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# KILLARNEY Outlook

St. Patrick's  
DAYTo Advertise call Des: 087 659 3427 or T: 064 66 70000 Editor: Aisling Crosbie 086 0400 958 - [editorial@outlookmags.com](mailto:editorial@outlookmags.com)

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Pictured at the Cahernane Hotel for the official launch of Down Syndrome Ireland Coffee Morning which will take place on 21st March on National Down Syndrome Day, at the Cahernane Hotel between 10am-12:30pm were L-R General Manager Emer Corridon, Josephine Varhelyi with Organiser Simone Leahy & her daughter Emilie. See Page 4.

PICTURE: MARIE CARROLL-O'SULLIVAN

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Movie	Rating	Length	7 DAYS	SAT/SUN/MON
FISHERMAN'S FRIENDS	12A	115 minutes	6:40 9:30	2:20 4:30
CAPTAIN MARVEL	12A	129 minutes	6:40 8:55	2:00 4:20
WHAT MEN WANT	16	105 minutes	6:45 8:55	
LEGO MOVIE 2: SECOND PART	PG	110 minutes	12:15 2:30 4:40	2:30 4:40
DIABLO	15A	10 minutes	8:45	
HOW TO TRAIN YOUR DRAGON	PG	110 minutes	12:05 2:10 4:15	2:10 4:15
FIGHTING WITH MY FAMILY	15A	110 minutes	6:40 8:00	
A DOG'S WAY HOME	PG	100 minutes	12:15 2:30 4:40	2:30 4:40

**ALSO SHOWING**

Movie	Rating	Length	7 DAYS
THE HOLE IN THE GROUND	15A	100m	7 DAYS 6:40
COLD PURSUIT	16	125m	7 DAYS 8:55
RALPH BREAKS THE INTERNET	PG	115 minutes	SAT/SUN 12:05
MARY POPPINS	6	136 minutes	SAT/SUN 12:05

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# Coffee Morning for World Down Syndrome Day

Down Syndrome Kerry will be hosting a coffee morning for World Down Syndrome Day (WDSO), which takes place on Thursday 21

March. The coffee morning will take place in the Cahernane Hotel from 10am to 12noon. WDSO is a global awareness day which has been officially observed by the United Nations since 2012. Down Syndrome Kerry hopes to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and community. Everyone is welcome to come along to the Cahernane to indulge in some sweet treats, scones and cupcakes from O'Carroll Cakes. The campaign for WDSO this year is #LotsOfSocks, if you wish to get involved all you have to do is wear the official #LotsOfSocks socks, other brightly coloured socks, long socks, printed socks or even 1 sock, to wherever you will be on 21 March! Make sure to take pictures and videos and post them on Facebook, Twitter and Instagram using the hashtags #LotsOfSocks, #WorldDownSyndromeDay and #WDSO19 The aim is to get the world talking about WDSO on 21 March 2019!



## Theresa wins Killarney Outlook competition



Congratulations to Theresa White who has won the Killarney Outlook Facebook Competition for a €100 One for All voucher and two tickets to the All Ireland Club Championship Final on Sunday between Dr. Crokes and Corofin. Theresa was joined at the Killarney Outlook offices by her friends and Dr Crokes supporters Maggie McAuliffe and Brigid Clarke and received the prize from Killarney Outlook Editor Aisling Crosbie. A loyal Dr Crokes supporter, Theresa's son Gavin White is lining out with the team on Sunday.

## EDITOR'S NOTE

In this week's Killarney Outlook we feature the dancers from Strictly Come Dancing who raised the roof in the INEC in aid of the Irish Cancer Society, we look back at the Killarney Mountain Festival and show off the talents of the students at Killarney Community College.



Aisling Crosbie | EDITOR

A group of young dancers are heading to Spain, World Down Syndrome Day is being marked by a coffee morning and we remember Sr. Pauline McShain who passed away recently.

As Dr. Crokes head to Croke Park to play Corofin in the All Ireland Club Championship Final, we wish them all the very best of luck.

Happy St. Patrick's Day – Enjoy the celebrations!

Aisling Crosbie | Editor



IF YOU HAVE A STORY...

Contact Aisling on: 086 0400 958

## Kerry Dancer's Set for International Competition

Some of the Kingdom's top dancers are set for a unique experience in dance, theatre and culture as they travel from Kerry to Catalunya for a prestigious dance competition. Dancers from The Academy of Dance will represent Ireland competing at The International Dance Competition in Barcelona over the Easter weekend.

The specially selected dancers ranging in age from 10 years to 19 years will not only be putting Kerry on the international stage as this is an amazing opportunity to represent Ireland in competitions ranging from Classical Ballet to Tap, Modern and Irish National Dance. The Director of The Academy of Dance is Clarissa Michaux who is thrilled to enter her dancers on the International stage having performed herself in numerous Professional Pantomimes alongside stars such as Wayne Sleep and Bonnie Langford as well as appearing in television commercials. Clarissa feels the whole experience will be wonderful for the dancers not only in terms of dance experience but in terms of the cultural opportunities in meeting so many other dancers from all over the globe. The Academy of Dance would like to take this opportunity to thank Businesses and all who have supported in the fundraising efforts and wish all of the competitors the very best of luck and know that they will represent Ireland with pride.









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# Rachel proves She's Got Talent



Making Music at Killarney Community Collage for Who's Got Talent on Friday were L-R Aoibh  Collins, Rachel Griffin & Julia MacKiewicz. PICTURE: MARIE CARROLL-O'SULLIVAN

From singers to magicians and from drummers to dancers - the talent at Killarney Community College was on show at the annual Who's Got Talent Final 2019.

Claiming first prize in the event was Rachel Griffin who accompanied herself to an original song called "Lazy Generation".

The event was held on Friday March 8th and was organised by teachers at the school, Mary Fuller, Denise O'Sullivan and Joanna Hughes.

Now in its 10th year, this very successful event showcases the vast talents within the college. There were been four weeks of auditions, and of the 23 entries the final 8 acts battled it out in the Grand Final. The glamorous judges for the competition included teachers; Ms. Siobhan O'Brien, Mr. Ciaran Gallagher, and Mr. Mike Lynch and student judge Grainne O'Sullivan. Winners of the competition received trophies and vouchers- 1st prize €100 was Rachel Griffen, 2nd €75 to Magician, Jamil Khaleel and 3rd to Drummer, Jack Ryan €50.

"The school's spirit is uplifted on days like today when the whole school community shares their many talents", According to Ms. Hughes told the Killarney Outlook.

Ms Denise O Sullivan said "the talent show is one of the highlights in the Arts calendar in the school as it is a fantastic opportunity to showcase the amazing talents of the students". Students also presented the event tutored by Ms Fuller who said "this event is student led from beginning to end, giving a warm glow to everyone leaving the college on a sunny Friday.

Taking part in Who's Got Talent at Killarney Community College were L-R Jamil Khaleel (Magician), Bria Kelleher (Singer), Jack Ryan (Drummer), Ethan McKeon (Singer) & Kirill Healy (Tin Whistle). PICTURE: MARIE CARROLL-O'SULLIVAN



## CALL TO DREDGE ROSS BOAT CANAL

At the March 2019 meeting of Killarney Municipal Area, Councillor Michael Gleeson proposed:

"That Kerry County Council calls on the NPWS and/or whatever other organisation is involved to dredge the Boat Canal close to Ross Castle, Killarney in order that boat owners can make productive use of their boats for recreation / fishing".

Councillor Gleeson stated that on far too many occasions boat owners experience difficulty in getting their boats from the Canal onto the Lake waters. This is particularly so during prolonged dry spells where the Canal almost dries out. Last year (2018) proved to be very challenging and some fishermen / women have said that they failed to get their boats afloat. Councillor Gleeson said that the long awaited dredging of the Canal is the only real solution to the problem that frustrates many. He asked that the work would be appropriately prioritised.



## Future of St. Finan's remains undecided

At the February 2019 monthly meeting of Kerry County Council, Cllr. Michael Gleeson asked for an update from the Council Management on their on-going discussions with the HSE in relation to the former Saint Finan's Hospital and adjoining land. The Reply sated that discussions continue in relation to the purchase of some land for housing. Following that Council meeting some confusion arose and I would like to clarify the present situation.

The HSE have Plans to develop a new Community Hospital on some of the Saint Finan's land.

The HSE are insistent that the Saint Finan's building and the remainder of the land beside the building must be considered as one unit and will not be sold or disposed of as separate lots.

The Institute of Technology Tralee has clarified that it no longer has any interest in acquiring the building.

Therefore, the future of the building and its adjacent land remains undecided.



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They have also given an exclusive B&B rate if you decide to go all out and stay overnight.

*Saturday 30th March*  
*9-4pm*

### Schedule:

**9am:** Torc Mountain guided hike

with coaches from Belief- Fit Boutique Gym

**11am:** Brunch @Killarney Park Hotel

**12:00pm:** Lifecoaching Exercise

@Killarney Park (WellFit Killarney Coaches)

**1:00pm:** Fitness Class followed by Anti Gravity Yoga

@Belief-Fit Boutique Gym

**3:00pm - 4:00pm:**

Thermal suite & hot tub time at Killarney Park Hotel!



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Sr Orla with the 2017 Hugh O'Flaherty Humanitarian Award at the O'Flaherty Memorial Killarney.  
PHOTO: DON MACMONAGLE:

# GLOBAL AWARD FOR SR ORLA TREACY

The 2017 recipient of the Hugh O'Flaherty Award has been honoured as an International Woman of Courage.

Each year since 2007, the US State Department has identified 10 exceptional women as "International Women of Courage". On March 7th at a function in The State Department in Washington, US Secretary of State Mike Pompeo presented the Award to the 10 International Women of Courage for 2019, including the 2017 Hugh O'Flaherty Humanitarian Award recipient, Sr Orla Treacy. Sr Orla was nominated for this award by the US Ambassador to the Holy See.

Now in its 13th year, the Secretary of State's IWOC Award recognizes women around the globe who have demonstrated exceptional courage and leadership in advocating for peace, justice, human rights, gender equality, and women's empowerment, often at great personal risk and sacrifice. Since the inception of this award in March 2007, the State Department has recognized more than 120 women from more than 65 different countries. U.S. diplomatic missions overseas nominate one woman of courage from their respective host countries. The finalists are selected and approved by senior Department officials.

The Hugh O'Flaherty Memorial Society members send their heartfelt congratulations to Sr Orla on receiving this wonderful international honour.

## AN ÓIGE HOSTEL WINS PRESTIGIOUS EXPERTS CHOICE AWARD

Killarney International Hostel were big winners at the recent 2019 Experts' Choice Awards after walking away with the Best of Killarney award. Fewer than 2% of hotels and hostels worldwide receive a prestigious Experts Choice award.

"It's always great to get nominated for an award but to win one is even that bit more special," said John Claffrey, Manager of Killarney International Hostel. "What makes these awards even more special is that



they're based on the reviews of industry experts so they obviously found our hostel to be of top quality and a great experience which is exactly what we always want to hear." Killarney International Hostel is owned and operated by An Óige - Irish Youth Hostel Association.

## Tom Crean Unsung Hero Cycle

The Tom Crean Unsung Hero Cycle and family fun weekend, in aid of Down Syndrome Kerry, takes place this year on Saturday 20th & Sunday 21st April, at Ballyseedy Home & Garden, Tralee. Last year was the first year of the event when over 250 cyclists took to the road raising much needed funds for Down Syndrome Kerry. The event has no fee to participate - but all donations to DSI Kerry are gratefully welcomed. The event is in partnership with the Tour de Munster, the annual charity cycle entering its 19th year this August. DSI Kerry's 'Tom Crean Unsung Hero Charity Cycle' pays homage to renowned explorer Tom Crean and also remembers DSI Kerry member, Emily Keoghane who sadly passed away in 2017. The cycle includes a 75km or 44km cycle on the Saturday, setting out



from Ballyseedy at 10am, going west through Camp, before lunch in Annascaul. The route continues on to Inch Beach and Castlemaine, before heading back to Ballyseedy to enjoy a BBQ, music and family fun. Taking to the road in support again this year will be David Wallace, former Munster and Ireland rugby player along with Aidan O' Mahony, former Kerry footballer and Dancing with The Stars winner.

Sunday 21st will see a historical walk taking in the life of Tom Crean, again welcomed back to Ballyseedy Home & Garden with BBQ and more fun and games. The weekend promises to provide fun and games for all the family while raising funds to provide essential services to members in Kerry with Down syndrome. All welcome!



DSI Kerry's 'Tom Crean Unsung Hero Charity Cycle' pays homage to renowned explorer Tom Crean. Back from left: Mikey Collins, Nathan McDonnell (Ballyseedy), John Keoghane, Enda & Hugh O' Brien, Madeleine Doyle, Daniel Bohan, David Wallace, Aidan & Lucia O' Mahony, Kieran Donaghy, Emilie & Simone Leahy. Front from left: Yann Carroll, Risteard Pierce, Kevin Donovan, Gerard Carroll and Catherine Duggan. PHOTO: VALERIE O'SULLIVAN





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# 31st Annual Easter REVISION COURSE

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**Monday April 15th  
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**Mon-Fri 7pm - 10pm** Night Owls Study

**Saturdays 10am - 5.30pm** Saturday Study

**Sundays 10am - 5.30pm** Sunday Study

### ORAL PREPARATORY COURSES

**Sat 9th March**

Intensive One Day Irish Oral Preparatory Course

**Sat 16th March**

Intensive One Day French Oral Preparatory Course

**Sat 16th March**

Intensive One Day Spanish Oral Preparatory Course

**Sat 16th March**

Intensive One Day German Oral Preparatory Course

### EASTER REVISION COURSES

**Mon. April 15th to April 19th**

Intensive Revision for Leaving and Junior Cert

### BLOCK STUDY

**Mon. April 22nd – Fri. April 26th**

Supervised Study 9am-5.30pm (Easter Break)

### ART HISTORY

**Sat 4th May**

One Day Revision Course of Art History for Leaving Cert.

### AGRICULTURAL SCIENCE

**Sat 11th May**

One Day Revision Course of Agricultural Science

### CHEMISTRY

**Sat 11th May** One Day Intensive Revision of Organic Chemistry.

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

### BLOCK STUDY

**Mon. May 27th – Fri. May 31st**

Supervised Study 9am -5.30pm (Summer Break)

**Note: Information can be viewed and  
courses can be booked on our website.**



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# Killarney Remembers

## THE LATE SR. PAULINE MCSHAIN

BY MARGARET O'REGAN - HISTORICAL GUIDE KILLARNEY HOUSE & GARDENS

**O**ur lives of love and peace should speak louder than words," said Sr. Pauline McShain, as she reflected on the motto of the Society of the Holy Child Jesus, which reads, "Actions not words." This philosophy is the foundation of every Holy Child ministry established during the past 164 years. Since 1946, when Sr. Pauline, or "Polly" as her friends call her, began her life in the Society, she desired to follow the example of Mother Cornelia Connelly. During the 1990s, Sr. Pauline became a volunteer at Siloam, a non-profit organization in Philadelphia, which offers services to individuals "infected with HIV/AIDS... enhancing their over-all well-being, including their personal spirituality." Pauline was second generation Irish-American.

In the 1880s her paternal grandfather emigrated from County Derry, coming to Philadelphia to join his uncle in the construction trade, building both St. James and St. Agatha churches in West Philadelphia.

Sr. Pauline's father, John McShain, was one of America's prolific builders, active in one of the few growth areas during the Great Depression of the 1930s—government contracts. In 1934 John McShain built an annex to the Library of Congress—no small feat for a Republican during a Democratic administration. Having earned the respect of President Roosevelt, Mr. McShain won contracts to build the Bureau of Internal Revenue, the Department of Agriculture, the Bureau of Printing and Engraving, the Jefferson Memorial, the Longfellow Building, the Naval Hospital and, in 1941, the Pentagon. Under President Truman he was awarded the contract for the Reconstruction of the White House 1949-1952.

Sr. Pauline referred to her parents' former



estate at Killarney House. Originally situated on 2,500 acres, the house overlooked the Lakes of Killarney, with their backdrop of mountains. Soon after John McShain purchased this estate in 1959, he arranged with the Irish government that, following his own death and that of his wife, Killarney House would become the property of the Irish State. Accepting this gift, the Irish officials agreed to preserve Killarney House & Gardens in perpetuity incorporated into the Killarney National Park. John McShain died in 1989; the death of his wife Mary occurred in 1998.

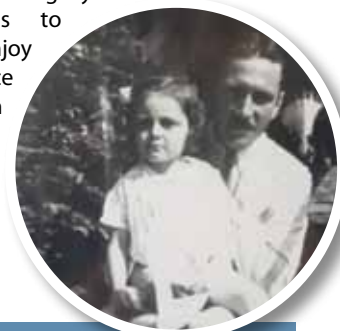
Sr. Pauline's words, "Trust the child," were often repeated, with effective results. Transportation being difficult during World War II, Polly transferred at fifteen years of age to the School of the Holy Child in Suffern, New York. Following her secondary school graduation, and a trip with her parents and a cousin to the West Coast and Canada, she entered the Society. Her spiritual formation was accompanied by an academic grounding; she

graduated from Rosemont College with a B.A. in English. Later, while teaching and serving as an administrator, Sr. Pauline earned Masters degrees in Secondary Education, Religious Studies, Guidance and Counseling. She has taught both in the United States and in Nigeria, served as a secondary school principal, director of novices, religious superior, and as Vicar for Religious in the Diocese of Bridgeport, CT, and the Archdiocese of Newark, NJ. For some years, she has been a member of Pax Christi USA.

Sr. Pauline kept regular updates on the restoration of Killarney House & Gardens now completed as the new Visitor Centre and Gateway to the Killarney National Park...a place where she and her parents always referred to as their 'Irish Home'. Up to the time of her passing she still kept in touch with Killarney and sent a lovely letter on the opening of the new Interpretative Exhibition last September... where we hosted members of the extended McShain and Horstmann families.

It is the end of an era for the McShain family both here in the USA and in Killarney. The Irish people and especially the people of the town of Killarney are indebted to John, Mary and Sr. Pauline McShain for the wonderful 'Gift' of Killarney House & Gardens, Ross Castle, Innisfallen Island the Middle and Lower Lakes of Killarney...their Legacy for Generations to come to enjoy our little piece of 'Heaven on Earth'.

*Thank you  
John, Mary and  
Sr. Pauline...  
Go raibh míle  
maith agat!*



•The Cathaoirleach of Kerry County Council, Cllr Norma Foley, has expressed her condolences to the family and friends of Sr Pauline McShain who died in Philadelphia at the weekend.

•Sr McShain's family donated Killarney House to the State as well as a large portion of land which now forms part of Killarney National Park.

•"Sr Pauline McShain was an exceptional and very warm person who was a great friend of Killarney. Her family has left a lasting legacy to Killarney and the people of Kerry through its generous donation of Killarney House and Gardens as well as Innisfallen Island to the people of Ireland which have greatly enhanced Killarney and Kerry's tourism and recreation offering.

•"On behalf of Kerry County Council, I extend my condolences to her family and friends. May she rest in peace."

## 1928 - 2019



# LADIES LIFE STYLE EVENING



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DOORS OPEN **7.30pm** STARTS **8.00pm**



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# Ladies Lifestyle event

## to raise funds for local charities

**An evening of Fashion Beauty, Nutrition & Fitness tips will take place in the INEC on Thursday March 28th.**

Hosted by Dawn Milk and the National Dairy Council, the evening will include advice on shaping up your diet and nutrition with dietitian Paula Mee. Style queen Celia Holman Lee will be revealing all her secrets in a Beauty and Lifestyle Q&A. Celia will also showcase a fabulous style segment with tips on how to style an outfit from head to toe. One of Ireland's most successful personal trainers and health blogger Nathalie Lennon will also give lots of fitness and wellbeing advice.

Tickets are only €10 and all proceeds from the evening will go to two local charities the Donal Walsh Livelife Foundation and the Ian O'Connell Trust. Tickets are available in SuperValu Killarney and SuperValu Tralee or online at [www.eventbrite.ie](http://www.eventbrite.ie). MC for the evening is Radio Kerry's Alan Finn. Doors open at 7.30pm and the event will start at 8.00pm. The evening will also include a fantastic raffle with some amazing prizes including the chance to win a VIP Day at the Dawn Milk Ladies Day at the Killarney Races on Thursday, July 18th, 2019 and two tickets to the Spice Girls concert in Croke Park in Dublin this summer. Paula Mee has a dietetic clinic in

Blackrock and her own nutrition consultancy. Paula provides an extensive range of services in nutrition, corporate wellness, marketing communications, recipe and menu analysis and product development.

