FASHION WEEK WERE L-R AGNES O'LEARY, EILEEN BREEN & GERALDINE BREEN WHO WAS NOMINATED FOR A STUDENT FASHION AWARD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR THE IRISH FASHION INDUSTRY AWARDS AS PART OF KERRY FASHION WEEK WERE L-R CAIT MCCARTHY, CAROLINE AHERN & MAURA O'MAHONY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KERRY FARMING MATTERS

Spring Edition

Farming Really Does Matter

During the recent General Election, it was argued by some elections candidates that farming did not matter as much as it did in the past. It was an answer to a question addressed to a hall of non-farmers. So we decided to delve further into the matter. Like many of us out there, I grew up on a small farm holding in South Kerry. Fifteen cows, a handful of cattle on almost 60 acres of land of which more than half was wetland, which saw the almost constant battle to keep the rushes away. It was a time when silage was almost a social occasion and hay was saved by way of pike and fine weather.

It was a time when "having enough" was the norm and the creamery cheque was a much awaited form of income. The cell count was watched clearly, the tractor kept in constant repair and heading to the fair was a task all in itself.

Some thirty years on and that premise of farming still exists. The "staying ahead" attitude is one farmers have to abide by as the industry has seen massive changes that change with each passing year. In an industry where the margins continue to decrease, farmers have

to look for the best value to keep ahead. In most cases, value is not measured in the cheapness of a product but the actual value in the long term. The relationship farmers have with their suppliers is as important as the local Vet. The best products, the trustworthy machinery and the ability to keep on top is key to a farmer's survival. And make no mistake survival is a trait of the Kerry farmer. In the face of great difficulty the farmer battles with weather, outside economic influences, the drop in prices, the red tape and the lack of readily available finance causes daily concerns in the battle to survive.

We are lucky to feature some of the main businesses that Kerry farmers deal with on an almost weekly basis. Leaders in their particular fields of an industry that spans many sectors which continues to employ 8.5% of the national work force, and contributes 12.3% of total exports from the country. So we think farming really does matter and this 20 page guide we hope will provide a little more help along the way to "staying ahead"

Donal Barry
Editor

CERTIFIED IRISH ANGUS BEEF SCHOOLS PROJECT FOR CBS



On the 16th of March, five students from C.B.S. The Green will attend the final of the Certified Irish Angus Beef Schools Competition. The event will take place in Croke Park, where the students will be interviewed and their knowledge of Irish Angus and efforts to promote it will be put to the test. The Certified Irish Angus Schools Competition is about promoting Certified Irish Angus beef among farmers, retailers in the food industry and consumers. The boys have focused their approach on targeting the consumer. As five townies their initial knowledge was limited but they have expanded their knowledge greatly and are now in the final of the competition. Twenty schools in total make the final and will battle it out for five Irish Angus calves. Only five out of the twenty schools will win the calves, and these schools will then do a project on Irish Angus beef and the various benefits of it, and will again show their ability to promote Certified Irish Angus cattle over other cattle breeds. They got through to this stage of the competition after they did an interview in Cork where they were judged by the competition organisers. In order to get through to this stage they had to make a video briefly explaining how they would promote Angus beef,

and the benefits of it, such as the lower carbon "hoofprint", the tastier better quality meat, and the benefits to the farmers such as the placidness and the easy calving that comes with Irish Angus Cattle. They have expended vast amounts of time creating their cow jigsaw puzzle (pictured) to show the different cuts of beef and their uses. They interviewed Kerry players about their knowledge on the nutritional benefits of Irish Angus beef and found that it was a key part of their diet. On the 29th of February they hosted an Irish Angus Beef burger day to demonstrate firsthand to their fellow students how much better Irish Angus Beef tastes in comparison to other beef burgers. They have went to different classes within the school promoting and educating fellow students the nutritional values and importance of Irish Angus Beef. They attended the mart in Tralee to talk, chat and even argue with the local farmers on the advantages of being a certified Farmer and the Fork to Farm values. They have also created an app and plan to publish it to the App Store and the Play Store if they get the calves. The pupils also invited in Mark Doe from Just Cooking to help the promote Certified Irish Angus Beef and show them how to cook the perfect meals using Certified Irish Angus Beef.

GORTATLEA MART

Calf sale Every Thursday at 10.30 sharp

Intake 8.30 sale starts at 10.30 am sharp.

Please note change of day for

St. Patrick's week - Calf Sale

Wednesday 16th March intake 1pm

Sale Starts 4pm

**Weanling & General Cattle Sale
Every Friday**

Intake from 8.30am sale starts 10.30am sharp

*Huge interest of all types of beef & store culled cows
from buyers all over the country*

Sample Prices from last week's sale

			KG	€
Cows	1	BBX	750	1530
WB	1	BBX	395	1120
HF	2	CH	282	845
BK	3	HEX	502	1110
BULLS	1	FR	720	1235

**Outstanding sale of dairy stock
in conjunction with calf Sale
Thursday 24th March Sale starts at 2pm**

A complete clearance sale consists of

- 20 cows freshly calved 2nd, 3rd & 4th cavers yield, butter fat 3.75 - 3.80 protein 3.35-3.35 seller Andrew Sheehan Keilduff, Tralee
- 9 3year HF's all freshly caved milking freely seven gallons
- 9 in calf cows caving March & April seller Neil Kerin

BVD Collections every Wed, Thur & Fri from Mart

Irish Heart Foundation Health Checks 2016

Free health checks will be held at the mart on the 31st March & 1st April for all customers, because we care at Gortatlea Mart.

Contact

Maurice Brosnan **087 2344433**

or Office **066 7137244**

License Number 002138

Ballymac, Tralee, Kerry





BROWNES

Home, Agri and Builder Providers

CAHEREENS, CASTLEISLAND. Tel: 066 7141560 Fax: 066 7142270

 **Topline**



For Quality, Value and Service Think BROWNES

SEED POTATOES

Home Guard, British Queens,
Sharps Express, Duke of York,
Kerrs Pinks, Roosters,
Golden Wonders,
Pentland Dells and Records
Available in 25kg,
10kg or 5kg Bags

GRASS SEEDING TIME

TOP OF THE RANGE
VARIETIES CONTAINED
IN ALL OUR
GRASS SEED
MIXTURES

**POSTS: TANALISED AND
CREOSOTED FROM 4FT TO 8FT.
MANY THICKNESSES
GRANT SPEC POLES.
ALL CREOSOTE POLES
GUARANTEED FOR 25 YEARS
WIRE: PLAIN MILD STEEL
WIRE 8,10,12,14,16g.
HIGH TENSILE WIRE 12g €40
PER ROLL FOR MARCH ONLY
CHAINLINK WIRE,
GALVANISED AND PVC**

GATES

**FIELD GATES, MEDIUM
OR HEAVY.
MESH GATES,
HALF MESH OR FULL MESH.
CALVING GATES, YARD GATES.
CRUSH GATES,
PRE DRILLED CRUSH
PILLARS: 3 HOLE OR 4 HOLE**

CHEMICALS

**AGRO CHEMICALS: RUSH
SPRAY, DOCK SPRAY, BRUSH
KILLERS, RAGWORTH SPRAY
ALL PROFESSIONAL USE
ALSO NON - PROFESSIONAL
USE, LAWN SPRAYS, ETC**

FERTILIZER

**TARGET, GRASSLANDS
& GOULDINGS IN 50 OR
500kg BAGS DELIVERED
OR EX STORE**

BUTANE GAS REFILL



**€26.50
FOR MARCH
ONLY**

**COAL; PREMIUM
POLISH & HOUSE COAL.
PEAT BRIQUETTES,
COAL BRIQUETTES,
ANTHRACITE,
STOVE FUEL.
TIMBER BAGS
HARDWOOD, PALETTE'S
OF HARDWOOD DRIED
PEAT BRIQUETTES €4
PER BALE OR
10 FOR €39**

CATTLE MINERALS

**CO-OP SOURCE: BUCKETS 18kg
IN PRECALVER, POST CALVER,
CALF TO BEEF.
POWDER MINERALS 25kg BAGS
IN PRECALVER, POST CALVER,
SWEET CALMAG.
CRYSTALYX: FOR CATTLE;
PRECALVER, HI-MAG,
CATTLE BOOSTER
FOR SHEEP; EXTRA HIGH
ENERGY**

O'Hanlon's Tyres serving the community for 17 years

O'Hanlon Tyres Ltd was established in 1999 and in those 17 years has dedicated itself to providing each customer with a unique quality product and service, which encompasses timely response, efficiency and value for money. This dedication is not just a Monday to Friday 9 to 5, but 24 hours a day, 7 days a week, 364 days a year.

The Kerry Depot is strategically placed on the Tralee Road in Castleisland. The Head office is in Millstreet, Co. Cork and the stores in Boherbue, Co. Cork. Between the 3 locations, O'Hanlon Tyres currently employs 14 staff members.

The fully equipped fleet of mobile units' service Truck fleet, Agri and industrial throughout Cork, Kerry and Limerick. The company ethos is that each customer's needs are unique and warrant an individual consultation coupled with a tailor-made resolution. Whilst a customer may be satisfied with a tyre as long as it is round and black, O'Hanlon's know that this is where the similarity ends between products. An environmental conscious company, O'Hanlon Tyres products are sourced only from approved suppliers who have proven themselves to supply only the highest quality from a sustainable source.

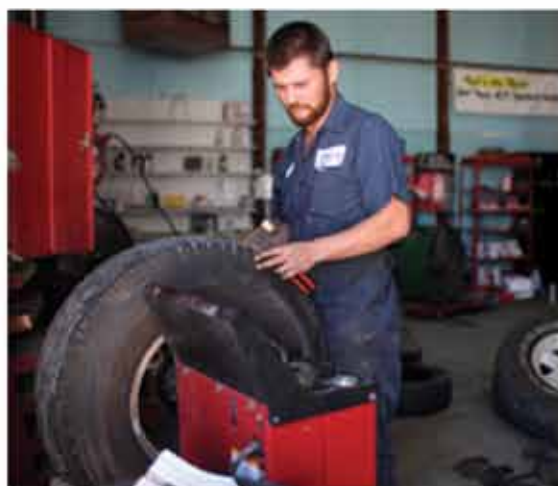
It is this dedication to the profession that has made them the only Michelin Accredited Tyre Centre in Kerry & Cork.

Michelin accreditation is only awarded to Tyre Centres who meet or surpass the rigorous 66 Check Point Audit which covers premises, equipment, procedures, staff, environment and customer care.

As a result, O'Hanlon Tyres are in the unique position of being able to offer customers Free 2 year road-side assistance with the purchase of any Michelin or BF Goodrich car, van or 4x4 tyre. This covers any tyre-related breakdown day or night all year round.

O'Hanlon Tyres customers can receive up to €400 cash back when they buy 2 or more Michelin or Kleber Agricultural tyres from 01st February to 30th April 2016. This offer is exclusive only to Michelin Accredited Tyre Centres.

The tyre fitters are professionally trained and committed to ensuring all customers receive the highest standard of care at all times. O'Hanlon Tyres staff continuously work within approved operational and procedural guidelines, bestowing particular emphasis on good work practice and customer care. This customer care is very evident in the treatment of both the person and the vehicle. All vehicles are treated with respect. Seat



barriers and the most modern technology are utilised to ensure the job is done to the highest standard, but with a minimum turnaround time.

O'Hanlon Tyres offer customers the option of Commercial Fleet management. Never a company to just move with the times, it positively pre-empts the trend by continuously re-evaluating products, services and methods. The ongoing objective at all times is to improve and enrich each aspect of the business. It is this forward planning and no compromise on standards, which ensure that the highest level of excellence in each department of O'Hanlon Tyres Ltd is maintained.



O'HANLON TYRES

Millstreet, Co. Cork 029 71133
Castleisland, Co. Kerry 066 7143900



Peace of mind, every time

Kleber



BUY 4 MICHELIN AGRICULTURAL TYRES AND CLAIM UP TO €400*

Tyres Must Be Ordered Before March 31st & Fitted Before April 30th To Avail Of Cashback Offer

WANTED GOOD QUALITY 2ND HAND TYRES TO TRADE AGAINST NEW TYRES

NEW TYRES USED TYRES USED TYRES NEW TYRES

FOR BEST PRICES RING JIM ON... (087) 2598825

PHOTOS ONLY ON 0879933001

AGRI TYRE SPECIALISTS








RIMS MADE TO ORDER

24/7 Mobile Tyre Unit: 087 2598825

Email: ohtyres@gmail.com



NEXT TO LEE STRAND



Kenopure

COMPLETE TREATMENT OF
THE TEATS BEFORE MILKING

- CLEANING
- SKIN CONDITIONING
- VERSATILE USE



FARMERS - SAVE MONEY
with Kenopure.

Costs less than
€3 per cow per year



Kenomix

JUST SHAKE IT!

- ULTIMATE DISINFECTION
- VERY LOW CONSUMPTION
- LONG LASTING STABILITY
- SPECTACULAR COLOR
- GENTLE ON THE SKIN

Available as
a barrier dip
or spray.
Very high
protection



KENOCIDIN

Total protection
against Mastitis

- For smooth &
silky soft teats
- Available in
200 Litre, dip
or spray



**20L FREE
WITH
EVERY 200L
PURCHASED**



KENOFIX

A protective and
nursing aerosol
spray

- Everything in one
spray
- Powerful and
durable disinfection.
- Easy to use, fast and
precise.
- "Second Skin"
technology



Ideal for naval disinfection,
dehorning, naval sucking, tail
biting in pigs. Up to 4 days activity

Southern Milling

Compounders of quality animal feeds



**BUY 5 BAGS
- GET A FREE
BUCKET**

- Milk replacer formulated
and manufactured to the
highest standards
- Fortified with a blend of
nutritional ingredients
designed to enhance
nutrient uptake leading
to better growth and
healthier calves.
- Includes a health
package
RumeThrive to promote
calf health and
performance

COARSE CALF FEEDS & PELLETS



Our specialised range of high performance
coarse calf rations include a high proportion
of wholesome, nutritionally enhanced toasted
flaked ingredients, balanced with the highest
rated feed from the Teagasc net energy system

- Total Dairy Hygiene Solutions available
- Milk Culture and sensitivity testing

- Bundles including cluster liners, simply bring in a used one
- We offer flexible payment options

Ballymullen, Tralee, Co. Kerry | T: 066 7123446 F: 066 7123420

JOHN LYNCH 086 8136865 | E: info@kelliherfeeds.ie www.kelliherfeeds.ie





CAPITAL FARMS SHINE

ANOTHER INNOVATION FROM BONANZA CALF NUTRITION

The farming partnership behind one of Ireland's top performing dairy herds has been able to expand cow numbers without incurring additional heifer rearing labour costs thanks to a once-a-day milk calf feeding system.

The Lauragh herd is among three Jersey crossbred dairy herds run at farms in County Waterford, Ireland by Pat and Pauline Ryan, John Condon, Brian Ronayne and Andrew Claxton. Generations of breeding have gone into these herds therefore maintaining that level of quality and performance is paramount in every area of the business, not least heifer rearing. For the last 10 years, the Lauragh herd has consistently been among the top 10 EBI recorded herds in Ireland. Progeny include the top ranked bull, LHZ (Lauragh Evert), which has an EBI of 254.

With the abolition of quotas, the business saw an opportunity to expand cow numbers but labour resources associated with rearing additional replacements was seen as a potential obstacle. The solution was to implement a once-a-day milk feeding system using Shine Once-a-Day. "With the size and diversity of the operation, once a day milk feeding was the logical solution," says Pat.

The partners first trialed a range of milk replacement powders, took on board feedback from other farmers and compared the ingredients of different products.

"We chose Shine Once-a-Day because of its unique ingredients, the excellent back-up and our knowledge of farms that had used the product," says John.

If implemented correctly, the Shine Once-a-Day system will produce liveweight gains superior to twice-a-day feeding and enhanced rumen development. The first heifers reared on this feeding method are now in their first lactation and their performance is testament to a combination of better breeding and feeding. The empty rate for heifers after 13 weeks of breeding is just 1%.

Across the three herds, the six week in-calf rate averages 79% and the empty rate at 13 weeks is between 4%-5%.

First calvers are predicted to produce a milk solids average of 420kg at 4.81% butterfat and 3.86% protein. Third lactation crossbreds are predicted 550kg milk solids at 4.75% butterfat and 3.88% protein.

"Shine Once-a-Day is able to harness the increased genetic potential from better breeding and heifers express this with milk quality and quantity," says Pat.

When Capital Farms made the transition to once-a-day feeding in the spring of 2013, Joe Murphy, of Bonanza Calf Nutrition, manufacturer of Shine Once-a-Day, guided the calf rearing staff - John, Pauline, Eamon Phelan, Krystyna Piskorz and Anthony Nolan - on how to get the best from the new system.

"The feed plan was discussed and agreed upon by all members of the calf rearing team and I particularly stressed the importance of colostrum and transition milk," says Joe.

Newborn calves are manually fed between two and three litres of their mother's colostrum within two hours of birth, depending on their size; calves weighing less than 30kg receive two litres and calves over 38kg, three litres. In line with best practice for John's prevention, transition milk from the dam is fed at a rate of two litres twice a day for three days before the calves are introduced to Shine, fed twice a day initially. From day 3 to day 21, calves receive three litres and from day 22 to weaning, four litres.

The calf rearing team has been very impressed with how well Shine mixes with water. "We don't get lumps floating around the top of the mixer and feeder and there is never any sediment in the bottom of the feeder," says John.

"The powder smells like proper milk, the calves absolutely love it. We have had no difficulties with intakes when the calves switch to Shine from cow's milk."

Capital Farms has developed a simple management system to allow calves to thrive. Groups of 40 have access to a 50-teat feeder as this ensures all calves get the optimum

opportunity to access milk. All young calves have access to paddocks and are turned outdoors by day from day 15 to day 21. From there on, calves are out at grass day and night. Calves that are slow drinkers, shy or physically smaller are held back in individual or medium sized pens until day 10, when they are grouped with other calves in groups of 40.

Throughout this period, the calves have access to ad-lib dry feed, clean water and straw. Calves are weaned by weight, at an average of 90kg. Of the 550 calves reared on Shine in

Shine Once-a-Day is able to harness the increased genetic potential from better breeding and heifers express this with milk quality and quantity



Pauline Ryan, Krystyna Piskorz, Anthony Nolan, Joe Murphy (Bonanza) and John Condon

2015, only 12 that were either the offspring of very young heifers or were small at birth, needed additional milk and dry feed to reach target weights at weaning. There were no losses when the calves were transferred to the rearing units at three days old. The success of the feeding system has given Capital Farms the confidence to continue expanding cow numbers organically and to maintain, if not increase, the status of their dairy animals as among the best in western Europe.

"I firmly believe that the Jersey crossbred herd makes more money per animal per lactation than a similarly valued Holstein Friesian EBI herd," says Pat.

"I firmly believe that the Jersey crossbred herd makes more money per animal per lactation than a similarly valued Holstein Friesian EBI herd," says Pat.

Ballymullen, Tralee, Co. Kerry | T: 066 7123446 F: 066 7123420

JOHN LYNCH 086 8136865 | E: info@kelliherfeeds.ie www.kelliherfeeds.ie



Sustainable Farming Services

70 New Street, Macroom, Co Cork

Contact Denis Canty Mobile 087-2383900

HIMALAYAN RED ROCK SALT

Salt (Sodium chloride) is essential for blood formation metabolic/digestive functions

Salt is essential to promote saliva production and ensures function of the digestive system.

Himalayan rock salt is a full spectrum crystal salt lumps are literally rock hard and very weather resistant

Reduces animals desire to drink urine, licking walls etc

Large Lumps delivered in bulk bags

**Nationwide
Delivery**

Self limiting

Lack of salt = lack of appetite

Loss of condition =
drop in milk production

Desire to drink urine
= Reduced growth

Fertility problems

OCEANBLU

100% Pure Irish Seaweed

Oceanblu is a totally natural multi-mineral, supplement containing over 60 naturally balanced chelated minerals, trace elements, amino acids and vitamins all in easily digested vegetable form. Oceanblu works by helping the animal to digest more from its feed

Research has shown that daily use of Oceanblu supports the healthy development of the Animal and increases their general conditioning.

The nutrients found naturally within Oceanblu helps the animal fight stresses generally linked to farming conditions.

Nationwide Delivery

CONTACT DENIS CANTY
087 238 3900

HF
Seeds

Reseeding in 2016?

- HF Seeds premium grass mixtures are tried and tested
- Unrivalled quality with highest germination standards
- Suitable for cutting, grazing, dual purpose & permanent pastures
- All varieties are fully recommended

Available from: Sustainable Farming Services Ltd.
70 New Street | Macroom | Co. Cork | **T: 026 43219**
or call Denis Canty **M: 087 2383900**

New Manager at Castleisland Mart

Castleisland Co-op Mart, a landmark in the busy market town of Castleisland for almost six decades, is facing into the peak spring calf sales over the coming weeks. New manager David White is hoping for an improvement in the weather, which so far this year has played havoc with the live export trade.

"Most dairy farmers need to move their Friesian bull calves on as quickly as possible in this busy spring period, and the live export trade is by far the main outlet for these calves. However, the succession of storms since the start of the year has led to the cancellation of several sailings, and this is obviously a huge disruption to the trade," he commented.

The stronger Friesian bulls for the home trade are not affected, while the Angus, Hereford and Continental calves are all in good demand.

Every Wednesday attention turns to the cattle sales, and here again demand is strong for cull cows and store bullocks and heifers. "We have a number of orders for Angus and Hereford bullocks and heifers around 400 kgs for the next few weeks" said David.

