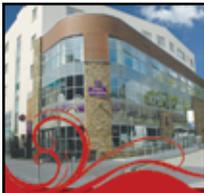


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# KILLARNEY Outlook

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It's been a busy week in Killarney leading up to St. Patrick's Day. The town is decked out in our national colours to celebrate with many of the iconic buildings in the town turning green for the occasion. The opening of a Garden of Remembrance at the courthouse in Killarney was one of many events held to commemorate 1916 with local schools pulling out all the stops to honour this important occasion.

Killarney Camera club launched their exhibition at the Killarney Library and Eva Schloss, a step sister of Anne Frank enjoyed a visit to Muckross House.

Killarney Chamber of Tourism and Commerce launched their new website [killarney.ie](http://killarney.ie) and athletes from all over Ireland were in town for the Quest Adventure Race.

For all this and much more browse through the pages of this week's Killarney Outlook.

**Aisling Crosbie, Editor.**

## TALENTED KILLARNEY SINGERS HITTING THE HIGH NOTES ON WORLD STAGE

Oisín Treacy Killarney and Megan O'Neill Kilcummin are experiencing the tour of a lifetime as they visit America and China with the Maynooth University Chamber Choir. Under the direction of Michael Dawson, The Maynooth University Chamber Choir made history in July 2015 when it became the first Irish Choir to lift the coveted Pavarotti Trophy as 'Choir of the World' at the Llangollen International Musical Eisteddfod in Wales.

Oisín and Megan are both first year students of music at Maynooth University. Oisín studied voice under Emma Plaine in Killarney. He also

plays trumpet with the Cork Youth Orchestra. Megan is a former student of Sharon Reidy and is currently studying under Mary Brennan at the Royal Irish Academy of Music in Dublin. First stop was New York where, on Tuesday evening last, where they performed in the iconic St. Patrick's Cathedral. These two young vocalists are no strangers to performing in Cathedrals as they are both cantors in St. Mary's Cathedral Killarney under the direction of Declan Walsh. Oisín and Megan will perform in Boston on St. Patrick's Day, then on to Shanghai, Changzhou and Guangzhou in China, back to the US



MEGAN O'NEILL, MICHAEL DAWSON (CONDUCTOR), OISIN TREACY OF MAYNOOTH UNIVERSITY CHAMBER CHOIR PICTURED IN ST. PATRICK'S CATHEDRAL, NEW YORK ON TUESDAY NIGHT.

Arizona and their final performance will be in the University of Denver on March 29th.

## CHAMBER LAUNCHES KILLARNEY.IE



PICTURED AT THE BREHON HOTEL FOR THE KILLARNEY CHAMBER OF TOURISM & COMMERCE LUNCH TO RELAUNCH KILLARNEY.IE WEBSITE WERE L-R PAUL O'NEILL (CHAMBER VICE PRESIDENT), MAYOR BOBBY O'CONNELL, KATE O'LEARY (CHAMBER PRESIDENT), KELLIE DOHERTY, EMMA PHILLIPS & BRID LUCEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

What is considered one of the most competitive websites in the market place in terms of design, function and usability has been launched by Killarney Chamber of Tourism and Commerce. Killarney.ie is going to be powerful tool for promoting Killarney going forward.

"The objective was to create a website worthy of a destination like Killarney. It is very image focused with powerful imagery throughout the site", Kellie Doherty, Sales and Marketing

Executive at Killarney Chamber of Tourism and Commerce told the Killarney Outlook.

"Contrary to the previous site, it is 100% visitor focused –outlining everything pertinent to a visitor – mainly things to see and do – from the adventurer to families, it has it all".

The website is owned by Kerry CoCo while the design and content will be managed by the Chamber.

"We are very proud of the new website" Kate

O'Leary, President of the Killarney Branch of the Chamber of Tourism and Commerce told the Killarney Outlook. "This site will be of huge benefit to businesses in Killarney as it is a one stop portal to the town and I want to thank Kerry County Council for their involvement in this endeavour" she added.