Celia Holman Lee will be a popular speaker on the night revealing all her beauty and lifestyle secrets in an engaging Q&A with MC Alan Finn of Radio Kerry. Celia is business woman, model, stylist, TV presenter and proprietor of the longest running model agency in Ireland the Holman Lee Agency.

Nathalie Lennon is an inspiring health and fitness enthusiast with 60k followers on Instagram. Nathalie is passionate about spreading an authentic message based on positive body image, a healthy sustainable lifestyle and establishing optimal mental wellness. As a personal trainer and online coach, she works to help others develop a positive relationship with fitness and food through sharing her story, tips, habits and experiences. Nathalie aims to showcase and help others find balance between extremes, enjoying all that life has to offer, whilst keeping on top of their physical and mental health.



Celia Holman Lee.



Paula Mee.



Nathalie Lennon.

## RENOVATE YOUR HOME WITHOUT OVERHAULING YOUR BUDGET

Spring is officially here – and the change of season is one of the best and most popular times of year for home improvements. Home upgrading is a trend which has seen somewhat of a surge in popularity in recent years – and for good reason. A refurbishment can completely transform a home. A nationwide survey by the Irish League of Credit Unions (ILCU) found that a significant two thirds of adults had carried out home improvements between 2014 and 2017.

For many, it is also the only affordable option if they find they have outgrown their home and need more space for the family. In the same survey, one quarter estimated that they had spent between €1,000 and €3,000 upgrading their home. 10% spent between €3,000 and €5,000.

Many households planning on renovating their home understandably would not have this spare cash to hand. It can be tempting for them to fund the planned renovations through the credit card. However, with the high levels

of interest charged, even if you clear the minimum balance, this can end up being a very pricey decision. For the cost-conscious home improver – a credit union loan is the best option, and are often approved very quickly. Indeed, the ILCU survey found that of those needing to borrow to fund their renovations, six in ten said they would use their local credit union.

Helen Courtney Power, Business Development Officer, Killarney Credit Union explains why a credit union home improvement loan is a solid choice for those wanting to renovate their home without incurring unnecessary debt. "We offer the loan at a great value APR rate of 8.3% for loans over €5,000\*\*. Which means that if you borrow €7,000, you will end up paying back just €142.00 over 60 months. So it's a very cost-effective option. Not only that, but our loans are typically approved in 2 days, so you can get started on those renovation plans right away. We are also happy to offer our loans to brand new members – so there

is no requirement for you to have saved with us for a period of time before you can avail of the loan." Other benefits to the home improvement loan include the willingness of the credit union to work with each individual borrower to structure repayments in a way that will suit their individual circumstances. There are no hidden fees or administration charges. Borrowers are also free to repay the loan early, should they wish, without any penalties. "So whether your plans include building on an extension, overhauling the kitchen, laying new carpets or floorboards, or just giving your home a new lick of paint, talk to us here at Killarney Credit Union. You'll find we are happy to provide flexible loans of any size to suit your grand design plans!" Helen said.

\*\* For a €7,000, 5year variable interest rate loan with 60 monthly repayments of €142.00, an interest Rate of 8%, a representative APR of 8.3%, the total amount payable by the member is €8,516. Information correct as at 01/03/2019.

IF YOU HAVE A STORY... CONTACT AISLING ON 086 0400 958



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HOME IMPROVEMENT LOANS

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€5,000	2 years	€226.14 (24)	€5,425
€10,000	5 years	€202.77 (60)	€12,161
€30,000	10 years	€363.99 (120)	€43,658

Table is for illustration only and does not constitute a contract. Figures correct as at February 2019.

Telephone 064 663 1344 (dial 2 for loans)

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Visit [killarneycu.ie](http://killarneycu.ie)

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Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Killarney Credit Union Limited is regulated by the Central Bank of Ireland.



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## RATHMORE CU TO HOST A SERIES OF EVENTS

**R**athmore & District Credit Union have come up with a novel way of re-engaging with their members, and the local community in 2019, a series of focused events.

These events range from Dangers of Social Media, to Accessing Grants for Second Level Students, to Succession Planning & Protecting the Family Business for Farmers, finally for the entrepreneur a Start Your Own Business event. These events come totally free, and are open to both members and non-members of the Credit Union alike. Refreshments will be provided on the night, but registration is required prior to the event, so drop in or contact the Credit Union on 064 7758328. According to Mark Hussey CEO of

Rathmore & District Credit Union the objective of the events is reconnection with members, and connection with possible new members, "when we sat down to plan our events for 2019, giving back to our members, the community, and connecting with non-members was the primary focus, this is where the idea came from. We contacted IRD Duhallow, another local group to assist, and from here we came up with the 4 topics & speakers.

Hopefully we have hit the right topics, and I have no doubt the evenings will be highly informative. I appeal to everyone interested, to register, and come along on the night."

For further details contact the Credit Union on 064 7758328.



Mark Hussey CEO, Tess Vaughan, Mary Roche and Mary Creedon IRD .Duhallow.



**FREE**

# Programme of Member Focused Events in 2019



Branches in Rathmore,  
Milltown & Ballydesmond



Date	Time	Speaker	Topic	Location	Registration
March 25th	7 - 9pm	Dr Maureen Griffin	Dangers of Social Media	Rathmore Credit Union	Rathmore Credit Union by March 22nd
April 15th	7 - 9pm	Valerie Moore (access officer) IT Tralee	Grants & Supports for Students entering Third Level	Rathmore Credit Union	Rathmore Credit Union by April 12th
September 30th	6 - 9.30pm	Mary Carroll	Succession Planning & Protecting the Family Business	Rathmore Credit Union	Rathmore Credit Union by September 27th
November 19th	7 - 9pm	Veronica Murphy	Starting in Business	Rathmore Credit Union	Rathmore Credit Union by November 15th

- In conjunction with IRD Duhallow
- Refreshments provided at all events



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Rathmore and District Credit Union Ltd, Donal Casey Place, Rathmore, Co. Kerry, P51 PT66.

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Rathmore & District Credit Union Ltd with branches in Rathmore, Milltown & Ballydesmond



# Annual Pool Tournament raises money for Ian O'Connell Trust

**The 8th Annual Denis Michael Dennehy Memorial Pool Tournament which was held over November and December has resulted in a donation of €2,100 to the Ian O'Connell Trust.**

The annual tournament is held in the memory of Denis Michael Dennehy who passed away in February 2011

Over 100 names from Kerry and Cork took part in the tournament ran in the Corner Bar, Barradubh with the finals being played on December the 23rd.

Ian attended on the night, and watched the final live on the big screen in a packed pub. The winner of the tournament was Jeremy Lynch from Rathmore who overcame fellow Rathmore man Tom Connie Ó Sullivan 5-3 to take the title, a final he previously lost back in 2012.

Shane Dennehy, on behalf of the Dennehy family, would like to thank the people who made the event possible.

Diarmuid Ó Sullivan from DOS Agri that kindly sponsored

the winners and runners up trophies, and the many many people that supplied spot prizes for the raffle

Siobhan from the Corner Bar for helping arrange the fixtures, supplying the fantastic winners hamper as well as food on the night.

Derry and Rosie Healy, Donal Murphy and Oliver Daly for absolutely rocking the Corner House with music for the night, and doing so for free to support the Ian Ó Connell fund. We really appreciate this wonderful gesture

Ian Ó Connell and his father Mick for joining us on the night to watch the pool, helping with the prize-giving, and to Ian for his wonderful speech. "We were all delighted also that Ian's name came out not once but twice in the raffle!", Shane said.

"I would also like to thank my family for helping organise the tournament, our mother Betty for supplying the runner-up hamper as well as the 1st prize raffle hamper, and Elaine for helping with all the spot prizes as well as



The picture shows (from l-r) Shane Dennehy (organiser), Mick Ó Connell, and Siobhán Coakley from the Corner Bar, Barradubh. Ian Ó Connell to the front.

selling the raffle tickets on the night", Shane added.

"And finally to all of ye out there that have supported Dens tournament since 2011, it means a huge amount to us personally to see so many people taking part each year, the

banter between people playing, and to have the bar packed to the rafters on Sunday night and everyone in such great form. It was such a great night full of craic, banter, drinks and song.... exactly how Den would want it", Shane said.

## SEAN SET TO LAUNCH HIS BOOK

Former Councillor, Sean O'Grady is set to launch his book "The Wonderful Life of a Councillor" in the International Hotel on Friday night next March 22nd.

The book looks at Seán's experience of growing up, working and living in Killarney and looks at life in politics through the eyes of a political practitioner of over forty years.

It looks at his own life, the people of Killarney and his life as a public representative.

With stories about the issues of the day and the lives of the real people of Killarney the book will resonate with most of the citizens of the town.

This is a book about people, change and life.

**Here is an extract from the book.**

*I was born early in the year the 2nd World war ended. My father John, a harness maker, was born in a house at Faugh Muckcross side of the river Flesk. The Flesk is one of two feeder rivers to the lower lake, Loch Leane. The second river the Deenagh, to the north. My mother, Sheila nee Dwyer was a farmer's daughter from Kilcummin, Killarney. They built a house in Lewis road, in the town land of Moyeightragh (lower plane), better known as the road to the very famous*

*Fitzgerald stadium, on a plot of ground they purchased from the town council around 1938.*

*I had eight siblings, three brothers, Michael, Sylvester and Donal, five sisters Joan, Noreen, Sheila, Mary and Kathleen.*

*Fitzgerald Stadium, named after a great Killarney man, a powerful Kerry footballer author and patriot, Dick Fitzgerald who wrote the first coaching manual on Gaelic football "How to Play Gaelic Football". It marked the beginning of modern football not because previous analyses of the game were crude but because the game that Fitzgerald analysed was football with the outer posts removed, a goal worth three points with fifteen players aside. This is only a glimpse of what he achieved within the G.A.A. during its most turbulent years, before his sad and premature death in 1930.*

*As a volunteer in the 1916 Rising, he was interned in the Frongoch prisoner of war camp in Wales. There, he helped to organise football tournaments amongst the internees. He is quoted as expressing his admiration for the Irish Citizen Army- "Men of whom I have great regard"-who would have been among the most politically radical of the internees.*

*So highly was he regarded, the stadium was built as a memorial to him, driven mainly by his life long friend "Small" Ger O'Leary and Dr. Eamon O'Sullivan and a very vibrant committee and the patients from St. Finan's Hospital.*

Everyone is invited to the launch of "The Wonderful Life of a Councillor" in the International Hotel on Friday night next March 22nd at 7.30p.m.





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### 4 Heather Close, Cumeen, Killarney

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GUIDE PRICE: €220,000

## FOR SALE



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GUIDE PRICE: €255,000

## FOR SALE



BER D1

### 21 Deelish Park Beaufort

4 Bedroom Dormer Bungalow (1,850 ft<sup>2</sup>) standing on approx 0.37 acre site located in a mature residential estate in Beaufort Village. The property has amazing views of the McGillycuddy Reeks & The Gap of Dunloe. Features include a gated entrance, a private patio area, double glazed pvc windows & doors & oil fired central heating.

GUIDE PRICE: €280,000



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# Epic weekend for Killarney Mountain Festival

PHOTOS: VALERIE O'SULLIVAN

## FESTIVAL CHAIRPERSON MAUREEN HEGARTY OF THE KILLARNEY MOUNTAIN FESTIVAL LOOKS BACK AT AN EPIC WEEKEND IN THE TOWN....

What a truly epic weekend at the Killarney Mountain Festival.. we have spent months and months in preparation for our second festival and it excelled all our expectations. Friday night kicked off with the official opening by Minister Brendan Griffin. Saturday morning blessed us with some blue skies and the festival took off running. Outside Basecamp was a hive of activity, with food vendors, family fun all day, climbing wall, bouncy castles and fairground rides, and children taking part in the Children's adventure event in the grounds of Killarney House, while inside we were treated to inspirational talks by adventurers from near and far. Pádraig Mc Gillicuddy and Pat Chawke enthralled the audience with their recounts of Sherpa and Yak and their everest basecamp expedition, Oonagh O Connor guided us on the correct route to recycling, Henk Van Der Klok regaled his tale of travelling from one end of the world to the other with No money...and this was just a start..Throughout the weekend, we were treated to life changing stories and lots of fun. Of course each night, we lifted the roof with our music events, local band, The Rising, Super Ceili and The Constituents, all the way from Arlington, Virginia!

The Plaza Hotel and St. Marys Church of the Sloes hosted our other speaker & Film events, both of which were way up on numbers from last year!!

Of course, while we were all enjoying the festival from town, we also had many of our



Looking for clues...Isabella, Esmee and Conor Van Benthem, Maebh Mahony and Chyrstal Gleeson, taking part in the Killarney Mountain Festival Children's Adventure Race and Treasure Hunt in Killarney National Park at the weekend

visitors hitting the hills, some taking the challenge of Ireland's highest, while others taking on Torc Mountain for the first time. They were ready for a Killarney Beer in Café Du Parc Basecamp, when they arrived back down off the mountain!

Overall, we really were thrilled with the whole weekend. Visitors travelled from all over Ireland and we were thrilled to also have some visitors from the UK. 'We visited Kendal Mountain Festival in November and we were thrilled to see that some of the visitors to Kendal also made their way here to Killarney. This is what it is all about. Killarney is twinned with Kendal and this started as a twinning initiative,

it was lovely to see a fine representation of guests from Kendal in the audiences over the weekend. KMF is a not for profit, community and voluntarily run festival, it is fantastic to see the fruits of our labour.

It is now time to take a breath, before the planning starts all over for KMF 2020!! We have a small but very hardworking committee and we could not run the festival without their help and support, as well as the help and support of all our sponsors and patrons. It takes a village and community spirit is truly alive and kicking in Killarney! Thank you one and all, go raibh mile maith again.



At the opening night of Killarney Mountain Festival at Café Du Parc, Killarney Plaza Hotel & Spa, Killarney were, Mark Scally, Great Southern Hotel, Gemma Ring and Paul O'Neill, Killarney Plaza Hotel & Spa.



Guard Dog...Oscar keeping an eye on the athletes with Park Ranger Peter O'Toole, at the the Hardman Ireland 10Km run, as part of the Killarney Mountain Festival weekend of activities in Killarney National Park.



Hoteliers Padraig McGillicuddy and Pat Chawke, Festival Speakers, Thys Vogel, Killarney Mountain Festival and Niamh O'Shea, Killarney Park Hotel.



Sean O'Leary, Emma O'Donoghue and Caragh O'Donoghue, taking part in the Killarney Mountain Festival Children's Adventure Race and Treasure Hunt in Killarney National Park at the weekend.



Aisling Reidy, left, Edel and Kieran Greensmyth, Faha, on Torc Mountain, Killarney National Park, as part of the Killarney Mountain Festival Killarney at the weekend.



Jack O'Leary, Aibheann Casey and Paudie O'Leary, taking part in the Killarney Mountain Festival Children's Adventure Race and Treasure Hunt in Killarney National Park at the weekend.





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### GORTROE, FOSSA, KILLARNEY

Generously sized detached four bedroom bungalow set on large landscaped site of 0.75 acres only minutes from Killarney town and directly across from the Fossa Way. Property offers very generous living accommodation with two large south facing reception rooms - living and dining rooms, together with kitchen cum diningroom and four double bedrooms, en suite to master bedroom.

Price Region: **€380,000**

**BER E1**

### 7 THE DRIVE, GREENFIELDS, FIRIES

Beautifully presented detached five bedroom family home, with gas central heating and concrete first floor and south west facing garden, walking distance of all amenities. This energy efficient home is in walk in condition with generous laid out living and bedroom accommodation. Very central location, convenient to Killarney, Tralee and mid Kerry area.

Price Region: **€235,000**

**BER C1**

# MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



## SIMPLE RULES HOW TO HELP YOU PROTECT YOUR SAVINGS & INVESTMENTS

Many pensions can be accessed from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

**Tax Free Cash:** Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

**Taxable Cash:** You may be able to take sum of your pension in taxable cash.

**Annual Pension:** This is a guaranteed income for the rest of your life that is purchased with the money left after your tax free lump sum.

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

To discuss the above or any other matter Dermot Cronin QFA APA can be contacted at 0646622775 or dermotcroninifa@gmail.com

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# Rians Special Day

Baby Rían Kivlehan, pictured at the International Hotel on his christening day with his Mum Róisín, Dad Darragh, family & friends. Picture Marie Carroll-O'Sullivan



Pictured at Killarney Community College for their annual production of Who's Got Talent were (Top to Bottom L-R) Kayla Heaphy, Dasha Puzamova, Chloe Hood, Sasha Furlong, Gráinne O'Sullivan & Namejs Balodis. Picture Marie Carroll-O'Sullivan



L-R Teachers Joanna Hughes, Denise O'Sullivan & Mary Fuller, organisers of the annual Who's Got Talent production at Killarney Community College. Picture Marie Carroll-O'Sullivan



Harry Potter fans celebrate World Book Day at Two Mile Community National School Killarney.



Supporting John Lyne at the Irish Cancer Society's Strictly Come Dancing 2019 were Back Row L-R Emer Lyne, Breda Doona, Pat O'Connell, Jason Lyne & Siobhan O'Shea. Front Row L-R Noreen McSweeney, Mary Brosnan, Siobhan Lyne & John O'Connell. Picture Marie Carroll-O'Sullivan




At the INEC to support the Irish Cancer Society's Strictly Come Dancing were L-R Anne Hickey, Greeta Shine, Margaret Doolan & Breda Walsh. Picture Marie Carroll-O'Sullivan




Pictured at the INEC to support the Irish Cancer Society's Strictly Come Dancing 2019 were Back Row L-R Christina Tangney, Michelle Tangney & Siobhan Tangney. Front Row L-R Peggy Walsh and Mikey & Eileen Tangney. Picture Marie Carroll-O'Sullivan






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**GUIDE PRICE: €269,120**



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# THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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**Address: Upper Lewis Road, Killarney.** Exceptional detached four bedroom residence located on Upper Lewis Road, on one of Killarney Town's largest private sites. This detached property extends to 160 sq.m., together with detached garage has the longest garden on Lewis Road, with southerly views over the town. The residence is well maintained, with four double bedrooms and bathroom at first floor and three reception rooms and kitchen at ground level, with the kitchen and livingroom overlooking the garden.

**Agent:** ● Sherry FitzGerald Coghlan ● 95 New Street, Killarney, Co. Kerry ● Tel: **064 6631892** [www.sherryfitz.ie](http://www.sherryfitz.ie)

**Price Region:** €535,000 BER G

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



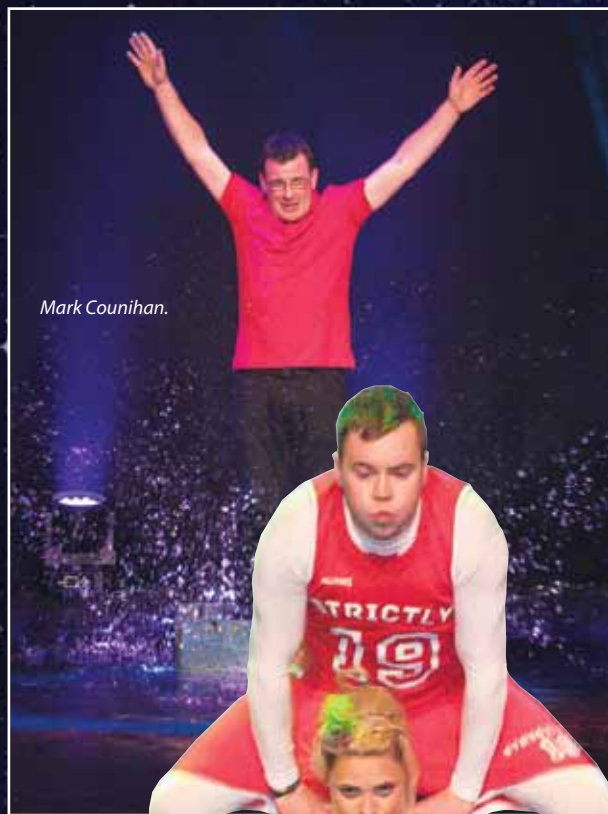


# Strictly Come Dancing 2019



PICTURES: MARIE CARROLL-O'SULLIVAN

Another amazing Strictly Come Dancing show took place last week in front of a packed INEC – the dancers pulled out all the stops to make this fundraiser a fantastic event. To date Strictly Come Dancing has raised thousands for the Irish Cancer Society and this year it will be no different.... Congratulations to everyone involved.



Mark Counihan.