This is also the peak time of year for the Dairy Sales on Fridays, and while the poor milk price this spring is obviously impacting on prices, at the most recent sale €1,500 to €1,600 was still being paid for the top calved heifers.



CASTLEISLAND CO-OP LIVESTOCK MART LIMITED

EVERY MONDAY – SUCK CALVES

Sale starts at 10 am
Friesian Heifer Calves selling every Monday at 12.30 pm

EVERY WEDNESDAY - GENERAL CATTLE SALE

Wanted every week – Large numbers of cull cows
Weanlings now on Wednesdays.

SPECIAL DAIRY SALE FRIDAY MARCH 18TH

(commencing at 1 pm sharp)
Incorporating the
KERRY HOLSTEIN/FRIESIAN BREEDERS CLUB SALE OF PEDIGREE HEIFERS

UP-COMING SPECIAL EVENTS

MONDAY MARCH 28 – LIMOUSIN CALF SHOW

Prizes for Best Limousin bull and Best heifer on the day

SATURDAY APRIL 2ND – KERRY HOLSTEIN/FRIESIAN BREEDERS CLUB PEDIGREE BULL SALE

WEDNESDAY APRIL 6TH – LIMOUSIN COMMERCIAL BREEDING HEIFER SALE

FRIDAY APRIL 15TH – MUNSTER ANGUS SOCIETY BULL SALE

TUESDAY APRIL 19TH – KERRY SHORTHORN SOCIETY MULTI-BREED BULL SALE

Tel (066) 7141247 www.info@castleislandmart.com

MCHALES PROFILERS

**BOX PROFILE &
CORRUGATED SHEETING**

**MADE TO ORDER IN POLYESTER & PVC FINISH,
IN 22 & 24 GAUGE, ALSO NON-DRIP SHEETING
MADE TO ORDER**

**ALL VENTING, CURVING, FLASHING,
GUTTERS, TIMBER, STEEL & PIPING**



METAL GARDEN SHEDS MADE TO ORDER

DELIVERY ANYWHERE IN MUNSTER

**SHANNON VIEW, BALLYDUFF, TRALEE, CO KERRY
PHONE : 066-7131305 MOBILE : 087 2525481**

Kingdom Co - Op Mart

PRSA No: 1587 Carrigeendaniel Tralee

GENERAL CATTLE SALE

Every Monday at 1.30pm

CALVES & WEANLING SALE

Every Tuesday at 7.30pm

BVD samples collected on Tuesdays and Thursdays at 2pm

Tel: 066 71 21738

Fax: 066 71 28487



KINGDOM SHEDS

MANUFACTURERS & ACCESSORIES SUPPLIERS

**Designed & Manufactured to
Customers Requirements...**

BOX PROFILE STEEL FRAME



- Garages • Workshops • Stables •
- Garden Sheds (both timber & steel) •
- Agri Cladding & roof sheeting Also for Sale •
- Concrete Bases Poured if Required •



Top Quality & Reasonably Priced

Killarney, Co. Kerry - 086 871 1564 / 064 6670996

Email: kingdomsheds@gmail.com | www.kingdomsheds.com

REPORT FROM KINGDOM COOP LIVESTOCK MART LTD

Very strong trade continuing for all types of stock at Kingdom Livestock Mart Tralee. Despite adverse weather conditions and stagnant factory quotes, prices at the ringside at Tralee have remained very strong since the beginning of the year. There seems to be a lot of farmer interest for all types of store cattle who are purchasing them earlier this year (for summer grazing) due to the 7 months rule. Our general sales continue every Monday at 1.30pm and we have numerous enquiries for all types of stock.

We have record numbers of Calves at our Tuesday evening sales, trade for lighter Friesian bull calves is tough this year and it is probably best advised to hold these calves for an extra week or so (3 weeks of age at least) to secure a better price. On the plus side, trade for all types of coloured calves is exceptionally strong. We are now starting our Tuesday evening sales at the earlier time of 7.30pm. **Looking forward to seeing you all at Kingdom Co - op Mart.**



PADDY O'KEEFE

SUPERMARKET & GENERAL STORE

Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195 | Fax: 064 66 43105



HUGE SELECTION - GREAT VALUE PRICES

FORCEFIELD & CHEETAH



HUGE SELECTION OF

**ALUMINIUM
LADDERS**



MILK FLO CALF FEEDERS



LUBRICATING OILS



**TRUE TEMPER
PRODUCTS**



FARM GATES & TROUGHES



**GALVANISED PIPE
RSJ/STEEL
BOX/IRON ETC.**



WELLINGTONS



**LIGHT FARM MACHINERY
TOP LINKS, PINS & LIGHTS ETC**



WORK BOOTS



FENCING POSTS



**HITACHI 9" GRINDER
ONLY €109.90**

ALL TYPES OF PIPING

**CORRY PIPE &
CONCRETE PIPE
FROM 4" TO 18"**



WE ARE AGENTS FOR
IRISH OXYGEN Stocking
Oxygen, Argon,
Weldsheild, Acetylene.



**Just rent your tank yearly
and away you go!**



We work with existing Irish Oxygen customers and welcome new ones.

**Buy 5 Large Rolls of
Attic Insulation
(4" 6" 8")
& get one FREE**



**CALF COATS
NOW IN STOCK**



**DRAPER
TOOL CHEST
€169**



**160AMP INVERTER
WELDER
WITH FREE AUTO DARKENING
HELMET WORTH €79
RRP €450 NOW ONLY €299**

Dulux Paint Machine • 1000's of colours

BALLYDUFF FARMER ACHIEVES NATIONAL FIRST



A Kerry farmer has become the first in the Republic of Ireland to install a new farm management system which could revolutionise the face of dairy farming. The O'Hanlon family have lived and worked on Golden Hill Farm in Ballyduff since 1876 and currently keep a dairy herd of 130 animals with plans for further expansion. According to 40 year old Johnny O'Hanlon who runs the farm along with his parents, Gerard and Ann, the recently installed DeLaval 'Herd Navigator' system is going to generate a new stream of valuable information regarding animal health and productivity which will be invaluable to his business. "If milk prices drop, you have to do what you're doing more profitably. By being able to identify potential problems before they actually manifest themselves, we can reduce spend on antibiotics,

keep our milk output constant and of the highest quality. It allows us to gather information through milk samples which we would never have been able to do before. Quite simply, there is no piece of farm equipment like 'Herd Navigator'," said Mr O'Hanlon. 'Herd Navigator' is designed to provide producers with an enhanced overview of their entire herd whilst offering specific valuable information on individual cows. It will allow milk producers to identify significantly more cows in heat than can be seen with current heat detection aids - such as activity meters - or visual checks to spot mastitis before it affects the milk. Milk producers will also be made aware of cows affected by different metabolic disorders, such as clinical and sub-clinical ketosis before actual symptoms are visible to the naked eye.



KELLIHER'S FEED & AGRI. SUPPLIES LTD.
The Town & Country Store That Offers You More!

Ballymullen, Tralee, Co. Kerry,

T: 066 7123446, F: 066 7123420

E: info@kelliherfeeds.ie, www.kelliherfeeds.ie

DEWALT

OFFICIAL STOCKIST

**DeWALT MULTI- FUNCTIONAL
TOOL WITH ACCESORIES**

Oscillating Multi-Tool with
Quick Change Tool Release In
with Accessories 240V
Cuts Scrapes and Sands



**DeWALT
WIDE RANGE
OF POWER
TOOLS**

DEWALT



**DeWALT 18V XR Li-ion
Combi Drill**

DEWALT

8V XR Li-ion Combi Drill
Supplied with 2 X 1.5Ah Li-ion
Batteries and Carry case.



Bahco SL25
Socket Set 25
Piece 1/4in Drive

12 x 1/4in Hex sockets
2 x bit 1/4in PH2.
2 x bit Hex 5 & 6mm.
6 x 1/4in Torx bits.

**DeWALT D25124K
SDS PLUS DRILL**

26mm Heavy Duty
Combination Hammer Drill
with Quick Change Chuck





Better Energy Warmer Homes Scheme

If you can't afford to keep your home warm and comfortable or to pay your fuel and electricity bills, you may be eligible for the Better Energy Warmer Homes scheme. Through this scheme a range of energy-saving measures may be installed in your home, at no cost to you.

These measures include:

- Attic Insulation;
- cavity Wall Insulation.
- Energy Advice

You may be eligible for the scheme if:

- you are in receipt of the one parent family payment;
- you own your own home;
- your home was built before 2006;
- and you get:
- Fuel Allowance (part of the National Fuel Scheme);
- Family Income Supplement; or
- Jobseekers allowance for over six months with a child under seven years of age.

See other grants below also available.



The Better Energy Warmer Homes scheme is run by Sustainable Energy Authority of Ireland (SEAI) and delivered through community organisations and private contractors appointed by SEAI.

For more information, call the Better Energy Warmer Homes helpdesk on LoCall **1800 250 204**

Note: Please note that the energy measures listed above and eligibility criteria for the scheme may change.

€923 REASONS TO INSULATE YOUR HOME WITH **Kingdom Installation Ltd.** **Huge Grants and Subsidy Available**



2 STOREY SEMI DETACHED

Typical cost €1100*
Grant €650 + Subsidy €273
= Total Cost €177



2 STOREY DETACHED

Typical cost €1400*
Grant €650 + Subsidy €273
= Total Cost €477



TERRACED HOUSE

Typical cost €960*
Grant €650 + Subsidy €273
= Total Cost €37

**For more information Call Us Today on 066 - 7135991
or email enquiries@kingdominstallation.com**

www.kingdominstallation.com

*Subject to House Survey

O'Connor's stockists of quality used tractors

O'Connor's Tractors is a well known family business established in 1964 by Denis O'Connor, importing and exporting quality used tractors and machinery.

Based in Knockbrack, Knocknagoshel, Co Kerry, on the Limerick and Kerry Border. In 1999, we took on the Valtra Tractors Dealership for Kerry, Limerick and Clare counties. We are also main dealers for Krone machinery, Redrock machinery, Quicke loaders and Amazone.

At O'Connor's Tractors we specialise in

the exportation of tractor, and are one of Ireland's leading stockists of quality used tractors with over 55 tractors in stock all year round.

We source most of our tractors from the UK and stock mainly Valtra, New Holland, John Deere, Massey Ferguson, Case and other makes ranging from 80HP to 220HP.

0% finance available on all new Valtra tractors and Krone machinery. New Redrock Agitators in stock.



O'Connor's Tractors

VALTRA



Quicke



Knockbrack, Knocknagoshel, Co.Kerry

Current Stock

2016 Valtra T174
2016 Valtra N143
2016 Valtra N113
2016 Valtra N113
2013 Valtra N143
2012 Valtra A92
2010 Valtra T162
2010 Valtra N101
2010 Valtra N101 with loader
2007 Valtra T130
2006 Valtra T160
2005 Valtra 6550 HiTech 3400 hrs

2004 Valtra A95 with loader
2000 Valtra 8150 Mega
2011 Deutz Agrottron K610
2008 Deutz K110
1991 Fiat 110-90
1996 Case 4240 XL
2007 McCormick CX105 with loader
2004 John Deere 6820 with TLS
2007 Landini Vision 105 with loader
2011 Terex 840 - rubber tyres digger
2008 JCB JS130 digger
2005 New Holland TS115A with loader
2006 Claas 657

Tel: 068 46142

Fax: 068 46548

email - sales@oconnorstractors.com



SPECIAL LAUNCH OFFER CASH ONLY DEAL LAUNCHING BULK FEED SERVICE



Talk to us @ **KELLIHERS MILLS, CLASH**

6 GENERATIONS FEEDING KERRY FARM ANIMALS & POULTRY

www.kellihermills.com



**SAVE
€100**

ON PURCHASE PRICE OF BIN
WHEN PURCHASED WITH FILL
OF ANY MEAL OF YOUR CHOICE

**COMBO PRICE
NEW BIN &
FEED FILL**

✓ Super Beef	€260 Per Tonne	(Est 850kg in Bin)	€420
✓ Maize Munch	€300 Per Tonne	(Est 750kg in Bin)	€420
✓ U Grade Beef	€280 Per Tonne	(Est 850kg in Bin)	€440
✓ Coarse Beef (4 Way Mix)	€280 Per Tonne	(Est 750kg in Bin)	€420

*****NEW WEIGHBRIDGE SERVICE ALSO AVAILABLE - Ideal for Weighting Animals (FREE SERVICE)
SUCKLER MATE CALF CREEP PELLETS, CALF NUTS and other seasonal products will be available.**

KELLIHERS MILLS

FARM, GARDEN & PET SUPPLIES

BOYLES
BUSINESS PARK

CLASH · TRALEE

Tel: (066) 71 80 200
(066) 71 80 083

PADDY O'KEEFFE'S

A way of life for over 120 years

Paddy O'Keeffe's is situated in Gattabawn, Gneeveguilla in the East Kerry countryside between Rathmore, Killarney, Glenflesk and Scartaglen. In business for over 120 years and family run for four generations, our focus has always been to serve the needs of our customers in the local communities and beyond.

Paddy O'Keeffe's is rightly famous for our broad range of stock. From foundation steel to attic insulation, from eggs to chicken feed, from matches to chimney flues, from a rattle to a racer, and from a hacksaw to a tank of oxygen gas, and much, much more, Paddy O'Keeffe's has almost everything. There are lots of items of interest to children, parents, and grandparents, so the whole family can shop together. With our ample free parking and friendly, knowledgeable staff, everyone can enjoy a relaxed shopping experience, and we're open late every weekday and for all of Saturday.

Established in 1893 as a grocery, animal feed provider, and as a collection agency for butter and eggs for Cork's market, the business has expanded over the intervening decades to encompass sales of

hardware and tools, farming equipment, home, auto, and garden, work wear and footwear, construction materials, electrical, plumbing, paint, fuels, and toys and bicycles. We have sold bicycles to three generations of some families. We have redeveloped our business a few times during our history, most recently to our current building in 2003.

Being on the borders of Kilcummin, Gneeveguilla, Glenflesk, Scartaglen, and Currow, we are very involved in Community Alert groups, sports clubs, parish and school activities, and local charitable events.

We joined the Ireland's largest hardware buying group, Topline in 2005, and this has enabled us to give our customers better value in an expanded range of hardware, household goods, tools, and more, while remaining independently owned and operated.



KINGDOM INSTALLATION

Kingdom Installation is a privately owned company with over 10 years experience in the supply and contracting of insulation materials to the domestic, commercial and industrial markets. Kingdom Installation Head office is based in Abbeydorney Co. Kerry with other offices in Limerick and Tipperary that service the entire southern region of Ireland. Our well established business, supplier base and technical experience has ensured our company has become a reputable supplier and market leader in the sale and supply of industrial and domestic Installation solutions. Kingdom Installation continues to ensure our products and business practices are in line with industry standards and best practice. All Kingdom Installation's cavity wall insulation has been Irish Agreement Board (IAB) approved. Kingdom Installation constantly adapts and strives to meet changing customer needs, technical designs, environmental standards and specifications, through providing; A wide range of Installation products and services, A consistent and reliable service to all customers, A flexible installation service, to deal with the specific needs and location of our customers.



CASTLEISLAND TYRE CENTRE LTD

Market Cross, Castleisland, Co. Kerry
Tel: 066 - 7142233 Email: niallctc@gmail.com

New & Remould Tyres : Fast Puncture Repair
Computerised Balancing: Car, Van, 4X4, Truck & Tractor
Mobile Tyre Fitting : Vulcanising

Main Stockists for BKT and Mitas Agricultural Tyres





KELLIHER'S FEED & AGRI. SUPPLIES LTD.

Ballymullen, Tralee, Co. Kerry,

T: 066 7123446, F: 066 7123420

E: info@kelliherfeeds.ie, www.kelliherfeeds.ie

The Town & Country Store That Offers You More!

CID LINES

Believe in hygiene!

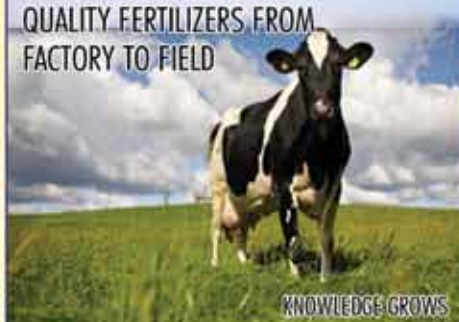
**FIND OUT WHAT PREVENTATIVE
MANAGEMENT CAN DO FOR YOU**

Want to use the mastitis cost calculator?
Find out what you can **SAVE** by battling mastitis



YaraMila

QUALITY FERTILIZERS FROM
FACTORY TO FIELD



KNOWLEDGE GROWS

**EQUINE CLOTHING
& SUPPLIES**



WIDE RANGE INSTORE

DAIRY



CALF



BEEF



Southern Milling

Compounders of quality animal feeds



POULTRY



SHEEP



PIG



Say yes to...

PHARCOX

Oral Solution against coccidiosis
One dose treatment



COSY CALF



TRIED, TESTED AND PRODUCED
BY A FARMER, FOR FARMERS.

**COARSE
CALF FEEDS**

AVAILABLE
INSTORE

FOXLIGHT

KEEP YOUR LAMBS
& SHEEP SAFE

**SHEEP HANDLING
EQUIPMENT**



JOHN LYNCH 086 8136865 - E: info@kelliherfeeds.ie www.kelliherfeeds.ie



SPRING 2016

www.kerryagribusiness.ie

KERRY
AGRIBUSINESS

CALF CARE SALE

OFFERS NOW ON:
AVAILABLE UNTIL 31ST MARCH 2016



CALVING ROPES (2)
N2342
NOW €5.95



CALVING AID ROPES
N7101
NOW €7.95



CALVING JACK WITH HEAD
N2355
NOW €117



INFARED BULB 250W
E1034
NOW €6.95



INFARED BULB PROTECTOR
N6072
NOW €17.95



CALF STOMACH TUBE
N6023
NOW €19.95



FEEDER BOTTLE 2.5L
N6064
NOW €24.95



10% IODINE 500ML PUMP SPRAY
N2210
NOW €9.95

BOVIFERM PLUS SACHET
N4641
BOX OF 24 NOW €39



CAN BE FED WITH WHOLEMILK OR MILK REPLACER



PEACH CALVING TEATS
N7094
NOW BUY 10 FOR €40

INFORM MILKSHAKE

7.5KG - N4580
NORMALLY €50
BUY 2 FOR €95



NORBROOK LIFE AID SACHETS

N4567
BOX OF 54
NOW €67.50



EARLY RUMEN DEVELOPMENT
IMPROVED IMMUNITY
IMPROVED GROWTH RATES



IMMUBOOST CALF START 6KG

F9132
BUY 4 AND GET RIPSTOP CALF JACKET FREE (RRP €29.95)



SCOOPER BUCKET 3GL- T1030
NOW €8.50



10% OFF

JFC 10 UNIT CALF FEEDER
T1100
NOW €135



ECTOSPEC 500ML
N5016
NORMALLY €36
BUY 2 FOR €65

EXPRESS HD DEHORNER
N7054
NOW REDUCED €180

FREE GAS REFILL N7055



MILKBAR RANGE COMPARTMENT FEEDERS

10 CALF T1124
NORMALLY €185
NOW €170

20 CALF P5794
NORMALLY €275
NOW €247.50



FOR TREATMENT OF COCCIDIOSIS: ALSO AVAILABLE IN 250ML
PHARCOX 1LTR
B2022
NOW €130



SURVIVOR 1LTR
B2016
NOW €13.95
PER LITRE
CALF COLOSTRUM WITH HANDY TEAT

• Ardara 066 7134102 • Cahirciveen 066 9472011 • Castlesland 066 7163205 • Dingle 066 9151477 • Kenmare 064 6641077
• Killarney 064 6637527 • Killorglin 066 9761292 • Listowel 068 21055 • Rathmore 064 7758003 • Rattoo 066 7131133 • Stradbally 066 7139115

PAUDIE CRONIN

Welding & Fabrication

Ballyheigue, Tralee, Co. Kerry



We fabricate and erect a wide range of farm buildings from:

Slotted Units

Milking Parlours

Machinery Sheds

As well as building your shed we also supply and fit internal gates and feeding barriers

We resheet old buildings both round roofs and A roofs, as well as on site repairs.

All our work conforms to EN 1090 (dept. grant spec for CE certification) We are fully insured and adhere to all safety regulations

Tel: 087 6852386





Green Belt

OVER 30 YEARS OF SOLID GROWTH

Planting since 1982



Get the most out of your marginal land.

Get professional advice from your local forestry experts on how to

Earn up to €249 per acre per year

New Forestry Scheme Available

For more information contact your local representative

Gerard Moroney

Mobile: **086 838 0915** Landline: **064 662 6614** Freephone: **1800 200 233**



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



ALLIANZ NATIONAL FOOTBALL LEAGUE

KINGDOM COME OUT TOP IN BATTLE OF STACK PARK

KERRY O'SHEA REPORTS ON SUNDAY'S ALLIANZ LEAGUE ENCOUNTER WITH DONEGAL. PHOTOS BY JOE HANLEY.

KERRY 1-13
DONEGAL 1-08

Kerry picked up the second win of their Allianz League campaign when they defeated Donegal in a repeat of the 2014 All-Ireland final between the sides at Tralee's Austin Stack Park last Sunday.

An attendance of 7,056 paid their way through the turnstiles to witness an explosive encounter in more ways than one.