So have a browse and enjoy -

**[www.killarney.ie](http://www.killarney.ie)**



CHECKING OUT KILLARNEY.IE NEW WEBSITE WERE L-R MAYOR BOBBY O'CONNELL, PRESIDENT OF KILLARNEY CHAMBER OF TOURISM & COMMERCE KATE O'LEARY & KELLIE DOHERTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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## TABLE QUIZ FOR BELARUSSIAN BOUND STUDENTS

A group of Killarney students who are heading to Belarus to volunteer at an orphanage in Chernoybl are holding a table quiz to raise funds on Sunday night.

The cause is very close to the hearts of the five girls, some of who have grown up involved in the Killarney Branch of the Friends of the Children of Chernoybl.

Keelin O'Sullivan is the granddaughter of Betty Crosbie who has been involved in the charity for the past 25 years.

"Growing up being surrounded by people who played huge roles in the Friends of the Children of Chernoybl, it has always been a goal of mine to travel to Belarus and experience it for myself. To be able to give back and finally help people there myself is an amazing opportunity", Keelin told the Killarney Outlook.

Karen O'Leary, is the daughter of National Chairperson of the Friends of the Children of Chernoybl, Mary O'Leary and Gillian Fitzgerald's family have hosted children for over 15 years. Clare O'Shea family have also hosted children in their home and the girls will be joined by Gillian's friend Karina Nagle.

The girls are travelling on July 3rd to Chevren Orphanage, where Gillian has already



KEELIN O'SULLIVAN, GILLIAN FITZGERALD, KARINA NAGLE AND CLARE O'SHEA WHO ALONG WITH KAREN O'LEARY ARE HOSTING A TABLE QUIZ TO RAISE FUNDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

volunteered.

In an effort to raise funds to purchase basics for the children in the orphanage, the girls are holding a table quiz in the Dromhall Hotel on Sunday night at 8p.m. Table of 4 is €30 and

everyone is welcome.

All the girls are funding their own flights and all money raised will go towards making life a little easier for the children in the orphanage.

## GENEROUS STAFF LOSE WEIGHT AND DONATE



Staff members at Sean Taaffe's Hair and Beauty joined forces to get a little leaner and fitter and lost an amazing 5st 3lbs over 6 weeks.

The 'Slimathon' has yielded €580 for the Irish Cancer Society and Kathrina Breen, representing the Killarney/South Kerry Branch of the Irish Cancer Society was on hand, along with chairperson Eugene O'Sullivan and committee member Timmy Moriarty to collect the cheque.

RESULTING A 'SLIMATHON' WHERE STAFF MEMBERS AT SEAN TAAFFES LOST 5ST 3LBS OVER 6 WEEKS TOGETHER WITH THEIR 'PINK DAY', NORANN KEANE PRESENTS A CHEQUE FOR €580 TO THE IRISH CANCER SOCIETY. BACK ROW L-R SHAUNA RIORDAN, NIKITA GAMBLE, AILISH CRONIN, EUGENE O'SULLIVAN (ICS), SANDRA O'SULLIVAN, SARAH FITZGERALD, TIMMY MORIARTY (ICS), CARLEEN O'SHEA & GERALDINE O'GRADY. FRONT ROW L-R MICHELLE O'CONNOR, NORANN KEANE, KATHRINA BREEN, SEAN TAAFFE & SHARON O'MALLEY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## PROTECT YOUR SMARTPHONE

Superintendent Flor Murphy of Killarney Garda Station is raising awareness in relation to the theft of mobile phones.

"As part of an ongoing crime prevention initiative, Killarney Gardaí are raising awareness in relation to the theft of mobile phones and would like all members of the public to consider the key points outlined hereunder to protect against the theft of their mobile phones" Superintendent Murphy told the Killarney Outlook.

The points should be adhered to:

Dial \*#06# and save a screenshot of your IMEI number. Email the image to yourself.

Keep your phone locked and enable the PIN security and phone finder features.

Keep you phone out of public view. "Be Streetwise".

Don't leave your phone in the car.

Report phone theft or loss to the Gardaí and your service provider.

**PROTECT YOUR SMARTPHONE**



-  Dial \*#06# and save a screenshot of your IMEI number. Email the image to yourself.
-  Keep your phone locked and enable the PIN security and phone finder features.
-  Keep your phone out of public view. "Be Streetwise"
-  Don't call or text while crossing the road.
-  Don't leave your phone behind in the car.
-  Report phone theft or loss to the Gardaí and your service provider.