# Strictly Come Dancing



Sharing the glitter'ball at Strictly Come Dancing 2019 in aid of the Irish Cancer Society, The Judges Choice (L) & The Peoples Choice (R). From left to right Ciara O'Donoghue, Emmet Flanagan with Mike Delaney & Mags O'Mahony



Winners of Strictly Come Dancing 2019, Emmet Flanagan & Ciara O'Donoghue.





# KILLARNEY TOWN TALK



CAOIMHE SPILLANE

Happy St Patrick's Day to everyone, the town is green for the weekend and it looks great! The St Patrick's Day Parade kicks off at 2pm beginning on Mission Road. Don't miss it! Don't forget there will be a Coffee Morning in aid of Irish Cancer Society tomorrow, Saturday

16th March at the Killarney Plaza Hotel (upstairs) from 9:45 am to 12pm, delicious treats and all for a great cause. To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact [towntalk@outlookmags.com](mailto:towntalk@outlookmags.com)



PICTURED AT THE ROYAL HOTEL FOR THE CHEQUE PRESENTATION OF €2,782.10 TO KERRY MOUNTAIN RESCUE FROM SUSAN & ASTAR PIERCE RESULTING THEIR RECENT COFFEE MORNING AT THE HOTEL WERE L-R EILEEN O'KEEFE, ASTAR PIERCE, ANNE MARIE O'CONNOR, SUSAN PIERCE, MARY C KELLY, JOHN O'SULLIVAN KERRY MOUNTAIN RESCUE & DEIRDRE O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN

## DANCING WITH THE CROKES

Dr Crokes will be hosting "Dancing with the Crokes" on March 29th in the INEC. David Rea of World Famous show "Celtic Steps" has been putting the 10 couples through their paces over the last number of weeks. The tickets are €20 for Adults and €10 for children and can be bought from any of the dancers or from Vince Casey office, Tatler Jack or online at [www.drcrokes.com](http://www.drcrokes.com) This year's Dancing couples are as follows: Chloe Bartlett and Sean Coppinger, Aoife O'Carroll and Ciaran Brosnan, Eric O'Connor and Mary Mc Mahon, Aoife Cronin and Caoimhin O'Donoghue, Karl Mc Mahon and Lorraine Fleming, Aisling Darcy and Alan Kelly, Eilis Cronin and Harry O'Neill, Mike Fleming and Emma Murnane, Maggie Mc Auliffe and Matt O'Neill, Leah Horgan and Bryan O'Shea So come along to the INEC on Friday 29th of March and see them all strut their stuff!

## LORETO NATIONAL SCHOOL WINS AWARD

Scoil Bhride, Loreto National School were on a high this week as they were awarded for their colourful and well laid out website. Scoilnet

awarded the school the coveted title of Star site for this month. Scoilnet were impressed with the simple layout, up-to-date newsletters and information for parents.

'It is a very important point of contact for us here in the school. Parents are kept informed of the activities and useful information to support their child's education. Thanks to all the wonderful staff here in Loreto National School for keeping the website up-to-date.'

Have a look at [www.loretonskillarney.com](http://www.loretonskillarney.com)

## REMINDER ART EXHIBITION

On Friday 15th March an exhibition of Transition Year visual art 'No Judgement' will take place in the Art House, Killarney. 6-8pm. This is a collection of work which students carried out with local Artist Tracy Cronin in the Art House as part of the Creative Engagement school/artist collaboration. They would like to cordially invite all students, parents and friends of St. Brigid's Presentation. Plenty of refreshments, chat and a sensory for the eyes available!

## TREE WALK

There will be a walk of Killarney House Demesne this St Patrick Weekend Saturday 16th at 2:30 pm, where you can see and identify some of the

most remarkable trees growing in the garden of Killarney House, booking is required call 085-8017973 or email [infokillarneyhouse@chg.gov.ie](mailto:infokillarneyhouse@chg.gov.ie) This is a free event suitable for all ages.

## SPRING TALKS

The Spring Talk Series will return to Muckross Garden Restaurant this month. Broadcaster and writer Dr. David McCullagh presents a talk entitled "De Valera and the First Dáil" on Friday 22 March in The Garden Restaurant at 7:30pm. This will be the first of three Spring Talks hosted by Muckross Research Library marking the first Dáil.. The second talk by historian and writer Dr. Kate O' Malley on "Irish Revolutionary Women and the Wider World" will take place on Friday 12th April at 7:30pm in the Garden Restaurant. Admission is free.

## EXHIBITION

Killarney Mountain Festival Celebrations, a photography and art exhibition is currently on display at Killarney Library during library opening hours. The exhibition will run until Tuesday 19th March, so don't miss your last chance to see it. Free admission.



## COFFEE MORNING

Down Syndrome Kerry will be hosting a coffee morning in The Cahernane Hotel on Thursday 21st March from 10am -12:30pm for World Down Syndrome Day.

## NATIONAL PARK CAMP

Killarney National Park Education Centre are running an action packed Easter Camp in Killarney National Park. Running from Tuesday 23rd April until Friday 26th April (9.30 am - 3pm) the camp provides numerous opportunities for children to gain new outdoor skills, make new friends and learn about the plants and animals of the park. If you wish to book a spot for your child email [knpeducationcentre@eircom.net](mailto:knpeducationcentre@eircom.net) or ringing 064 6635960 to receive a booking form. The camp is suitable for 7-11 year olds and sibling discounts apply. They are also now taking bookings for Residential Junior Ranger Camps which are suitable for 10-14 year olds. Book by email [knpeducationcentre@eircom.net](mailto:knpeducationcentre@eircom.net) or ringing 064 66 35960. The residential camps may be of particular interest to children who have never spent a night away from home but is suitable for all. There are 3 camps available this year: 1 night camp on Saturday 25th May - Sunday 26th May. 2 night camps- Tuesday 2nd July - Thursday 4th July and Tuesday 23rd July - Thursday 25th July. There will be plenty of fun activities such as badger watching, bat detecting, moth trapping, camp fires, exploring the park after dark. The residential camp is based in the Arthur Vincent Hostel at Muckcross where children will also get a chance to go foraging to make wild tea, learn fire lighting skills and get a feel for the park after all the daytime visitors have gone home.

## CHARITY CONCERT

The Gleneagle Band Annual Charity concert will take place on Sunday March 31st at 7:30pm in the Mangerton Suite of the Gleneagle Hotel. This year's concert will be held in aid of Kerry Diocesan Youth Organization, Epilepsy Ireland, Samaritans Kerry, and the Gleneagle Concert Band Youth Development Programme. Conductor Vincent Condon will lead the band and there will be special guest artists Cork Butter Exchange Band. Join them for an unforgettable evening of fantastic entertainment with over 100 musicians taking to the stage. On the night they will perform everything from military marches, jazz numbers, classical music, film scores, choral music and vocal hits. Tickets will be available on



THE KILLARNEY BRANCH OF THE IRISH CANCER SOCIETY COMMITTEE PICTURED WITH THE WINNERS OF STRICTLY COME DANCING 2019, EMMET FLANAGAN & CIARA O'DONOGHUE. L-R TIMMY MORIARTY, ELEANOR O'DOHERTY, KATHLEEN CRONIN, KATHRINA BREEN, KATHLEEN CRONIN & CHAIRPERSON EUGENE O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN

the door on the night, they are also available from band members, INEC box office and the charities listed. Adult tickets cost €12.00, OAP and children tickets cost €10.00

## KILLARNEY LOOKING GOOD COMMITTEE

The Killarney Looking Good Committee is asking Residents Associations and Community Groups to consider organising a clean up and potentially organising a social gathering afterwards in an effort to foster an increased sense of community spirit.

The Department of Rural and Community Development has announced funding for community led events to take place over the May bank holiday weekend, 2019

Community Groups and Residents Associations can apply directly to Kerry County Council ([www.kerrycoco.ie](http://www.kerrycoco.ie)) or alternatively, the Killarney Looking Good Committee will consider submitting an application on behalf of a number of Residents Association. If you are interested in being included in this application please e-mail the Killarney Looking Good Committee on [killarneylookinggood@gmail.com](mailto:killarneylookinggood@gmail.com) before Tuesday, 20th March 2019.

## KWOTE

Killarney Women's organisation for training & empowerment monthly meeting will be held on Wed 20th March at 8pm in Scotts Hotel. Guest Speaker for the evening will be SEAN TAFTE giving hair advice.



BABY RUBY HEALY, PICTURED AT THE KILLARNEY AVENUE HOTEL ON HER CHRISTENING DAY WITH HER MUM RACHEL, DAD DIARMAID, GODFATHER AARON HEALY & GODMOTHER CHRISTINA TANGNEY. PICTURE MARIE CARROLL-O'SULLIVAN



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*Pass The Good Stuff On!*

When was the last time you wrote a letter of appreciation to a company or a person who did something great for you or provided a good service? When was the last time you chatted to all of your family and friends about the good things that you had experienced in your day and how happy you felt? It's often so much easier to get caught up in complaining or talking about what doesn't work, rather than celebrating and focussing on what does!

In terms of living your best and happiest life, this is important, because focussing on the good stuff brings more of it! The mind needs direction. It's rather like a small child at times who is constantly distracted and has a short attention span. The more you can begin to train your brain to look for what's great about you, others and your life, the more content you will begin to feel.

**COACHING CHALLENGE FOR THE WEEK!**

For the next week, make a decision that you will only speak about what is great in your life. This may mean that you have to dig deep to find it but it's worth every second you put into this challenge! Look for the good stuff and pass it on! That way, you help uplift other people along with yourself and that's powerful!

*Applications are now being accepted for the Body Confidence Coaching & Wellbeing Certification Course. Please visit [www.instituteforbodyconfidencecoaching.com](http://www.instituteforbodyconfidencecoaching.com) to apply and find out more details.*

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CONTINUED.....

#### CYCLE YOUR STARCHY CARBOHYDRATES

Cycle your carbs. What this means is, on days you exercise or are more active you are 'entitled' to more carbohydrate. If you do a very hard training session you could literally add in enough carbs to account for energy that you burnt during that session. Doesn't this go against the point of doing the exercise? No, of course not, otherwise we wouldn't have said it. If you're already eating at a level to lose weight, you'll still lose weight despite 'cancelling out' the energy used during exercise. However, you might choose to only add in half the energy and increase your weight loss slightly that day. Make sure you have a lot of these carbs straight after the exercise session too as there is an increased tendency for the carbohydrates to be stored in your muscles at this time.

A little more 'science' – your basal metabolic rate (BMR) is essentially the number of kcals (energy) you would burn in a 24hour period if you simply lay down and did nothing. Most of our clients fall somewhere between 1400-2000kcals for their BMR. So, to just 'BE', your body burns say 1500kcals. . . how on earth do you think you're not able to lose weight eating 1500kcals considering its doubtful you just lay in bed 24 hours a day, 7 days a week. If you do, your potential for 'healthy' fat loss is zero. So, why have we mentioned BMR? Because this is mentioned below.

#### NEVER EAT LESS THAN YOUR BMR

Never eat less than your BMR for prolonged periods. Eating less than your BMR leads to metabolic disruption. For instance, your hair, skin and nails are all 'alive' and need energy to be sustained. If you eat less than your BMR, less important bodily functions like this become down regulated. . . hence the dry skin and hair and brittle nails of many low kcal, low fat dieters. You also lower production of important hormones which are key to a healthy metabolism including testosterone (in both males and females) and Thyroid Stimulating Hormone (TSH) which as you can imagine is involved directly with your metabolism. So, in general, if you stick to rule 6. . . you should be safe for Rule 4 even if it creeps over 2lbs per week. . .

#### MORE TIPS NEXT WEEK...

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BSc. ATHLETIC THERAPY AND TRAINING

Chartered Physiotherapist

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31st March 2019  
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Cost: € 90

### TRALEE


Thursday 2nd May to Thursday 30th May  
Times: 10.30 am – 12 noon  
Venue: St. Brendan's Pastoral Centre,  
Upper Rock Street, Tralee  
Cost: € 90


### LISTOWEL

Wednesday 1st May to Wednesday 22nd May  
Times: 7 pm – 8.30 pm  
Venue: Listowel Arms Hotel,  
The Square, Listowel  
Cost: € 75



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BY OPTOMETRIST  
DIARMUID O'SULLIVAN F.A.O.I.  
STACK O'BRIEN OPTICIANS

### This week is World Glaucoma Week

**WHAT IS GLAUCOMA?**  
Glaucoma is the name given to a group of eye conditions where the optic nerve at the back of the eye is damaged. It is often linked with raised pressure within the eye, although the eye pressure can sometimes be normal. When the nerve is damaged, it can start to cause problems with the peripheral vision (side vision) and, if left untreated, can cause permanent damage. With early treatment, further damage to vision can be prevented. Glaucoma may not have symptoms and this is why it is very important to have regular sight tests.

**RISK FACTORS**  
Age is the biggest risk factor for glaucoma. However, your risk also increases if you have family members with glaucoma.



**SYMPTOMS**  
The danger with open-angle or chronic glaucoma (slow onset) is that, in the early stages, your eyesight may seem perfectly normal. There is no pain, but your peripheral vision (side vision) is being damaged. Eventually your central vision can be affected. This can be described as tunnel vision because it feels like looking down a long tube. It's important to have regular sight tests as open-angle glaucoma often does not have symptoms.

**TREATMENT**  
Open-angle glaucoma is usually treated with eye drops which reduce the pressure in the eye. You will need to use these daily. Occasionally people with open-angle glaucoma need surgery to control the pressure.

*For more information and honest advice contact us for an appointment 0646636477*

FOR AN APPOINTMENT CALL US AT  
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*Best of Luck to Dr. Crokes  
and Management on  
St. Patrick's Day.*

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# Best of Luck to Dr. Crokes

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**Cllr John Sheahan**  
*Cathaoirleach of The Killarney Municipal Area*

*Wishes **DR CROKES GAA CLUB** and  
Management the very best in their  
quest to win their Third All Ireland  
Senior Football Club Title*



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*Wishing Dr Crokes and all our present and past pupils  
on the Dr Crokes Panel the best of luck  
in the All Ireland Senior Club Football Final*




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# Best of Luck to Dr. Crokes

**From Aherns.ie Castleisland**





## KILLARNEY LEGION GAA CLUB



**BEST OF LUCK**

To  
**DR CROKES GAA CLUB  
AND MANAGEMENT**  
in Sunday's Final



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**Cllr  
Brendan Cronin**  
M.C.C.

*Best of Luck to DR CROKES  
GAA CLUB in their bid for glory  
on St. Patrick's Day.*

Ballyhar, Killarney, Co. Kerry  
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## Cllr Niall Kelleher



*The very Best of Luck*  
to **DR CROKES GAA CLUB**  
in your bid for All Ireland Glory!

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**087 6694101 | 064 6694101**





# Best of Luck

To  
Dr Crokes GAA Club  
& Management  
From  
Listry GAA Club



Ciarraí Thoir  
C.L.G.

*Best of Luck*  
to  
**DR CROKES GAA CLUB  
& Management** in the  
All Ireland Senior  
Football Club Final  
from all in  
**The East Kerry Board**

## Marie Moloney

Local Election Candidate,  
Killarney Municipal District.



would like to wish  
*Dr Crokes every success  
in Sunday's Final.*

Available for assistance and advice at all times.

Mobile 086-3049422

Email: marie.moloney1980@gmail.com



# BEST OF LUCK

**TO DR CROKES GAA CLUB  
& Management  
in Sunday's All Ireland  
Senior Football Club Final  
From all at  
SPA GAA CLUB**



**DANNY  
HEALY-RAE TD**

### Scott's Hotel, Killarney

Every Saturday 11.00am

Last Friday of the month

Scartaglin at 8.15pm.

Castleisland: River Island Hotel at 9:30pm and

Kearneys Bar at 10pm. Cordal Hughes Bar 10.45pm.

3rd Monday of the month Walshes Bar Knocknagoshel  
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*Best of Luck to Dr Crokes*



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T: 087 2316055 / 087 9975419  
064-6685315

## KILLARNEY Outlook

wishes the *Best of Luck*

to

**Dr Crokes GAA Club and Management in  
the final on Sunday.**





## RATHMORE/GNEEVEGUILLA

by Michael O'Mahony

Rathmore 9th Annual St Patrick's Day Parade held Sunday last Led by this year's Grand Marshall, Diarmuid MacCarthy best over all won Frank Buckley Mermoral Cup Holy family N.S Rathmore Best vintage vehicle Vincent Darmondy & Ryan Darmondy Gneeveguilla

Best commercial truck O'keeffe oil Rathmore t Best organisation / group Shrone N.S. Best window display Linda Restaurant Rathmore Best dressed buggy /pram Jaydon & Skyler Best Agricultural Float O'keeffe šaleš & Hire Derrinagree. Best dressed pet jack Rahilly Rathmore ( pet Lambs) ww wishes to thanks everybody who help out to make parade every success. the gardai, Stewards co ordinator of Barrdaduff Cardiac Response and it members, media ,kerry county council, Millstreet community Council, Judges Margaret Bourke, Mary Collins, Millstreet, all sponsors will appear in media in next few week .

## LISTRY

At a recent Meeting of Listry Community Council CLG a vote of sympathy was passed to the Families, Relatives and Friends of the following people who died recently- Mary Maher (née Burke) Faha West, James Foley. Knockovata, Milltown, BERNADETTE BUCKLEY (née RYAN) Rockfield, Faha, CIARA ORME (née CLIFFORD) Callinafercy East, EILEEN O'BRIEN (née MCCARTHY) Brackhill, Castlemaine, Noel O'Hara. Ballyconry, Lisselton, / Ballybunion, Con (Neil) Rice. Gorey Wexford / Killarney / Dublin GEORGE McAULIFFE. KILCOLMAN, Milltown, NORA MAHER (née O'DOWD) Main Street, Milltown, DAN PRENDERGAST. Boolteens West, Castlemaine NED (EDSIE) O'SHEA. The Bog Road, Callinafercy, Milltown, WILLIAM J. O'SHEA. FLAXFIELD HOUSE, Milltown, Patricia (Patsy) O'Carroll (née O'Keeffe) Killarney, Thomas (Tommy) O'Connor. Coolbane, Killorglin, John Cronin. Lackabane / Milltown, John Burke. Ballybrack, Ballyhar, DORA FLYNN (née McKENNA) BRACKHILL, Castlemaine, Hanna Marie O'Sullivan (née O'Mahony) Coolroe, Ballyhar, Joan Breen. Causeway / Beaufort. Betty Casey (née O'Connor) Kilburn, London formerly Gneeveguilla, Gareth (Gar) Doyle. Ballymalis, Raphael KIMMAGE. Artane, Dublin John Moloney. England/Clare May their Souls rest in peace. Fossa notes

## FOSSA NOTES

Fossa /Two Mile Comhaltas would like to thank everyone who took part in and those who came along and supported the Rambling House in



Sheila Spillane, President of the Killarney Bridge Club, with club members, presenting a cheque for €870, proceeds from the club's annual Charity night, to Marie Linehan, CEO of Kerry Parents and Friends Association.

the Innisfallen Hotel Fossa last Saturday night 9th March 2019. It was a fantastic success and the music and singing, dancing & storytelling were second to none. A special thank you to George, Eilis, Joan & staff of the Innisfallen Hotel who provided great hospitality for all.

### FOSSA SENIORS:

Fossa seniors lost last Sunday away to Furies 1-08, 1-06 in very tough conditions. Fossa played against a very strong breeze coming in at half time 1-04, 0-01 down. Fossa with help of a strong breeze tried to claw their way back and got to within 2 pts with 10 mins remaining unfortunately we then lost Paudie Clifford through an injury and Furies held on to win Fossa's scorers: Matt Rennie 1-0 Tadgh O'Shea 0-3 Paudie Clifford 0-2 and Cian O'Shea 0-1 Next game Keel at home 2 weeks time.

### MINORS:

Our minors had a great win win over ST. Senan's at Kilflynn on Saturday last on a scoreline of 4-13 to 2-09. Fossa played with the wind in the first half and led by 9 points at the break 1-09 to 0-03. St Senan's were the better team for most of the second half and with five minutes to go had levelled 1-11 to 2-08. Then Fossa struck for 3 goals which sealed the victory. It was an all round team victory with our 2nd half substitutions making all the difference. Lineout: Dean Sheehan, Joe Cahillane, Padraig Talbot, Cian Doyle, Eoin Myers, Colm Talbot, Simon Coffey, Eoin Talbot, Harry Buckley, Jack Clifford, Killian Buckley, Rian Colleran, Harry Kelly, Emmett O'Shea, Darren Cronin. Subs Darragh O'Brien, Keelin O'Brien, Conor Horgan, and Ryan O'Leary. Next up we take on Lispole/ Annascaul at Fossa this Saturday throw in 4pm. BEST OF LUCK:

Best of luck to Dr. Crokes this weekend in the All-Ireland final hopefully a clean sweep for all the kerry clubs.