Two players-Kerry's Alan Fitzgerald and Donegal's Leo McLoone-received Red Cards while Kerry's Denis Daly and Shane Enright were black-carded in an eventful first half where off-the-field matters rather than the football and the splendid facelift of the Tralee venue were the main talking points.

Laois referee Eddie Kinsella struggled to cope with the numerous off-the-ball incidents and apart from the two who received the ultimate sanction, several other players from both sides were extremely lucky they did not see red.

In fact, the game got so ugly in the first half it would have been no surprise if Kinsella abandoned it. The referee summoned both Eamonn Fitzmaurice and Rory Gallagher to his dressing room at half-time where he informed them that the game would be abandoned if the rowdiness continued.

Buoyed up by last week's win against Down, the home team never allowed their opponents to get ahead of them and when Donegal fought back to level the scores at 0-7 each just after half-time, the Kingdom pushed on and Peter Crowley's superbly-taken goal in the 44th minute was the game-changer.

Donegal tried to frustrate Kerry at every opportunity especially in the first half when the Kingdom had the aid of the breeze by hand passing and funnelling extra bodies back at every opportunity. In fact, any scores the



BRYAN SHEEHAN SCORER OF 8 POINTS AGAINST DONEGAL STRIKES FOR ANOTHER SCORE IN SUNDAY'S ENCOUNTER.

Kingdom got from play were hard-earned. With points from Donnchadh Walsh (2) and a Bryan Sheehan free, the Kingdom led 0-3 to 0-1 after nine minutes, Michael Murphy on target for Donegal from a free.

The Kingdom who were fired up and playing superb football, had three converted frees and a '45' from the magnificent boot of Bryan Sheehan, who finished the game with 0-8, to lead 0-7 to 0-3 clear by the break, Michael Murphy and Paddy McBrearty from play landing points for Donegal.

Donegal resumed in determined fashion this time they had the wind and used it intelligently. Murphy (free), Paddy McBrearty (2, one free), and sub Neil Gallagher added points to level the scores at 0-7 each, things were looking bleak for Kerry.

However, the Kingdom regrouped, Peter Crowley finished to the net following a superb move started by Paul Murphy and continued by Kieran Donaghy, the Kingdom led by three. Kerry were gaining a foothold now and points

from Sheehan (two frees) and Donnchadh Walsh saw the home team stretch their advantage to six points (1-10 to 0-7) with 54 minutes gone.

An attempted foot pass from Colm Cooper to Aidan O'Mahony resulted in a Donegal line ball from which Michael Murphy found the net in the 58th minute to cut the gap to three again. Kerry fans were on tenterhooks at this stage but when the in-form Sheehan curled a magnificent free into the teeth of the elements and subs Barry John Keane and Colm Cooper landed points before the finish to seal a famous home win and most importantly, ensure the brace of league points on offer stayed at home.

It was a fantastic win for Kerry led by the in-form skipper Bryan Sheehan. With further league tests to come against Mayo in Castlebar this Sunday, Monaghan (March 27th), and Cork in Austin Stack Park on April 3rd.

Teams and Scorers:

Kerry: Brian Kelly; Marc Ó Sé, Mark Griffin, Shane Enright; Peter Crowley (1-0), Aidan O'Mahony, Fionn Fitzgerald, Kieran Donaghy; Bryan Sheehan (0-8, 0-7 frees, 0-1 '45); Denis Daly; Paul Murphy, Donnchadh Walsh (0-3); Darran O'Sullivan, Alan Fitzgerald, Stephen O'Brien.

Subs: Padraig O'Connor (Legion) for Enright (B/C, 24); Colm Cooper (0-1) for Denis Daly (B/C, 24); Johnny Buckley for Donaghy (59); Barry John Keane (0-1) for Stephen O'Brien (59), Brendan O'Sullivan for Crowley (67) and Aidan Walsh for D O'Sullivan (71)

Donegal: Peter Boyle; Eoghan Gallagher, Neil McGee, Paddy McGrath; Ryan McHugh, Anthony Thompson, Eamonn Doherty, Rory Kavanagh, Hugh McFadden; Leo McLoone, Odhran MacNiallais, Eoin McHugh; Patrick McBrearty (0-3, 0-2 frees), Michael Murphy (1-4, 0-3 frees), Martin O'Reilly.

Referee: Eddie Kinsella (Laois).



THE KERRY FOOTBALL TEAM THAT FACED DONEGAL IN A BAD-TEMPERED AFFAIR IN TRALEE ON SUNDAY IN THE ALLIANZ DIVISION 1 FOOTBALL CLASH.



NEIL MCGEE CLASHES WITH KERRY'S ALAN FITZGERALD WHICH LED TO FITZGERALD SEEING RED AND MCGEE RECEIVING A ONE MATCH BAN FROM THE CCC AT A MEETING ON TUESDAY NIGHT.



EAST KERRY NOTES

By Áine Ní Shúilleabháin PRO

SAFEGUARD SECURITY EAST KERRY SENIOR LEAGUE: DIVISION 1A

RATHMORE 2-7 GNEEVEGUILLA 0-9

Gneeveguilla travelled to Rathbeg last Saturday for both sides opening game in the Safeguard Security East Kerry Senior League Division 1A game and it was the home side that took the league points. With a strong wind point scoring was difficult. The home side led 3 points to 1 going into the last five minutes of the half when Shane Reen put 4 points between the sides with a well taken goal, from a long ball in from John O'Keeffe - 1-3 to 0-2, in favour of Rathmore. The sides traded points, leaving the half time score: Rathmore 1-4 Gneeveguilla 0-3. Gneeveguilla fought back in the second half and reduced the gap to the minimum, but a second Rathmore goal extended the homes sides lead and ensured victory for Rathmore. A scatter of points and an intercept by Gneeveguilla defender Timmy O'Leary prevented what looked like a certain goal kept the meant that Gneeveguilla had reduced the margin to the minimum, 1-6 to 0-8 with twelve minutes remaining. However, the Rathmore response was emphatic. Mark Reen won the ball and made a surging run forward, shipping a strong shoulder and scored a well worked point quickly followed with a Padraig O' Mahoney goal, giving the home side a five point lead, 2-7 to 0-8, with five minutes remaining. A Gneeveguilla point reduced the lead to four. Final Score: Rathmore 2-7 Gneeveguilla 0-9. Referee: Tom Moriarty (Legion).

GLENFLESK 2-11 CURROW 3-08

Currow hosted Glenflesk on Sunday in the East Kerry league, sponsored by Frank Doran Safeguard Security. Both teams served up entertaining football in a game with an exciting finish. Glenflesk dominated the scoring in the first half, after an early Currow goal, provided by Pa McCarthy and finished to the net by Eugene Cronin. Four Glenflesk points had the visitors ahead by the minimum when a well worked goal from Padraig Healy, from an Evan Horan pass put Healy through one on one, gave Glenflesk a 4 point lead after 17 minutes. Glenflesk stretched their lead with 7 unanswered points, leaving the half time score Glenflesk 1-10 Currow 1-0. Currow came out for the second half rejuvenated and it was tit for tat until the final whistle. Currow kicked 4 points to one for Glenflesk reducing the margin to six points - Glenflesk 1-11 Currow 1-04 after 5 minutes, before Currow reduced the gap to a single score. Paudie Collins sent a long ball inside scoring a goal - Glenflesk 1-11 Currow 2-04. Glenflesk replied with a goal when Padraig Healy collected a long pass from Cian Horan and Healy showed great athleticism to burst through for a well taken goal which put Glenflesk in control 2-11 to Currows 2-04 with 45 minutes played. In an exciting final 5 minutes, three Currow points and a goal

without reply, left the minimum between the sides as the final whistle approached - Glenflesk 2-11 Currow 3-7. Seamus Scanlon, won the kick out and pointed to leave the sides level and sharing the league points. Final score: Glenflesk 2-11 Currow 3-8.

Referee: Christy Crowley (Gneeveguilla).

DIVISION 1B: The two division 1 B games played last Sunday, were close affairs. Kilcummin travelled to Kenmare and despite wet and heavy underfoot conditions, the game provided a good hours entertainment and some very good scores throughout. Kenmare were the livelier in the first half and goals by Dara O'Shea and Fionn O' Sullivan saw the home team lead by 2-6 to 0-6 at half time. Kilcummin dominated the second half and with Matthew Keane kicking some good points and John McCarthy gaoling, the visitors ran out winners by a single point. Final score: Kilcummin 1-14 Kenmare 2-10. Referee: Tom Moriarty (Legion). The second game in the division saw Spa host Listry and in a closely contested game the visitors led by a point at the break and the sides finished level when the full time whistle sounded. Final score Spa 1-12 Listry 2-9. Referee: Tommy Brosnan (Dr Crokes). A third division 1A game played in Rathbeg on Sunday last saw Legion take the league points with a convincing win over the home side. Final score: Legion 6-16 Rathmore 1-9.

DIVISION 2: FOSSA 2-19 CORDAL 0-04

In division 2, of the Safeguard Security East Kerry Senior League, an under strength Cordal faced off against Fossa in the final round of games in the East Kerry League Division 2 last Sunday. Fossa were 8 points up inside the first 20 minutes and racked up another 1-03 before the break. The second half proved to play out similarly as a hungry Fossa outfit continued on their scoring path with a further 9 points before goaling for the second time. Cordal got on the scoreboard in the second half. Final score Fossa 2-19 Cordal 0-04. This means that Fossa and Scartaglen head the league table, on equal league points followed with two points less by Firies, who have a back game versus Scartaglen yet to play. Referee: Jimmy O'Shea (Glenflesk).

WELL DONE SCÓR SINSIR: Congratulations to Spa Rince Foirne on winning the Munster Final of Scór Sinsir last Saturday. Commiserations to the other East Kerry competitors, who represented their clubs and the District with distinction.

EAST KERRY SCÓR NA BPAISTÍ: The Finals of East Kerry Scór na bPaistí, sponsored by Killarney Credit Union, will be held in Killarney Race Course Hall, next Friday, 11th March starting at 4pm sharp. Best of luck to all the participants.

SYMPATHY: We extend sympathy to former East Kerry Board chairman, Dermot Griffin and family on the passing away of his brother Donie and to Board treasurer, Pat O'Brien and family on the passing away of his aunt, Catherine Tully. Ar dheis Dé go raibh a n-anamacha dílse.

FIXTURES: 13th March 2016

Safeguard Security East Kerry Senior League Round 4

First named team has home venue
All games at 12 noon

Division 1A Gneeveguilla V Legion
Rathmore V Glenflesk

Division 1B Dr Crokes V Listry
Spa V Kenmare

SPA CLUB NOTES

GAELTACHT SCHOLARSHIP: Any member boy/girl interested in applying for the Gaeltacht Scholarship in West Kerry please contact Spa Secretary Marie Courtney 087 6332773.

U6 AND U8 BOYS: Coaches Seamus Moynihan, Tadhg Hickey and Shane Cronin.

U10 BOYS: Coaches Adrian McCarthy, Mike Doolan and Denis Doolan.

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

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

League starts on Sunday 3rd April away to Rathmore at 6pm. Rd 2 is at home to Currow Sunday 10th April at 6pm.

U14 BOYS: Coaches Robert Cremin and Neily Kerins: Training Indoors Friday nights 8.30-9.30pm.

Spa u14 boys: County League games Division 5 commence Wed 30th (6.30pm first game, 7pm thereafter). First 2 games are at home. Next 3 are away. Trainers will advise full details. Semi-finals May 4th, Finals May 11th.

U16 BOYS: Coach: Donal O'Doherty.

Training outdoors Tuesdays 6.15pm - 7.15pm & outdoors Sundays 11am - 12.30pm.

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

GROUP E: Rathmore v I.S.G.

Glenflesk v Dr Crokes, Spa v Firies.

U14 GIRLS: Training Wednesday night indoors 6-7pm. Due to the continuing serious unavailability of pitches, it has been decided to postpone the 1st rd of the Educate.ie u14 Co. League. The 2nd rd of fixtures will go ahead on Easter Sunday as notified and Round 1 will be played the last round of the league.

U16 GIRLS: Training Friday 6.30-7.30pm.

DIVISION 3: Finuge/St.Senans Scartaglin, Dr Crokes, I.S.G.

Dingle/Castlegregory, Currow, Beale/Ballyduff and Spa

SENIOR LADIES: Friday outdoors 7-8pm.

In Division 3, there are now 8 teams and no bye, Spa Ladies will start the season with a home games against Firies Sunday March 20th at 12 noon.

MINORS: SPA 2-15 AN GAELTACHT 4-9: Played in windy Gallurus, the home team won the toss and played with the aid of a very strong breeze. The West Kerry side opened the scoring with a goal, but Spa responded with a



quick taken free by Dara Moynihan resulting in a goal for Eoin O'Donoghue. After an exchange of points with David Spillane, Niall McCarthy goaled from a tight angle. Gaeltacht responded with a goal of their own after some very poor passing in the Spá defence. Points from Dara (2) and Niall Moynihan brought Spa ahead but another Gaeltacht goal left the score at half time 3-4 vs 2-6. Gaeltacht started the second half with a brace of points, scoring yet another goal despite three defenders being in position to stop the threat. This left Gaeltacht in a commanding position leading by 7 points. The game heated up somewhat with a number of robust challenges. Spa picked off a number of scores but the opposition centre forward kicking some fine frees into the strong breeze. In the final minutes, points from Mike Kearney, Niall McCarthy and Dara Moynihan left one point between the teams. Spa showed great spirit and closed down the Gaeltacht backs resulting in the levelling score by Dara Moynihan. In the end Spa deserved a draw but will need to shore up the defence for the next rounds. Saturday March 12th at 4pm next round at home to Cordal/Scartaglin.

EAST KERRY LEAGUE RESULTS

SPA 1-12 LISTRY 2-9

SENIOR SCOR MUNSTER CHAMPIONS

Congrats to our figure dancers who were crowned Munster Champions in Ovens, Cork. Winning team were Claire Moynihan, Anne Marie Nelligan, Mairead Mangan, Fiona Kelly, Katie O'Connor, Sinead Cronin, Trish Murphy and Ciara O'Shea. Best of luck to the team in the All Ireland on April 2nd in the INEC, Killarney.

31 CHAMPIONSHIP OF KERRY: With three weeks to go to the final of the 44th Spa 31 Championship of Kerry at The Torc Hotel Lissivigeen on Friday April 1st, first round tickets are still very much in demand. Only limited number of tickets are now available from the committee members Dave Herlihy, Paddy B Lynch and Paddy O'Keeffe. All players to be in the hall at 7-30pm sharp on final night to enable play to commence on schedule.

SPA REVIEW: As the current edition of Spa Review is to appear in local news agents by April 1st all material for inclusion to be forwarded to the editor Donal Hickey Tiernaboul 064-6632684 by March 18th.

COMMUNITY TRANSPORT: Kerry Community Transport continues to operate three local routes as follows Wednesday Gneeveguilla to Killarney via Spa. Thursday Coolcushlough, Lissivigeen, Crosstown via Loughquittane to Killarney. Friday Glenflesk, via Barraduff, Lisbaby, Raheen, Tiernaboul to Killarney. Cost of return journey €5 and travel pass accepted. To book a seat call 1890-528528 on previous day.

DR CROKES CLUB NOTES

ACADEMY: On sunny Saturday morning last our Academy of underage starlets began their training in both hurling and football. It was

fantastic to see so many new faces up there with the under 6's. Boys and girls beginning their experience with the Crokes which starts with building friendships early on. Our "older" players from the under 8's and 10's saw many familiar faces of friends from previous years. Throughout the upcoming weeks and months our dedicated coaches will develop these player's skill level in an enjoyable environment. The Academy continues this Saturday with hurling from 10 until 10-45am and football from 10:45 - 12 noon. Come one come all.

SCÓR NA BPÁISTÍ: Scór na Bpáistí will take place next Friday at 4pm in the Killarney Racecourse. Dr. Crokes will be represented in set dancing, solo singing, séan nós dancing, recitation, ballad group and at a later date a quiz team. A huge word of thanks to the mentors who have helped to prepare our young charges. The very best of luck to those who will be representing Dr. Crokes on the night.

PROGRESSIVE 31: Progressive 31 was on Tuesday night this week 8th of March at 7.45pm. Everyone welcome. Bring €5 and a partner. Please note that this is the second last week of cards.

WINNERS FROM WEDNESDAY 2ND OF MARCH:

1st Donie Sheahan / Denis Carroll 10 games. 2nd joint winners James Arthur / Ger Brosnan. Denis Geaney / Paddy O'Donoghue Geraldine O'Leary / John O'Leary Jinx 1. John Lyne / Michael Murphy.

2. Pat Foley/ Peg Looney.

3. John Keogh / Michael Spillane. Spots Niall Brosnan / Tim Brosnan.

Walsh Brothers Castleisland.

Raffle: Malachy Walsh, John P Lyne

Donie O'Sullivan / Sean Macassey.

LOTTO: Lotto numbers 3, 5, 7, 9. Jackpot €4200. Winner Denis Kerins Liebherr. Next draw Sunday 13th of March in Tatler Jack. Jackpot €3000.

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

MILLTOWN CASTLEMAINE GAA NOTES

SYMPATHY: Our club extends sincere sympathy to senior player, Jonathan O'Sullivan, on the death of his grandmother - Mary Courtney. We also send our sympathies to Debra Harmon and family on the untimely death of John. May John and Mary rest in peace.

GAA LOTTO: €6,400: Our next Lotto draw for €6,400 will be on Friday March 11th, in The Shanty Bar, Ballyfinnane. Tickets on sale from

usual sellers and outlets. We are very grateful to our very generous Lotto sponsors-by Mike O'Shea and sons, Builders - Farran. Thank you also to all our sellers and supporters. Your support is very much appreciated.

OPEN DAY: What a wonderful response we had to our Open Day. Young boys and girls up to 6th class, enjoyed a brilliant morning of fun and games, under the watchful and caring eyes of the coaches and mentors from our club.

The 'monster shark' bouncy castle went down a treat with all ages and when all energy was sapped from their little bodies, they were treated to refreshing drinks and treats from Anne and Mary Rose! Thank you to Jerry Casey for facilitating our Open Day in this amazing community centre and the staff for being so helpful. Sincere thanks to all those who helped in so many different ways. To the parents/guardians who brought along the boys and girls... Míle buíochas.

And what can we say about the young footballers? - You were so polite and respectful.

REGISTRATION EVENING: We look forward to seeing you at our Registration evening on Friday March 18th, 6-7, in the Nagle Rice Community Centre, Milltown.

Under 6's are Free. Juvenile/student and OAP are €30. An adult is €50, couples are €80 and family membership is €100. Membership must be paid before March 31st 2016.

Come along and join our club for a great year of friendships, football and fun!

SCÓR NA BPÁISTÍ: Well done to all the participants in the Scór Na Bpáistí on Friday last. These are the results: Solo singing Alanna Griffin. Ballad group Freya Mason, Maura Burke and Alanna Griffin. Instrumental music: Alice Casey, Emma Casey, Sarah Leane, Niamh Dinham and Cillian O'Neill.

Quiz Team: Cathal Daly, Brendan Casey, Richard Boyle and Sarah Flaherty with Daire McCarthy as our sub. The music and singing groups will compete on Friday next, March 11th, in the Mid Kerry Final in the C.Y.M.S. hall, Killorglin. The Quiz team will represent Milltown Castlemaine GAA Club in The County Final in mid-April.

PLAYER INJURY: Please note that if a player gets injured at training or in a game, it is the players responsibility to inform the coach / trainer /referee and club secretary / Insurance Officer Mike Carroll within sixty days of incurring the injury. Furthermore all Physiotherapy sessions must be paid directly by the player to the therapist. On producing a receipt, the club will then reimburse you the agreed amount per session. This reimbursement is for up to a maximum of eight visits per injury. Please adhere to these guidelines - no exceptions will be made.

SENIOR LEAGUE: On Sunday March 13 Th - Round 3 of the senior league sees Beaufort home to Milltown/Castlemaine. Throw in is at 2 p.m.

Well done to our senior team on their victory over Cromane on Sunday last. Final score was 2:12 to 4 points.



PRESENTATION SECONDARY SCHOOL

BOYS: Commiserations to club players - Craig Counihan, Cormac Leane, Padraig O'Brien, Ciaran O'Connor. David Roche, Daniel Cronin and Cain Bradley - who were part of the Presentation Secondary School Milltown team that were defeated by Mitchelstown on Saturday last, in the Munster Final. The Mitchelstown school side, which included six Cork minors, proved too strong for the boys. Milltown were without Gavin McKenna who is still recovering from his ankle injury and were unfortunate to lose Craig Counihan to a concussion injury during the game. We wish Conor and Gavin a speedy recovery. Well done to the panel and their teachers/ coaches for getting them as far as the Munster Final.

ST PATRICK'S DAY PARADE: Our club is looking forward to taking part in the upcoming parade to honour our patron saint. Further details from any member of the club executive. Let's encourage all the young boys and girls to represent their club. We also intend taking part in the Castlemaine parade after wards.

Cúl Camps: Save the date!

Cúl Camps will take place in our club from July 11th to July 15th. This is always a wonderful week of fun and activities for all who attend. Further details in the coming weeks.

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

LÁ NA GCLUBANNA: In 2016, the GAA plans to celebrate the importance of your club in your community. Lá Na gClubanna will take place on Sunday, 8th May, 2016.

Counties have been asked to keep the morning and afternoon fixture free to enable all members to fully participate in this event.

More details in the coming weeks.

DEFIBRILLATOR: Our club defibrillator has now been relocated to outside the doors of the clubrooms and is available to the community. As we are all aware, access to a defibrillator can save some one's life. Our club is compiling a list of qualified individuals who are competent in using a defibrillator. You never know that perhaps your own life or the life of your son/ daughter/ mother / father/ brother/sister/ granny or grandad may be saved some day by someone on this list.