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## MEMORIES FROM THE KITCHEN

In 1945, World War II came to an end, Cork beat Cavan in the All-Ireland football final, and Tess O'Donoghue started work in Killarney House. She was just 15 years of age, and had left school the year before, but this was already her second offer of employment: The previous year, her mother had sent her down to Hilliards' shoe factory with a freshly baked cake of bread in the hope that she might be given a job there. When asked if she would like to work in the factory, however, Tess replied "Oh, I'd hate it!" The news was not well received at home, but Tess did not take long securing an alternative job.

She lived at the top of Ross Road, so she was very familiar with Killarney House, where her father worked as a butler, first for Valentine, Viscount Castlerosse, and then for his brother, Gerald. Having saved Lord Castlerosse's life in the trenches in World War I, Tim O'Donoghue was rewarded with the job and he dedicated himself to it, even carrying Lord Castlerosse's chair over to the cinema when his employer went to see a film.

Tess's first experience of Killarney House was a dramatic one, when she fell into the pond as a two-year-old and had to be revived with a sip of whiskey. (She has remained a teetotaler ever since). Doing odd jobs in the kitchen proved to be a far pleasanter experience, and she enjoyed the work, until the arrival of a new cook. Tess recalls the day when the replacement cook demanded a knife, and when the young girl brought her the wrong one, the cook threw it at her. Tess fled the kitchen and ran home, where she announced that she would not

be going back to Killarney House to work. Lord Gerald's sister Lady Cecily arrived at the O'Donoghue home later that evening, however, and announced that the cook was to be replaced - with Tess. The girl was still in her teens and had no formal cookery training, but she soon picked up what she needed to know to keep the residents of Killarney House well fed. Groceries were ordered from T.T. O'Connor in Killarney town, with meat supplied by Flemings' butchers, fruit and vegetables grown in Killarney House gardens, and venison in season. The house was comfortable and well equipped, and the Kenmares made easygoing employers.

Tess prepared breakfast, a two-course lunch, afternoon tea, and a three-course dinner and was otherwise left to her own devices, so she would head off on her bicycle around the estate in the afternoons. Summers were busy, when Gerald's sisters Dorothy and Cecily came to visit with their children and their staff, so Tess often did not finish work until 10pm. January was another hectic time, when guests arrived for the annual shoot, but Gerald suffered from poor health and entertained little. After he died in 1952, his niece Beatrice Grosvenor inherited the house, which proved to be too big for her needs. She moved to London in 1953, taking Tess with her. This marked the end of Tess's time at Killarney House, as she married in 1956, but she remembers her days there as among the happiest of her life.

**By: Aoife O'Carroll**

## PADDY'S WALK

The Paddy Turner Memorial Walk will take place on Saturday April 23rd.

The event is organised by Enda Walshe with the cooperation of the Killarney Valley Athletics Club, The National Park And Wildfire Service and the Garda Siochana.

The route will be put through the National Park.

Registration fee will be a minimum contribution of €10 and all proceeds will go to the Killarney Mens Shed and the Killarney branch of Kerry Mental Health Association.

A lovely family day out to remember Paddy who was a friend to everyone.



THE LATE PADDY TURNER.

## JOKER 3

'Joker 3' fundraiser weekly draw in aid of Nagle-Rice CC Milltown was held in The Plough last Sunday and jackpot of €7200 was not won. John Dennehy won €100 with Ita O'Connor and Cillian McAuliffe winning €25 each. Down to 25

cards next Sunday March 20th with jackpot increasing to €7600 and draw in Langford's. Thank you for your continued support.