### REMINDER

St. Patrick day parade takes place this Saturday pls contact any club officers see our Facebook page if u want to be involved or your child. Also Bank Holiday Monday we are on our yearly Stricken hike/walk pls see our Facebook page. Registration: A big thank you to all who have paid their membership to date. Members are reminded

that the GAA registration deadline is the 31st March 2019. You can do it online by logging in to the Clubforce App on Fossa GAA Facebook page, or alternatively drop it to Gene at his home. Rates remain the same, Family €60, Adult €30, Youth €15.

### LOTTO

10,15,25,28 NO WINNER JACKPOT €9,900.00 NEXT WEEK.

## KILCUMMIN

### SCOIL FONN

In conjunction with Comhairle na Mumhan, Kerry County Board are running the annual Scoil Fonn workshops on Traditional singing in English and Irish, and slow air playing on fiddle, flute & Whistle. We are also running a workshop on Sliabh Luachra Slide & Polka. The above workshop will be held on Saturday 13th April in the IT Tralee, North Campus, Tralee. Fee €15.00. All Entries to County Secretary, including fee by Wednesday 10th April 2019. Entry forms available from Helen in the RD Office.

### TTCT TEACHER TRAINING COURSE

Comhaltas Ceoltóirí Éireann's TTCT Teacher Training Course will take place from Sunday 27th October – Saturday 2nd November 2019 at An Chultúrlann and applications are presently being accepted for applicants specialising in fiddle, flute, whistle, concertina, button, accordion, harp, banjo and uilleann pipes. Closing date for applications is 16th August and all eligible applicants will be requested to attend for audition and interview 31st August. For further information please contact eolas@comhaltas.ie or phone (01) 280 0295.

### PHOTOGRAPHY EXHIBITION

As part of the Killarney Mountain Festival celebrations, a photography and art exhibition is currently on display at Killarney Library during library opening hours. The exhibition will run until Tuesday 19th March. Free admission.

### DEFIBRILLATOR GROUP COURSE

Kilcummin Defibrillator Group are offering CPR training on Wednesday March 20th from 7.30pm to 10pm in Kilcummin N.S. Cost €15 and €10 U16's. There are now 6 defibrillators in the parish. Please book by contacting any of the following; Derek 087-2662395, Willie





Pictured is Margaret Bourke & Mary Collins of Millstreet Community Council judges in 9th Annual Rathmore St Patrick Day held on Sunday last the first St Patrick Day in Ireland. photo: sean radley



Pictured is Shrone N.S. at 9th Annual Rathmore St Patrick Day parade at their parade on Sunday last. Ireland first St Patrick Day parade. photo: sean radley

085-7882288, Johnny 085-7689103, Marie 086-3049422, Sheila 087-9048486. Pre booking is essential.

#### COMPUTER TRAINING

Word Processing Level 3 will commence on 29th April until the last Monday in May, resuming again in September in the Rural Development Office. This module includes producing a range of documents, letters, posters etc. Documents are saved to a memory stick for future retrieval, editing, formatting, printing and much more. Contact Mary McSweeney (Tutor) for further information 087 7798573.

#### KILCUMMIN LOOKING GOOD

Thank you all for making such great use of the Recycling/Bottle Bank at the Village Inn. Please refrain from dumping your rubbish in this

vicinity. We are looking for volunteers to assist in collecting rubbish on the roads in the area. Bags are available at the Rural Dev. Office and can be returned there when full. Mile Buíochas.

#### GAA

Credit Union Co League: Kilcummin players and new management team got off to a good start with a win over Austin Stacks in Tralee last Sunday, final score Kilcummin 1-11 Austin Stacks 0-9. We trailed by just a point at half time playing against the difficult conditions helped by a penalty conversion from Kieran Murphy and 2 Sean O Leary points. Stacks did go a further point ahead after the break but it was to be nearly all Kilcummin thereafter outscoring them by 8 points to 1 with Noel Duggan judging the elements well from frees. A special

word of thanks to our hosts who afforded the players and management a Guard of Honour before the game and provided refreshments afterwards. Next game is at home to Templehoe in two weeks.

Development plans. There has been a marvellous response to the request for help in the building of the new development. Many have offered to give freely of some of their time to see this project completed quickly but if anyone else is willing to be part of this undertaking please contact chairman Eugene McSweeney at 087 2874432 or any member of the executive or development committee.

#### LOTTO

There was no winner of the lotto on Sunday 10th March. Numbers drawn were 10,12,13,24. Consolation prizes of €50 Michael Horan, Glounalea, €50 Ger Mangan, Spa, €50 Catherine O'Connor, Currow (online) and €50 Redmond Shine, Listowel. Next draw will be Sunday 24th March. Jackpot €3,550.

#### MASTERGEEHA LOTTO

There was no winner of the lotto on Friday 8th March. Numbers drawn were 4,6,24,28. Consolation prizes €100 Adam Hurley, Minish, Killarney, €30 Padraig, Anne & David Lenihan, c/o John Lenihan, €30 Neil & Mike Brosnan, Milleen, Kilcummin, €30 Jimmy, Ian & James Devane, Mastergeeha. Next Jackpot €8,000.

#### GLENFESK

##### RAHEEN N.S.

Congratulations to Aaron Murphy who had the winning lotto no 37 on Saturday the 9th of March.

#### GAA RESULTS

Senior Co. League Div 2 Rd. 1

We played our first Co. League match of the year on Sunday away to Ballymacelligott, Glenfesk got off to a good start but goals before and after the half time whistle gave Ballymacelligott the edge for the remainder of the game, our next League match is at home on Sunday week against Castleisland Desmonds. Final score; Ballymacelligott 3-09 Glenfesk 0-07.

#### MINOR CO. LEAGUE

Glenfesk 0-07 Castlegregory 2-13  
Glenfesk C.C.E.

Scoil Fonn workshops on traditional singing, slow air playing on fiddle, flute and whistle and Sliabh Luachra Slide and Polka will be held on Saturday 13th April 2019 in the IT Tralee North Campus. For more information contact Margaret Creedon 087 2706390.

Keep up to date with the latest News and Sport on [kerrynewsfeed.com](http://kerrynewsfeed.com)

# Kerry Newsfeed

Powered by Tralee Outlook, Killarney Outlook and Sliabh Luachra Outlook



## KILLARNEY GOLF CLUB LADIES

### RESULTS SUNDAY 10TH MARCH 2019

10th March 2019 17 Hole stableford

Sponsored by Lord Kenmare's

1st Ailish Mulcahy (8)	34 pts
2nd Margaret Campion (7)	33 pts
B/G Kelly Brotherton	30 pts
4th Anne Moynihan (6)	32 pts (Last hole)
5th Ciara O'Mahony (12)	32 pts

Fixtures: 17th March Mahony's Point

18 Hole V Par

Sponsored by The Sweater Shop

## BEAUFORT GOLF CLUB (GENT'S BRANCH)

9th/10th March - 16 Hole Stableford (Yellow Tees) - Sponsored by Gent's Branch

1st James Jones (9) 35 pts

2nd President Pat Quill (18) 33 pts

16th/17th March - 18 Hole Stableford

(White Tees) - Sponsored by Gent's Branch

## KILLORGLIN GOLF CLUB

Ladies Results: 12 Hole re-entry Stableford sponsored by Hon. Sec. Eileen Bell. Month of February: 1. Christina O'Sullivan (29) 21 pts. 2. Emma Daly (18) 20 pts. 3. Coral Kiely (32) 19 pts

FIXTURES: Sat 16th/Sun 17th/Tues 19th 18 Hole Singles Stableford sponsored by Moriartys of Killorglin. The 2 rounds of the Spring League must be completed by Wednesday March 20th. The top 2 Teams will go forward to the Final. 12 Hole re-entry sponsored by Lady Member Anne Kenny Foley continues until further Notice.

Ross GC, Killarney - Gents Club -Results and fixtures for publication on March 15th.

On the weekend of March 9th/10th we held the second round of the MD O'Shea Spring League with an Open SS competition sponsored by Mark Heinemann /Get Golfing.

The winners were:-

1..John Cushkelly (14) 40.

2...Jonathan Casey (11) 37

3...Jimmie Smith (12) 36

Spring League update :- After two rounds of the MD O'Shea Spring League the early pace is being set by Jonathan Casey's team and they closely followed by Alan Flynn's team.

### FIXTURES

The third round of the M D O'Shea Spring League will be held on March 23rd/24th when we will hopefully have better weather conditions.

## KILLORGLIN GC MEN'S SECTION

The Results of the Spring League are as follows: 1st Place: Team H: Pat Goulding (17), Shane Roche (20), Séamus Mannix (24), Shane Flynn(13) with 80 Pts. 2nd Place Team B: Bernie Coffey (20), Eamon Courtney (17), John Joe Courtney (20), Pat Sheahan (17) with 78 Points. Results of 14 Hole Singles 24 Feb to 9th March: 1st: Donie Evans (17) 37 Points, 2nd: Jerry Sheehan (28) 33 Points.

Next Weekend is a club sponsored singles.

## KILLARNEY GOLF CLUB MENS' CLUB

Very high winds added to difficulty of the first Golfer of the Year competition on Sunday the 10th, the Keanes Singles Stableford on Manhony's Point. In spite of the extreme conditions, the scoring was impressive and Ian Cronin prevailed with a notable 38 points off 6 handicap.

Results in full

1st Ian Cronin 38 pts (06)

2nd Timothy J O'Brien 38 pts (20)

3rd Con O'Mahony 37 pts (23)

4th Michael Dennehy 36 pts (21)

5th Niall O'Mara 36 pts (08)

Category 1 Alan Flynn 35 pts (06)

Category 2 Chris Twomey 36 pts (10)

Category 3 Daniel Glavin 36 pts (12)

Category 4 Andy Goulding 35 pts (18)

Upcoming competitions include a Club sponsored Fourball Betterball on Killeen on the 17th or March, followed by the Keane's mixed team of four on Sunday the 24th of March, also on Killeen.

## DEERPARK PITCH & PUTT CLUB NOTES

Sunday Draws: We managed to get two draws in on Sunday thankfully despite the weather and our Hole-In-One pot was claimed by Robbie O'Brien Snr as he aced our second hole with only the top of the pin to see looking up from the tee-box!

Fourball Betterball: First Nett: Robbie O'Brien Snr & Eileen Switzer 37 ½, Gross: Ger Casey & John McGrath 46 and Second Nett: Sean Ashe & Darragh Moynihan 39½.

St Patricks Weekend: Two days of competition on Sunday the 17th and Monday the 18th with the usual draw times of 9.15am & 11.15am.

Club Matchplay: First day scheduled for Sunday March 24th with a draw for those present @ 9.15am. Please ensure that you are a paid up and registered member of the club in advance of the draw.

Over 50's: Results of Wednesday March 6th event in Tralee: Two Ball Scramble- First Nett: Dan O'Callaghan (Castlesland) & Roger Guthrie (Tralee) 38, Gross: Tony Blake (Tralee) and Robbie O'Brien Snr 45, Second Nett: John Murphy and Sean Ashe 42.

Membership: Prices for 2019 remain the same: Single Adult: €135, Family: €240 (Two Adults & Three Children under 18), Juvenile/OAP €80, Associate (for members of other PPUI clubs): €120. Contact Sean on 086 0508686 or Colm on 087 7673742 for more info.

Dr Crokes: Would be remiss of us not to wish our neighbours Dr Crokes the best in Sunday's All-Ireland Senior Club Final against Corofin in Croke Park. Safe journey to those travelling from club.



Alice O'Donoghue and Katie O'Sullivan, Volunteers at Killarney Mountain Festival, Basecamp in Killarney during the weekend. PHOTO: VALERIE O'SULLIVAN



John Hussey and his Daughter Juno Hussey, taking part in the Killarney Mountain Festival Children's Adventure Race and Treasure Hunt in Killarney National Park at the weekend. PHOTO: VALERIE O'SULLIVAN



## FARRANFORE MAINE VALLEY ATHLETIC CLUB

### Munster Schools Indoor Championships

The Munster Schools Indoor C'Ships were held in Nenagh during the week. Aine O'Shea (Mercy MountHawk Tralee) was third in the Junior Shot with a throw of 8.61m.

### National Schools XC Championships

The Irish Life Health All Ireland Schools Cross Country Championships took place in the picturesque surroundings of Clongowes Wood College, Kildare on Saturday March 9th with some exciting team and individual battles across all age categories. Shauna McCarthy was representing Killorglin Community College in the Intermediate Girls 3500m race. Ground conditions were very good with a flat course it was destined to be a fast paced race. Shauna got off to a good start placed in the top 40 out of 80 competitors as they headed into the first of two laps. Holding her steady pace she excelled through the wave of top runners to finish in 22nd place. She was very happy with her performance considering she was running with athletes almost twice her age. We would like to congratulate Shauna in what has been a very successful cross country season for her, winning individual national and two provincial team medals along with Munster and county wins. We would also like to congratulate Niamh O'Mahony of An Riocht AC who won the Intermediate Girls title in fine style.

### National Masters Indoor Championships

The National Masters Indoor Championships were held in Athlone AIT arena on Sunday 10th March. There was a great turnout from all age categories. Michael O'Connor had a great 3000m Race Walk to take 1st spot in a time of 18:14.26. Sean O'Shea continues to dominate his category to win the Shot Putt with a throw of 12.03m. Jim O'Shea, still competing at a high standard where age has no boundaries, took gold in the High jump 1.25m, and gold for the 60m Sprint in a time of 9.77sec. Jerome Foley (O55) had a battle in his hands when competing in the 200m sprint. It was a photo finish for second place where Jerome came out on top to claim silver in a time of 27.36sec. in the 400m Jerome again was second with a time of 1:01.26. Best of luck to our Masters athletes who travel to Poland representing Ireland in the World Indoors next week-end.

Maria McCarthy was first lady home in the Gneeveguilla AC 4KM road race in Rathmore over the weekend. Caitriona Barry was ninth lady home in the Duhollow AC 10 Mile road race which was held on a cold and windy Sunday Afternoon. Caitriona completed the distance in just over 71mins. Well done.

### County Juvenile Sports Hall Games.

The Kerry Athletics Indoor Development Sports Hall Games which will be held in Milltown on Saturday 23rd of March starting at 11am. Timetable is available to view on our website. Entries must be submitted through our club secretary. This is open to juvenile U9 to U12 Boys & Girls who did NOT win an individual medal at the 2018 Kerry County or Munster Juvenile Championships. You must be registered with the club in order to compete.



*Firies Boys U16 Community Games Indoor Soccer Team Kerry Bronze Medal Winners 2019.*

### CLUB TRAINING

Juvenile Indoors on Tuesday in the Sports Hall Farranfore from 6pm to 6:45pm. Open to all registered juveniles aged 8yrs (Born 2011) to 12yrs (Born 2006). €2 per session.

Secondary School / Senior training on Thursday's at 6:30pm in GAA grounds Farranfore. This is endurance build training. €2 club member, €4 non club AAI member.

Maria's Strength, Endurance & Flexibility Exercise Classes on Tuesday at 7pm in the Sports Hall in Farranfore. €5 per class

We welcome new members to come along to training and try it out. If you are happy you can register after two sessions. See our website for full details.

### ATHLETIC'S FIXTURES

Tue 5th Mar: Munster Schools Indoor Games, Nenagh Indoor Stadium

Sat 9th Mar.: National Schools XC, Clongowes Wood College, Co. Kildare

Sun 10th Mar.: National Masters Indoors, AIT Arena. Sat 23rd Mar: SIAB Schools International XC, Dublin. Sat 23rd Mar.: County Juvenile 'B' Sports Hall Games, Milltown 11am

Sat 30th / Sun 31st Mar.: National Juvenile Indoors Day 1&2, AIT Arena

Fri 5th Apr.: IUAA Outdoor Track & Field, AIT Arena. Sat 6th Apr.: National Juvenile Indoors Day 3, AIT Arena

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance. See Kerry & Munster Athletics website for full fixture lists & timetable for events.

## KILLARNEY SWIMMING CLUB NOTES

Congratulations to all our swimmers who took part in the Munster Development 2 Gala in Tralee recently with fine performances all round.

Girls under 12 – Jocelyn Hickey put on a class show, winning a trio of silvers in the 100 IM, the 200 freestyle, and the 100 freestyle.

Girls under 13 – Faye O'Neill took a stunning

gold in the 200 freestyle while Sarah McAuliffe won silver in the difficult 100 breaststroke.

Boys under 13 – Peter O'Doherty set the place alight with a gold in the 100 IM while Ian Coffey won silver in an exceptionally fast 200 IM.

Girls under 14 – Alison Butler won a lovely bronze medal in the 100 butterfly.

Boys under 15 – Nathan O'Connor won silver in the 100 butterfly while Ross O'Leary won three bronzes for Killarney in the 200 and 100 IM and the 100 freestyle.

Girls under 16 – Molly Whelan took a great silver in the 200 freestyle while Marnie Horan won a precious bronze in the 100 breaststroke. Thanks to our coach, John Edwards, and our Team Manager, Tony Whelan, and to all parents for travelling and taking part in timekeeping.

## MUCKCROSS ROWING CLUB EVENTS

Due to the limited events and race categories available at this weekend's St. Michael's HOR, the club has opted not to make the journey to Limerick. We are now eagerly looking forward to the start of the regatta season in April. The double header of Neptune and Commercial Regattas in Dublin will once again kick off the regatta season on the first weekend of April. The Schools Regatta will take place in Lough Rynn on Saturday, April 13 and closer to home, the Limerick Regatta is set for Saturday, April 27. Coaches will be in contact with rowers regarding priority events the club will be competing in.

### WEATHER

Once again, the weather prevented crews taking to the water last weekend in what has been one of the worst run of weekends for rowing training in many years. A big thanks to everyone who has patiently stuck with the gym sessions. Hopefully all the hard training will pay off when we make a return to the water. Perhaps some luck for St. Patrick's Day!





Shauna McCarthy representing Fannanfore Maine Valley AC who competed in the National Schools XC in Clongowes College, Kildare.

## SPA KILLARNEY HANDBALL CLUB

The AGM held on 25th February was well attended and the following officers were elected:

Chairman: Tadhg O'Sullivan

Vice Chairman: Pa Murphy

Secretary: Eoin O'Donoghue

Treasurer: James O'Brien

PRO: Aoife Walsh

Schools Officer: Fr Kieran O'Brien Health and Safety Officer: Conor Gleeson

The club continues to meet and play one wall handball (wallball) in Spa Sports Hall every Monday at 7pm and Friday at 8pm, (over 18 male and female) new members always welcome.

## FIRIES COMMUNITY GAMES

**INDOOR SOCCER:** A brilliant weekend for the U13 Girls and their coaches coming away with GOLD. A super team effort, well worth all the hard work. Thanks to the Girls - Katie Doe, Laura Flynn, Sarah Palmer, Kerri Breen O'Riordan, Aoife O'Sullivan, Emma O'Brien, Clodagh Moriarty and Aideen O'Brien and to their management and coaches of Bernie Doe, Jason O'Brien and Seamus O'Brien. Their first game was against Listowel, a good match in which the team came together very well. The Final was up against a very strong Kenmare side. After a slowish start the girls came back strongly to have a 2 goal buffer going into the second half which they held throughout the rest of the match. They now represent Kerry and the parish at the Munsters, here in Kerry



Furies Girls U13 Community Games Indoor Soccer Team Kerry Gold Medal Winners 2019.

over the Easter weekend so tentatively pencil it in too join the supporters bandwagon. We all wish you the best.

**CHESS:** A fantastic weekend was had also by our chess players. Entering two teams, U13 boys Jake Keating, Anthony Cremin, Jack Dicker, Sean Brosnan, Michael Allen and Issac Jones and U16 boys Micheal O'Sullivan, Kristupas Gricionas, Sean Galvin, Tristan Keating, Jack Costelloe and Luke Costelloe, they all competed superbly. The highlight was the winning of a bronze medal for the U16 boys. Most of the boys will still be eligible to compete next year which is exciting for them all. Thanks also to Peter Costelloe for his time and effort in coaching both teams.

**OUTDOOR SOCCER:** Boys U12 outdoor soccer will take place on the 28th April 2019 in Mastergeeha. Any boys interested please register with Maura 0876663702 ASAP, so trials can be arranged if needed. Soccer panel of 16 and boys must be U12 and over 9 on the 31st July 2019.