Please contact Deirdre on 086/1703332, if you wish to place your name on the list or private message me on FB.

ON GOING CLUB DEVELOPMENT:

GYM REFURBISHMENT: Our gym is now open for members following extensive refurbishment. Gym membership is presently available to past or present players at the following rates: €20 for current players (over 16) - €100 for non-playing members - this includes club membership. These fees include

membership up until December 31st 2016. Our toilet facilities are also in the process of being tiled and are very near completion. We are very grateful to those who are volunteering their time and expertise in these projects. Apologies for any inconvenience caused during these necessary works.

FIRIES/BALLYHAR COISTE NA NÒG

REGISTRATION: Registration for all age groups for the Furies Coiste na nÒg will take place on Friday, 11th March in the meeting room (upstairs) in Pairc Eamon from 7pm to 8pm. It is anticipated that training for U8s and U10s will recommence on Saturday, 2nd April and for the U6s on Saturday, 16th April, pending on pitch conditions.

POST PRIMARY COMPETITIONS:

Commiserations to Liam Brosnan, Shane Kennedy and John O'Rourke who represented Milltown Presentation Secondary School in the Munster Post Primary Senior C final recently. Unfortunately, Milltown met a very strong Mitchelstown CBS. It ended in Rathkeale, Mitchelstown CBS 4-10, Milltown 1-4.

CONDOLENCES: Furies Coiste na nÒg would like to express our sincere sympathies to Helen O'Sullivan and her family on the recent passing of her father, Connie, late of Ballyhar. May he rest in peace.

NEW VOLUNTEERS/COACHES ALWAYS

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

LEGION GAA NOTES

SUPER LEAGUE: LEGION 6-16

RATHMORE 1-9: Our seniors made it two from two in the East Kerry Super League with a thoroughly comprehensive victory over Rathmore on Sunday morning. As was the case the previous Sunday, Legion had too much firepower for their opponents and this they time rattled in five first half goals to all but finish the tie before the interval.

Jamie O'Sullivan opened the scoring in Rathbeg with a well-struck '45 and Rathmore quickly equalised but within moments the hat-trick hero from the previous week, Tom Moriarty, was back at it again, Jonathan Lyne providing the assist for the first goal of the day. Conor Culloty popped over a nice score to extend the lead and, although Rathmore managed to hit back with a goal of their own soon after, the rest of the half was dominated by the visitors. Legion notched a goal and three unanswered points through Donal Lyne, Tom Moriarty and Billy McGuire (1-1) to put themselves 2-5 to 1-1 up midway through the first half. Rathmore pulled a point back via a free but it was all Legion at this stage, Moriarty in particular running the

home team ragged. In the ten minutes leading up to the break they racked up an impressive 3-4, playing some scintillating football in the process. The points came from wing back Alan Moriarty, Jonathan Lyne (two) and Conor Culloty, while Conor Keane, Billy McGuire and Tom Moriarty found the net to give the Legion a 5-9 to 1-3 lead at the break.

Legion started the second half as they ended the first, points from Billy McGuire and Tom Moriarty (three) extending the lead further still. In fairness to Rathmore, they kept battling to the death and got five of the next six scores to reduce the deficit but, in truth, the damage had already been done. No stranger to Rathbeg, David O'Sullivan came off the bench to kick the score of the game in bizarre circumstances. Having fielded the ball over his head while lying flat on his back, Sullivan got to his feet, evaded his marker and kicked a great score from distance. Conor Keane and Alan Moriarty added to their tallies with late points either side of a Billy McGuire goal, his third, and Legion went home with a twenty-two point victory, 6-14 of their 6-16 total coming from play. It was another encouraging performance for Kieran Cronin and his men but Rathmore are sure to be a very different animal come the business end of the season.

LEGION SCORERS: Billy McGuire (3-2), Tom Moriarty (2-4), Conor Keane (1-1, 0-1f), Jonathan Lyne (0-2), Alan Moriarty (0-2), Conor Culloty (0-2), Donal Lyne (0-1), David O'Sullivan (0-1), Jamie O'Sullivan (0-1 '45).

Legion: KJ Griffin, Ciarán Lyne, Danny Sheahan, Chris Davies, Darragh O'Doherty, Damien O'Sullivan, Alan Moriarty, Shaun Keane, Jonathan Lyne, Conor Culloty, Jamie O'Sullivan, Donal Lyne, Conor Keane, Billy McGuire, Tom Moriarty. Subs: Denis Sheahan, Mike O'Sullivan, David O'Sullivan, Derek Twomey, Scott O'Mahony.

AWARDS NIGHT: Thanks to everyone who attended our Hall of Fame/A Night with the Stars function at the Avenue last Sunday. Congratulations once again to Dan Moynihan who was presented with the Vincent Doyle Cup by chairman Enda Walshe, Weeshie Fogarty, Aidan O'Mahony, Stephen Stack and Eoin 'Bomber' Liston.

KERRY CONTINGENT: Congratulations to Brian Kelly and Podge O'Connor who both contributed to Kerry's hard-fought victory over Donegal in Tralee last weekend. Brian started the game and played well while Podge made an impact from the bench, replacing the black-carded Shane Enright before the break. Next up for Kerry is a trip to Mayo on Sunday.

REGISTRATION NIGHT: We had a very successful registration night last Monday and in response to demand we'll meet again next Monday, March 14th at 7.30pm upstairs in Murphy's. It's very important that we get everyone signed up as quickly as possible. If you have any questions please don't hesitate to contact a club officer.



FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Kerry Athletics Annual Awards Ceremony was held at the Dromhall Hotel, Killarney on Saturday March 5th. We had a number club members who were awarded for their achievements in 2015. Cian Spillane & Shauna McCarthy received the club awards for their outstanding achievements throughout 2015 in Track & Field, Cross Country and Community Games. Maria McCarthy received the award for best Master in Cross Country and Roads. Maria had a very successful year taking individual wins at Munster level and was part of the Irish Masters team to win silver in the British and Irish Masters International Cross Country Championships. Maria was also a valued member of the Kerry Ladies Team who were 3rd overall in the 2015 National T&F League.

The highlight of the year for Maria was when she won a silver medal in the World Masters T&F Championships in the 5000m distance. Jerome Crowley was awarded the Hall of Fame for his dedication and commitment to athletics throughout his whole life. Jerome commenced his athletic career in the mid 1950's when he competed very successfully as a juvenile in a sports meeting at Furies, Ballyhar and Currow. In fact he was unbeatable in the one hundred yards sprint U12 and U14. It must be remembered that there was no organised juvenile championships in those days and young people were lucky to get one or two juvenile events in meetings almost solely for senior athletes. He attended Tralee C.B.S. and in 1962, with colleagues Ted Fitzgerald, Henry McKenney and Brian O'Neill won the Munster Schools 4x100 yards relay. They went on the win bronze medals at the All Ireland Schools in that year. In 1961, he won the County Senior Long Jump Title and placed second in the Triple Jump. In 1962 and 1963 he won medals in both Long and Triple Jumps at the Munster Schools Championships. Jerome was part of the club team who won the coveted Quill Cup for the first time in 1962. Like his late father, John Crowley, he has given sterling service to Farranfore Maine Valley Athletic Club and to Kerry County Athletics Board.

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

Junior / Senior training Thursday at 6:40pm in GAA grounds Farranfore. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES: 12th, 13th & 19th March - National Juvenile Indoor Championships, AIT Arena, Athlone.



FARRANFORE MAINE VALLEY CLUB MEMBERS WHO RECEIVED SPECIAL AWARDS FROM THE COUNTY ATHLETICS AWARDS NIGHT.
L:R: CIAN SPILLANE, MARIA AND SHAUNA MCCARTHY AND JEROME CROWLEY.

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

Saturday 19th March - National Juvenile Indoors Relay C'Ships - Athlone AIT Arena.

Sunday 20th March - Kerry Road Race C'Ship (Junior, Senior & Masters) - Venue TBC.

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

Sunday 3rd April - Munster Novice, Senior, Masters Road C'Ship - Clare.

KILLARNEY VALLEY AC

Congratulations to Cian Lynch and Kathryn Ryan from Killarney Valley AC who both received club awards at the Kerry Athletics County Awards held in the Dromhall Hotel last Saturday night. Sara Leahy and Christine Cooper also received awards for their part in the Kerry team that took bronze in the National League in 2015. Congratulation also to KVAC coach Brid Stack who received an award for Master Woman category and also for being part of the Kerry Team in the National League in 2015. Photos on the Killarney Valley AC facebook page.

Don't forget our walk/run/jog Fit for Life evenings continue on Monday evenings from the Sem Gym at 7pm – over 16s only, bring a high viz vest and €2 and sign in – nobody to go with? No worries there are plenty of people here to keep you company and nobody gets left behind! It has been a great success so far! There has been great attendance at the indoor training nights. We are always looking for people to help to train our young athletes and now more than ever as our numbers have grown. Our volunteer coaches give up a lot of free time to coach the athletes but there is no such thing as too much help – if you are interested in being a volunteer coach then please contact the club on 087 2499566.

Don't forget Killarney Parkrun is on every Saturday morning at 9.30 am sharp in Muckcross near the Muckcross Traditional Farm. More information and to register online

www.parkrun.ie/killarney

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

If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are €25 each. Killarney Valley AC now have club hats for sale at €10 each. Our new Half Zip Club Jackets are now in – contact Brid if you would like to buy one. If you have any news you would like to include in the notes please email killarneyvalleyac@gmail.com and please like our Facebook Page www.facebook.com/KillarneyValleyAC to get our news and updates.

IMPORTANT: Notes and reminders will now be sent by email and not text – if you haven't yet sent in your email address, please do so to the email address above with the names of the athletes it applies to.

BADMINTON NEWS

Division 3 beat Moyvane 4-3 Monday and beat kingdom 6-1 on Wednesday night. Division 5 team lost to Annascaul on Monday night. Well done to Maeve Twomey and partner Elaine Hudson who beat Sinead Galvin and Samira Hayes in the Division 2 ladies doubles last Friday. Good luck to all competing in Munster singles and all our juveniles representing their club in inter county competitions. Div 1 /3 /5 mixed takes place on April 1 get ye re names down. No juvenile badminton during Easter break but juvenile mixed are on the April 9 th give names to Suzanne. Happy Easter to all from the club.



GNEEVEGUILLA BOYS U12 DIVISION 2 TEAM.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS: U12 BOYS DIV I

KILLARNEY COUGARS 18

ST BRENDANS 20: The title deciding game of the league saw Cougars host St Brendans at the Pres Gym and the game needed overtime with St Brendans coming through in a thrilling finish. Cougars led this game throughout until overtime but despite their dominance at stages they didn't get the scores on the board. Cougars led by 5pts in the opening qtr thanks to good baskets by Shane McAllister and Harry Kelly. The Tralee side had a much better second qtr and two baskets by Jack Doyle saw them back in the game with Jack O'Donoghue and Rian Colleran responding with baskets for the Cougars who just held on to a two point lead at the break. The sides went basket for basket in third with defences well on top scores were kept to minimum but St Brendans Eddie Sheehy was beginning to have a big influence on the game. Cougars began the final qtr with another good basket by Harry Kelly as Cougars now led by four points. St Brendans responded well and they put Cougars under a lot of pressure with a Eddie Sheehy basket and a very late basket by Cian Griffin saw the game go to overtime. Cougars were rocked having led throughout the game and St Brendans had the confidence to get the winning basket through Jack Doyle to secure the league title and deny the Cougars who have enjoyed a very successful season.

This was another very entertaining game by the Cougars for the good attendance and Cougars now travel to Cork next week for the Open tournament against teams from Cork, Limerick Kerry and Galway.

U14 BOYS DIV II

KILLARNEY COUGARS 31 ST JOSEPHS 29

A late basket by Jackson O'Mahony gave the Cougars a deserved win over St Josephs at the Pres Gym in a very entertaining game with Cougars coming from behind late in the game. Cougars led 10-6 at the end of the opening qtr with Harry Byrne in great form with 8pts. St Josephs dominated the second

qtr with good baskets by Eli Fitzgerald but still trailed at half time by a point. The visitors dominance continued as they increased their lead entering the final qtr as they added further good baskets. Cougars were struggling against a stronger St Josephs side who looked set for victory before Cougars came with a spirited late surge with Jack Lynch, Daire Murphy and the impressive Harry Byrne getting Cougars back in contention and trailing by just a point Jackson O'Mahony hit a great basket under pressure to put Cougars into a one point lead as time ran out for the visitors as Cougars just held on to claim the points.

SENIOR NEWS:

LADIES SENIOR MASTERS CHALLENGE.

Cougars Ladies Senior Masters team hosted the Galway Titans at the Presentation Gym on Saturday and high scoring game couldn't see the teams separated at the finish with basketball the winner. Cougars dominated the first half with Regina Prendiville and Majella Moloney both in good shooting form to give Cougars the early lead. Joan Bowler and Nuala Hannifan both dominating on the boards and contributing good baskets inside. Mary Coleman and player coach Allyson Caggio were in fine form in defence to frustrate the Titans in a brilliant first half for the home side. The visitors led by Gillian Coughlan saw the Titans stage a big second half comeback as the Cougars struggled with the superior fitness and good rotation by player Coach Coughlan as they dominated the closing stages to deny Cougars the win in a very sporting and entertaining game.

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

www.killarneycougars.com or facebook.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 4/03/2016, numbers drawn were 2, 8, 10 & 25. Next week's jackpot €9,000 plus €1,000 bonus.

UPCOMING FIXTURES: (1) The Kerry Sports Hall Development Games for children born 2005 – 2008 inclusive who did not win a county

medal in 2015, will be held on Saturday March 19th in Milltown Community Hall. We would encourage as many children from the club to attend these games. (2) The Kerry Road Championships are on Sunday March 20th, venue to be confirmed. (3) Jack O'Keeffe juvenile races, Easter Monday March 28th in Kiskeam at 12.30pm, registration from 12 noon in the community Centre, races for all children tiny Tots up to U15 boys & girls. This will be followed by the Jack O'Keeffe 4 miler Boherbue to Kiskeam route, commencing at 2.00 pm. (4) Munster Road Championships are on Sunday April 3rd in a Clare venue. (5) Gneeveguilla AC Open Sports will be held in Riocht Track on Sunday April 24th. (6) Following on from 2014 and 2015 hugely popular Gneeveguilla AC 1 mile series, we will be holding 2016 series on the last Wednesday in June and every Wednesday in July. (7) Rathmore Ladies GAA 5K is on Sunday June 5th. (8) Gneeveguilla National school 5K is on Sunday September 25th.

CHURCH GATE COLLECTION: Thanks to all who contributed to our Church Gate Collections over the past two weekends, Rathmore / Gneeveguilla / Shrone Church gate collection coming up shortly.

KERRY ATHLETIC AWARDS: Congratulations to those who received awards at the County Awards last Saturday night, Donal Daly and Jack O'Leary

In the Juvenile category, Matthew Collins in the junior Category, Hannah O'Sullivan, Mairead O'Neill, Brid Stack and Lauren Kennelly in the Kerry County women's league Team. Brid Stack, Shelia O'Donoghue and Annette O'Brien in the Master Ladies, Robert Purcell Snr in The Master Men category.

LEINSTER CHAMPIONSHIPS: Mel O'Callaghan guesting in the Leinster Championships in Athlone. Mel again had a PB in the 200m and made the final of the 60m. Well done to Mel.

TRAINING: Watch out for new training schedules. Indoor (hall) training will finish on the week ending March 18th, track and outdoor training will continue.

WORKMENS ROWING CLUB

TRAINING: Our indoor training schedule continues for now as we wait for calm weather. Last weekend did give some respite however, with many crews taking advantage of the brief interlude to row out.

UPCOMING EVENTS: The St. Michael's Head of the River takes place at O'Brien's Bridge, Limerick, this Saturday 12th March. We hope that this event will go ahead as many crews are looking forward to weather conditions improving and taking part in some serious racing. It was unfortunate that Muckcross Head of the River had to be cancelled again last weekend, due to the inclement weather. Safe driving to all our drivers, those towing the boats and best of luck to all those competing. For a full list of upcoming rowing events, please



visit www.rowingireland.ie

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

BIRTHDAY GREETINGS AND CONGRATULATIONS! It's the turn of the ladies this week! Our belated best wishes to Jessica Chenier-Britton on her recent birthday, and also to Kate Rudden who celebrates her birthday on the 17th March. Hope it never rains on your parade Kate!

And congratulations are also due to Kate on her confirmation last Friday 4th, along with two more Workmen Girls, Sarah O'Leary and Ellen Farndon. We hope you all had a wonderful day and that the memories made with your families, will last for many years to come.

MILLTOWN / LISTRY COMMUNITY GAMES

COMMUNITY GAMES MARCH UPDATES

QUIZ: Our Local quiz for U14 boys and girls will be held in Nagle Rice Primary School, Milltown on Tuesday March 8th at 4.30pm.

GIRLS SOCCER: The girls U10 Indoor competition will be held in Milltown Community Centre this Saturday, 12 March at 11am. Best of luck to our team who have been training very hard.

DRAUGHTS: Our U12 and U14 boys and girls will be competing in Listowel Community Centre this Sunday, 13 March from 10am. Best wishes to our two teams who have put in many weeks of practice.

PROJECTS: Closing date for entries is 5th April, however any children who are interested in competing in this event please contact Paul Sexton to register interest before March 25th.

ATHLETICS: Our local Athletics Day will be held on Saturday 16th April at Milltown GAA grounds, so get training!

For further details on upcoming Community Games events please contact Paul Sexton on 087-9232570

KILLARNEY DARTS TOWN LEAGUE

Sponsored by Carlsberg in association with Mustang Sally's

RESULTS OF THE SECOND SEMI-FINAL,

GROUP 1: The Shire (2+4=6) v Tatler Jack (7+3=10).

Lals (0+1=1) v Lals OutCasts (9+1=10).

GROUP 2: Linehans (2+1=3) v Nugget Old Timers (7+3=10).

Dunloe Lodge A (4+2=6) v Klub Bar (5+5=10).

GROUP 3: Avenue Heros (4+1=5) v OKI (5+5=10).

- 98 A (1) v Dunloe Lodge B (8) - waiting for result

GROUP 4: Nugget Night Owls (4+6=10) v Squidgers (5+2=7).

Mustang Sallys A (7+3=10) v Jimmy Jokers (2+1=3).

The following are the Final fixtures and venues, Group 2 Final in Mustang's Friday 11th March at 9:00 p.m.

Nugget Old Timers v Klub Bar

(each leg counts, first to 14)

Group 3 Final in Tatler Jack, Thursday, 31st March at 9:00 p.m.

Old Killarney Inn v Dunloe Lodge B or 98 A

(first to 5 sets)

Group 1 Final in Mustang's Friday 1st April at 9:00 p.m. Tatler Jack v Lals Outcasts

(each leg counts, first to 14)

Best of Luck to all involved.

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

BOYS U-14 DIV 1: GNEEVEGUILLA 47

ST.BRENDAN'S 52. (Played 06/03/2016)

This was a great game of basketball. At the end of the 1st quarter the score was 13-10, in favour of St. Brendans. The 2nd quarter was a more even affair with both sides scoring ten points. In the third quarter Ronan Collins, Paudie O'Leary, Paudie Murphy and Daniel Collins scored some fabulous baskets for Gneeveguilla with the home side leading on a score line of 40-36 at the end of this period. However in the last quarter the physical of James Fernane and Rap Bhuyias proved a little too strong for the Gneeveguilla boys. The final score was 47- 52 in favour of St. Brendans. It was a great team effort on both sides and well done to all involved.

ST. BRENDAN'S ROWING CLUB

FUNDRAISING: Thank you to everyone who attended our club meeting on Friday last, we have decided that another meeting will be held on Friday 25th March at 7pm in the Parish Hall to finalise ideas. Also our Church gate collection will take place on Saturday 19th and Sunday the 20th March. If anyone can spare a half an hour it would be greatly appreciated.

MEMBERSHIP: The 2nd of April has been set as the day to pay annual membership fees. It is important for insurance reasons, if you are rowing, that you have paid your membership. Fees are €20 for U18s & Students and €60 for adults. Fees are to be paid to Nicola on the 2nd of April at the clubhouse. If you are unable to attend please contact her to organise payment in advance. We have also decided that on this day we will have a "Spring Clean" of the boathouse after all the recent flooding. It would be great to see everyone there with their rubber gloves out!

TRAINING: Unfortunately Muckcross Head of the River which was scheduled for last Friday 5th March was cancelled due to bad weather. We have been very unlucky this year with all the stormy weather. The club is hoping to attend Galway Head of The River on Saturday 19th March so we will continue to train for this and hopefully we will have some nice racing

weather for it to come back with a few wins.

NEW MEMBERS:

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

CONTACT:

For any other details please contact Teddy O' Brien on 0646633838 or email stbrendansrowingclub@gmail.com

GNEEVEGUILLA AC

GATE CHURCH COLLECTION.

Thank you to all who supported last week's gate collection. The money raised will go towards our area's fees, sports wear and equipment. We really appreciate everyone who volunteered to help on this occasion in all our three churches, without help from all the parents and children it would not have been possible, so a big thank you to all our volunteers.

BEST OF LUCK

The girls U10 Indoor soccer team travel to Miltown this Sunday morning to play in the County Finals. We wish the following panel and their coach Owen O'Leary, the very best of luck on the day..