## KERRY CCE NEWS

On the feast day of St Patricks Tralee was given the honour to Kerry Comhaltas to lead this years parade. There will also be some Traditional Music in the Square afterwards so why not wander to the small square in Tralee and get a taste of what will be in store in May at this year's Fleadh Cheoil Chiarraí. On 13th April Weeshie Fogarty will feature Fleadh Cheoil Chiarraí and Comhaltas in Kerry on his programme "In Conversation with" and then on Saturday 16th April a street collection will take place in the town of Tralee and in Manor Shopping centre. If you would be able to help on this day as a collector your help would be very much appreciated. Fleadh Chiarraí Meeting on this Tuesday in the IT Tralee at 8pm. Events taking place this week include Ballybunion CCE Oíche Cheoil on Wednesday 16th March in the Railway Bar Ballybunion at 9.30pm also on the same night Lixnaw CCE. In conjunction with Seachtain na Gaeilge Lixnaw CCE branch are holding a fundraising quiz in Walsh's at 8.30pm. Kilcummin CCE next Sunday music session will be held on 20th March at 2.30 to 5pm in Kilcummin Recreational Hall. Refreshments available. Also on the 20th Ceili in Kilcoolys Ballybunion from 3-6. Music by Donie Nolan. And in Fossa Community Hall Fossa Two Mile will hold their Ceili from 3pm to 6pm. Music by Ui Bhriain Ceili Band. Fleadh na Mumhan committee continue their preparations for this years event which will be held from 12th to 17th July. Ceili by Donie Nolan on Saturday night followed by Johnny Reidy on Sunday in the open air of the Square in Listowel. On this Saturday night Handed Down Heritage Centre, Scartaglin March 19th Tomas MacUilleagead presents 'Under The Influence 2'. For all the up to date information in Comhaltas Circles click into [www.kerrycomhaltas.ie](http://www.kerrycomhaltas.ie)

## MEETING OF HEALTH AND WELLBEING OFFICERS

A meeting for all GAA Club and District Board Health and Wellbeing Officers (formerly named ASAP Officers), will be held in Austin Stack Park on Monday evening the 21st March starting at 8pm sharp. It is important that all clubs and District Boards would be represented at this meeting. The format of the meeting will include an update on new initiatives and information on the role of the club Health and Wellbeing Officer.

Members of the County Health and Wellbeing Committee will also make a short presentation, outlining their initiatives. Suggestions and questions from clubs will be welcome and there will be question and answer session to facilitate this.

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# KILLARNEY REMEMBERS 1916

## Garden of Remembrance unveiled in Killarney

Micheál O'Muircheartaigh was joined by Bobby O'Connell, Mayor of the Killarney Municipal Area and President of the Killarney Chamber of Tourism and Commerce, Kate O'Leary along with children from local primary schools at the opening of the Community Garden of Remembrance at the Courthouse in Killarney on Tuesday.

The garden has three elements, a life size replica of the 1916 proclamation, a flagpole with tricolour and 7 trees representing the 7 signatories of the proclamation.

The event was co-organised by the St. Patrick's Festival Committee and local schools attending included Holy Cross Mercy, Presentation Monastery, Gaelscoil Faithleann and St. Olivers National.

RAISING THE FLAG... SUPERINTENDENT FLOR MURPHY RAISES THE IRISH FLAG, AT A SPECIAL OPENING OF THE NEW COMMUNITY GARDEN OF REMEMBRANCE, LOCATED BESIDE KILLARNEY COURTHOUSE, AT THE UNVEILING WERE, CLLR BOBBY O'CONNELL, MAYOR OF KERRY, SUPERINTENDENT FLOR MURPHY, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, AND MC FOR THE OCCASION, MICHEÁL Ó MUIRCHARTAIGH. PHOTO: VALERIE O'SULLIVAN.



AT A SPECIAL OPENING OF THE NEW COMMUNITY GARDEN OF REMEMBRANCE, AT THE UNVEILING WERE, CLLR BOBBY O'CONNELL, MAYOR OF KERRY, SUPERINTENDENT FLOR MURPHY, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, AND MC FOR THE OCCASION, MICHEÁL Ó MUIRCHARTAIGH. PHOTO: VALERIE O'SULLIVAN.



PUPILS FROM HOLY CROSS NATIONAL SCHOOL, KILLARNEY, AT A SPECIAL OPENING OF THE NEW COMMUNITY GARDEN OF REMEMBRANCE. PHOTO: VALERIE O'SULLIVAN.



PUPILS FROM PRESENTATION MONASTERY SCHOOL, KILLARNEY, AT A SPECIAL OPENING OF THE NEW COMMUNITY GARDEN OF REMEMBRANCE, LOCATED BESIDE KILLARNEY COURTHOUSE. PHOTO: VALERIE O'SULLIVAN.