**DRAUGHTS:** A final shout out to all parents and children who may have an interest in Draughts. We are especially interested in parents who may wish to help out or impart a little knowledge through coaching. If this is you please contact Maura on 0876663702 ASAP for further information.

Draughts Competition is for U10, U12 and U14, Boys, Girls and Mixed with panels of up to 7. Draughts County finals are Sunday 31st March in Listowel.

**CROSS COUNTRY:** Cross Country U12 400M/600M, U13 1200M, U14 700M, and Marathon U16 6000M are on 7th and 9th April. Please contact Maura on 0876663702 ASAP for further information.

## KILLARNEY VALLEY ATHLETIC CLUB

The Kerry Juvenile Development Sports Hall Games will take place on Saturday, March 23 in the Nagle Rice Community Hall in Milltown at 11am. This competition is for U9 - U12 athletes only. Anyone interested in competing should give their name to Jean before Wednesday, March 20.

Our Fit for Life running continues on Mondays and Wednesdays at 7pm from Sem Hall. Walking group will remain on Wednesdays only, however all are welcome to join in the Strength & Conditioning session in the Sem Hall on Mondays at 7pm. Just bring water, a mat and €2 for the hall.

### TRAINING

Strength & Conditioning continues on Mondays at 7pm in the Sem for all members age 12 upwards. Bring a mat if you have one. Training for age 7-12 years continues on Thursdays at 6pm in the Sem. Please remember to bring €2 and water to all sessions.

Please keep an eye on your email and check our facebook page for any updated information.

## KILLARNEY RFC NEWS

### ST. PATRICK'S DAY PARADE:

This Sunday our minis will march in this years St. Patrick's Day parade. We will meet at the starting point on Mission Road at 1pm. For further details contact Minis Coordinator Liam Murphy on 087-4145662.

### SPLIT THE BUCKET:

Congratulations to our 5th winner Richard Fogarty who has won €416 from his ticket in Husseys Bar, High Street. The bar staff



have won €92 for their efforts of promoting. Congratulations to all! Best of luck to everyone in next week's draw from Husseys Bar. Just €2 per entry and guaranteed winners every week.

## ST ANNES BASKETBALL CLUB NEWS

### ST ANNES V GNEEVEGUILLA MATCH REPORT

U14 Boys Div 2 Shield

St Annes 40 Gneeveguilla 47

St Annes hosted their east Kerry rivals Gneeveguilla in a highly entertaining competitive game last Friday night in Farranfore. The first quarter was a close affair with 4 points from St. Annes Simon O'Leary and 6 points from the visitors top scorer, Sean Finnegan giving his side a 2 point advantage at 8-10. Gneeveguilla pressed home their advantage in the second quarter to extend their lead and go in at the half time break, 9 points ahead at 12-21.

The home side were not going to give up without a fight and fought back into contention with 8 third quarter points from Colm Riordan and 5 from Daithi O'Shea, which included a big 3 pointer, to reduce the visitors advantage going into the final quarter to 3 points at 29-32. The final quarter was basket for basket, with another 3 from Daithi O'Shea being cancelled out by a 3 from Sean Finnegan, leaving 2 points between the sides with 3 minutes to go. However Gneeveguilla pressed home their advantage with further baskets from Stephen Dalton and Cian O'Leary to see them win by 7 on a final scoreline of 40-47, in what was a fantastic advert for sporting, competitive basketball.

St Annes(40): Colm Riordan(12), Daithi O'Shea (10), Simon O'Leary(8), Michael Fitzgerald(6), Robert Kelly(2), Rian Brosnan(2). Gneeveguilla(47): Sean Finnegan(18), Cian O'Leary(9), Stephen Dalton(6), Sean Hurley(6), James Doyle(4), Tomas Brosnan(4).

## GNEEVEGUILLA ATHLETIC CLUB

Lotto: No winner of our lotto draw 08/03/2019, numbers drawn were 5, 7, 11 & 26. Sellers prize winner Margaret Hayes, €50 Y/T prize winner Nora Flynn Dept of Justice, €50 to Mary & Josie c/o Mgt Hayes, €40 to Shelia & Bob Howard Lakevale, Eamonn O' Sullivan Sliabh Luachra & Daniel Cronin Lisheen. Bonus not won numbers drawn were 3, 10, 16 & 27. Next week's jackpot €17,400 plus €1,000 bonus.

All Ireland Masters: Held in Athlone on Sunday last Shelia o' Donoghue O50 1st WOF, 2nd Shot; Eileen O' Riordan O45 1st WOF, 3rd shot; Annette O'Brien O45 1st High Jump

Irish colleges Cross country: Saoirse Tompkins had a great race in The Irish Colleges Cross Country held on Saturday last.

Rathmore 4K: Held on Saturday 9th, another great success by the club. Many thanks to our working committee, The management and staff of The Bridge Bar & The Astro Turf for the use of the premises.



U10 Girls coach Emer Riordan.



U10 Boys Coaches Sean Griffin and William Harmon.



At the presentation of prizes of The Gleneagle Squash Club monthly competition sponsored by Killarney Credit Union were front from left, Lucy Brosnan, Elma Culloty (Killarney Credit Union Operations Manager), Miriam Murphy, Farook Khan, captain of winning team, Eamonn Bowler, Tim O'Leary and Bernice Enright. In second row from left are Mike O'Donoghue, Mike Crowley, Ryan Kavanagh, Denis Reidy, Ger Foley, Mary O'Callaghan and Jerry Lane. Back from left are Sharon Brosnan, Connie Doyle, Kevin Smith, Donnagh Crowley, Mike McCarthy and Sean Lane. PICTURE: EAMONN KEOGH



# KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO



## Kerry face Mayo in Round 6

The Kerry Senior Footballers are back in action next Saturday when they face Mayo in Austin Stack Park at 7pm, this is a sold-out fixture. Those lucky enough to have tickets will have access to the grounds from 5pm onwards. The tickets are for general admission so those arriving early will have access to the Stand. Please note once the covered stand has been filled, the stiles accessing the covered stand will be closed. Patrons will then enter through the 'Horan's End' stiles for access to the uncovered stand, the terrace and the roofed terrace. Therefore, if people want to sit in the stand they will have to come early and it will not be possible to hold seats for people arriving late as there will be no access to the stand once the main stiles close.

The crowd will be entertained while they await the throw in by the brilliant Liam O'Connor and band. Again, three car parks have been made available – those traveling from Limerick, Killarney or South Kerry are asked to park in the car park beside the Rose Hotel. Patrons travelling from Listowel are asked to park in the grounds of Kerry college of further education on Clash Road. Patrons travelling from the Abbeydorney direction should park in the Kingdom Greyhound Stadium. The Austin Stack Park Committee and Kerry County Board thank all those who made their grounds available for parking. Patrons are asked to park responsibly and not to obstruct private dwellings. Peter Keane will be announcing the team on the Kerry GAA website on Friday March 15th at 8pm. The match programme will be on sale at a number of places around the grounds, proceeds of which are going to the Austin stack park committee.

## Best of luck to Dr Crokes

Next Sunday Dr Crokes face Corofin in the All Ireland Senior Club Final. The game throws in at 3.45pm. Barry Cassidy is the referee and there will be extra time if necessary. Tickets are on sale online for 20 Euro and admission for U16s to the Cusack Stack is 5 Euro. We wish the team and management every success on St Patrick's Day!

## Referee's Foundation Course

A final course will take place in the Centre of Excellence, Currans on Friday 29th March and 5th April at 8pm. Referees must attend both nights. Also welcome to attend is any referee who missed one night in the previous Foundation Course or any referee who wants to brush up on the rules. The course will finish around 9.30pm and there will be light refreshments.



Aherns Castleisland, Brand ambassador, David Clifford collecting his Opel Grandland X from Paul Ahern Dealer Principal and Barry Ryan sales manager.

## GAA Gaeltacht Scholarship 2019

Kerry GAA in collaboration with Munster Council, District Boards and Colaiste Chorca Dhuibhne are offering a limited number of part scholarships to youth members of GAA clubs. These GAA sponsored part scholarships for club youth members (age 12 to 17 yrs.) enables those club members participate in residential courses and improve their Irish language base through Cúrsaí Gaeilge in Chorca Dhuibhne area of West Kerry during summer months.

In the past our young club members who participated in the Cúrsaí Gaeilge enjoyed the experience of improving their Gaeilge through lessons, sport, music, song and dance in the cultural, heritage and interesting environment of Chorca Dhuibhne Gaeltacht.

Interested applicants can obtain Application Forms from District Boards Runaí from Wed. 6th March onwards with closing date set for 20th April. In relation to Club Registration of Players, Team Amalgamations and the Structure of the District Boards within the county, the District Board Review Sub Committee will hold a series of consultation meetings during March & April with the Chairpersons and Secretaries of the District Boards and the Chairpersons and Secretaries of the clubs affiliated to the District Board on the following dates:

Wednesday March 20th at St. Mary's Cahersiveen for South Kerry Football Board

Wednesday March 27th at Fossa for East Kerry Football Board, Kenmare District Board & South Kerry Hurling Board

Wednesday April 3rd at Laune Rangers Killorglin for Mid Kerry Football Board

Wednesday April 10th at Páirc An Ághasaigh, Dingle for West Kerry Football Board

Wednesday April 17th At Austin Stack Park for Tralee District Board and St. Brendan's Football Board

## National Club draw Kerry winners

The National Club Draw was held on Wednesday last 6th March in Croke Park with great news that

the 1st prize of a Renault Clio was won by Kathleen Finnegan, Glenflesk GAA. The 5th Prize of an All Ireland Football & Hurling Final Package was won by Sean Burke Kilcummin GAA. Cordal GAA won 1,000 euro club prize for clubs in Kerry who sold 200 tickets or more. The total funds raised by the 15 Kerry clubs who took part was 38,050 Euro.

## Coiste Scor Chiarrai Trath Na Gceist Quiz

The County Finals of Scor Chiarrai Trath Na gCeist took place at the Centre Of Excellence, Currans on Friday evening last with a place at the All Ireland Finals awaiting the winners. 14 teams from around the County took part; St. Pats, Churchill, John Mitchels, Ballymacelligot, Currow, Tralee Parnels, Annascaul, Laune Rangers, Asdee, Rathmore, Spa, Abbeydorney; (10 rounds of 8 Questions) and at the end of a pulsating competition it was last years All Ireland champions Churchill; Mike Gaynor, Paul Culloty, John Flaherty and Dermot Crowley who led from the beginning obtaining full marks and progressed to yet another All Ireland Final.

Laune Rangers, Aidan Clifford, Gerard Clifford, John Clifford, Andrew Pigott and Spa, Seamus Clifford, Michael Aherne, Jimmy Darcy, John O Donoghue were in joint second place on 75 marks with former 3 time All Ireland champions Rathmore; Donie O Leary, Tony Moynihan, Dan Vincent O Connor, Paul Horan just a point adrift.

St Gerards College Castlebar, County Mayo will be the venue for the All Ireland Finals on Saturday April 13th with a starting time of 11am.

## Kerry Supporters Club AGM

The AGM of the Kerry GAA Supporters Club will take place on Tuesday 19th March in Ballygarry House Hotel at 8pm. All welcome especially new members!



## MILLTOWN/LISTRY GAA CLUB

### 31 CARD DRIVE

We had some more new faces at our Progressive 31 Card Drive on Tuesday last. Why not join us on this Tuesday in Nagle Rice Community Centre at 8.30 pm for some great cards - whilst enjoying Barry's Tea and Larkins Brack!

Winners from Tuesday March 5 th were:

1st-Tony Marshall & Denis McCarthy 2nd-Padraig Breen & Pat Murphy, 3rd-Mary O Sullivan & Johnny O Se

Raffle Winners:

1st: Mary Kissane 2nd: Tony Marshall and 3rd: Padraig Breen.

Comhghairdeas do gach duine agus mile buíochas.

### GET WELL WISHES

The club sends its good wishes to all those in our community who are presently un well. We wish you all a speedy recovery to full health.

### ST. PATRICK'S DAY PARADE

We are looking forward to seeing as many of our club members walk with the club in the St. Patrick's Day Parade. 'Ní neart go cur le chéile.'

### KERRY MINOR LADIES

Comhghairdeas to all four girls from the ladies club in Milltown Listry who were part of the Kerry Minor Ladies team that defeated Tipperary on Saturday last. Mairead Lehane was the captain of the team with Clodagh Evans, Caoimhe Evans and Ella Teahan all playing their part in a thrilling victory.

### KERRY SENIOR LADIES

Go neirf an tadh le Ciara Murphy and Emma O' Sullivan from the Milltown Listry Ladies Club who are part of the Kerry senior panel that will take on Cavan in Kerins O'Rahilly's, on Saturday next. Throw in is at 2 pm.

### SCOR QUIZ TEAM SELECTION.

On this Wednesday in the clubhouse, we will hold a quiz to select a team to represent our club in the up-coming Scor Trath na gCeist. Children must be attending primary school and be a member of Milltown Castlemaine GAA Club. There will be participation medals for all contestants. Four team members (with the highest score) and two subs will be selected. The children will be mentored in preparation for the quiz competition. Bígí ann, Bígí linn!

### SENIOR B

Credit Union County Senior Football League Division 5A Round 1

Venue: Pairc an Aghsaigh, Dingle

Dingle 'B' 1-9 Milltown/Castlemaine 'B' 0-10

Credit Union County Senior Football League: Division 3, Round 1-Report by Dara O'Connor.

Ballydonoghue 1-9 Milltown/Castlemaine 0-9

### FIXTURES FOR THE COMING WEEK

Saturday the 16th March Minor Football League Div 3A: Round 4

Churchill vs Milltown/Castlemaine in Churchill at 3pm. Monday the 18th March -U12 Challenge Match Milltown/Castlemaine vs Kilcummin in Milltown at 3pm. U16 Central Region Div. 2: Round 1 Castlegregory vs Milltown/Castlemaine in Castlegregory at 6pm.



Listry Senior Football team who beat St. Senans in Division 3 County League game at the weekend.

## BEAUFORT GAA NOTES

### LOTTO

The next Beaufort G.A.A Club lotto draw for a jackpot of €8,000 will be in Galvin's Bar on Sunday, 17th March.

### SPORTS PREDICTION QUIZ

Thank you to everybody who supported the quiz. Thanks to the sellers who sold quiz sheets and Danny and Colm for composing the questions

### SENIOR B TEAM

Beaufort B team made history on Sunday 10th March as they overcame Legion B in the first round of the Div.5 County League. In wet conditions, Padraig Hallissey, Sean Foley and Kevin O'Brien did very well in the first half. However, it was a low scoring first half, with a goal and a point from Kevin O'Brien and another point from Padraig Cronin, leaving the half time score Legion 1-3 Beaufort 1-2. The second half got off to a slow start, with no score until the 10th minute, as Padraig O'Sullivan pointed for Beaufort to level the game. The impact of Danny Healy and Daragh Coffey was evident as they injected pace into the game. Despite Legion scoring the next point, Beaufort really got going and took control of the game in the last 15 minutes, with 1-1 from Daragh Coffey and further points from Sean Foley and Paudie Coffey. Danny Healy got the final score of the game as he got a goal just before the final whistle, securing Beaufort's first win in the county league on a scoreline of 3-6 to 1-4.

Beaufort team: Jason Foley, Keith Suter, Conor Breen, Kealan Cahill, Shane O'Sullivan, Rory Clifford, Sean Foley, Cormac Joy, Padraig Cronin, Mick O'Sullivan, Paudie Coffey, Kevin O'Brien, Padraig Hallissey. Subs: Padraig O'Sullivan for Cormac Joy, Daragh Coffey for Padraig Hallissey, Danny Healy for Padraig Cronin, Liam Curran for Rory Clifford

### U14 GIRLS

Well done to our u14 girls who got their season off to a great start on Saturday as they overcame Corca Dhuibhne in the first round of the county league. Despite dominating possession in the first half, Beaufort held a narrow lead of 2-4 to 1-2 at half time. A much improved second half saw Beaufort's forwards kick great points and despite Corca Dhuibhne's best efforts, Beaufort emerged as winners on a scoreline of 4-10 to 2-2. This win was a massive team effort with

great work by the starting 15 and all subs that came on.

### U12 GIRLS

The U12 girls got their preliminary round off to a start today with an away game against Scartaglin. In tough conditions, with a very new squad they got off to a slow start, but as the game progressed the girls settled into it which saw them put in a much better performance in the second half. The final score was Scartaglin 5-7 Beaufort 1-4. Well done to the girls and management.

## SPA GAA CLUB

### SENIOR CO LEAGUE RD 1

Spa 1-4 An Ghaeltacht 1-13. Spa struggled against the elements in west Kerry on Sunday and despite just two points between the sides at the break, An Ghaeltacht won out well in the end. Spa Team: David Carroll, Brian Lynch, Eoin Fitzgerald, Brian Devane, Ciaran Spillane, Niall O'Mahony, Shane Cronin, Liam Kearney, Mike McCarthy, David Spillane, Mike O'Donoghue, Ryan O'Carroll, Cormac Cronin, Andrew Garnett, Evan Cronin. Subs: Niall McCarthy, Conor Stack, Bryan Russell

### MINOR CO. LEAGUE

Spa 1-10 Scart/Cordal 1-11. Our minors travelled to Cordal last Saturday and in a game that could have gone either way, we lost by the narrowest of margins. Wishing our injured players a speedy recovery. Spa Team: Ollie Cremin, Matt McAuliffe, Connie Cremin, Sean Hickey, Thomas Cronin, Michael Kearney, Diarmuid Cahill, Liam Spillane, Alan O'Sullivan, Oisín Walsh, Keith Myers, Michael Horgan, Róiri O'Connor, Calm Neher, Sean O'Sullivan

### UPCOMING FIXTURES

- U12 Girls Spa v Glenflesk this Tuesday March 12th at 5.30pm (in Spa)
- Minor Co. League: Spa v St Michaels Foilmore in the final round this Friday March 15th at 6.15pm (in Spa).
- East Kerry Senior League: Spa v Kilcummin (back game) will go ahead this Sunday March 17th at 11.30am in Kilcummin
- Ladies Co. League Div 1 Spa v Scartaglin on Monday March 18th at 4pm (in Scartaglin)
- Kerry Petroleum Intermediate Championship Rd1 Spa v Templenoe on Sunday April 7th at 2.30pm in Fr Breen Park, Kenmare



## ST PATRICK'S DAY PARADE

All members are invited to dress up in your club colours and march with us next Sunday March 17th! The theme for this year is Circus. For juveniles dress-up is not necessary but we would encourage you to dress your child from the shoulders up, for example clown wigs, face paint, red noses. Everyone also please wear your club colours on the day. Everybody is welcome to march - children and parents alike. We will be meeting on Mission Road at 13:15. Hope to see you there!

## LOTTO RESULTS 04/03/2019

1, 16, 25, 27 - No Winner and €500 Lucky Dips to Kathleen Kelly, Aisling O'Donoghue, Pat Kissane, Maura McCarthy and Marguerite Brosnan (annual ticket holders draw). Next draw on March 11th is at Jimmy O'Briens and the JACKPOT is now €8,100. Tickets at usual outlets or play online at spagaa.com

## SPA GEAR

The Spa Merchandise Shop is open on Saturday mornings from 10-11am and has a range of adult and juvenile club gear for sale. For enquiries contact Mathilda on 087 6487356 - and we also aim to have Spa gear available through the website in the coming weeks.

## SPORTS HALL & MEETING ROOM HIRE

For bookings and enquiries please contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508

## REGISTRATION

Registration for ALL members - adult and juvenile - is ongoing and will be available until March 31st. The registrars are in the clubhouse reception from 7-9pm on Thursday nights and in the Sports Hall from 10-11am on Saturday mornings or registration also available online at [www.spagaa.com](http://www.spagaa.com). NO registration will be accepted after March 31st.

## 31 CARD DRIVE

Reminder that the FINAL of the 31 Card Drive Championship of Kerry will take place on Friday March 22nd in the Torc Hotel.

## SCÓR

Scór Sinsear: Well done to our Scór Sinsear Quiz Team who came joint 2nd with Laune Rangers, scoring a very impressive 75 out of 80 in the Kerry Co. final last Friday. Best of luck to Churchill who go forward to represent Kerry in the Scór Sinsear All Ireland final in Castlebar on April 13th.

Scór na bPáistí: Best of luck to our competitors in the East Kerry Final in Fossa next Saturday March 16th, starting at 12noon: Solo singer-Ava Duggan and Set Dancing - Siofra Brosnan, Jess O'Sullivan, Aine O'Sullivan, Ciara O'Donoghue, Dara Brosnan, Diarmuid O'Donovan, Oisín O'Sullivan and Colm O'Connor.