Kensa Barry
Ella Guerin-Crowley
Leeanne Fleming
Shauna McCarthy
Joanne O'Keeffe
Chloe O'Leary
Lily Sheerin

Results to follow next week. Follow our facebook page for updates on the day.. 'Rathmore/Gneeveguilla Community Games'.

KILLARNEY BRIDGE CLUB

Heartiest Congratulations to Joan Culloty and Phyllis O'Regan who finished 3rd place in Ireland in the Simultaneous Pairs competition held on Monday 1st February and also to all our members who won prizes at the Torc Congress. Results of recent competitions:

1/2/16

1st. Phyllis O'Regan and Joan Culloty
2nd Mary Murray and Anne Looney
3rd Sheila Spillane and Maura Moynihan
4th Pauline Lyne and Joan Lenihan
8/2/16

1st Doreen Brosnan and Mary O'Connor
2nd Rev. Fr. Noel Moran and Ron Carron
3rd Tim Corcoran and Don O'Sullivan
4th Pauline Lyne and Joan Lenihan
22/2/16

1st. Tim Corcoran and Don O'Sullivan
2nd Doreen Brosnan and Mary O'Connor
3rd Marjorie Barton and Hazel O'Connell
4th Eileen Murphy and Marjorie Fleming
29/2/16

1st Marjorie Barton and Hazel O'Connell
2nd Marie Moynihan and Mai Corcoran
3rd Phyllis O'Regan and Joan Culloty.



AT THE PRESENTATION OF PRIZES OF THE GLENEAGLE SQUASH CLUB MONTHLY COMPETITION SPONSORED BY KILLARNEY CREDIT UNION WERE SEATED FROM LEFT, GER FOLEY, PAT DELANEY (KILLARNEY CREDIT UNION CHAIRMAN), MIKE O'DONOGHUE, SEAN MCCARTHY, OVERALL WINNER, AND BERNICE ENRIGHT. STANDING IN SECOND ROW ARE JOHN MCCARTHY, KEVIN SMITH, MARTA PRZYBORSKI, RUAIRI COUNIHAN, RYAN KAVANAGH, CIAN MCCARTHY AND EAMONN BOWLER. BACK FROM LEFT ARE TONY MACKEY, OSKAR PRZYBORSKI, PATRICK OLSZEWSKI, MICHAEL BUCKLEY AND BRENDAN COUNIHAN. PICTURE: EAMONN KEOGH

MASTERGEEHA FC

MASTERGEEHA FC will hold a fundraising Night at the Dogs at Tralee Greyhound Track on Friday 1st April 2016. It is a very important fundraiser for the club and a great night of fun and entertainment is guaranteed. Tickets will be on sale from committee members and in The Village Inn and in Kilcummin Post Office. All support welcome to attend.

U13 KERRY CUP: MASTERGEEHA 0 KILLARNEY CELTIC 5: The boys exited this year's cup at home to a good Killarney Celtic side. In the opening half the visitors took lead 2-0 but Mastergeeha had some chances with Brendan O'Leary and Barry Lenihan having shots saved. Just after the break the visitors scored again to decide the tie.

U14 GIRLS: MASTERGEEHA 0 LISTOWEL 3: In this game the girls played well with the teams 0-0 at the break. However in the second half the visitors took the lead early on. After this Mastergeeha tried the best and created some half chances but late in the game the league leaders scored two further goals.

U15 KERRY CUP: MASTERGEEHA 2 ST BERNARDS 1. The boys took the lead after some early pressure when Paul O'Shea converted. After this the boys continued to create chances with Dylan Murphy and Conor O'Brien going close. However just before the break the visitors equalized from the penalty spot. In the second half the boys continued to dominate with the St Bernards goalkeeper making a number of good saves. In the final minutes of the game Mastergeeha scored the winner when Paul O'Shea scored a free kick from the edge of the box. All played well.

MASTERGEEHA FC LOTTO: There was no winner on Friday 4th March 2016. Numbers drawn were 5, 14, 18, 19. Consolation prizes were €100 Sinead Collins, the Village Inn. €60 GAGH, c/o Bertie Curtin. €30 Lyno c/o Bertie Curtin. €30 Teresa Kerins, Mastergeeha, Kilcummin. €30 Mary O'Donoghue, Lacca, Kilcummin. Jackpot now €5,100.

SCHOOLBOY/GIRL SOCCER CUP AND LEAGUE ACTION AS MARCH GETS UNDERWAY:

Cup Score-lines:

John Murphy 12's Cup: Killorglin 5-0 Iveragh United.

Listowel Celtic C 0-7 Park A.

John Joe Naughton 13's Cup:

Tralee Dynamos 8-2 Killorglin B.

Mastergeeha 0-8 Killarney Celtic A.

Tom Hayes 14's Cup:

Killarney Celtic A 6-0 Castleisland.

Park 5-1 St Bernards.

Kerry 15's Cup: Killorglin 3-0 Iveragh United.

Killarney Athletic 7-0 Tralee Dynamos B.

Mastergeeha 2-1 St Bernards.

League Score-lines: Daly's Supervalu 13's:

Premier: Inter Kenmare 2-5 Listowel Celtic.

Park 2-4 Camp Juniors.

Division 1: Killarney Celtic B 3-0.

Foundation Sports 14's: Division 2:

Park D 3-2 Castleisland.

Killarney Plaza 15's: Premier:

Tralee Dynamos 4-4 Inter Kenmare.

Division 1: Iveragh Utd 0-2 Ballyhar.

Division 2: Park B 6-0 Tralee Dynamos.

Ballyheigue 9-4 Fenit.

Listowel Celtic B 1-3 Asdee.

Girls: 14 Premier:

Iveragh United 6-0 Killarney Celtic.

Mastergeeha 0-3 Listowel Celtic.

REPORTS: JOHN MURPHY 12'S CUP:

Premier side Killorglin inflicted the first defeat of the season on Iveragh United, who are 6 win from 6 in Division 2 with a 5-0 win. Goals from Eoghan Hassett 2, Tom Whittleton, Adam Owens and Brendan Casey put Killorglin into the next round.

Also through are Park A who knocked out Listowel Celtic C away. Cinnan Cooney hit 3, Cillian Murphy 2 with Danny Jeffers and Massiah Chirwa netting one each.

JOHN JOE NAUGHTON 13'S CUP: Two of the big sides are into the next round with wins for Tralee Dynamos A and Killarney Celtic A. Dynamos won at home with Patrick Moravski leading the scoring with a hat trick. Sean Horan got 2 with the other goals coming from Donagh Stevenson, Andy Rogers and Sean Dillane.

Killarney Celtic A made the short trip to Mastergeeha and progressed thanks to a Ronan Coffee hat trick and one goal each from Daniel Okute, Harry Byrne, Cian McMahon, Killian O'Sullivan and Jackson O'Mahony.

TOM HAYES 14'S CUP: St Brendan's Park saw off St Bernard's thanks to another player hitting a hat trick. Sean McGrath was the triple scorer this time with Nathan Gleeson and Leo Glaxha getting the others. Oisín Maunsell replied for St Bernard's.

Killarney Celtic saw off Castleisland in a mid-week game played under lights. Chris Casey, Neil O'Shea, Cian O'Leary, Thomas Darmody, Ruairi Doyle and Ryan O'Grady all got themselves on the score sheet with a goal each.

KERRY 15'S CUP: Killarney Athletic made home advantage count against Tralee Dynamos B to progress to the next round. Con

Cremin, Liam Kelliher, Adam O'Connell, Tadgh Doolan and Keith Sauter were the scorers. Mastergeeha have Paul O'Shea to thanks as his 2 goals saw them defeat St Bernard's 2-1 with Declan O'Donoghue replying for the Saints. Killorglin are also through on a 3-0 score-line over Iveragh United.

LEAGUE REPORTS:

CAMP JUNIORS GO TOP OF 13 PREMIER:

With Killarney Celtic and Killorglin not in action Camp Juniors took full advantage to overtake both of them to lead the Daly's Supervalu 13 Premier Division. They did it after a 4-2 win over The Park to become the first Camp Juniors side to top a Premier Division table. Maurice O'Connell finished a great Coleman O'Meara cross to give Camp an early lead. Oisín Smailes made it 2-0 on 15 minutes but the Park were back in the game 10 minutes later when an Earnan Ferris free kick went into the net via a rebound after hitting the cross bar.

However a second from Smailes before half time re-established Camp Juniors 2 goal lead at 3-1. Park again cut the deficit in half when Cian Brosnan scored but O'Connell sealed the win with his second and Camp Juniors 4th. Listowel Celtic won away defeating Inter Kenmare. Thomas O'Connor proved unstoppable as he netted 4 goals. Sean O'Connor got the other one. For the home side Caleb Brosnan and Oisín Fox got the goals.

Celtic B up to second after win over neighbours: Killarney Celtic B are up to second in Division 1 after they defeated neighbours 3-0. Harry White, Erin Moloney and Ruairi Dorrian were the Celtic scorers.

PARK LEAD THE 14'S DIVISION 2: The Park's late late winner from Cian Brosnan sees them move 3 points clear at the top of the Foundation Sports 14's Division 2. Darragh Caplis and Earnan Ferris put them ahead twice in the midweek game but Castleisland pegged them back twice. Brosnan popped up with the winner in the last few minutes.

DYNAMOS UP TO 3RD IN 15 PREMIER:

Tralee Dynamos kept in touch with the sides above them following this 4-4 draw with Inter Kenmare. Codi Dauti hit 2 with his regular scoring partners Mohammed Raheen and Sean Kennedy getting one each.

BALLYHAR MOVE INTO THE LEAD OF DIVISION 1:

Ballyhar's 2-0 away win at Iveragh United is a good win for them as Dylan Callaghan's 2 goals sees the side from Mort Scott Park top the table. Dylan Callaghan was the Ballyhar hero scoring both his sides goals. Ballyheigue close gap on leader in 15 Division 2: St Bernard's might lead the Division but Ballyheigue are the danger. They were in scoring form against Fenit. Conor Corrigan 3, Nathan Driscoll 2 and one each for Sean Sheehan, Nathan Guerin and Augusta Jammone were the Ballyheigue scorers. Asdee are into 3rd as goals from Bernard O'Callaghan, Erin Daly and Cody Enright saw the win 3-0 at Listowel Celtic B. Park B are in the top quarter of the table thanks to a win over neighbours Tralee Dynamos B, Denis Nolan, Tennyson and Rafa

Joskic were the Park scorers.

GIRLS REPORTS: While Killarney Celtic might have been a bit understrength they were first to acknowledge that this was a very good Iveragh United performance and a reward for the hard work they are putting into their girls teams. Here goals from Mary Beth O'Donoghue, Sinead O'Shea, Charlotte Chulne, Mairead Murphy, Sarah Landers gave the South Kerry side all three points. 2 goals from Hannah Healy and one from Aoife Horgan saw Listowel Celtic defeat Mastergeeha 3-0.

INTER LEAGUE: KERRY 15'S 6-1 SOUTH TIPPERARY: Kerry 15's moved onto 7 points from 3 games played in the 15's Inter League Munster section Group 1. They defeated South Tipperary 6-1 following a win over Cork and a draw away to North Tipperary. The goals came from Ryan Kelliher 2, Dylan Murphy, Seb Vassiu, Paul O'Shea and James Sheahan. Kerry's final game will see them travel to Clare where a win will see them qualify for the All Ireland semi-finals.

KILLARNEY CELTIC NOTES

CELTIC PARK TO HOST U18

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

RESULTS: Congratulations to the Kerry U15s, especially the Celtic players involved, on their 6-1 win over South Tipperary in the inter-leagues. Commiserations to St. Brendans College who lost out in a thrilling Munster Schools Final and to PS Sliabh Luachra girls who lost out in the All Ireland C Final; there were a number of Celtic players on both teams. Best wishes to the Sem in their Hogan Cup semi-final next Wednesday. Congratulations to former Kerry underage player Gary O'Neill on winning the Harding Cup with UCD; Gary was Player of the Tournament.

CLUB SHOP: Our range of Celtic gear has been updated and is now available from the club shop on Saturdays from 12 noon to 2.00pm. Contact Mary Lyne 086-6485809 or Mags O'Neill on 087 6451913 for enquiries.

40TH ANNIVERSARY

COMMEMORATIONS: Our Club has a big birthday when it turns 40 this year. To help mark the occasion and to preserve our history for future Killarney Celtic generations, we will shortly be compiling a Digital Archive of club photos, news reports, memorabilia etc. That will require current and past members to rummage out whatever you might have in display cases, old biscuit tins and photo albums. We'll be publishing more details here and via the press on the project and how you can get us your materials (and get them safely back).

RESULTS: GREYHOUND CUP: KILLARNEY CELTIC 3 RATTOW ROVERS

1: This was a thrilling battle under lights and we

were pushed all the way by an excellent Rattoo Rovers side. Gary Keane scored twice, once from the penalty spot, and Wayne Sparling got our other goal.

DENNY PREMIER B: KILLARNEY CELTIC

B 1 KILLORGLIN 1: At the end of an absolute thriller, it was honours even and great credit is due to both teams for the soccer they produced.

U17 LEAGUE: ST. BRENDANS PARK 3

KILLARNEY CELTIC 7: Phenomenal stuff, especially by the unstoppable Cian Casey, who claimed his hat-trick in the first half and added two more after the break, with Lee Downing also notching a brace.

U14 GIRLS: IVERAGH 6 KILLARNEY CELTIC 0: The girls gave it everything but came up against a very strong home side.

U14 CUP: KILLARNEY CELTIC 6

CASTLEISLAND 0: Celtic saw off Castleisland in a mid-week game played under lights. Chris Casey, Neil O'Shea, Cian O'Leary, Thomas Darmody, Ruairi Doyle and Ryan O'Grady all got themselves on the score sheet with a goal each.

U13 KERRY CUP: MASTERGEEHA 0

KILLARNEY CELTIC 8: Celtic made the short trip to Mastergeeha and progressed thanks to a Ronan Coffey hat trick and one goal each from Daniel Okute, Harry Byrne, Cian McMahon, Killian O'Sullivan and Jackson O'Mahony.

U13 DIV ONE: KILLARNEY ATHLETIC 0

KILLARNEY CELTIC B 3: Harry White, Erin Moloney, and Ruairi Dorrian got the goals in an all-round great team performance.

U11: Celtic Park hosted a very successful non-competitive blitz last Saturday. A big thank you to all the great volunteers from all the clubs.

CONGRATULATIONS: To U14 player Cian O'Leary on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES: Denny Premier: Killarney Celtic away to Castleisland, Mounthawwk Park, Friday, 7.30pm.

Denny Premier B: Killarney Celtic at home to Skeliga, Sunday, 2.30pm.

Jimmy Falvey Youths Cup: Celtic away to Park, Sunday, 11.30am.

U16 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 12.30pm.

U16 Div One: Killarney Celtic B away to Asdee, Saturday, 12.30pm.

U16 Girls: Killarney Celtic at home to Killarney Athletic, Saturday, 2.30pm.

U14 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 10.30am.

U14 Div One: Killarney Celtic at home to Fenit Samphires, Saturday, 11.45am.

U12 Premier: Killarney Celtic away to Killarney Athletic, Saturday, 10.30am.

U12 Div One: Killarney Celtic B away to Park, Saturday, 11.45am.

U12 Div Two: Killarney Celtic C away to Park C, Saturday, 10.30am.

U12 Girls: Killarney Celtic at home to Listowel Celtic, Saturday, 1.00pm.

LOTTO: Numbers drawn 3, 6, 15, 24. No winner, one x match 3, Sean Devane, Spa, €150. Next week's jackpot €3800, draw in the Faile

on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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

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

KILLARNEY ATHLETIC NOTES

RESULTS: DENNY DIVISION 1A

KILLARNEY ATHLETIC B 2-5 ST BRENDANS PARK B

Our B team were up against it even before the first whistle with a very much under strength squad. A good performance given the circumstances with Marcin Bzowy and David Long getting the goals.

U15: KILLARNEY ATHLETIC 9-0 TRALEE

DYNAMOS B: Athletic were comfortable winners over Tralee Dynamos (B) in the last sixteen of the Kerry Cup. Well ahead at halftime we emptied the bench ensuring our sizeable squad all got adequate game-time. Connie Cremin registered a second half hat-trick with Liam Kelliher adding a brace from centre midfield. Adam O'Connell, Keith Suter, Tadgh Doolan and Harry Potts also hit the net on the day.

FIXTURES: Saturday 12th March 2016

JK Sports U12 Premier

Killarney Athletic A v Killarney Celtic A 10-30am.

JK Sports U12 Div.2

Camp v Killarney Athletic B 10-30am.

Foundation Sports U14 Premier

Killarney Athletic v Listowel A 12 noon.

Trophy World U16 Div.1 Shield

Killarney Athletic v Camp 12-30pm.

Girls League

JK Sports U12 Girls Premier

Inter Kenmare v Killarney Athletic.

Trophy World U16 Girls Premier

Killarney Celtic v Killarney Athletic 2-30pm.

Sunday 13th March:

Tommy Healy Memorial Cup 1st Round

Killarney Athletic B v Strand Road Fc 3pm.

Denny Premier A

Listowel Celtic v Killarney Athletic 2-30pm.

300 CLUB: Results February draw are:

€500 Colm O'Donoghue, €100 each to Joe Joe Fleming, Erica McCarthy, Humphrey Lynch, Tara McCarthy Nagle & Joan O'Connor. 300 club forms are still available for this years draw. Any member or parent not yet signed up are asked to support the club and if possible a friend too. Forms can be got from any committee member.

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 the Killarney Athletic A.F.C Notes please Contact Alan Daly on 085-1913244 or aland15@live.ie.



PHOTOGRAPHED AT THE PRESENTATION OF THE PRIZES FOR THE MIXED SCRAMBLE AT THE ROSS GC DRIVE - IN SPONSORED BY FEXCO WERE FRONT (L TO R) SEAN MOYNIHAN CAPTAIN, LISA KERFOOT, LADY CAPTAIN, IVO O'SULLIVAN, FEXCO - SPONSORS. BACK (L TO R) NOREEN O'MAHONY, DONNAGH MOYNIHAN, JOHN CUSKELLY, TOM COLEMAN, DENIS CASEY AND ROLANDAS BEMDIKAS.

CASTLEROSSE GOLF CLUB

RESULTS: Competition played on Sunday 6th March Captains Stephen Dennehy and Mary O'Reilly's Drive-in, 4 Ball Scramble

1st Place; Gintaras Bendaravicius, Ivan Tangney, Eoin O'Connell & Pat Doyle, Runner-up, Steve Shine, Donal Power, Patricia Barrett and Siobhain McCarthy.

FIXTURES: Weekend competition, 16 Hole Stableford, play Saturday or Sunday. Register on sheet at Castlerosse.

MEMBERSHIP: Now available for 2016 contact Castlerosse 064 6631144 for details.

BEAUFORT GOLF CLUB

ANNUAL FUNDRAISER: One of the big days in Beaufort's calendar is our Good Friday Fundraiser, March 25th, 4-Ball B/B, €20 per person. Kindly supported by The Malton Hotel. Don't miss out, phone the club to book your time on 064-6644440.

WEEKEND AWAY: 8th-10th April. Two nights & 2 rounds in Dungarvan. Names sheet is almost full, contact the Captain if interested. Details are on the notice board. Please check out our club's facebook page for the latest news.

RESULTS: 3RD MARCH - THURSDAY'S 9-HOLE OPEN SENIORS

1st Gearoid Keating (19) 22 pts,

2nd Gerry Collins (26) 21 pts.

5TH/6TH MARCH - CAHILLANE'S SPRING LEAGUE ROUND 1

1st Barry Woulfe (17) 22 pts,

2nd Edwin Spence (15) 22 pts.

FIXTURES: 12th/13th March - Spring League Round 2. 9 hole stableford, re-entry with best card to count, 2 prizes each week, all 3 rounds for overall weather permitting. Put names in the book and €5 in envelopes.

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

KILLARNEY GOLF CLUB

LADIES: RESULTS OF COMPETITION SUNDAY 6TH MARCH, 2016, SPONSORED BY SAFEGUARD SECURITY

1st Corinna Griffin (31) 42 pts.

2nd Susie Tong (16) 39 pts (bk9).

BG Kelly Brotherton (1) 29 gross.

3rd Breda Duggan (26) 39 pts.

4th Mary Cronin (18) 36 pts.

Next Sunday's competition will be Club sponsored, singles/S/Ford, Killeen Course (provisionally).

KILLORGLIN GOLF CLUB

LADIES RESULTS: SILVER SWANS 12 HOLE STABLEFORD 01/03/2016:

1. Mary Conway (29/19) 20-1 =19 pts.

FIXTURE: 12 Hole Stableford sponsored by Haven Pharmacy O'Sullivan's can be played Saturday 12th/Sunday 13th/Tuesday 15th. Play either day. Arrange own time and playing partners.

SPRING LEAGUE: The first round of the Spring League finishes this Sunday 13th March. Second round starts Monday 14th and finishes Sunday 3rd April. Top 2 Teams after these two rounds will qualify to play in the Final. Format for the Final will be matchplay.

CHUM: The entry sheet for the "Chum" in aid of Multiple Sclerosis is posted on the Notice Board and is very kindly sponsored by Lady Captain Anne Kenny Foley.

ROSS GOLF CLUB

LADIES

RESULTS: SUNDAY 6TH CAPTAINS' DRIVE IN 9 HOLE MIXED SCRAMBLE.

1st D Moynihan, I Harrington, Mgt Hickey.

2nd S Moynihan T Colman D Casey.