THE STUDENTS AND TEACHERS OF SCOIL BHRIDE, LORETO NS PICTURED ON PROCLAMATION DAY AFTER RAISING THEIR CENTENARY FLAG. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KERRI ANN HANRAHAN, LOUGHITANE NATIONAL SCHOOL, JOSHIA LIVINGSTONE, LISSIVIGEEN NATIONAL SCHOOL, NATANIEL DONCEL, ST OLIVER'S PRIMARY SCHOOL AND DAN KELLIHER, LORETO PRIMARY SCHOOL, READING THE PROCLAMATION OF 1916. PHOTO: VALERIE O'SULLIVAN.



AT A SPECIAL OPENING OF THE NEW COMMUNITY GARDEN OF REMEMBRANCE. AT THE UNVEILING WERE, CLLR BOBBY O'CONNELL, MAYOR OF KERRY, SUPERINTENDENT FLOR MURPHY, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, AND MC FOR THE OCCASION, MICHEÁL Ó MUIRCHARTAIGH. PHOTO: VALERIE O'SULLIVAN.



KAYDI NIC GHABHANN AND CORMAC MACCURTAIN PUPILS OF GAELSCOIL FAITHLEANN, READING THE PROCLAMATION OF 1916, AT A SPECIAL OPENING OF THE NEW COMMUNITY GARDEN OF REMEMBRANCE. PHOTO: VALERIE O'SULLIVAN.

# KEVIN DUNDON

## COOKERY DEMONSTRATION

at Muckross Park Hotel & Spa, Killarney

**FRIDAY, 1<sup>ST</sup> APRIL**

One of Ireland's best-loved chefs, Kevin Dundon returns to Muckross Park Hotel. Kevin is a well known TV chef and writer of best selling cookbooks "Modern Irish Food" and "Great Family Food".

Kevin is owner of Dunbrody Country House, awarded the World's Best Luxury Country House 2016.



### TICKETS

including Cookery Demonstration and 3 course gourmet dinner

**€60**

per person

### OVERNIGHT B&B + TICKET

- Deluxe B&B with free spa access  
- Tickets to Cookery Demonstration & Dinner

**€145**

per person sharing



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# KILLARNEY REMEMBERS 1916

Spectacular display of patriotism and national pride in Scoil Phobail Sliabh Luachra, Rathmore to commemorate the 1916 rising on National Flag Day.

Students gathered for a cross-curricular presentation in the school gym on various aspects of the events of 1916, with particular mention of local Rathmore man, Patrick O'Connor who died in the Rising and whose grandniece and grand nephew Sarah and Fergal O'Connor are students in the school. All students were presented with a souvenir copy of the proclamation and during the event which was an uplifting celebration of national culture and wonderful local talent, the songs, music and poetry of the Rising were performed by students from all year groups and staff members were dressed in 1916 costumes.

The highlight of the morning was the arrival of the Tri-colour carried on horseback accompanied by pupils who are members of local hunt clubs and who processed from the village to the school for the raising of the flag. A guard of honour was formed by the entire

school and the flag was raised by 2 past pupils, Conn O'Riordan and Breda Fleming who are serving members of the defence forces. This



THE STAFF AT SCOIL PHOBAIL SLIABH LUACHRA DRESSED FOR THE OCCASION.

was done to the sound of Paul Sheerin playing The Last Post on trumpet. The ceremony ended with the singing of Amhrán na bhFiann by the

entire school community in an occasion that was filled with dignity, respect and pride in our national flag in a fitting tribute to the men, women and children who died in 1916.

# STUDENTS LED COMMEMORATION AT KCC



ROSS BRENNAN READS THE PROCLAMATION AT KCC.

On 15th March, a beautiful commemorative celebration for Proclamation day took place in Killarney Community College. The Principal Fiona O'Brien opened the proceedings.

The ceremony was very much a student led endeavour highlighting the extraordinary talents of the students. The morning was filled with Art displays, Poetry readings, musical renditions and drama. Some students performed an extract from Sean O'Casey's the

Plough and the Stars while a third year student Sarah O'Sullivan gave a beautiful performance of 'Grace'.

The 1916 Proclamation was read to the school by fifth year student Rory O'Carroll while Ross Brennan recited the newly created Proclamation for 2016.