## WALKING TRACK

Reminder to all members that the track is open for walkers during the day and is also lit up every Thursday night from 7-9pm. Track is open to members only and NO dogs allowed.

## JUVENILE TRAINING

Our ABC, U6, U8 and U10 boys and girls training continues every Saturday morning from 10am. Well done to the U8 boys and girls for competing in a fun game against An Gaeltacht on Sunday. Juvenile registration is

ongoing and U6s are free. New members are always welcome. For more information on training times, please contact the Coiste na nÓg Secretary on 0871385612.

## SPA LADIES

Congrats to the Kerry Minor players and management in their first outing and special mention to Mairead Bennett and Cassandra Buckley. Hard luck to Linda Bruggener who played in goal for UCD last weekend but lost to UL in the O'Connor Cup Colleges Final.

## GOOD LUCK

Best of luck to Dara Moynihan and the Kerry team and management against Mayo next Saturday night March 16th in Rd 6 of the National League.

## BEST WISHES

Best of luck also to our neighbours Dr Crokes v Corofin in the All Ireland Club Final next Sunday March 17th

# BALLYHAR-FIRIES GAA

## 2019 MEMBERSHIP:

There was a great turnout at Club registration day on Saturday last and thanks to everyone who came and help organise the day. We want to wish all our teams all the best for the year ahead and want to welcome all new and old members into the club. If you were unable to attend on the day and want to register, you can make contact with any club officer/ Mentor or Member and they will be able to give you further details. We would like to thank Murphy sports who were there on the day with club gear for sale, and if you require any further gear, call into them in Castleisland.

## COISTE NA NOG

The Firies GAA Coiste Na Nog will hold their annual table quiz on Friday the 22nd at 8.45 in Sheehans Bar Firies. Team of 4 (€40). All support on the night will be greatly appreciated and any money raised will go back into the running of the Coiste Na Nog club for the year ahead. Under 21 East Kerry Championship Final.

Best of luck to The Firies U21 team as they take on Scartaglen/Cordal in the Final on Friday Night. It would be great to get as much support as possible behind the team on the night. All Ireland Senior Club Final.

We wish Dr Crokes the best of luck on Sunday against Corofin of Galway in the All Ireland Senior Club Final In Croke Park.

## LOTTO

Last weeks number were 3, 14, 17, 28.

No Jackpot winner

€30 winners were

Noreen O'Connor c/o Aherns

Rachel Hoctor Firies

Darragh Donoghue, Farranfore

Mike McKenna Signs

Hannah O'Callaghan Leamnaguilla

Next weeks Jackpot €9,500 in O' Keeffe's Bar Firies draw will take place Friday night 15th March. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

## FIRIES VS FOSSA - SENIOR FOOTBALL LEAGUE DIVISION 3, ROUND 1

Firies made there long overdue return to division 3 of the Kerry county league after a 6 year absence. The first game in the division was against a club we have played many a time over the last few years and came out on the wrong end on any an occasion But Firies got the upper-hand today in a game at home in Farranfore, that was very much influenced by the elements. Firies played with the elements in the first half which included a strong breeze and the occasional shower of hailstone. It took Firies until the 15th minute to register their first score of the game, a point from Donnacha O' Sullivan. Fossa replied 5 minutes later to level up the game, which was to turn out to be their only score in the first half. Firies scored 3 more points in the next 6 minutes from Limerick Inter county player Padraig De Brun, Kerry Intercounty player, Jack Sherwood and Diarmuid O' Mahoney. The final score of the half was a well worked team goal scored by Donnacha O' Sullivan. Half Time Score was Firies 1-04 to Fossa 0-01. Firies started the second half as the finished the 1st with 2 great points, the first from De Brun after 3 minutes and a fisted effort a minute later from Mike Daly. These points were to prove crucial at the end of the game as it was all fossa for the next 22 minutes as they scored 1-3 without reply. The goal was scored for Fossa by Matt Rennie. Fossa could have had a second goal during this period, only for a good save from Colm O'Shea. The score was now 1-06 to 1-04 in favour of Firies after 56 minutes played. Firies got back into the game with points from Donnacha again in the 57th and again 2 minutes into injury time. During this time, Fossa also added two point to leave the final score Firies 1-08 to Fossa 1-06. A great start for a young Firies team and the new management team in a division that is going to be very competitive with many local derby games throughout the season and where winning our home games will be crucial. Next up For Firies is a journey to Listowel on the 24th March, who had a win over Lispolle today. Team: C O' Shea, D Brosnan, D O'Shea, Josh Flynn, S Foley, N Donohue, P O' Connor, J Sherwood, C O' Mahoney, P Daly, P De Brun, L Brosnan, D O'Sullivan, D O'Mahony, M Daly. Subs: J' O Rourke, Jake Flynn, C Murphy, P O'Mahony, Sean Burke, D Donoghue, E Cosgrave, C O'Callaghan, T O' Shea, S Cooper, Shane Burke

Management: D Moynihan, P Cronin, E Kennedy Results:

Minor Co League - Firies 2-18 An Ghaeltacht 1-12

Senior Co League - Firies 1-08 Fossa 1-06

Fixtures:

East Kerry U21 Championship Final Firies Vs Scartaglen/Cordal (Friday, Time and Venue TBC).

Minor County League Firies Vs Dingle Farranfore (Saturday at 3pm)

## LADIES FOOTBALL

Our under 14 welcomed Legion to Farranfore on Sunday but unfortunately lost. Hopefully we will get back to winning ways again next week and build on our win over Churchill the



previous week.

Well done to Katie Brosnan who was part of the Kerry Under 16 team that defeated Tipperary on Sunday.

Well done to Chloe O'Connor who was part of the Kerry Minor team that defeated Tipperary on Saturday

## DR CROKES CLUB NOTES

### BEST OF LUCK

We wish our Senior Team and Management all the best for the All Ireland Senior Club Final in Croke Park on St Patrick's Day. We wish all our supporters a safe journey to and from Dublin and to all who travelled from abroad.

### SATURDAY MORNING ACADEMY

The Saturday Morning Academy has recommenced for 2019 on Saturday mornings with Hurling from 10:00am - 10:40am and Gaelic Football from 10:45am - 12:00pm. Come join in the fun, make new friends and experience the superb coaching on offer. Plenty Fun & Games. NEW MEMBERS ALWAYS WELCOME

### SENIOR TEAM - 2ND AND 3RD TEAM TRAINING

Senior Team training for 2nd and 3rd teams will be on Friday evenings at 7pm.

Progressive 31

Progressive 31 takes place every Wednesday in Crokes Clubhouse. It will start at 8pm. You will need to bring money and a partner €5 per person.

### CLUB MEMBERSHIP

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

### DANCING WITH THE CROKES

Save the Date : March 29th in the INEC #DWTC Tickets now on sale now and are available from the Dancers, Vince Casey Office, Tatler Jack or online at [www.drcrokes.com](http://www.drcrokes.com)

### LOTTO

Lotto 7, 19, 26, 28. Jackpot E3600 Not won Match 3 4 by E100. Next draw Tuesday 19th of March in Tatler Jack. Jackpot E3900

## LEGION GAA NEWS

### UPCOMING FIXTURES:

Minor County League Rd 3  
Killarney Legion v Laune Rangers  
Saturday 16th March @3pm  
Div 1 County League Rd 1  
Killarney Legion 3-11  
Daingean Uí Chùis 1-6

A great start for Stephen Stack and his team in very testing conditions, Legion got off to a good start with an array of points from play from all over the pitch. Some great passages of play throughout the field saw two well taken goals from Pdraig Lucey and Jamie O'Sullivan which saw legion go in well on top at the half time whistle on a score line of 2-07 to 0-2. The second half saw Legion continue from where they left off with an early point just after the throw in from Finbarr Murphy. However the game was over mid way through the half with

a fine individual effort by Conor Keane which hit the top corner of the net. Dingle to their credit pressed on and were rewarded with a goal of their own as the game neared its end. By the final whistle Legion ran out comfortable winners with a 9 point margin, 3-11 to 1-6.

(Team: B Kelly, D Doherty, D Sheahan, C Gammell, J Lyne 0-2, D O'Sullivan, R Leen 0-2, P Lucey 1-0, B McGuire 0-1, F Murphy 0-1, J OSullivan 1-3, K Breen, P McCarthy, C Keane 1-1, K Slattery, Subs: J O'Neill 0-1, A Slattery, S Keane, P O'Connor, C Sheahan)

### DIV 5 COUNTY LEAGUE

Beaufort 3-6

Killarney Legion 1-4

History was made for Killarney Legion when we fielded our first Division 5 team in the County League away to Beaufort on Sunday. Played in difficult conditions our Legion lads put in a great effort and really deserved to come away with a result. This was an entertaining and competitive encounter and Legion went in at half-time leading by a single point after conceding a goal just before the whistle, 1-04 to 1-03. The second half saw Legion take the game to Beaufort and worked really well to maintain the single point lead with 10 minutes left on the clock. Then disaster struck when a Mike Pierce injury gave Beaufort the advantage with them scoring two late goals to win the match. Although losing in the end this was an encouraging start to the campaign and we would expect to see this Legion Division 5 side improve with each match to come. We wish a speedy recovery to Mike Pearse.

### MINORS DIV 1 RD 2 COUNTY LEAGUE

Dr Crokes 1-5

Killarney Legion 0-15

Our minors travelled over the road to Dr Crokes in what was a great display of football. Going in at half time on a score line of 0-7 to 0-1 in favour of the travelling side Killarney Legion. A second yellow for Ryan Grady very early in the second half, showed Crokes rally and get an early goal. Legion dug deep with some impressive defensive work and great team play all over the pitch saw Legion win out deserving winners on a scoreline of 0-15 to 1-5 to Dr Crokes. All the hard work being put in by Alan O'Neill and his selectors was evident on this outing. Well done lads.

(Scorers- D Fleming 0-1, R Grady 0-4, A Kissane 0-1, T Doolan 0-1, E O'Sullivan 0-3, O'Leary 0-2, E Smith 0-2, D Lyne 0-1)

Well done to our Kerry U-16 manager John Doona, and our own legion Ladies Keri Ann, Clodagh & Ashling who defeated Tipperary in Fitzgerald Stadium, a great start to their campaign.

### JUVENILE ACADEMY

The Juvenile Academy has now started up, on every Saturday morning @10:30am in Direen. Come along for good fun and an opportunity to improve your football skills. Any queries please contact Ted on 087-6678315.

### KILLARNEY LEGION GAELIC4MOTHERS

Circuit Training continues every Monday night at the clubhouse @7:30pm, all Ladies welcome.

### REGISTRATION

Registration is open now, you can renew

online on our website on [www.legiongaa.com](http://www.legiongaa.com), deadline is March 31st.

Congratulations to Pat & Nora Kissane who celebrated 40 years of wedded bliss at the weekend & Happy 21st Birthday to Mike Pearse. Best wishes to our neighbours Dr Crokes in their All Ireland Final bid on St Patrick's Day v defending champions Corofin of Galway.

### LEGION LOTTO

1-5-19-28

Match 3's

Paudie & Joan Mangan, Coolcorcan

Aine O'Callaghan, Knocknahoe

Dan McCarthy, Killarney

Tadhg Carroll, 37 Countess Grove

Pat Fleming, 21 Arbutus Drive

Jackpot €4,800, Next draw Monday 18th March @9pm Murphys Bar

## EAST KERRY GAA NEWS

by Michael O'Mahony

East Kerry U21 Championship 2019

Finals

(13/15 a side)

Neutral Venue

Extra time if necessary

East Kerry U21 "A" Championship

Firies V Cordal/Scartaglen

Friday 15th March venue to be confirm

East Kerry Scór na bPáistí Final takes place this saturday March 16th at Fossa Hall at 12noon  
Best of luck to Dr Crokes in All Ireland senior Club Championship Final in crokepark on this sunday st patrick Day parade March 17th

## LISTRY GAA

**DEEPEST SYMPATHY:** Listry GAA would like to express deepest sympathy to Laura Doyle and family, The Power family on the untimely death of Gareth Doyle RIP, Ballymalis

**KERRY LADIES MINORS:** Congratulations to Kerry Ladies Minor Captain, Mairead Lehane and team on the victorious win last Saturday V Tipperary Kerry 3.09 Tipperary 2.09, in the Munter Minor U16 Championship.

LISTRY LOTTO RESULTS: Numbers Drawn:1,6,12,22

€100 - Cath O Conor, Firies

€50 x 2 - Susan O Keeffe, Fossa. Tracey Breen, Rockfield.

€25 x 2 - The Kennedy's, Kilbonane. Mary Tangney.

Draw Entrant; Martin O Grady, Ardshanavooley. Next Sunday 17th March jackpot €11,950

**SENIOR FOOTBALL RESULTS:** Listry Senior team meet St. Senan's in Listry last Sunday 10th March in Div 3 Co. League, Listry 0.09 St. Senan's 0.04

**MEMBERSHIP** 2019: Membership now due, closing date 31st March, forms can be downloaded form our website, [www.listrygaa.ie](http://www.listrygaa.ie)

**FUNDRAISING:** We are currently looking for members to assist in selling page adverts for the 'Night at the dogs', costing €150. This fundraising event will take place on 9th November in Tralee Greyhound Track in aid for the building of our new sportshall on Listry pitch. Please contact Anthony 087 2215059.



## LAKERS RECORD IMPRESSIVE WIN IN DUBLIN

By Eamonn Keogh

Kubs Dublin 58

Scotts Lakers Killarney 75

SCOTTS Lakers enjoyed a great win on the road with an impressive 17 point victory over Kubs Dublin in The Carroll Arena, Greendale, last Saturday night. It was a great all-round team performance by the Killarney side in a low scoring encounter where their superb defense was a crucial factor in securing the win.

Regular head coach Cormac O'Donoghue was unavailable for this tie but team manager John Brosnan stepped up to the challenge to guide the Lakers to another victory. Big baskets from Sean O'Brien and Andrew Fitzgerald helped the Killarney side to a narrow 15-14 lead at the end of the first quarter.

Elijah Tilman and Sean Daly were the main threats for Kubs but Papito Hersisia, Seamus Brosnan, Mark Greene and Sean O'Brien were prominent to keep Scotts Lakers 31-26 in front at half-time.

The Killarney side gained a firm grip on proceedings early in the third quarter and a tactical switch to a 1-2-2 zone defense paid handsome dividends. They completely shut down the scoring threats from Kubs and went on an impressive 12-0 scoring run to widen the

gap on the scoreboard.

Andrew Fitzgerald was enjoying his best game of the season under both boards while Sean O'Brien, Seamus Brosnan, Mark Greene and Cian Clernon added great baskets to push the Lakers into a commanding 55-40 lead entering the final quarter.

Two huge three-pointers from Seamus Brosnan followed and with Fitzgerald and O'Brien continuing to impress, Scotts Lakers were never troubled in the final quarter and enjoyed a comfortable 17 points to spare in the end.

Scotts Lakers: Sean O'Brien 23, Andrew Fitzgerald 18, Seamus Brosnan 14, Papito Hersisia 10, Mark Greene 6, Cian Clernon 3, Dailian Mason .

Kubs: Elijah Tilman 19, Sean Daly 9, Stephen Ingle 8.

### HOME GAME

Following the victory over Kubs, Scotts Lakers have a 18-5 winning record and will finish second in the southern conference behind Ballincollig (21-2) who defeated Eanna (21-1) last weekend.

The second place final position on the northern conference is still up for grabs with Sligo All-Stars and Dublin Lions both enjoying a 16-6 record. With this in mind, Scotts Lakers home

game against Sligo in Killarney Sports Centre on this Saturday March 16th is a big game for the visitors from the north west. Likewise, Scotts Lakers will be hoping to finish the regular season on a high and have a few victories and winning form entering the forthcoming play-offs.

Having enjoyed some notable wins lately, Sligo will travel to Killarney in confident form and will look to the likes of IT Sligo American Victory Scholars Zack Yonda and Connor McClenaghan as well as Tobi Brockmann, Inigo Zabalo, Cian Lally, Oisín O'Reilly, Emmet Keogh and Jesus SanMartin. The visitors are coached by Shane O'Meara, son of the late Pat O'Meara, a native of High Street, Killarney. Tip-off in Killarney Sports Centre is at 7.30 pm.



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Munster U16 Development Cup Quarter Final

# Last minute victory for Killarney

Killarney 7 - Carrick on Suir 5

A strong imposing Carrick on Suir team travelled to Castleisland to take on Killarney in this intense quarter final encounter played in atrocious weather conditions on Sun 10th.

Killarney played with the strong elements at their back in the first half and after some initial even exchanges launched a telling attack from their own half. Scrum half Peter Walsh fed Donnchadh Grealy who broke the defensive line, Ozdenis Koyun continued the move before releasing fellow centre Tomas Clifford whose arching run outpaced the scrambling Carraig rear guard. The slotted conversion proved very important in the end. Killarney found it difficult to harness the elements and add to their advantage as primary possession was eluding them. Carraig totally dominated lineout exchanges and their large pack mopped up any isolated runners. Mid way through the half Killarney did threaten the line, cleverly running a number of penalties that resulted in Darren Cronin and Dan Twomey finding a gap out wide on the left before linking with fullback Liam Randles who cut back at speed but was hauled down just short of the line. A stopstart first half petered out in a hailstorm and the speed of the lads sprinting to the dressing room on the halftime whistle was commendable.

It certainly looked at this stage that a 7 point lead would not be enough for victory. Now with the wind at their back Carraig kicked long



from the restart and following a well worked line out reversed a pass to their hulking prop Sean Mullarkey who crashed over in the corner. The conversion missed narrowly. Enjoying the majority of possession the visitors chased a lead but found a tough defensive line difficult to breach. Props Rob Nealon and Adam Cronin tackled bravely with fellow forwards Brendy O Donoghue, John McCarthy, Czgengis Koyun, Shane McAllister and Mike O Donoghue competing ferociously for hard yards. Carraig put trust in their backs to finish and on several occasions came close. Try saving tackles were made by ever valiant Padraig Talbot, Liam Randles, Donnchadh Grealy, and Mikey Moriarty. Cleverly Killarney slowed down the tempo, kicked low into the wind and ran any scrum wins up blindside avenues to gain yard

and lift the siege. The pressure mounted even further when Killarney were reduced to 14 men for a second illegal tackle for the remaining minutes. Now camped in the 22 Carrick turned down opportunities to kick penalties and persevered in moving ball wide but were ultimately unable to unlock the home defence. One final knock-on brought joyous roars from the Killarney faithful who had braved the elements. The final score Killarney 7 Carraig 5. Major thanks to Castleisland R. F. C. who made their superb facilities available on short notice and on this occasion a word of recognition for Manager John O Connell who managed to get the fixture played. Killarney now play in the semi final in two weeks time against Waterford or Nenagh.

## Spa Muckross Community Games Notes

**INDOOR SOCCER** Well done to our U13 boys who won the County Finals in Duagh last Sunday. We drew Kenmare in the semi final and after a very competitive match we ran out winners 4 goals to 2. In the final we faced our local rivals Killarney who had defeated Currow in the first semi final.

The final was a great contest where both teams displayed great skills and desire to win.

Killarney scored first after a cagey first 5 minutes. Spa Muckross then settled and scored the next 2 goals and controlled the game until just before half time. Killarney equalized with a great finish — 2 all at half time and game on!

Spa Muckross dominated for long periods of the second half and their physical strength and rotation of players off the bench brought them to a 5 - 2 lead. Killarney did get a third a few minutes from time but

our lads held out for a deserved victory. Well done to Killarney on a great contest and thanks to all involved in Duagh for organising proceedings during the day.

Easter Saturday 20th April is the date fixed for the Munster Finals in Tralee.

A big thank you to the team managers Adrian Mccarthy and Dennis Doolan for all their hard work and commitment. Thanks to all the parents who travelled to support the boys.

Team - Caolan Mitchell, Oran O'Neill, Cian Russell, Cillian Murphy, Fionn Daly, Nathan Cronin, Luke Doolan and Joey Mccarthy.

**PITCH & PUTT** This is now an individual competition, unlike previous years where it was a team competition. The County competition will take place May 18th in Tralee Pitch & PUTT club. We need to have an idea of



Spa Muckross U13 boys indoor soccer team who won the County Final last Sunday. The names in the photo are Caolan Mitchell, Oran O'Neill, Cian Russell, Cillian Murphy, Fionn Daly, Nathan Cronin, Luke Doolan and Joey Mccarthy. Managers Adrian Mccarthy and Dennis Doolan.

numbers so if anyone is interested in entering please contact Emir on 0872258776. **MARATHON** The County competition will take place Tuesday April 9th. This 7km race is an

individual event at County level for the U16 and O14 age group. Please contact Emir before March 28th if you are interested in entering.