UPCOMING FIXTURES: Sunday 13th March 12 Hole S/S Kindly Sponsored by Bricin Restaurant. Time Sheet available in Clubhouse.

ROSS GOLF CLUB

GENTS CLUB

RESULTS: On Sunday last our Captain, Sean

Moynihan, Lady Captain Lisa Kerfoot and President Donie Mulcahy held their Drive in. This was very well supported with a large turnout and we held a mixed scramble also on the day. This was followed by a nice social gathering and presentation of the prizes kindly sponsored by Fexco.

The winners were Donnagh Moynihan, Ian Harrington, Margaret Hickey and John Cuskelly.

Runners up were Sean Moynihan, Tom Coleman, Denis Casey.

FIXTURES: On Sunday March 13th we will hold an 18 hole rumble. Pick your own partners or put your name on the time sheet which is now available in the clubhouse.

M D O'SHEA SPRING LEAGUE: The entry sheet for the Spring League is now available and the closing date is March 19th with the first round being played on March 20th.

DEERPARK PITCH & PUTT

NOTES BY JOHN KELLY.

After a prolonged delay due to the adverse weather conditions the Johnny Kelly Memorial competition will be played on this Sunday 13th March. This is a 36 Hole Scramble commencing at 9-30am and is open to all Deerpark and GlenEagle members as the late Johnny Kelly was a much respected member of both clubs over many years and a large turn out of members from both clubs is expected to participate in this competition which commemorates this former fine exponent of the game of Pitch & Putt.

SENIORS OUTING: Last Wednesdays Seniors Outing in Deerpark attracted a fine turnout of members from Deerpark, Castleisland, GlenEagle and Newmarket and results as follows, - Nett Dan O'Callaghan (Castleisland) and John Kelly Deerpark, Gross Robbie O'Brien (Deerpark) and Jim O'Sullivan (Newmarket). Next Outing is to Castleisland on Wednesday April 6th 10-15am. A special word of thanks to Michael O'Connor who prepared the Deerpark course for last Wednesday's event

MEMBERSHIP: Membership will be collected on this Saturday from 1-1.30pm and on Sunday morning prior to the Johnny Kelly Memorial competition. Membership rates adults €135, juvenile and OAP €80, family €240. Registration of the PPUI which is now compulsory is included in those rates. If the aforementioned times are not convenient for some members they are welcome to contact club treasurer Colm O'Dowd at 087-7673742 or club registrar Sean Kelly at 086-0508686.

SPORTS PREDICTOR: Tickets for the annual Sport's Predictor competition are now available from club officers and on Sunday prior to the commencement of the competition. This annual club fund raiser has one thousand euros in prize money and a special appeal is extended to members to purchase their tickets prior to the closing date of April 6th at €10 each.

JASON O'CONNOR NATIONAL PRO: Congratulation to our ever efficient club officer Jason O'Connor who was returned at National PRO at the annual PPUI convention in Abbeylax

KILLARNEY GOLF AND FISHING CLUB

MEN'S CLUB.

VICTOR MULCAHY, PRO MEN'S CLUB.

Club Captain Liam Hartnett is looking forward to playing in, what will hopefully, and finally be, our first singles competition of 2016 with the playing of the "Keane's Jewellers" sponsored singles competition which is scheduled to be played on Sunday next, the 13th of March. The competition will be a "singles stableford", and time sheet will be from 7.45 A.M. to 1.00 P.M. and entry will be via the usual Club on-line system. The competition will not be a "golfer of the year" qualifier.

Liam also wishes to advise all members that a joint prize presentation arrangement has been agreed with the Ladies Club, and that Mary O'Rourke Lady Captain and himself will conduct the first such prize giving evening on Friday the 1st of April, and again on the 29th of April and subsequently on the last Friday of each month thereafter, the commencement time has been set for 6.00 P.M. for the 1st of April.

CLUB INFORMATION EVENING: Cormac Flannery Club Secretary Manager, held his second "Club information evening" on Friday last, the 4th of March, the objective of such

evenings is to keep all club members fully up-to-date with what is currently happening within our club, and what is also in the pipeline etc.

It is envisaged that these "information evenings" would become monthly events with the next one now scheduled to take place on the last Friday of each month but as the last Friday of March will be Good Friday, it has been deferred to the 1st of April, and these question and answer sessions will coincide with the presentation of prizes for all competitions recently played, for both of the Ladies and Men's Clubs as outlined above.

The meeting was poorly attended with a turnout of only 22 club members attending, but those who did attend played a very meaningful role in the ensuing question and answer session, and which was most constructive, and all those who attended were very impressed with that type of forum, it being both informal and informative.

Cormac emphasised that the principal item for discussion was in relation to the finalising of the proposed layout of the 9 holes which our "Lacabane" course will eventually become, he outlined that there were three options currently under review, but should some member have an alternative layout to propose, then such would also be offered for consideration, the

three layouts were currently available for viewing in the Clubhouse.

It is envisaged that the layout that will be decided on via a member's most popular choice, and a "ballot" paper for same will be available from the Club reception next week, commencing the 7th of March, and it is expected that the choice will become known on the 31st of March when the "votes" will be counted, so if Member's wish to have a say on the layout, then this will be their chance to voice their opinion.

Cormac went on to advise the meeting that "Killeen" course will re-open on the 17th of March, and that a very substantial amount of re-construction work has taken place on the course, in particular on the 1st where remedial works have been undertaken to repair the green, and to further protect the fairway in the event of further storms occurring which will once again encroach on our course.

The 4th green and other areas on Killeen, and the 16th green on Mahony's Point have also undergone substantial remedial works.

Many topics were discussed and frank and forthright opinions were offered, and as such it could be best described as being, that a very healthy debate ensued.

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: **editorial@outlookmags.com**



Outlook
MAGAZINES

Killarney Outlook
Deadlines and publication date for

St. Patrick's Week

Deadlines for all **NOTES**
is **MONDAY AT 12 NOON**

Deadlines for all **ADVERTISING**
is **TUESDAY AT 12 NOON**

Killarney Outlook will be delivered on Friday afternoon to the Killarney Outlook office and all regular drop off points. This is to ensure great coverage of the Killarney St. Patrick's Day Parade.

If you have any special promotions or events planned with Easter in mind - let us quote you for all your advertising needs.

Call Des: 087 6593427/064 66 70000
E: Des@outlookmags.com



getgolfing.ie Junior Golf Camp
ROSS GOLF CLUB
Tues & Wed 22nd & 23rd March
10.30am - 3.30pm both days
Ages 6-13yrs
€65 INCLUSIVE OF LUNCH & PRIZES
Please Call Mark Heinemann
PGA Professional for more information
087 2209663

You Tube Facebook



Killarney Locksmiths
Your Security is our Business

REPLACEMENT LOCKS AND SURVEYS
carried out and fitted by fully qualified locksmiths.
Complete range of Locks, Safes & Security products available.
Carpentry Maintenance Service

FREE HOME SURVEY

- 25 Years of experience
- 24 hour emergency callout

Call us today **064 66 39669**
no call out charge
Tralee Road, Killarney, Co. Kerry
4.4km from Lidl on the N22 • Prop Peter Moynihan
www.killarneylocksmiths.com

All Major Credit cards accepted



DRIVING IN SUNGLASSES

WHAT TO WEAR AND WHEN

Blinding glare caused by a low sun, or by bright light reflecting off snow, puddles, the car in front, or even your own bonnet can be potentially lethal, particularly when driving at speed.

Glare is frequently cited as the cause of road traffic accidents, but the right pair of sunglasses can prevent it.

There is some confusion though about what sort of sunglasses you should wear when driving, so the AA has sought the advice of The Federation of Manufacturing Opticians, for guidance.



CLARITY OF VISION

There are two essential requirements for lenses to be used for driving – vision must remain clear, and sufficient light to let you see properly must get to your eyes.

Sunglasses sold for general use can be too dark or unsuitable for driving.

Sun lenses for driving fall into two main categories - 'fixed' and 'variable' tint.

FIXED TINT LENSES

These remain the same darkness regardless of light conditions. Fixed tint sunglasses are readily available and a fixed tint can be added to prescription, or corrective, glasses too.

Polarised lenses normally have a fixed tint, but their inherent properties can significantly help to reduce glare. Their effect can be very evident on wet roads.

VARIABLE TINT LENSES

Generally known as 'photochromic' lenses, these have the advantage of changing their tint density when exposed to certain kinds of light.

Lenses that only react to UV light are not suitable for driving because car windscreens filter out UV, slowing and limiting the reaction of the lenses - you could find yourself driving with lenses too light as a result.

For driving you need to look for lenses designed to react to visible light as well as to UV to ensure that they will adapt to the varying light conditions when driving. Check with your optician.

TINT DENSITY

Tinted lenses are graded according to the density of the tint, and all sunglasses should, by law, be labelled and show the filter category

number.

Lenses with light transmission less than 75% are unsuitable for night driving.

Yellow tinted lenses are not recommended for night driving. The tint is likely to be unperceivable anyway if the lens has a light transmission factor of 75% or more to meet night driving requirements.

Lenses with light transmission less than 8% are unsuitable for day or night driving.

Due to the light levels within the car, filter category 2 lenses which transmit between 18% and 43% of light are recommended for daytime driving.

Filter category 4 lenses only transmit between 3% and 8% of light and are not suitable for driving at any time. Sunglasses with these lenses should, by law, be labelled 'Not suitable for driving and road use'.

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.



McCarthy Insurance Group

— Your Trusted Partner And Advisor —

Great house cover and prices

Abbey Court, Tralee 066 7121777
Castledrum, Castlemaine 066 9767325
West End, Rathmore 064 7751111

Spread the Cost over 12 months

Charles McCarthy Insurances Ltd. t/a McCarthy Insurance Group is regulated by the Central Bank of Ireland

ONE LUCKY CUSTOMER WILL WIN THEIR PREMIUM BACK EVERY MONTH





TYRESTOP

SALE



www.tyrestop.ie

"GOOD TYRES, GOOD PRICES"

SPECIAL PRICE

Continental

205/55 x16

WAS €125

85€

Killarney - New Street, beside Dunnes - 064 663 9111

Killorglin - Killorglin Bus. Pk - 066 979 6585

Kenmare - Mart Yard - 064 664 8671

Listowel - 068 22100

Tralee - 066 718 0599

*T&C Apply

M.&J. KELLEHER LTD.

MJK oils



MIKE GALVIN

CONTACT OUR LOCAL
MAN IN YOUR AREA ON:

087 9314007

● HEATING OIL ● ROAD DIESEL ● LUBRICANTS

● TRACTOR DIESEL ● STORAGE TANKS



KEEN PRICES PROMPT DELIVERY

Killarney / Kenmare Tel Mike:

087 9314007 / 064 6630020



KILLARNEY

HEATING

Your friendly

FLO GAS

Approved Installer in your area

WORCESTER
Bosch Group
Accredited Installer



UP TO 7 YEARS PARTS & LABOUR GUARANTEE

**Up to €2,000 Grant
NOW Available for New Gas Boilers**

Contact Shane Kearney:

087 9705973/064 6625018

E: killarneyheat@gmail.com

W: www.killarneyheating.com



Kerry ETB Training Centre



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

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

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

Duration: 30 weeks. **Certification:** QQI Level 5 Major Award in Hospitality Operation.

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

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit.

Start Dates: 14th March 2016 in Tralee and 14th November 2016 in Killarney. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

ECDL (ETK79) - Tralee.

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

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

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

Traditional Stone Wall Construction (RT4R8) - Tralee.

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

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

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

Legal Administration Traineeship (ETS07) - Tralee.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 25th April 2016. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

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

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 25th April 2016. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

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

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

Wind Turbine Maintenance Technician Course (TR36R) - Tralee.

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

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

(Opposite Tralee Bus and Train Stations).

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 / 066 7149638 / 066 7149676,

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



Citizens Information

Know Your Rights: HOME RENOVATION INCENTIVE

QUESTION

We plan to extend our home and hope to claim the Home Renovation Incentive. How does this scheme work?

ANSWER

The Home Renovation Incentive (HRI) scheme enables homeowners to claim tax relief on repairs, renovations or improvement work carried out on their homes. Landlords can also avail of the scheme. It is paid in the form of a tax credit at 13.5% of qualifying expenditure, which can be set against your income tax over 2 years. You must be paying income tax to avail of the HRI. You must also be up to date with your Local Property Tax (LPT) obligations.

Your contractor must be registered for Value Added Tax (VAT) in Ireland and be tax compliant. They also have to register the work on the HRI online administration system. If you use several contractors, such as a builder, a plumber and an electrician, you can combine the cost of the works to make up the minimum qualifying expenditure of €5,000 excluding VAT at 13.5%.

Repair, renovation or improvement work subject to VAT at 13.5% all qualify for the HRI, including extensions and attic conversions; supply and fitting of kitchens, bathrooms and built-in wardrobes; fitting of windows; plumbing, tiling, rewiring and plastering. Work subject to VAT at 23% is not covered. Neither are items such as furniture, white goods or carpets.

The work must be carried out and paid for by 31 December 2016. In general, the tax credit is paid over the 2 years following the year in which the work is carried out and paid for. If you are a PAYE taxpayer, the credit will be included in your annual Tax Credit Certificates. If you are a self-assessment taxpayer, it will be incorporated into your tax assessment.

After work starts you should log in to HRI online to check that your contractor(s) have entered details of the work. You will not be able to claim the HRI tax credit if the details have not been entered onto HRI online. Once the work has been completed you can claim the HRI credit. You access the HRI online system through Revenue's my Account service or through the Revenue Online Service (ROS) if you are registered for ROS.

There is detailed information for homeowners and landlords on revenue.ie.

Further information is available from the Citizens Information Centre below.

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

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

O'CONNOR FUELS
KILLARNEY, CO. KERRY

Special Winter Offers... *FREE DELIVERY*

	
Hardwood 1 TONNE BAG ONLY €70	Soft wood 2 TONNE BAG ONLY €70
10 bags of 40kg Premium Coal ONLY €146	10 bags of 40kg Smokeless Coal 10 BALES OF PEAT BRIQUETTES + 3 BAGS OF FIREWOOD FREE - ONLY €219

m: **087-6178379** t: 064 77 50661 f: 064 77 56534

ATLANTIC OILS

Your local representative is **John Nolan**
Mobile: 086 8194000
Phone: 066 7134184

VERY COMPETITIVE PRICES ON:


- KEROSENE
- AGRI-DIESEL
- AUTO-DIESEL
- UNLEADED PETROL
- PLASTIC OIL TANKS
- LUBRICATING OILS

ALL MAJOR CARDS ACCEPTED

Delivering in your Area 6 Days a week

IRD DUHALLOW WARMER HOMES SCHEME

FREE INSULATION SERVICE



If you are in receipt of one of the following payments you may be eligible to receive insulation services free of charge:

- Fuel Allowance
- or
- Family Income Supplement
- or
- Jobseekers Allowance

(for more than 6 months and have children under 7 years of age)

- Houses must be owner occupied and constructed before 2006

Contact IRD Duhallow Warmer Homes Scheme on 029 60633
www.irdduhallow.com
E: duhallow@eircom.net

seai SUSTAINABLE ENERGY AUTHORITY OF IRELAND

NSAI Agreement

Cavity Wall Insulation Approved Installer of Bonded Bead

TKA Energy and Acoustic Insulation Ltd. REG No. IAB/165

O'Leary Ventilation and Duct Cleaning Services Ltd
www.olearyventilation.ie

Have you got Condensation Problems in your house or property?

- Have you moved into your new home recently ?
- Have you insulated your attic recently ?
- Have you replaced your windows & doors recently ?
- Have you renovated your home recently ?

If so

- Do you have condensation ?
- Do you have mould growth ?
- Do you find your house stuffy ?

If so

Call Aengus O'Leary of O'Leary Ventilation Ltd for free consultation on how to eliminate all of these problems

We also provide a Commercial Duct Cleaning Service for cleanliness and insurance purposes. Fully Insured and Certified.

O'LEARY VENTILATION LTD Rathmore , Co Kerry
Tel: 064 7758429 Mobile: 087 2512272
e-mail: aengus@olearyventilation.ie
web: www.olearyventilation.ie

RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

Daffodil Day Irish Cancer Society will hold a Coffee Morning and Cake Sale today in St. Joseph's Day Care Centre, Rathmore from 9 a.m. to 12.30 p.m.

FLAG CEREMONIES: Hollymount NS Rathmore would like to invite you to our '1916 Flag Ceremony' on 15th March 1pm-3pm. Refreshments will be served. All Welcome!

Holy Family N.S Rathmore would like to invite you to our '1916 Flag Ceremony' on Tuesday 15th March at 10am. Everybody welcome,

RATHMORE LADIES GAA: A Registration Night will take place for U10s, U12s, U14s, U16s, U19s, and Seniors in Rathbeg Friday 11th of March. at 7pm. New members welcome.

Rambling House at Heritage Centre Scartaglen Monday March 14th at 8.30 p.m. Remember it's Seachtain na Gaeilge. Admission free, raffle and refreshments. All are welcome.

Rathmore Community Council wishes to thank everybody who supported their Church Gate Collection recently in Rathmore & Shrone. Your generosity was appreciated. Amount collected: €840.00.

CULLEN AND DISTRICT SPECIAL NEEDS ASSOCIATION: The 31st Annual Sponsored

Weigh-in is now coming to an end – final night is on Monday night next March 14th. It was wonderfully supported again this year and is a great community occasion bringing new and old friends together many of whom would not have met since last year's weigh in. As usual Dr. Casey contributed in no small way to the success of the Weigh in. I'm sure some people dreaded those weighing scales and waited patiently for thumbs up (or down) from him ... Zumba fitness classes with Loraine O'Shea proved very popular and our musicians provided us with great entertainment

SECOND COLLECTION: this weekend 12th/13th March in parish in aid of Emigrant Services. Your support would be greatly appreciated.

ON BEHALF OF THE IRISH BLOOD TRANSFUSION SERVICE: Please pass on our thanks to all who contributed to the running of this Clinic. 122 Donors attended our Blood Donor Clinic in St. Joseph's Day Care Centre Rathmore. This generosity and commitment to helping others is very much appreciated. It is a precious gift that brings life & hope to the patients and to their families & friends. Best regards, Monica Bell Donor Services

CULLEN PIPE BAND: Cake sale on Sunday 13th March after Mass. Also Tickets for 75th Anniversary Social will be available for purchase.

SOUTHWEST COUNSELLING CENTRE: Has limited places available for cyclists in this

year's Ring of Kerry Charity Cycle and can be contacted by email swccrokcycle@gmail.com or by telephone 064 663 6416. Registration for the Cycle will close on March 14th. SouthWest Counselling Centre is a local service providing low cost counselling in the community for the last 22 years. We rely heavily on fund raising to sustain our services

SYMPATHY: To Val Moynihan, East End Rathmore on the death of his sister-in-law Mary Moynihan,, Killarney and families & friends of Eileen Howard (née O'Keeffe), Laxie, Knocknagree, Cork / Cullen, Cork, whose funerals took place recently. May they rest in peace,

PARADE

Rathmore sixth Annual St Patrick's Day will take place on Sunday March 13th at 2pm. No Street Traders please.

LIEBHERR WIN

All-Ireland Senior inter firm Football Final Liebherr (Kerry) 0-10 Medtronic (Galway) 0-7 Congrats to Liebherr on retaining the title after great game in Tuam

Rathmore/ Gneeveguilla players capt Eoin Lawlor; & Daniel O Sullivan, Pdraig O' Connor; & Donal Murphy, and selector Kieran O Mahony,

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

FOSSA NOTES

FOSSA GAA: LOTTO: 6th March 2016.

Numbers drawn were 10, 21, 23, 24. There was no jackpot winner.

SENIORS: The seniors had a very comfortable win over Cordal on Sunday morning in the East Kerry Super league, they await a final fixture in this competition but non has been made as of yet.

MINORS: Our Minors had a good win over St Michaels/Foilmore on Saturday evening in Fossa in their first game of the County League. While the visitors built up an early 3 point lead, Fossa fought their way back into this game with a brace of goals from Lee Lenihan. Cian O'Shea and David Clifford took control in the middle of the field and points from Liam Buckley and Cian McCarthy gave them a commanding lead. Fossa finished the half with David Clifford scoring a brilliant goal to leave them leading 3-04 to 0-06 at the break. On the resumption, Gary Cronin cracked home a goal in the opening minute, however St Michaels/Foilmore did rally scoring 1-1 without reply. Fossa settled again with some great defensive play and David Clifford

added 4 points along with a Ryan Sheehan goal to leave them comfortable winners on a score of 5-08 to 2-08. This was a solid display in their first competitive game of the year so hopefully they can build on it from here on. They are away to St Pats Blennerville next Saturday 12th at 4pm.

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

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

SCÓR: Hard luck to our Léiriú team who didn't get through in the Munster Final of Senior Scór on Saturday night, they have represented the

club with honour and distinction over the past few years and can be very proud of their efforts. Thanks to all the supporters who made the trip to Ovens on Saturday evening to cheer them on. Good luck to all who are taking part in Scór na Paiste which is being held in Killarney Racecourse on Friday night.

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

SYMPATHY: Fossa GAA Club extends its deepest sympathy to the Griffin family of Barleymount on the death of Donie, RIP. Ar dheis De go raibh a Anam.

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

BEAUFORT NOTES

BEAUFORT COMMUNITY ALERT GROUP: Are in the process of setting up a community Text Alert. Application Forms are available from Carson's and Kissane's Shop, Kilgobnet National School, Killarney and Killorglin Garda Stations. Completed forms can be handed back to Carson's as soon as possible. Beaufort

Community Guard is Garda Chris Manton Tel No. 064 6671162 or 086 8200196.