MUINTEOIRI CORINNA FAVIER, MARGARET HARTY (LEFT) & PRINCIPAL MIRIAM MADIGAN (RIGHT) PICTURED AT MEENTOGUES NS ON PROCLAMATION DAY JUST BEFORE RAISING THE CENTENARY FLAG. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT TIERNABOUL NS, THE STUDENS & TEACHERS AT TIERNABOUL NS CELEBRATING PROCLAMATION DAY BEFORE RAISING THE CENTENARY FLAG. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



PETER O'SULLIVAN READING THE PROCLAMATION AT THE FLAG RAISING CEREMONY IN ST BRENDAN'S COLLEGE, KILLARNEY.



SGT NOEL MCCARTHY COLLINS BARRACKS WITH STUDENTS LUKE MOYNIHAN AND DANIEL KEANE PREPARING FOR THE FLAG RAISING CEREMONY IN ST BRENDAN'S COLLEGE, KILLARNEY.



DRESSED FOR THE FESTIVITIES OF PROCLAMATION DAY AT TIERNABOUL NS WERE BACK ROW L-R JACK O'SULLIVAN, MUINTEOIR KELLY MANNIX & MIKAELA BINGHAM AND IN FRONT L-R KATIE TREYVAUD & CASEY MULRY. PICTURE MARIE CARROLL-O'SULLIVAN.



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€15,000	5 years	8.30%	€304.19	€3,247.57
€30,000	10 years	8.30%	€364.26	€13,658.95
€60,000*	10 years	8.30%	€728.52	€27,318.92

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# KERRY 1916 COMMEMORATIONS

## MAIN UPCOMING CEREMONIAL EVENTS:

**VALENTIA ISLAND – SUNDAY  
17TH APRIL AT 3PM**

### *Everybody Welcome*

Unveiling of Commemoration Stone to Tim and Eugene Ring, and Rosalie Rice outside the Cable Station Houses in Knightstown, Valentia Island.

Valentia Pipe Band, Baritone Gavan Ring and Valentia primary school will perform at the event.

**BALLYKISSANE PIER  
THURSDAY 21ST APRIL  
8AM START**

Ticket only event, shuttle bus from Library Place Killorglin departs from 7am.

Go to [www.kerry2016.ie](http://www.kerry2016.ie) to apply for tickets.

Click on 'attend State Ceremonial Events'.

Closing date for applications: March 23rd.

**BANNA – THURSDAY 21ST  
APRIL 12PM START**

### *Everybody welcome*

Free standing event - no tickets required.

Bus & car parking available within 5 - 7 minutes walk of ceremony.

Shuttle bus drop-off for people with mobility issues.

Free buses from Garvey's, Brandon, Fels Point grounds & Ballyheigue car park.

Departure 10am.

To attend the relatives area at Banna, please go to [www.kerry2016.ie](http://www.kerry2016.ie) and click on

'attend State Ceremonial Events'

Closing date for applications: March 23rd.

*The Kerry 2016 Commemorations programme is an important opportunity to remember, reflect and reimagine.*

*We hope you can join us.*

19  
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2016

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Programme



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# REVVING UP FOR THE RALLY OF THE LAKES

Killarney & District Motor Club, organisers of the Cartell.ie Rally of the Lakes have announced details of this year's event which will take place over the May Bank Holiday weekend 29th April – 1st May. Once again for their seventh consecutive year Ireland's leading vehicle history record company Cartell.ie return's as the main title sponsor of the Rally of the Lakes 2016. Including additional support from Killarney Advertiser, Ordnance Survey Ireland and the Gleneagle Hotel Group, who have been supporters of the Rally of the Lakes for many years and continue as Associate Sponsors.

The 37th Rally of the Lakes will be a counting rounds of the:

- Clonakilty Black Pudding Irish Tarmac Rally Championship.
- PlasticBags.ie Southern 4 Rally Championship
- FIA European Celtic Trophy Cup.

The newly appointed COC Anthony O'Connor and the organising committee have taken a strong look at the current characteristics and changes of rallying in Ireland. Analysing the market of other events and the main attractions for the competitor to compete. The Team have designed, structured and built the Rally of the Lakes 2016 completely around the modern day competitor, while also maintaining the uniqueness that the Rally of the Lakes holds worldwide.