## SCHOOL BOY/GIRL SOCCER

### NOVEMBER 24TH NATIONAL CUP, EVENS AND GIRLS GAMES:

National Cup quarter final, Inter League and First Round Cup action the highlight: Skechers SFAI National Cup Last 8  
St Brendan's Park 1-0 Kells Blackwater  
Subway 12's Inter League  
Kerry 1-2 Desmond League  
Kerry 4-2 Desmond League (Development Game)  
John Murphy 12's Cup  
Dingle Bay Rovers 0-1 Inter Kenmare  
MEK 1-2 Killarney Celtic A  
Fenit 1-8 Killarney Celtic B  
Ballyhar 0-3 Killarney Athletic A  
Mastergeeha 6-2 Tralee Dynamos C  
Killarney Athletic C 5-2 Camp Juniors A  
Tom Hayes 14's Cup  
Dingle Bay Rovers 7-0 Fenit  
Killorglin B - Killorglin A  
Healy Family 15's Cup  
Listowel Celtic A 2-0 Killarney Celtic A  
Ballyhar 3-3 Killarney Athletic AET  
Athletic won 6-5 on pens  
Tucker Kelly 16's Cup  
Inter Kenmare 3-2 Killorglin B  
Dingle Bay Rovers 0-3 Iveragh United  
League Action  
JK Sports 12 Premier  
LB Rovers 2-4 Listowel Celtic  
Daly's Supervalu 13 Division 1  
Killarney Celtic B 2-5 Castleisland  
Mastergeeha 4-2 Inter Kenmare  
Killarney Plaza 15 Division 1  
Castleisland 1-2 Mastergeeha  
Girls Leagues

12's Listowel Celtic 1-3 Inter Kenmare  
14's Camp Juniors 2-1 Castleisland  
16's Listowel Celtic 6-0 Killarney Athletic  
Park 0-1 Fenit

Park reach stellar heights

### SKETCHERS NATIONAL CUP 15'S LAST 8

St Brendan's Park 1-0 Kells Blackwater

The Park 15's continue to fly the flag for Kerry soccer as they have reached the semi-finals of the 15's National Cup. They did this by defeating Kells Blackwater 1-0 at Christy Leahy Park. The goal came in the final minutes of the game when Odhran Ferris finished off a Nathan Rogers corner. Their win was even more remarkable as this Park side have just supplied 8 players to the Kerry 15's League of Ireland squad and had to call up a number of u14 players. The reward for the Park is a home tie in the Last 4 when Stella Maris will be the visitors to Tralee.

### SUBWAY INTER LEAGUE ACTION

The Kerry 12's put in another very good performance in the Subway Inter League but probably were just not clinical enough when going down 2-1 to Limerick Desmond at Mounthawk Park. Mathew Rogers got the Kerry goal.

Both Leagues also played a Development game and here Kerry were 4-2 winners with Fiana Bradley, Fionn Houlihan, Cian McGearlailt and Aaron Harty on the mark for the home side.

More qualifiers in the 12's Cup

The first round of the John Murphy Cup continued during the week with 6 more teams booking their place in the Last 16.

First up was the clash of Dingle Bay and Inter Kenmare. And the only goal of the game was scored by the visitors Liam O'Sullivan to put Inter through. MEK put in a great effort at home to Killarney Celtic A but it was the Hoops who progress 2-1. Noah O'Shea put MEK ahead but Odhran O'Shea levelled matters before the break. And it was man of the match Oisín Fleming that grabbed the winner in the second half.

Killarney Celtic B enjoyed a strong first half against Fenit B and carried that form through the second half to go into the Round 2 hat with Fenit B, like all the first round losers, bar Premier teams, go into the Shield. Sean O'Mahoney, Jake Downing, Ronan Fahy, Eoin Murphy, Pa O'Brien and Kevin Looney were on the mark for Celtic with Sean Jeffers replying for MEK..

Killarney Athletic A progressed after defeating Ballyhar at Murt Scott Park thanks to goals from Luke Doolan, Liam Hennigan and Caolan Mitchell. Goals from Szymon Jesinski, Brian McCarthy and Cillian Coffey made it a good day for the Woodlawn club as Athletic C defeated Camp Juniors 5-2. Sean Cox, Mathew Kennedy and Ronan McCarthy all scored twice in a 6-2 win over Tralee Dynamos C who had goals from Daniel Farmer and Ryan Onyekwere.

### DINGLE BAY THROUGH IN 14'S CUP

Dingle Bay Rovers are into the next round of the Tom Hayes 14's Cup after they saw off Fenit thanks to goals from Paddy Ryan, James Hoare and Sean Roche.

Killorglin A saw off their club mates on the B team 4-1 in the Cup. The A's goals came from Tim Mangan 2, Oisín Birmingham and Rian O'Sullivan. Listowel Celtic and Killarney Athletic through in 15's Cup

Listowel Celtic A defeated Killarney Celtic A at home in the Healy Family 15's Cup with the goals coming from Adam Segal and Sam Cooke. It was much tighter in the game between Ballyhar and Killarney Athletic. The game was tied at 3-3 after extra time with the Killarney side eventually progressing 6-5 on penalties. Athletic went 2-0 thanks to goals from Alex Hennigan and Sean Dineen. But Ballyhar hit back before the break thanks to a Luke Ring goal. Into the second half Ballyhar drew level through Hugh Walsh and then went ahead when Hugh Walsh scored. With five minutes to go things changed again when Darragh Looney scored to send the game into extra time. And with no more goals the game was decided on penalties with Athletic scoring all 6 and Ballyhar missing their last spot kick.

Inter into the 16's hat

Inter Kenmare will be in the hat for the next round of the Tucker Kelly Cup as they defeated Killorglin B by the odd goal in 5. Jamie O'Regan got 2 and Corey Murphy 1 at Inter progress.

Mastergeeha move level with Celtic B in 5th after a 4-2 win at home to Inter Kenmare who missed the chance to second if they had gotten the three points. Kieran Nagle, Emmet Spillane and 2 from Jack Tagney were the Mastergeeha goal scorers with Ollie and Neal O'Shea on the mark for Inter. Mastergeeha close the gap at the top of the Killarney Plaza 15 Division 1

This game away to the League leaders Castleisland was probably a must win for Mastergeeha and they did just that. Two goals from Colin O'Leary sees the Kilbrean side move to within two points of the leaders whose only goal came from Ryan Dennehy.

Inter begin Girls 12's League Phase 2 with a win: Inter Kenmare began Phase 2 of the 12 Girls League with a win over Listowel Celtic. These two sides are in the Top 4 Premier section with Killarney Celtic White who defeated Iveragh United last week. The goals for Inter came from Phoebe O'Shea and Helena O'Donohue but they needed their keeper Lucy Harrington to be in excellent form to secure the win. Laura Falvey got the goal for Listowel Celtic.

Camp claim the win in the Girls 14 Premier  
Camp Juniors will be delighted that their hard work has seen them claim a good win thanks to goals from Eabha Lyne and Sophie O'Connor as they saw off Castleisland 2-1.

### LEADERS LISTOWEL GO 5 FROM 5 IN 16 GIRLS

Listowel Celtic are the side that no one can beat at the moment in the 16 Girls Premier. They made it 5 wins from 5 after they saw off Killarney Athletic. The Celtic goals came from Melanie Higgins, Maura O'Keeffe and Kelly Enright.

Fenit move into second place after Katie Hussey got the only goal of their game against the Park from the penalty spot.

The 13's and 15's League of Ireland campaigns kick off this Monday.

The 13's are in Mounthawk Park at 2.30 with the 15's away from 3pm in Lissywollen.

Both Kerry sides will face Athlone Town in the opening round of a 10 Phase Round 1.



# Killarney Athletic A.F.C

## RESULTS

### GIRLS UNDER 16

Athletic travelled to Listowel on Saturday and came up against a very strong home team. After a good first half where we gave as good as we got it was 1-0 at half time despite us having a couple of good chances in the second half we struggled to clear our lines against a strong breeze and Listowel began to dominate and despite some staunch defending we conceded 4 more goals to leave the final score 5-0. Overall a good performance by our girls and definitely improving game on game with a bit of luck we could have been a lot closer.

### Under 15 Cup

Ballyhar 3 Killarney Athletic 3 after extra time. Athletic win 6 to 5 on penalties.

Athletic got off to a dream start with Alex Hennigan scoring after 2 minutes. A second followed from the boot of Sean Dineen in a well worked move. Ballyhar got one back before half time. Ballyhar started better in the second half and went ahead 3 - 2. Tense until the end when Dara Looney scored the equaliser in the last minute of the match. Extra time saw Athletic on top but failed to score and when Sean Dineen missed a header from 3 meters penalties became a reality. Both Athletic and Ballyhar scored their first 5 penalties, every single one a superb shot. Looking down the list who will take number six. Sean Dineen stepped up and dispatched it with a cool head 6 - 5. Unfortunately, Ballyhar missed the next one giving the victory to Athletic. Always tough on the losing team but Athletic probably deserved the win. A man of the match performance from Dara Looney who was excellent up front. Sean Dineen, Darren Ryan, Matthew Horgan and Matthew Hunt also doing well. Thanks also to the great supporters who turned up today they got their monies worth.

### Under 12 B

Killarney Athletic B 5 Camp 2

It was great contest for both teams, and was very enjoyable to watch, some lovely goals were scored and the quality of play was unreal. Our young blues were absolutely brilliant, they really worked together as a unit and all their hard work in training is paying off. Thanks to the Camp Juniors for very challenging match and to all parents for their continued support. Goals from: Szymon Jasiński and Brian McCarthy with 2 each and Cillian Coffey with 1.

### Fixtures

Kerry SchoolBoys/Girls

Saturday, 16th March

Under 12 Premier

Killarney Athletic v Killarney Celtic 10.30am

Under 12 Division 2

Tralee Dynamos v Killarney Athletic 1.15pm

### Under 14 Division 1

Killarney Athletic v St Brendan's Park B 12.00 noon (this game may be later at 12.30pm to accommodate Under 16 Game at 11.00am)

### Under 16 Division 1

Killarney Athletic v Iveragh 11.00am

### Girls

Under 12 Division 1 B

MEK v Killarney Athletic 12.00 noon

### Senior Fixtures

Monday 18th March 2019

Greyhound Bar KO Cup

Killarney Athletic v Asdee Rovers 2.00pm

Contact: If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com. Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or Facebook for match reports, club information and contact details.

## Killarney Celtic Notes

Premier A, Killarney Athletic 0, Killarney Celtic 3. Stephen McCarthy (2) and Lee Downing got the goals that secured our place in the Premier A League final.

Premier B, Killarney Celtic B 1, AC Athletic 0

In a must win game our B team gave themselves a chance of avoiding relegation when they completed their league schedule with a hard fought win over AC. Top league goalscorer Ryan Kelliher hit the post in the 1st half before Lee Downing made the decisive breakthrough in the 2nd half. Adam Carey made a fine save to protect the lead. The B team must now wait to see what fate awaits them for next season.

U17 League Tralee Dynamos 5, Killarney Celtic 3

Adam May Keane (2) and Jack Cooper got goals here.

U15 Cup Listowel Celtic 2, Killarney Celtic 0

A depleted U15A team exited the cup away to Listowel.

U13 Div 1, Killarney Celtic B 2, Castleisland 5. Cian Russell (pen) and Mark Daly got our goals in the 1st half against top side castleisland.

U12 Cup Killarney Celtic A 2, MEK 1

Odhran O'Shea and Oisín Fleming got the goals in an exciting encounter which the A team had plenty possession but could not translate their dominance into goals.

Fenit 1, Killarney Celtic B 8

Sean O'Mahoney (3), Jake Downing, Ronan Fahy, Eoin Murphy, Pa O'Brien, Kevin Looney got the goals in a fine win in Fenit.

Congrats to Oisín Fleming 12A who made Team of the Week.

Killarney Celtic are participating in the annual St Patrick's Day Parade. Anyone wishing to march with the club should be on Mission Road for 1.15pm on Sunday. Please wear club colours. Soccer Sister Easter Camps at Killarney Celtic on April 15th and 16th.

### CELTIC LOTTO

Numbers drawn 5,10,13,17. No jackpot winner. Match 3 receive €40. Next jackpot €4,800.

## MEK News

### NIGHT AT THE DOGS:

Thanks to everyone who came out to support our Night at the Dogs fundraiser last Friday at the Kingdom Greyhound Racetrack in Tralee. The club were thrilled with the support and it was great to see so many families there on the night and especially all the kids in the club gear. Thanks to everyone for the support, to the stadium and to all at GMHD for asking us to be part of the night.

### FIXTURES:

Mek v Mastergeeha Sat 12.00 Home

### U14

Mek v Mastergeeha Sat 1.30PM Home

### GIRLS

Killarney Celtic Green V Mek Kickerz Sat 2.30pm Away

Mek Starz v Killarney Athletic Sat 12.00pm Astro

## MASTERGEEHA FC

U9 Mastergeeha v Ballyhar

The boys played two games against our neighbours with lots of goals and good play on the day. All enjoyed the games.

### U11

Mastergeeha v Castleisland

The boys played away on the new pitch in Castleisland on Saturday afternoon. Mastergeeha won two from three in which all games were close.

### U12

Cup Mastergeeha 6 Tralee Dynamos 1

The boys qualified the next round of the cup with a good win at home. Sean Mc Aulliffe, Ronan Mc Carthy and Matthew Kennedy each got two goals in this game.

### U13

Div 1

Mastergeeha 4 Inter kenmare 2

The boys had a good win at home on Saturday. Leading 3-1 at the break thanks to goals from Keiran Nagle and two by Jack Tagney. In the second Mastergeeha added a further goal when Emmett Spillane finished well.

### U15

Castleisland 1 Mastergeeha 2

In this game the boys played top of the table side on Saturday morning. Mastergeeha played the better soccer and deserved to be two goals up with 10 minutes remaining. Colin O Leary got the goals either side of half time. In the closing stages the homes side got a goal but Mastergeeha defended well to ensure all three points. All played well.



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Signings of the book will also be held at  
Eason, Main St., Killarney on Sat 23rd from 12noon to 1pm.  
and at First Chapter, Manor West, Tralee  
from 3pm to 4pm on the same day.



## Being a Friend of Milltown Castlemaine GAA has a lot to offer



September 2018 was a very exciting month for Milltown Castlemaine GAA, when Allman Brothers Construction turned the first sod on the expansive field development project that is currently being undertaken by the club located in the heart of Mid Kerry. This has been the culmination of titanic efforts by so many people over the past months and years to bring this project to fruition. Back in 1947, both Milltown and Castlemaine were struggling to field junior teams and so they decided to amalgamate. And this is where the story of Milltown/Castlemaine GAA Club began. While the club has won many titles down through the decades, their last County Intermediate title in 2011 led them to their greatest day ever -to Croke Park on February 12th 2012, when they were crowned All Ireland Intermediate Champions. This was truly a very special time for the club and the community at large. It will live long in the memories of all in the community and far beyond. Back in the early days, McKenna's field in Milltown and the priest's field in Castlemaine were the venues when a ball was to be kicked around. In and around 1960, a group from the area sat down and toyed with the idea of having a

permanent 'club owned' playing facility. They proceeded with their plan and subsequently purchased and developed what is now the 'Paddy Burke Memorial Park'. Many hours of free labour went into developing it and the great work done by those men of vision over 50 years ago, has left a lasting legacy. It is now up to the current executive to carry on that legacy. The ever growing population of Milltown Castlemaine has in turn seen a huge growth in club affiliation and participation from under 6 upwards. The time has now come to extend and expand their current facilities. They are calling on the community to help them with this development- to future proof the club for the next 50 years and beyond. This new development will ensure that the torch continues to be lit for generations to come. The overall development entails the following:

- 2 new sand based training areas (1 already completed)
- Redevelopment of the playing pitch
- New 192 Seater Stand+60 standing capacity
- Construction of a community walkway 650m x 1.5m
- Up-grading of Dressing Rooms & Gym
- Extension of clubhouse and meeting room

facilities

- Car Park realignment and surfacing
- Erection of new floodlighting system.

Shortly brochures will be delivered through letterboxes and this will be followed up by a visit from a club representative of M/C GAA Club. These brochures outline how YOU can become a friend of Milltown Castlemaine GAA Club and play your part by contributing to this wonderful project.

Their household package of just €5 a week over 2 years entitles you to:

Full family membership for 2 adults and up to 4 children under 18- total value €200, full membership of their gym facility for all family members over 16, 3 M/C Yearly Lotto Tickets -total value €200, along with entry to a special draw for 2 All Ireland Tickets (if Kerry are in the senior final). Your name will also be listed on a large pitch sign as a 'Friend of M/C GAA Club'. With the household package of €10 weekly over 2 years, you will receive all of the above benefits along with an additional 3 yearly Lotto Tickets (6 in total worth €400).

You will also be entered into a special draw for 2 All Ireland Tickets (hurling or football) and your name or that of a loved one will be engraved as a 'lifetime seat sponsor' in our new stand. There are various payment options available which any member of the executive will be more than happy to discuss with you. With the help and generosity of all in the community, M/C can achieve their goal and realise their dreams. The children, grandchildren and future generations of M/C will be forever indebted to each and every 'Friend' listed on their large sign at this fantastic facility.

**Abraham Lincoln once said:**

"I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down."

In their time of greatest need why not be that friend, believe in their plan and be part of the success of the Milltown Castlemaine GAA Field Development Project.

## Killarney team scorch their way to the final

The success of the Killarney Scorchers Senior hip hop team continued when they traveled to Mayo on Saturday for the Celtic spirit national competition. The team won grand champs and also won the coveted bid to travel to Florida in 2020 to compete at the Dance world's @ ESPN. The team consists of Darragh Begley, Katelyn Nolan, Emma Rose Byrne, Katlyn Moynihan, Wiktoria Kawolowka, Caoilin Cullen and head coach and Choreographer Hayley Murphy. Killarney Scorchers cheerleaders are also in full training mode for the up coming Jamfest European championships which will be taking place in Liverpool. 4 teams two junior and two senior from the club will travel to Liverpool for the competition in June.





13TH APRIL 2019

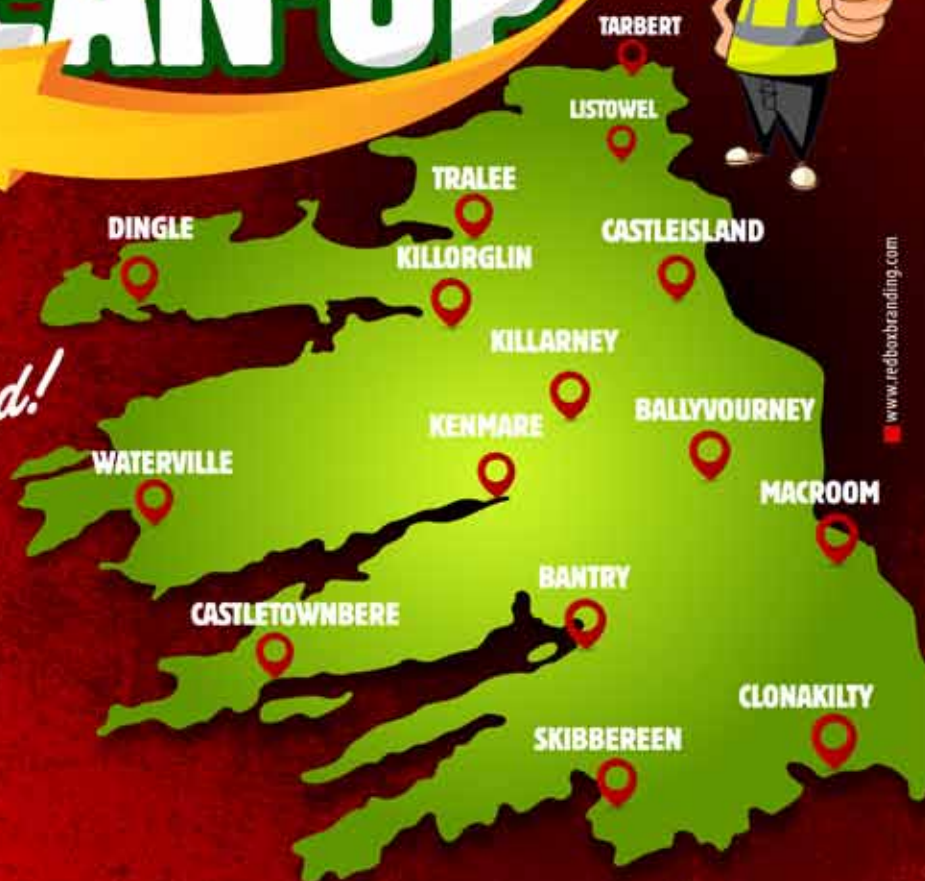
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### QUESTION

What is replacing P45 and P60 statements?