BEAUFORT RAMBLING HOUSE: A most sincere thanks from Beaufort Pioneer Council to everybody who helped make the Rambling House Session such a success.

MEMBERSHIP AND REGISTRATION BEAU-

FORT GAA CLUB MEMBERSHIP for 2016 is now due. Family membership is €50 which includes one adult gym membership. Adult Club only €30. Player over 18 years is €50 which includes gym membership. Gym entry card/Fob is €10. Forms available from Patie Hartnett at 087 2515311.

KILCUMMIN NEWS

SYMPATHY: Sympathy is extended to the families of Mary Moynihan, Dromadeesirt and Patrick Sheahan, Knockeenalicka who died recently. May they rest in peace.

HOSPICE WALK: The Good Friday walk will leave the Recreational Hall at 10.30am. Full details to follow.

COMHALTAS: Congratulations to all our members who competed in the recent finals of Sult na nOg! Our branch had a very successful finals and all results are available on kerrycomhaltas.ie.

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

INVITATION TO TRANSITION YEAR STUDENTS: Transition Year Students interested in taking part in the re-enactment are invited to contact Mike McGurl on 087 6662707.

MUSIC SESSION: Our next Sunday music session will be held on 20th March at 2.30 to 5pm in Kilcummin Recreational Hall. Refreshments available. All welcome.

TRADITIONAL MUSIC GROUP: Congratulations to Niamh McSweeney, Aisling O'Connor, Stephen O'Leary and Dean Griffin from our branch together with Eimear Horgan, Sean Kelliher, Cian O'Sullivan and Thomas

Barrett whose traditional music group were successful in the recent Gael Linn Siansa competition. They now progress to the final in the National Concert Hall on 17th April. A special thanks to Conor Moriarty for his arrangements, and mentors Cathal Flood and Roisin Ryan.

SEASONS FOR GROWTH: Seasons for Growth is a 20 hour course for adults run over 8 weeks (2.5hrs per week). It will provide the opportunity to explore the effects of grief and change in your life in a safe and respectful environment. Although we usually link grief with death, it is in reality the process by which we make a healthy adjustment to any significant loss in our lives. Many different losses occur in a lifetime and Seasons for Growth is based on the belief that grief and loss are a normal and valuable part of life. You will have the opportunity to help you to cope with your grief experiences. Starting on Thursday April 7th from 7.30 – 10pm in Recovery Haven, Tralee. Cost €75 (€45 reduced fee). Further info. or to book a place call Deirdre on 087 7728089.

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

anticipated.

MEMBERSHIP: Membership is now due at € 40.

SENIOR FOOTBALL

KILCUMMIN 1-14 KENMARE 2-10. Kilcummin played Kenmare in difficult conditions and came away with a point victory after an entertaining and encouraging performance in this East Kerry league game. Next Game v Spa this week-end

SYMPATHY: Sympathy is extended to the family of Patrick Sheahan, Knockeenalicka who died during the week.

CONGRATULATIONS: Congratulations to Kevin Gorman who won an All-Ireland Inter firm winners medal with Liebherr at the week-end.

ST PATRICK'S DAY PARADE

In keeping with recent years children from the academy are asked to wear club colours for the St Patrick's Day Parade. The club will meet at 1.15pm on the day at Mission road near the cathedral. Children can be picked up after the parade at New Street Car Park

HURLING

St Patrick's Hurling will host a fundraising table quiz on March 18th in the clubhouse from 9pm. A table of four will cost €40. Juvenile tables are also available for €20.

GLENFLESK NEWS

GLENFLESK SENIORS: Sponsored by the Jarveys Rest (www.jarveys.ie). Our seniors began their season with an East Kerry league game away to Currow and came away with a share of the spoils on a scoreline of Glenflesk 2-11 Currow 3-08. Jeff O'Donoghue was in great form scoring 6 points, Padraig Healy scored 2 excellent goals and Evan Horan impressed in the full forward line scoring 3 points. Cian Horan was our standout player in defence.

SENIOR FIXTURE: The senior team are away to Rathmore next Sunday March 13th at 12pm in the East Kerry super league.

GLENFLESK MINORS: Sponsored by the Jarveys Rest (www.jarveys.ie)

Our minors are at home to Waterville/Dromid this Saturday March 12th at 4.00pm in the Co league.

GLENFLESK LOTTO: Glenflesk GAA Lotto draw was held on Monday the 29th of February 2016 in John Dan's. Jackpot: €9,200. Numbers drawn: 2, 5, 19, 21. No Winner. €50 EURO DRAW: First

draw: Mary McCarthy Knockdurath, Second draw: Brendan O'Brien, Inch. Third draw: Timmy O'Sullivan Kilquane, Fourth draw: Marian Favier Curraglass. Next draw will be held on Monday March 13th in Spillanes, Jackpot €9,400.

RAHEEN NS: Raheen NS would like to invite parents, extended family and members of the local community to join us in a celebration of the anniversary of the 1916 Easter Rising at Raheen school on March 15th at 11.30am.

Congratulations to Collette O'Shea who had the winning lotto no. 47 on Saturday the 5th of March

GLENFLESK RAMBLING HOUSE: The rambling house will take place in St Agathas hall Glenflesk on Easter Sunday the 27th of March. All proceeds will go to Killarney water rescue who performed such wonderful work in the parish during the flooding this winter. Phone Neilly 0879831655 or Derry 0872707899 for more info.

GLENFLESK COMHALTAS NEWS: On Saturday

27th February the Music & Singing competitions of Sult naOg were held in the North Campus IT Tralee. The dancing competitions were held on Sunday 28th February in Fossa Community Centre. This was a tremendous success and well done to all our competitors who took part in the various competitions. Congratulations to the following - Colleen Angland 2nd under 9 Tin Whistle. Fionn Dineen 1st under 9 Fiddle. Abbey Cronin 3rd under 9 fiddle. Grace Angland 2nd 9-11 Fiddle. Liam O'Donoghue 3rd 9-11 mandolin. Grace & Coleen Angland 2nd 9-11 duet. Aoise O'Donoghue 1st under 9 English singing. Gearoid Healy 1st 9-11 English singing. Ladies set under 9 2nd Glenflesk. 4hand ceili mixed under 9 1st Glenflesk. 8 hand ceili ladies under 9 2nd Glenflesk.

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

MILLTOWN NOTES

PUBLIC MEETING: Due to a bereavement, the Public Meeting that was to have been held regarding an action plan for Milltown for the future did not take place on Monday last March 7th as advertised. This meeting is now to be held on next Monday March 14th at 7.30 pm in Nagle Rice Community Centre and Sports

Complex. Again all members of the community are being requested to attend. Please come along and have a say on the future direction of Milltown.

JOKER 3: Joker 3 Fundraiser* Joker 3' weekly draw in aid of Nagle-Rice CC Milltown was held in The Plough last Sunday and jackpot

of €7200 was not won. Amanda O'Donoghue won €100 with Linda O'Sullivan and Rosemary Healy winning €25 each. Down to 26 cards next Sunday March 13th with jackpot increasing to €7400 and draw in Gerry Griffin's. Thank you for your continued support.

SouthWest Counselling Centre THE GREAT OUTDOORS



Nature has the ability to reduce stress, anxiety and depression. A walk in the park, along the beach or simply sitting in your garden relaxing, can calm the mind, boost energy levels and restore awareness of the self and others.

Being outside in the daylight, amongst nature appreciating the environment and our surroundings can afford someone the opportunity to contemplate matters, see the bigger picture and gain perspective on the context of their world. We can adopt a holistic approach to good health by including the experience of nature, the great outdoors, alongside exercise, good diet and healthy fulfilling friendships and relationships. I like the term "rest and digest" when I think of nature. It reminds me to absorb and appreciate what it has to offer without having to over think it. Being too analytical and pensive is often the root cause of anxiety and stress. Nature has a way of keeping us present, in the moment, whilst at the same time helping us process our thoughts and feelings in a manner that is less intense and more inviting; after all it is available at any time to all of us!

Investing more in nature means investing more in our emotional and mental wellbeing, our immune system, and in our physical wellbeing. In addition, any group based activities that involve the outdoors such as walking/ jogging groups, mountain climbing groups, swimming groups can not only reduce chronic diseases via the physical benefits but improve social interaction and thus interpersonal relationships. The extra bonus however is that nature can stimulate our senses whether it is sight, sounds or smells. The impact of outdoor activity on our psychological wellbeing has been scientifically proven. Many studies report reduced states of depression and anxiety by individuals who have chosen to embrace the outdoors as a lifestyle choice. Nature has a way of calming the mind and restoring energy for some individuals so ruling out its benefits entirely would be a pity. It can help us escape our busy, demanding lives if we can only take the time to embrace it, enjoy it and become energized by it. This decision does not have to be a daily endeavour; in fact three to four times a week outdoors, whether it is walking, cycling or simply enjoying sitting in your garden, to have time out and head space, can go a long way in recharging your energy levels and aid in the process of your thoughts and feelings. Whilst it is only one piece of the jigsaw towards self-care, it is nevertheless an important one. As Albert Einstein once said; "Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty."

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

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

To make an appointment call 064 6636416/064 66364100

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

Limited spaces available for the Ring of **Kerry Charity Cycle 2016**. Please email swccrokcycle@gmail.com for details.

TAX Matters with

O'BRIEN COFFEY
Accountants & Business Advisors

LOCAL PROPERTY TAX (LPT)

All owners of residential property, including rental properties, are liable to pay the tax. Residential property is any building or structure (or part of a building) which is used as, or is suitable for use as, a dwelling and includes grounds of up to one acre. The LPT does not apply to development sites or farmland.

You are a liable person for the Local Property Tax if you own a residential property on the liability (or ownership) date. The liability date was 1 May 2013 for the year 2013. From 2014 on, the liability date is always 1 November in the preceding year. So for 2016 the liability date was 1 November 2015.

UNOCCUPIED AND UNINHABITABLE PROPERTIES

If a residential property is suitable for use as a dwelling but is unoccupied, it is liable for LPT. However, if the property is not suitable for use as a dwelling, it is not liable for LPT and you do not need to make an LPT return. If you think that your property is not suitable for use as a dwelling and it is not being lived in, you must notify Revenue as soon as possible after receiving your LPT return.

RATES

The Local Property Tax (LPT) is based on market value bands as follows:

Local Property Tax Table			
Valuation band, €	Mid-point, €	Standard rate	Standard LPT payment, €
0 - 100,000	50,000	0.18%	90
100,001 - 150,000	125,000	0.18%	225
150,001 - 200,000	175,000	0.18%	315
200,001 - 250,000	225,000	0.18%	405
250,001 - 300,000	275,000	0.18%	495
300,001 - 350,000	325,000	0.18%	585
350,001 - 400,000	375,000	0.18%	675
400,001 - 450,000	425,000	0.18%	765
450,001 - 500,000	475,000	0.18%	855
500,001 - 550,000	525,000	0.18%	945
550,001 - 600,000	575,000	0.18%	1,035
600,001 - 650,000	625,000	0.18%	1,125

Allman House, Tralee Road, Killarney, Co. Kerry

T: 064 6632045 E: info@obriencoffey.ie

W: www.obriencoffey.ie

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



On The Box

It's all about Fair City and Red Rock this week as Carraigstown welcomes back two of its former residents while over in Red Rock Bridget Kiely's loan shark drama ends up costing husband Vinne.

Fair City

Sunday: Paul and Niamh are shocked by the return of his son Oisín. Cass's secret talent is revealed.

Tuesday: Cass's plan for a 1916 play hits a bit of criticism. Oisín continues to settle back in.

Wednesday: Nicola, Paul's ex-wife returns to Carraigstown with a plan in mind. Oisín needs his mother's help. Cass and Rose are at a crossroads.

Thursday: Niamh is unnerved by Oisín. The pressure increases on Cass.

Red Rock

Wednesday: Vinnie is forced into some criminal dealings to clear Bridget's debts. Rachel is devastated by Brian's actions.

Thursday: Loan shark Joe makes Bridget an offer she can't afford to refuse. Vinnie's actions come back to haunt him. Conor may regret trying to help Rachel.



JOE BURKETT PICTURED WITH PAUDGE FROM RED ROCK AT THE RECENT ADELE CONCERT AT THE 3 ARENA.

PRIVATE CLASSIFIEDS - COST: Up to 20 words €5

BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20

**** No More than 20 words ****

DEADLINE IS WEDNESDAY AT 5pm

Call: 064 6670000 | **Email:** killarneyoutlook@outlookmags.com | **Post:** The Killarney Outlook, 30 High St., Killarney.

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

BUSINESS

SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

Call: 064 66 36416 Mon to Fri 10am - 5pm

AWARE SUPPORT GROUP MEETINGS

Aware Depression Support

Group meets:

Killarney – Mondays, KDYS at 8pm.

Aware Support Groups are free to attend, no referral necessary.

www.aware.ie

SOUL MATES

Don't be alone

Love is all there is! Find that special person.

For friendship and romance with like minded people in a safe, secure & trusted environment.

Call: 087 9216302 / 087 7720250

Ed13 09951 WEIGHT WATCHERS CLASS

Get the New Smart Points Programme in your Weight Watchers Class in Killarney at The KDYS (beside Friary Church) Mondays 7.00pm until 8.00pm. Tuesdays 9.00am until 10.30am.

Contact: Breda 086 3001822.

Ed12 09974 JOHN'S REMOVAL SERVICES

Domestic, Commercial, Nationwide.

Deliveries anywhere, anytime 7 days a week.

Rubbish taken to landfill and recycling centre. Also lawn cutting and strimming.

Contact: 087 2600407 / 064 66 31979

AVAILABLE

AVAILABLE

AVAILABLE

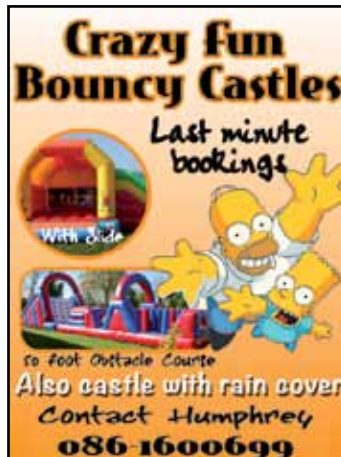
Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

Call: Ian 087 6304241

Ed14 LEARN HOW TO USE THAT NEW LAPTOP OR IPAD TABLET OR SMARTPHONE / IPHONE?

Learn in the comfort of your own home with step by step guided friendly confidential private one-to-one tuition from a professional qualified teacher who has helped mature adults overcome their fear of using computers & changed their lives as a result. You will be become competent in using any device just after a few lessons.

Contact: 087 9682952



Ed10 09994 WANTED

Person for Breakfast and Housekeeping duties in Muckross Road B&B. Must be reliable, honest good worker.

Call: 086-8438171

SALE

FOR SALE

Ed09 09963 FOR SALE

Donkey Foal. **Call:** 087 6409979

Ed10 FOR SALE

07 Volkswagen Polo, 3 door, sport line, lady owner, 188k, €4200. **Call:** 087 7723151

Ed10 09980 FOR SALE

Farm and Lawn seed top varieties. Also mixes made to order. Also clover sold separately if required. **Call:** 087-2296234 anytime

Ed10 09989

FOR SALE

Bichon Frise Puppies, snow white, non-shed, extraordinary temperament, microchipped, vaccinated.

Call: 087 7605492



TO LET

Ed10 09992 TO LET

Newly renovated detached 2 story, 2 bedroom house on organic farm in Ballyhar. 10 minutes from Killarney, on an elevated site with views of Macgillycuddy Reeks.

Call: 087 2272115

Ed10 09990 TO LET

3 Bedroom house. Long term let.

Rathmore area. **Call:** 086 3900500

TOM MURPHY WINDOWS

Milltown | Co. Kerry.

Call Tom on 087 2787655

WINDOW & DOOR INSTALLATION

• Repairs to all existing Aluminium and UPVC Windows & Doors

• Locks • Hinges • Handles etc

• Glass & Double Glazing



Green & Growing

Tree Surgery & Garden Maintenance

087 4177070

Comprehensive Insurance

Hazardous tree felling

Pruning & reducing trees

Hedge cutting

All staff Are fully NPTC TRAINED

All waste removed

Wood chipper hire

Also Lawn cutting & Stump Grinding

www.greenandgrowingtreesurgery.com



0874177070

Firewood & Bark Mulch For Sale





PAT O'CONNOR
FENCING CONSULTANCY
Lisheen, Gneeveguilla

Domestic & Commercial Fencing
:: Post & Rail : Farm Fencing
: Site Fencing : Garden Fencing & Design
:: Materials Supplied & Erected
Tree Felling & Planting Service
Plastering • Painting • Garden Services & Layout
We Sell: All Types of wire, gates, poles, rails & firewood
Free: Project Assessments & Quotations.
Comprehensive Insurance

Contact: 086 6088166

FIREWOOD FACTORY
FIREWOOD AND BARK MULCH WHOLESALERS

Firewood prices
Net bag €3.50 - 10 bags €30
Trolley bag €20
Tonne bag €55
Trailer low side €100
Trailer High sides €200

Bark Mulch prices
Tonne Bag €40
Trailer High sides €80
Truck load with high side €150

All firewood seasoned for 2 years
Air Dried and suitable for all size stoves
Contact: Tom 0868138252
Patrick 0874177070
firewoodfactorykerry@gmail.com
www.greennandgrowingtreesurgery.com

SapphireSigns
SIGNAGE EXPERTS

FOR ALL YOUR SIGNAGE NEEDS

- Vehicle wraps & signage
- Internal & external signage
- Lightboxes, shop fronts, raised letters, projecting signs
- Event signage Banners, coribboards
- Commercial spraypainting

Tel: 064 7758577
info@sapphiresigns.com
www.sapphiresigns.com
Main Street, Rathmore, Co. Kerry

DECLAN QUIRKE

STONEWORK : NEW BUILDS : BLOCKWORK
BRICKWORK : KERBING : FOOTPATHS : PATIOS
GROUNDWORKS : RENOVATIONS : SEPTIC TANKS
FREE PROJECT ASSESSMENTS AND QUOTATIONS

TULLIS LOWER, KILLYNICK, TRALEE, CO. KERRY
TELEPHONE: 087 2922268
FULLY INSURED : 10 YEARS WORK GUARANTEE

TOP SOIL FOR SALE

Quality Screened Top Soil in one tonne bags suitable for flower beds, gardens, vegetable plots etc.
Also bark mulch, horse manure compost, limestone, and decorative lipole stone.
Also lorry loads, big and small available.
CONTACT 087 2485038

Ian Guerin
Painting & Decorating
Interior & Exterior

Contact
087 4175359

PRECAST CONCRETE PRODUCTS
SEAN ROCHE
Slieveveagh, Ballyvourney, Co. Cork.

Patio Slabs (Different Designs), Full Rope Top Kerb & Lawn Edging, Gate Posts & Fencing posts, Timber Style Ranch Post & Rail Fencing, Wall & Pillar Capping

FREE QUOTATIONS for site Fencing Patio & Kerb Laying
Delivery Service Available
Tel: 086-6765694
026-45649

Gene O'Connor
PAINTING AND DECORATING

- INTERIOR AND EXTERIOR
- WALL PAPER HANGING
- HAND PAINTED KITCHENS/FURNITURE
- WOODEN FLOORS/REFINISHED
- QUALITY WORK GUARANTEED

FULLY INSURED & REGISTERED
KILLARNEY, CO. KERRY
087 2985767
CORK / KERRY AREA

Noel Leahy
Carpentry & Building Services

- Roofing
- Extensions
- New Builds
- 1st & 2nd Fixing
- All Building works undertaken
- Teleporter & Mini Digger for Hire

FULLY INSURED

Call Noel:
087 2948944

John O'Mahony
HORIZON MEMORIALS

HEADSTONES IN MARBLE, GRANITE & LIMESTONE

Cleaning & Inscriptions
Grave Maintenance
Tullig Beg, Killorglin

CALL FOR A BROCHURE ON:
087 2298179 / 066 9790657
email: john_o_mahony@eircom.net

FLESK
SCHOOL OF MOTORING

€30 PER LESSON

- Utmost consideration given to nervous beginners
- Dual controlled car
- Beginners to Pre-Test
- Gift Vouchers Available
- 7 days a Week

adT
Reg. 34645

Phone John Galvin at
087 9433402 or 087 0678087

FALVEY
Oil Burner Service
Killarney
Approved Firebird Boiler Service Agents

FIREBIRD

T: Conor: 087 8296288
Todd: 087 2386276
Office: 064 77 58654
Also Approved Agents for STANLEY OIL COOKERS

EMBERS
CHIMNEY CLEANING SERVICE

SPECIALISING IN STOVES AND OPEN FIRES
:: DUST FREE
:: PROFESSIONAL SERVICE

Contact Conor Healy
087 9724259

JPL GAS SUPPLIES
YOUR LOCAL FLO GAS DISTRIBUTOR - CONTACT JOHN PAUL

FLO GAS

TEL: 087 1516161
WE DELIVER GAS

Emerald Tree Services

- Comprehensive Insurance
- Hazardous Tree Felling
- Pruning + Stump Grinding
- Tree Replacements
- Removal of all Waste Material
- NPTC Training + Assessment

RICHARD SHERIDAN
FARRANFORE
087 9220317
T/T 066 9793974
emeraldtreeservices@hotmail.com

Denis O'Sullivan
Carpentry & Building Services
Fully Registered & Insured

- Roofing 1st & 2nd Fixing
- Timber Floors
- Attic Conversions
- Extensions & New Homes
- Timber Frame Homes

Killarney, Co. Kerry
Call: 086 - 8711564



TRADES : SERVICES

TO ADVERTISE CALL: **087 6593427**

Tel: 064 667 0000 Email : killarneyoutlook@outlookmags.com

GSC BLOCKLAYING & GROUNDWORK CONTRACTORS

For all your new Builds, Extensions, Garages and Garden Walls

- Foundation Excavations
- Blockwork
- Brickwork
- Concreting
- Demolition
- Site Clearance

Fully Insured
Email: gscmasonry@outlook.com
087 466 0975

Flesk Upholstery

Mill Rd, Killarney.
Tel: 064 66 35395
Mobile: 086 8122672

Huge range of Materials to choose from
All Upholstery work undertaken.