**FEATURES OF THIS YEAR'S EVENT:**

- 2 x 4 Stage Format each day
- Total of 16 stages



ACTION FROM LAST YEAR'S EVENT.

- Low road Mileage - Easy Recce.
  - Event completely based around Killarney Town (No Further than 25 Miles away at any time).
  - Centralised service for the entire event. (Liebherr Container Cranes Factory)
  - Complete New stages introduced this year.
  - Including such Classic stages as: Molls Gap, Gortnagane, Beallaghbeama, Carragh Lake, RockField.
  - Juniors get a full day rallying on Sunday consisting of 8 Stages.
- The three-day event will begin with a

ceremonial start in Killarney's town centre on Friday 29th April. Plans are at an advanced stage to create a motorsport festival on the streets of Ireland's most famous town and more details of this sideshow will be announced at the Official Rally Launch on Monday 28th March at Scotts Hotel Killarney.

Entries will open shortly AT: <http://www.shannonsportsit.ie/evo/Login> Regulations and further information are available at [www.rallyofthelakes.com](http://www.rallyofthelakes.com) or from event secretary: Cathy Healy on [cathy.rally@gmail.com](mailto:cathy.rally@gmail.com)

# NEW CULINARY PROGRAMME BRINGS ASPIRING NEW CHEFS TO THE TABLE IN KERRY



DR DEAN PANTER, OPERATIONS MANAGER FÁILTE IRELAND, DEIRDRE DONOHUE, KILLARNEY, AND MARK DOE, JUST COOKING. PHOTO: VALERIE O'SULLIVAN.

Deirdre Donohue from Knockanes in Headford is among six aspiring chefs from Kerry and Cork to have successfully graduated from Fáilte Ireland's pilot Commis Chef Programme which

was delivered by Just Cooking, Cookery School, Killahane, Killarney. The chefs are now ready to join the tourism sector and start their culinary careers. Initiated last November, the Commis Chef Programme was designed to respond to the growing skills need identified in the hospitality sector. To date presently in excess of 95% of participants have secured jobs as an outcome of this programme.

A total of 190 participants completed the practical, hands-on, competency based programme which was delivered in 12 locations across the country over an 8-10 week period and provided all the skills a person would need to begin working in a professional hospitality kitchen. The successful participants can now build on their new expertise and progress on to the Culinary Apprenticeship currently in development in conjunction with the Irish Hotels Federation (IHF) and the Restaurants



PICTURED FROM LEFT, NOELLE MCLOUGHLIN, KINSALE, AMY O'SULLIVAN, BANTRY, DR DEAN PANTER, OPERATIONS MANAGER FÁILTE IRELAND, BERNIE DOE, 'JUST COOKING', SEAMUS O'SULLIVAN, BALLINEEN, ANNA KURDZIEL, KILLORGLIN, DEIRDRE DONOHUE, KILLARNEY, MARK DOE, 'JUST COOKING'. PHOTO: VALERIE O'SULLIVAN.

Association of Ireland (RAI) and others. Fáilte Ireland is currently evaluating the completed pilot programme with a view to informing the development of the Culinary Apprenticeship.



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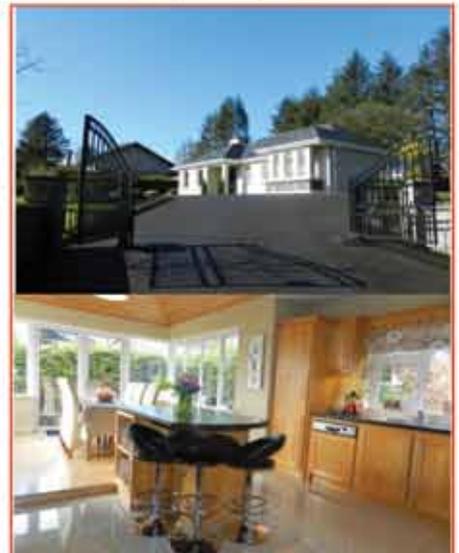
REF 818



**MUCKCROSS GROVE KILLARNEY**  
Guide Price €460,000

4 bedroom (2 ensuite) Dormer Bungalow plus an adjoining 2 bedroom self-contained apartment (3,200 sq ft). Standing on c. 0.3 acre site with wrought iron entrance gates, tarred driveway, landscaped gardens. Walking distance to Killarney Town Centre & National Park.