### ANSWER

Since 1 January 2019, P45s and P60s have been abolished and replaced with an online system as part of PAYE modernisation. You will no longer get a P45 if you leave your job. Instead, your employer must now send this information electronically to Revenue. The P60 certificate will be replaced by an end of year statement.

Your 2018 P60 is the last P60 that you will get from your employer. Your end of year statement for 2019 will be available after 31 December 2019 through Revenue's myAccount service. An end of year statement includes details of all your pay and the income tax, USC and PRSI deducted by your employer during the year. It also records your Local Property Tax (LPT) deductions (if you choose to have the LPT deducted from your pay).

Further information is available from the Citizens Information Centre below.

For more information, visit the website of the Competition and Consumer Protection Commission at [ccpc.ie](http://ccpc.ie).

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

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.



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## Gardening with Killarney Outlook

by John O'Sullivan

### PLANT A FLOWER BOWL

When planting a colourful flower bowl, choose your bowl from either terracotta or plastic but make sure to get a saucer underneath when purchasing. Then put some gravel around the base surrounding the hole and add compost mixed with slow release fertilizer. Fill your bowl to about one inch from the top as this will make it easier when watering afterwards. When choosing the plants start with the centre piece. An ideal plant for this would be an evergreen grass. This is an ideal plant as when you are finished with the bowl, the evergreen grass can be planted outdoors. There are a huge range of plants with colour to fill around the centre piece. Some of the most popular to choose from are trailing variegated ivys, heathers in flower, primroses, polyanthus, forget-me-nots and you will also still be able to get some potted daffodils and tulips. When finished planting, make sure to water the plants well, and if you decide to keep the flower bowl indoors make sure that the saucer is underneath. Keep the finished bowl in as much light as possible and this will flower well into the time for Summer bedding. As certain flowers go off before others, don't be afraid to remove them as this will keep your bowl looking good for longer.

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## 7 YEAR OLD GIRL, BATTLING BRAIN TUMOUR WOULD LOVE 'LETTERS' FROM DOGS



Emma Mertens is just 7-years-old girl from Wisconsin who has an inoperable brain tumour and she has just one request. All she wants is letters from dogs.

Now, Emma and her family are asking that dogs around the globe "write to her." And the good canines of the world have responded: So far, Emma has received letters from technological savvy dogs around the world, including Venezuela and Scotland.

"Hi, Emma! I'm Ollie from Alabama," one dog "wrote". "My mom is praying for you to be fully healed. You are loved from all over!" Another kind canine added: "Hi Emma. My name is Max. I am 12 years old and my favourite hobby is taking walks and I love hot dogs. Take care." Emma was diagnosed on February 23rd after the onset of a headache. She is now receiving six months of radiation treatments at the Children's Hospital of Wisconsin-Milwaukee.

"We're doing everything we can to beat this thing," her dad, Geoff Mertens said "We know that we have a very steep road ahead of us. We aren't going to stop fighting until we can find a cure for this."

If your dog wants to write a letter to Emma to brighten her dark days, they can send their message to [emmalovesdogs7@gmail.com](mailto:emmalovesdogs7@gmail.com)

## ARE YOU A HARD-WORKING MAN WHO IS WILLING TO INHERIT A THAILAND-BASED FRUIT EMPIRE AND MARRY A 26-YEAR-OLD BEAUTY IN THE PROCESS?

If so, then Arnon Rodthong is looking for you! Mr. Rodthong, the millionaire owner of a thriving durian farm in Chumphon province, is taking his youngest daughter's love life into his own hands. The 58-year-old father turned to social media in search of a suitor to marry his youngest child, 26-year-old daughter Karnista. Mr. Rodthong is also offering 10 million Thai baht (approx €280,000) and the family run durian farm, which is worth several million dollars.

Karnista is a university graduate who speaks fluent English and Chinese and Mr. Rodthong says there are no restrictions on where the suitor comes from, but there are three requirements

to meet: The potential husband must be able to read and write; hard working and "stingy about money and loves durian."

"I want someone to take care of my business and make it last Mr. Rodthong said I don't want a person with a bachelor's, or master's or philosopher's degree, I just want someone with a hard-working attitude. That's all. As soon as I have an in-law, I will give up all my assets to him." Karnista said she was surprised by her father's social media post and was only aware of it after a friend showed it to her. The girl who was never married said she was "surprised but I can see the funny side of it too. At first, I thought my dad was joking but it turns out he's seriously looking for a son-in-law. My siblings and I respect the decision." "I only want a man that I can bring to social events and take selfies with," she concluded.

And for all you men that will be jamming social media to reply - Durian is a fruit grown in Asia that's known for its pungent smell.

The applicants will participate in a tournament to win Karnista's heart that will be held in the province of Chantaburi on April 1st. The potential suitors will be quizzed on their knowledge of the durian business.

## ON THIS DATE - MARCH 15TH

1962 - US President John F Kennedy gave an address to Congress in which he formally addressed the issue of consumer rights. He was the first world leader to do so. World Consumer Rights Day (WCRD) was first observed on March 15, 1983, and has since become an important occasion for mobilising citizen action.

1968 - The U.S. mint halted the practice of buying and selling gold.

1985 - Symbolics.com the world's first internet domain name was registered by the Symbolics Computer Corporation of Massachusetts.

1990 - Mikhail Gorbachev was elected the first executive president of the Soviet Union.

1998 - The film Titanic became even more popular than Star Wars and ended the year fetching the highest box office collections for the year. The movie was directed by James Cameron and starred Kate Winslet and Leonardo DiCaprio in the lead roles.

1998 - Death of 94 year old Dr. Benjamin McLane Spock, American Paediatrician, most noted as the author of one of the bestselling nonfiction books of all time 'Baby and Child Care'.

2002 - Yoko Ono unveiled a seven foot bronze statue of John Lennon overlooking the check-in hall of Liverpool's John Lennon airport.

2002 - Burger King, one of the leading fast food chains in the United States sold their first veggie burger - the first ever to be sold in the US by any brand.

2010 - Fashion For Relief began an online auction with donated items worn on the runway at London's Fashion Week by some of the biggest celebrities. Organised by supermodel Naomi Campbell, the auctions raised well over £1 million for Haitian families in need of health care.

2015 - The US city of Boston received 108.6 inches of, 2015 breaking the then all-time snow record of 107.9 inches in 1995-96.

## CHICKEN NAPPIES

In urban areas like New York, Denver, and Los Angeles, it's become a trend for the elite to shy away from traditional pets such as dogs and cats, and to raise chickens instead. It's now not only chic to own these birds, but a status symbol as well, and Julie Baker, an enterprising woman from New Hampshire, is cashing in on the trend by making fashionable chicken nappies and is drawing in \$50,000 a year from this business.

10 years ago, on her small Claremont farm, Julie was raising a whole flock of chickens with her daughter, then they happened upon a YouTube video of a chicken wearing a nappy so it wouldn't leave droppings everywhere and as her daughter often brought her favourite hen Abigail into the home Julie set out to sew cotton nappies for the Old English hen; other chicken owners soon were contacting her, wanting such chicken nappies for their farms as well, so Julie opened an online store with her daughter in 2010 called "Pampered Poultry", as something for her to learn from while being homeschooled. Much to her surprise, her venture exploded in popularity. It began with her fellow poultry-loving friends, but her customer base soon grew into urban chicken owners as well. Currently, Julie sells anywhere from 500 to 1,000 nappies a month in all 50 states, with each retailing at about \$18. Eventually, Julie branched out from just selling chicken nappies to also making feather guards and chicken clothes as well.

In a society where poultry owners have gone so gaga over their pets that they even hire "chicken whisperers" at \$225 per hour in order to make sure that they're happy, to getting them personal chefs plus the smartphone-enabled, motion-detecting coop where owners can control the ventilation, temperature, lighting, and security from their phone, to the tune of \$20,000, Julie availed of a golden opportunity and the best of luck to her, but I can't help wondering how many financial institutions would have financed her business plan 9 years ago.

## MONTREAL HAS TURNED IT'S MOST HISTORIC HOSPITAL INTO A SHELTER FOR HOMELESS PEOPLE AND THEIR PETS

Patient rooms in the former Royal Victoria Hospital have been converted into an 80-bed homeless shelter that is now open to women and men—and their pets.

The temporary refuge was launched in January after city homeless shelters found themselves filled to capacity and struggling to accommodate rough sleepers amidst falling temperatures.

And because the overwhelming majority of shelters do not allow pets, officials worked to create a situation where people and their animals would be welcomed.

Though the hospital which was closed in 2015 will ensure warmth and safety for Montreal's homeless until April 15th, provincial legislators will be working with city officials to secure more long-term solutions and permanent housing for when the shelter closes in the spring.



**PRIVATE CLASSIFIEDS - COST: Up to 10 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**

**Drop off/Post:** Killarney Outlook, 30 High St, Killarney **Tel:** 064 667 0000

## 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 & SELF CARE GROUP

Peer to peer support and understanding for individuals experiencing depression, bipolar disorder and related mood conditions. Facilitated by Aware trained volunteers. Free of charge, all adults welcome and no referral necessary. Location: K.D.Y.S, Fairhill, Killarney, Co Kerry

**Time: Every Monday at 7.30pm**

ED 11, 2019

### RETIRED BUSINESS MAN

Fit and active, seeks part-time work. Open to a wide range of work options,

**Call: David 086 8804387**

ED 11, 2019

**GRINDS AVAILABLE** in History to LC Geography to JC and CSPE in your own home, competitive rates.

**Call: Clare 087 7521817**

ED 11, 2019

### HOST FAMILIES WANTED

Killarney and surrounding areas from June 28th and July for 2/3/4 weeks for Spanish and Russian kids. Host families need kids from age 10 up. Weekly allowance paid. OPEN DAY in Manor West Hotel on 26th March from 4-7.30pm. Call into us for further information.

**Call: Barbara on 087 4462083**



## TO LET

ED 12, 2019

### ROOM FOR RENT IN LUXURY HOUSE SHARE

with professionals in Ballyhar, Killarney and Ballyduff, Tralee. €90 PW. Bills included.

**Call: Adrian after 15:00 any day on 087-6282033**

## Dance at

Kerins O'Rahilly's Club, Strand Street, Tralee

**Wednesday 20th March**

*Peter Bourke Band*

Admission €10

**Wednesday 27th March**

*Pat Costello Band*

Dancing from 9pm to 11.30pm

**FREE DRAW  
WITH DOOR  
TICKET**

**Tel: 087 9735113**



## FOR SALE

ED 12, 2019

### CAR TRAILERS OF ASH HARDWOOD

8 x 4. only €150.

**Call: 087 2744454**

ED 11, 2019

### ASUS-LAPTOP FOR SALE

Chrome Book-As good as new €199

**Call: 087 6089286**

ED 11, 2019

### spring special offers:

On seasoned, Beech and Ash Firewood , Shed stored.

Delivered in various quantities.

**Call: 087 - 4350736**



## MOTORS

ED 11, 2019

**FOR SALE - 07 FORD FIESTA Petrol** - 1.25 Lt . Very clean , Fully Serviced and Fully Valeted - Electric Windows and Sunroof - 4 Good Tyres - only 60 KLMS - Genuine Mileage - Nct until June - 2019- ideal car for a beginner.

**Call: 087 - 2744454**



## AVAILABLE

ED 11, 2019

### MAN AVAILABLE

To Clean out Gutters and Power Washing.

**Call: 087 - 2744454**

**#lovekillarney**



**TWEET US NOW**

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





## A Word of Victory

Welcome back dear reader "....do not grieve the Holy Spirit" (Ephesians 4:30). Jesus promised that He would send us a Helper - the Holy Spirit. He is our Comforter, Teacher, Advocate and Attorney, the Presence of God Who leads us into Truth. His ministry brings glory to the Lord Jesus, the Son of God, in Whose Blood was written the New Covenant of Salvation. Before Jesus came, people would try to live good lives according to the Old Covenant Law to save themselves, but it never worked, because it was dependent upon them keeping rules that they constantly broke. "The letter (Law) kills, but the Spirit gives life....where the Spirit of the Lord is there is freedom" (2 Corinthians 3:5-18). Men added more and more laws to the original Law and brought in traditions and doctrines that God never gave or approved of. Jesus tackled this with the religious leaders when He told them "you have nullified the word of God with your tradition" (Mark 7:6-23). He showed that God didn't want people worshipping Him with lip service only and not their hearts - i.e. doing things repetitively for show because that's how it's always been done. He taught them that even though they were diligent to abide by rules and rituals of outward cleanliness, they were in fact defiled by the sin inside of them. It is only the Holy Spirit Who can change us from the inside out. When a person receives Jesus as Lord and Saviour and repents of sin 'times of refreshing come from the Presence of God' (Acts 3:19). As we study His Word and acknowledge Jesus' sacrifice for us, we are transformed by the power of God. Jesus told the Samaritan woman in John chapter 4 that God was not looking for people to worship Him according to the laws of man, but those who would worship Him in Spirit and in truth. The Holy Spirit gives us the desire, the ability and the language to connect with God through Jesus and communicate with Him. God's Word is His Truth, but many don't hear or understand it because they have not received the baptism of the Holy Spirit. When we ask God to baptise us in His Spirit He fills us with His transforming power and we begin to comprehend God's heart and beat in rhythm with Him by turning from sin, thus pleasing, and not grieving His Spirit.

**See more on [wordofvictory.net](http://wordofvictory.net)**

More next week... @WOVKillarney

[E.wovkillarney@gmail.com](mailto:E.wovkillarney@gmail.com) T: 064 6622850 - [wordofvictory.net](http://wordofvictory.net)

*Word of Victory is a paid advert and does not represent the editorial views of this magazine.*

## 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




## CORONATION STREET


In a huge week of explosive drama, Coronation Street residents will be thrown into chaos as the factory roof collapses, several locals are trapped and one character won't make it out alive.

In Mondays episodes, Kate prepares for her big day unaware that Rana is having second thoughts. Carla is urged to open up about her true feelings for Peter. At the factory, disaster strikes as the roof caves in trapping many residents underneath the rubble.

Wednesdays episodes see the full scale of the disaster unfold as Tim battles to save Sally, Gemma is trapped and Kate can't contact Rana. Carla breaks down as she learns someone had lost their life in the disaster. But who caused the roof to collapse?



# forgiveness



## SouthWest Counselling Centre

Last week we discussed Compassion, and an essential component of developing Compassion is forgiveness. Forgiveness is not a behaviour as such, more of an internal state of being and feeling. Something has happened to cause us to feel resentful, angry or bitter towards someone else. When we feel wronged, hurt or even betrayed we have a negative feeling towards someone or something. We know from many faiths, psychology and life in general that this baggage of negativity harms us more than anyone else, because we carry it!

The first step of forgiveness is learning to let go, as these negative feelings stand in our way of solving problems or finding a healthy way to change. It really is not simple nor easy to let go that negative feeling, but if we can understand that it releases us more than the other person it would be an excellent start. We are attached to that anxious hurt and negative internal feeling, and by releasing that negative emotion we can think more clearly and thus it allows us to be able to respond to the situation rather than just react blindly.

By forgiving, it is almost like climbing up an emotional ladder or flying above our emotional river, so that we can get some distance or perspective on those feelings and emotion. Once we forgive, we can get perspective of the emotions by feeling without getting overwhelmed, then we can learn emotional signals. By doing this we can calm down and use our logic to respond.

In order to forgive, we do need to understand ourselves better, we need to learn to deal with our raw, almost primitive feelings. Elizabeth Kubler-Ross who has written about and worked with grief for many years said that the root of all emotions is fear. These feelings of fear lead to out-of-balance anxiety and a sense of resentment which can in turn lead to aggression rather than a healthy reaction.


Many people confuse forgiveness with forgetting, or condoning or excusing offences or wrongful behaviour. It does not obligate us to reconcile with the person who harmed us, or release them from legal accountability. Instead it brings the forgiver peace of mind, freeing us from corrosive anger or other negative feelings. In this way it empowers us to recognise the pain we suffered without letting that pain define us, enabling us to heal and move on with our life.

**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](mailto:info@southwestcounselling.ie)

**Kerry LifeLine** provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. [info@kerrylifeline.com](mailto:info@kerrylifeline.com)

To make an appointment call: 064 6636416/064 6636100

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





## NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever.

Sacred Heart of Jesus, please pray for us.  
Saint Jude, worker of miracles, please pray for us.  
Saint Jude, helper of the hopeless, please pray for us.

Say this prayer nine times daily and by the end of the 8th day your prayers will be answered.  
Say it for nine days, publication must be promised. It has never been known to fail.

X

## 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).

## NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers. Miracles waited on your world which you were ever ready to speak for those in trouble and anxiety. Encouraged by this thought I implore of you to obtain for me my request... (mention request). The answer to my prayer may require a miracle. Even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, intercede for me and the gratitude of my heart will ever be yours. Amen.

## THANKSGIVING

Praise and thank you Father in heaven your loving son Jesus, and the Holy Spirit for all the blessings you have given me and my family. Praise and thanks to our Lady of the Sacred Heart, our Blessed Mother, St. Joseph, St. Padre Pio, St. Martin, St. Anthony, St. Theresa of the little flower, St. Faustina, the Holy Souls, our Guardian Angel and all the Angels for their inter sessions to the good Lord for us. I trust in this wonderful Prayer, O Jesus I surrender myself to to you, take care of everything, thank you Jesus. I believe in the power of prayer.

## NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe. X

## BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE,  
MARBLE HEADSTONES

SANDBLASTING  
OLD STONES CLEANED  
AND RE-LETTERED

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



## NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe. X

## NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O Saint Joseph, assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O Saint Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me, and ask Him to return the Kiss when I draw my dying breath. Amen

## GRATEFUL THANKS

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

## 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.

P.L.

## 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. Thank you for favours received. Amen. X

## NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever.

Sacred Heart of Jesus, please pray for us.  
Saint Jude, worker of miracles, please pray for us.  
Saint Jude, helper of the hopeless, please pray for us.

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

## 7TH ANNIVERSARY

IN LOVING MEMORY OF

**DONAL MULCAHY**



ARD MHUIRE, RATHMORE  
WHO DIED ON  
ST. PATRICK'S DAY, 2012.

*No length of time can take away  
Thoughts of you, from day to day  
Though absent, you are always near  
Still loved, still missed, still very dear.*

SADLY MISSED BY NELLIE  
AND ALL THE FAMILY.

**Anniversary Mass will be held on  
St. Patrick's Day at 11:30 in St. Joseph's  
Church, Rathmore.**

## POWERFUL NOVENA OF CHILDLIKE CONFIDENCE

(This Novena is to be said at the time time every hour for nine consecutive hours - just one day)

O Jesus, Who hast said, ask and you shall receive, seek and you shall find, knock and it shall be opened to you, through the intercession of Mary, Thy most Holy Mother, I knock, I seek, I ask that my prayer be granted. (Make your request)

O Jesus, Who hast said, all that you ask of the Father in My Name, He will grant you through the intercession of Mary, Thy Most Holy Mother, I humbly and urgently ask Thy Father in Thy Name that my prayer be granted. (Make your request)

O Jesus, Who hast said, 'Heaven and earth shall pass away but My word 'shall not pass' through the intercession of Mary, Thy Most Holy Mother, I feel confident that my prayer will be granted. (Make your request)

## PRAYER TO ST. PADRE PIO

### PRAYER

O God, You gave Saint Pio of Pietrelcina, capuchin priest, the great privilege of participating in a unique way in the passion of Your Son, grant me through his intercession the grace of ..... which I ardently desire; and above all grant me the grace of living in conformity with the death of Jesus, to arrive at the glory of the resurrection. Glory be to the Father...(three times)



# dancing with the crokes



**Friday 29<sup>th</sup> March 2019**  
**Live @ INEC**

Doors Open: 7.00pm Show Starts: 8.00pm

Adults €20 Child: €10

**Proceeds to Team Training Fund**

Tickets available from the Dancers,  
Vince Casey Office, Tatler Jack  
or online at [www.drcrokes.com](http://www.drcrokes.com)