Hotels, Bars, Guest Houses, Private House.
FREE Quotations
Contact: John McCarthy

PILATES

Drop in Class: €12

- Massage €55
- Reflexology €45

Bookings Essential
Izabela: 085 1661302

Physique Fitness Studio,
Chapel Place (off New Street)
www.bodyandmindtreatments.com

Joan Reynolds CLEANING SERVICES

Domestic & Office Cleaning

Reliable, Professional and to a High Standard

Weekly Cleaning or once off contracts

CONTACT:
087 418 3754

Kerry Drain Services

- Unblocking of Drains & Sewers • Septic Tanks Emptied
- CCTV Inspection • Bio - Units Desludged • Grease Management

Call us today for a free quote

066 9767744 / 087 9107777
web: www.kerrydrainservices.ie

Kerry Chimney & Boiler Services
HIGH STANDARDS - LOW PRICES

kcbs@live.ie

OIL BOILER SERVICE

- Servicing
- Repair
- Fitting
- Commissioning
- Efficiency Testing

CHIMNEY SERVICES

- Sweeping
- Inspection
- Stove Fitting
- Problem Solving
- Carbon monoxide Testing
- Bird Guards & Cows supplied & Fitted

www.kcbs.ie

"We guarantee a clean reliable & professional service"

For Bookings or Pricing call Damien or Mark Dennehy:
087 9595 323

Certified Boiler Technicians Qualified Chimney Inspectors

Irish Drain SERVICES
Domestic & Commercial Services

* A One-Stop-Shop for All Your Drainage Problems

- Septic Tank Cleaning
- Power Jetting
- C.C.T.V. Pipe Surveys
- Non Dig Solutions
- Unblocking - toilets & sinks etc.

FREE QUOTATIONS

A Park Business Centre Farranflore, Co. Kerry
066 976 3070 087 935 9035

NOEL'S HOME & GARDEN SERVICES
- Fries Killarney -

Grass Cutting Service
Private & Commercial inc Estates

- Fully insured
- Very Competitive Rates

Call Noel Today:
087 7790341 / 066 9763226

Daniel O'Connell WINDOW CLEANING SERVICES

Cleaned by Pure Water
Pole System Office Cleaning

Check out our website
www.cleaninginkerry.com

Contact: **087 2950083**

DIAMOND PROFESSIONAL WINDOW CLEANING

- ♥ Domestic & Commercial
- ♥ Pure Filtered Water System
- ♥ High Reach Pole System
- ♥ Specialists in Facias, Soffits & Conservatories
- ♥ Refresh your Drive
- ♥ Gutter Cleaning
- ♥ Power Washing Service - Fully Insured

Fries, Killarney, Co. Kerry T: **086 8692633**

POWER TOOLS AT THE RIGHT PRICE

CONTACT: TOOL-LINE

CASTLEMAINE, CO. KERRY
Tel/Fax: 066 976 7907
Mob: 086 154 4905

FIRE WOOD FOR SALE
Soft Wood & Hard Wood

Fully Seasoned • Best Quality
• Best Price • Ideal for Stoves

Car Trailers Starting from €50
Also bags available

Call JP **087 4671790**



Phil Kline, senior oceans campaigner for Green peace.

DID YOU KNOW?

For many years, Dripsey in County Cork had the world's shortest parade, just 77 feet, the distance between two pubs – The Weigh Inn and The Lee Valley. Currently, the town of Hot Springs, Arkansas claims to have the shortest parade – a 98 foot route on Bridge Street. Recent participants included the Irish Elvises and the San Diego Chicken.

FREE MICROCHIPPING OF DOGS

It will be compulsory to have all dogs micro chipped by the end of March 2016 and there is free chipping this month at the following centres in Killarney and South Kerry:

The Ark Veterinary Clinic – Killarney –
064 663 66 44

Allcare Veterinary – Killarney –
(064) 663 73 33

Padraig O'Shea Veterinary Clinic – Killorglin –
066 97 62 411

O'Leary & Associates Veterinary Surgeons –
Cahirsiveen – **066 947 30 33**

Brendan Teahan – Kenmare.

Free microchips are limited in number and will be implanted on a first come, first served basis. Contact the any of the above practices directly to make your appointment to have your dog chipped free of charge. The practices will also be able to inform you of other offers they may be running throughout National Chipping Month. If there are additional vets participating in the free micro chipping scheme I will be delighted to hear from them and will include their names and contact details in next weeks "Ramblings".

A FEW SMALL WAYS TO MAKE YOURSELF FEEL HAPPIER

We often overlook the simple things in life that can provide us with pure joy and happiness, no matter the situation. By mindfully adding one of these simple actions into our everyday lives, we can experience an overall boost in happiness. Start with these few under-appreciated tips for brightening your day.

- Stargaze. Studies have shown that people who view the night sky with wonder and spend time in beautiful nature were more generous and trusting and experienced higher overall levels of satisfaction.

- Stroll through the woods. Walking through a forest has been shown time and time again to lower stress levels. The less stressed you are, the happier you are. Nature walks also boost your immunity and can help you feel more refreshed after a seemingly never-ending week.

- Listen to music. Listening to music is a form of meditation, which has long been touted as a happiness booster. Studies have surprisingly

shown that listening to sad music is especially mood enhancing. Music in general is fuel for the mind and increases productivity, so turn up your favourite playlist to keep your outlook bright.

- Practice hobbies. Exploring a new interest and developing a new skill makes you feel significantly better about yourself. Extra bonuses if you get exercise with your new hobby or take it on with a good friend—both powerful happiness boosters.

- Drink coffee or tea. In a pinch, caffeine is a terrific mood booster. It has also been shown to decrease the risk of depression in women. No one's saying you have to get addicted by drinking multiple cups every morning, but having some green tea in the afternoon or a small amount of coffee around 11am can actually improve alertness, mood and productivity. Try sipping a small amount throughout the day for prolonged benefits without a big crash.

- Read a good book. Reading fantastical novels about adventure and exploration can increase your happiness and even inspire you.

- Set daily goals. Making a list of what you'd like to accomplish each day can make you feel more accomplished. Even if it is something as simple as waking up and making yourself a healthy breakfast, accomplishing small goals throughout your day will make you feel self-satisfied, powerful and in control of your life.

AN ICELANDIC WHALING COMPANY CANCELS WHALE HUNT

The Icelandic company Hvalur hf has said it will cancel this summer's hunt for fin whales, the world's second-largest animal. The company, Iceland's leading whaling outfit, had planned to kill up to 155 whales this year. Most of that meat was to be exported to Japan. Iceland's whale hunt is conducted in violation of the International Whaling Commission's global ban on commercial whaling. Fin whales are listed as endangered throughout their range under the United States' Endangered Species Act. The managing director of Hvalur, blamed Japanese import regulations for making sales of whale meat in that country difficult, if not impossible. But other Icelandic companies still slaughter minke whales for their meat. "It's predominantly consumed by people visiting Iceland," but if tourists would go there to greet the whales rather than eat them, the Icelanders would no longer hunt them" said

WOULD YOU LIKE TO DRINK ELEPHANT DUNG?

Because not much of an elephant's food is broken down in its digestive process, much food passes through their systems in an untouched state. Elephant faecal matter is actually crucial to its position as a super-keystone species since dung beetles and birds feed off this nutrient-laden matter filled with seeds and other vegetation. Because it is so fibrous, humans have come to use elephant dung for compost, to fill holes in the roads. Some businesses even boast elephant dung in their coffee (with a \$50 per cup price tag), or use it to make paper. The problem is, while it may appear on the surface to be harmless or even so-called "sustainable," as some of these companies tout, many of the elephants providing the dung are living in captivity in the tourism or working-elephant industry. In order to create such products from elephant dung, these highly intelligent and sensitive animals are being forced to live away from the wild, for human profit. Imagine living in chains just so people can ride you and collect your waste! If you want to be a hero for elephants, the best thing you can do is avoid purchasing any elephant-derived products full-stop.

QUOTE

"Whoever loves and understands a garden will find contentment within" — Chinese Proverb

ON THIS DATE – 11TH MARCH

1702 - 1st English daily newspaper "Daily Courant" published.

1789 - Benjamin Banneker and Pierre Charles L'Enfant began to lay out Washington, D.C.

1845 - The Flagstaff War: In New Zealand, Chiefs Hone Heke and Kawiti led 700 Māori's to chop down the British flagpole and drive settlers out of the British colonial settlement of Kororareka because of breaches of the 1840 Treaty of Waitangi.

1848 - Louis-Hippolyte Lafontaine and Robert Baldwin became the first Prime Ministers of the Province of Canada to be democratically elected under a system of responsible government.

1851 - Giuseppe Verdi's opera "Rigoletto" premiered in Venice

1864 - The Great Sheffield Flood: the largest man-made disaster ever to befall England

(up to that time) killed over 250 people in Sheffield.*

1872 - The Meiji Japanese government officially annexed the Ryukyu Kingdom into what would become the Okinawa prefecture.

1901 - U.S. Steel was formed when industrialist J.P. Morgan purchased Carnegie Steel Corp.

1918 - Save the Redwoods (Trees) League founded in the U.S.

1935 - Hermann Goering officially created German Air Force, the Luftwaffe

* The Great Sheffield Flood of 1864 claimed the lives of at least 240 people and left more than 5,000 homes and businesses under water when the poorly constructed Dale Dyke Dam at Bradfield collapsed. The dam was built by the Sheffield Waterworks Company near the village of Bradfield from 1859 to provide drinking water for the people of the fast-growing industrial town. It was also designed to provide a supply of running water for the mills in surrounding villages. But as it was being completed and filled the structure collapsed, sending water cascading down the Loxley Valley which devastated farms and hamlets devoted to metalworking and destroyed eleven mills. The floodwater then moved down to meet the River Don and laid waste to large areas of the centre of Sheffield, drowning the people as they slept.

40% OF BEES, BUTTERFLIES, OTHER POLLINATORS FACE EXTINCTION

A startling new report finds that 40 percent of invertebrate pollinator species (like bees and butterflies) face extinction, while 16% of vertebrate pollinator species (like birds and bats) are also at risk of disappearing. The report, sponsored by the United Nations, raises serious questions not just about those species but about our food system. The study is just the latest to raise alarm bells about the fate of our pollinators, and especially the role that pesticides play in their decline. It's no coincidence that pollinator numbers have fallen while industrial-scale use of pesticides has dramatically risen.

THE ZIPPER TRUCK OF THE FUTURE

In the same way you zip up your jacket, the "zipper truck" quickly assembles tunnels and archways by locking together pre-made concrete blocks that fit tightly together. Lock-Block Ltd. slashes construction time by up to 90% with its innovative new arch-lock assembly. Creating tunnels, shelters, archways, overpasses and tons of other structures can now be done in a flash with the innovative arch-lock technology. A quarter mile of tunnel can be constructed in less than 24 hours and can be used immediately, cutting jobs, costs and lengthy periods of curing time. The science is in both the bricks and the truck that supports them. The "zipper truck" itself is a structure of rollers held in place by a tapered

metal core. The wider front of the truck allows for placement of the tailored lock-blocks, which slide closer to fit together as the truck slowly accelerates and the roller-lined core becomes slimmer. The result is a perfect fit and a hardy structure that needs no mortar or adhesive to stay together. The arches are even seismic resistant and easily reusable when disassembled.

FROM THE PAST - STICKY RICE IS THE SECRET TO SUPER-STRONG CHINESE BUILDINGS

Sticky rice, which has been a staple of the Chinese diet for centuries, also played a huge role in the construction of their ultra-durable cities and walls. The glutinous side dish has been used since the Ming Dynasty to create a super-strong mortar that has helped keep ancient buildings intact and resisted earthquakes. Scientists recently discovered what it is about glutinous rice that creates the super-strength mortar, and have also determined that sticky rice mortar is best available material to restore ancient and historic buildings. Around 1,500 years ago, the Chinese started adding sticky rice soup to their traditional lime mortar mixture, which dramatically increased the strength of the mortar. Important buildings like tombs, pagodas, and city walls were constructed using this composite mixture and some of the buildings are still standing today even after earthquakes. The organic-inorganic compound was made possible by amylopectin, a complex carbohydrate, found in rice and other starchy foods. The amylopectin combines with the inorganic calcium carbonate from the lime to form a mortar that has more stable physical properties, greater mechanical strength, and is more compatible than normal lime mortar.

PAYING COMMUTERS TO CYCLE TO WORK

The city of Milan, Italy has set aside €35 million to reward residents who choose to ride a bike to work rather than driving in an effort to improve air quality. In late December, smog became so severe that the city had to ban the use of cars for three days, along with the traditional end of the year firework displays. In 2008, Milan was named Europe's most polluted city, and it has remained one of the worst on the continent since then. Milan is planning to pay more than the 25 cents per kilometre cycled that was offered to French cyclists in a 2014 trial that was not a success, but because of the money involved, the city needs a way to verify that people who claim to be biking to work are telling the truth.

OLDEST KOALA IN NORTH AMERICA HAS JUST

CELEBRATED HER 18TH BIRTHDAY

Midgee, is a typical teenager and likes to sleep well into the afternoon and is a picky eater. But at 18, she is unique as the North America's oldest living koala. The Cleveland Metroparks Zoo celebrated Midgee's birthday last week by throwing a big party, with about 150 people signing an over-sized card wishing the cute teenager a happy birthday. Koalas a marsupial from Australia usually live about 10 years, compared to an average of 71 years for a human and on average sleep about 18 to 20 hours a day due to the high levels of toxins in their diet, which is made up exclusively of eucalyptus leaves which in this case is shipped to Cleveland twice a week from sources in Arizona and Florida. In her life at the Cleveland zoo, Midgee has successfully birthed multiple offspring, called joeys, which are now residing at zoos around the country, including Columbus, San Francisco and San Diego. Midgee is quite the elder compared to her fellow koalas in Cleveland zoo - the boys, or bucks, Bulkee and Nyoonbi are both four years old and the doe, Kirra, is three. A couple of other captive koalas have lived longer than Midgee - one captive female koala lived to be 23 at the Lone Pine Sanctuary in Queensland, Australia, while a male koala died at 22 at the Tama Zoo in Japan.

ARE YOU FED UP OF THE PUP YOU GOT AT CHRISTMAS?

If you are - then please read the following:

Dear Mom and Dad,

I died today. You got tired of me and took me to the shelter. They were overcrowded and I drew an unlucky number. I am in a black plastic bag ... in a landfill now. Some other puppy will get the barely used leash you left. My collar was dirty and too small, but the lady took it off before she sent me to the Rainbow Bridge.


Would I still be at home if I hadn't chewed your shoe? I didn't know what it was, but it was leather, and it was on the floor. I was just playing. You forgot to get puppy toys.

Would I still be at home if I had been housebroken? Rubbing my nose in what I did only made me ashamed that I had to go at all. There are books and obedience teachers that would have taught you how to teach me to go to the door. Would I still be at home if I hadn't brought fleas into the house? Without anti-flea medicine, I couldn't get them off of me after you left me in the yard for days.

Would I still be at home if I hadn't barked? I was only saying, "I'm scared, I'm lonely, I'm here, I'm here! I want to be your best friend."

Would I still be at home if I had made you happy? Hitting me didn't make me learn how. Would I still be at home if you had taken the time to care for me and to teach manners to me? You didn't pay attention to me after the first week or so, but I spent all my time waiting for you to love me.

I died today. Love, Your Puppy



A WORD OF VICTORY

Welcome back dear reader continuing on God's mercy and grace I recently read of a well known evangelist in the U.S.A. who, whilst running late on his way to a conference, drove through a red light at a country cross roads. A police car gave chase and pulled him over. Upon entering the court room the judge recognised him as he was quite widely known. He was asked to explain himself and he replied 'Your Honour, I am guilty of the offence and I ask not for justice, but mercy. If I ask you for justice I'd have to be penalised but I'm asking for mercy like Father God gave us mercy.' The judge replied that if the preacher could show him this in the Bible he would be lenient. The evangelist showed the Scriptures which tell of how all of us have sinned, and as we cannot repay God how we need His mercy. The second chapter of Ephesians says how God in His love upon seeing mankind's hopeless position, sent His Son Jesus to be punished for us and to take all the penalties that were due to us, so that the Father could forgive us based on Jesus' completion of His task. Now, as the evangelist had to ask for mercy, we also have to ask and humbly receive God's mercy and grace. So the judge said 'the law has been broken and I fine you \$100.00 that's justice being done; but, I will pay the \$100.00 myself in your place thus showing you mercy. So friend you and I being law-breakers, had a case to answer in the courtroom of Heaven, but, when charged by Satan (who is called 'the accuser of the brethren') everyone who has repented and acknowledges Jesus as their Lord and Saviour has that case struck out and are instead declared righteous by God because of the Blood of Jesus which has washed away our sins. Cry out for His grace and mercy today!

More next week....

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

SERENITY Memorial Cards

| MEMORIAL CARDS
| ACKNOWLEDGEMENT CARDS
| BOOK MARKS

CHOOSE FROM OUR LARGE RANGE OF SAMPLE CARDS

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

TEL: 087 6870929

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

NOVENA TO SAINT MARTHA

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

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days. Publication of prayer and favour will be granted.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days. Publication of prayer and favour will be granted.

THANKSGIVING ST. JUDE

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

PRECIOUS MOTHER OF JESUS

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

PRAY TO ST. EXPEDITE

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

ST THERESE

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

GRATEFUL THANKS

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

1st ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

MAI O'BRIEN

Late of Rookery Road, Killarney & Deirdre's Fashions, 50 High Street, Killarney, who died on the 16th March 2015

As we lovingly remember our beloved mother Mai, we her family wish to express our sincerest gratitude to all who sympathised with us on our sad loss.

Thanks to all those who called to our homes, attended the rosary, removal, funeral Mass and burial, and especially those who travelled long distances to be with us.

Thanks to those who sent Mass cards, perpetual enrolments, letters of sympathy and floral tributes.

A heartfelt thank you to Nuala and Nora for all their care and friendship to Mai over the years, your kindness was greatly appreciated.

Thanks you to Dr Fiona Gallagher and Dr John Geaney and Staff at Cahernane Medical Centre.

A special word of thanks to Sr Scholastica for saying the Rosary, to Fr Niall Howard for the lovely ceremony and to Fr Michael Doherty and Fr Paddy O'Donoghue who concelebrated the Mass and the Cathedral Choir for the beautiful singing.

We also valued greatly the kindness, compassion and professionalism of Mary and Mike O'Shea, O'Sheas Undertakers and thank you for all your help.

As it would be impossible to thank everyone individually please accept this acknowledgment as a token of our sincere gratitude and appreciation.

The Holy Sacrifice of the Mass has been offered for your intentions.



Mai's first anniversary Mass will be held in The Church of the Resurrection on Wednesday March 16th at 7.30pm.

Ar dheis Dé go raibh a hanam dílis.

13th ANNIVERSARY



In loving memory of

CATHERINE DUGGAN-KERIN

Lewis Road, Killarney, who died on the 16th March 2003.

Your name is often spoken,
We talk about you still,
You have not been forgotten,
You know you never will.



**Always remembered by
your loving family
Megan, Dáire, Caitlin & Denis.**

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha. Never know to fail.

GRATEFUL THANKS

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

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
J.K.O.C

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.
In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked for many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your heavenly Father sees it. Then in his merciful eyes it will become your favor not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
xx

THANKSGIVING ST. JUDE

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

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
xx

Call to our showroom to enter John Deere's
50th Anniversary
Prize draw

EXPERIENCE
THE DIFFERENCE



1st Prize
Gator XUV550



2nd Prize
X105 Mower



3rd Prize
RUN41 Mower

50 RUNNER-UP PRIZES LIMITED EDITION CAPS | CALL TO OUR SHOWROOM TO ENTER T&C APPLY

Seamus Weldon Open Day's

**When: Friday 18th & Saturday 19th
March 2016**

Where : Barleymount | Killarney | Co. Kerry



JOHN DEERE

We are thrilled to announce "Seamus Weldon Experience Day at our showroom in Barleymount, Killarney, Co. Kerry" on Friday 18th & Saturday 19th March 9am to 4pm. At this special event you can be introduced to the abilities and features of the world famous range of John Deere equipment. Find out for yourself how easy John Deere equipment are to use... Experience the amazing abilities that John Deere equipment are famous for.... Don't just believe us..... See for yourself. This event will prove it to you! See and drive the 2016 range....Lawnmowers, Gators, and Tractors , Free refreshments, HUGE SAVING ON EQUIPMENT , Everyone is welcome to attend (see road sign post for event)

Seamus Weldon Groundcare Eq | Tel: 064 66 32328 |

Barleymount | Killarney | Co. Kerry | www.mowers.ie

Sales | Pdraig 087 2583383 | Tom 087 2134247 | Mike 087 2488594