REF 829 BER Pending



**MILLEEN, KILCUMMIN**  
Guide Price €220,000

4 Bedroom (1 ensuite) Bungalow (1,560 sq ft) standing on approx 0.5 acre site with an electric gated entrance & a tarmacadam drive. Oil fired central heating. Only 10 minute drive to Killarney Town Centre.

REF 867 BER D1



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# SPA GAA CLUB TEE OFF TO RAISE FUNDS

With a number of major developments on the cards, Spa GAA Club are planning a fund-raising Golf Classic which will be staged at Killarney Golf Club, on Friday June 3 next.

The club is currently carrying out some major developments, including the laying of an all-weather playing pitch and alterations to the clubhouse involving the provision of a larger gym, office areas and toilets upstairs.

The developments are estimated to cost around €175,000. "All this work is vital for our club, but obviously needs a lot of money so the golf classic is an important fund-raiser," said Spa chairman Ger Mangan at a reception to announce details in the Killarney Oaks Hotel. It is hoped around 60 teams of four golfers per team will take part in the classic, on the Mahony's Point course. Entry fee is €200 per team. People can also sponsor tee boxes. The Killarney Oaks Hotel, Muckcross Road, is main sponsor of the classic and Killarney Oils, Mill Road, is also a significant sponsor. The presentation of attractive prizes will be in the Killarney Oaks Hotel on the night of June 3. Anyone interested in entering a team and booking tee-times, or supporting



PICTURED AT THE KILLARNEY OAKS HOTEL FOR THE LAUNCH OF SPA GAA'S GOLF CLASSIC FUNDRAISER WHICH WILL BE HELD AT MAHONY'S POINT, KILLARNEY GOLF & FISHING CLUB ON FRIDAY 3RD JUNE WERE BACK ROW L-R DONAL HICKEY, BILLY MORRIS, SEAN KELLIHER, BILLY CASEY & JIM GLEESON. FRONT ROW L-R MARY CRONIN, GERARD MANGAN (CHAIRMAN), EILEEN MAGEE, CLAIRE COURTNEY (MAIN SPONSOR KILLARNEY OAKS), SEAMUS O'DONOGHUE (SPONSOR KILLARNEY OILS) & PEGGY O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

the classic in any way, is asked to contact any of the following Spa club members: Billy Morris, 086 8579248 Mary Cronin, 087 6898146 Seanie

Kelliher, 087 6298613 Donal Cronin, 087 7531271.

# NEWS FROM TOASTMASTERS KILLARNEY

With a lively season well under way, the Killarney Toastmasters, under the stewardship of President Miriam McFarlane have three members going forward to the area finals of the Club Contest - Susan Baughman, Larry

Scheleen, Dermot Kelly. The Toastmasters meet in The Dromhall Hotel, Muckcross Road, Killarney on the second and fourth Tuesday of the month at 8pm. Next meeting is Tuesday 22nd March. Anybody is welcome to attend

as a guest. Many people have described great benefits of communication and leadership skills as a result of membership in Toastmasters. For more information contact telephone **089 418 5440**

# A LEGION OF MEMORIES



IN 1979 OUR CLUB HISTORY WAS LAUNCHED TO CELEBRATE THE 50TH ANNIVERSARY OF THE CLUBS FOUNDATION IN 1929. JOAN CULLOTY PRESENTING THE FIRST COPY TO THEN PRESIDENT OF THE GAA CON MURPHY CORK, (RIP) WHO LAUNCHED THE PUBLICATION. ON (L) IS DENIS O'DONOGHUE, MEMBER OF THE HISTORY COMMITTEE AND DIRECTLY BEHIND JOAN IS MARY TRANT (LADIES COMMITTEE).



# MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



## HOW OFTEN SHOULD I REVIEW MY PENSION AND WHY SHOULD I REVIEW MY PENSION?

There are very many important reasons to review your pension, including:

Performance of your pension and what funds you are invested in. This is **VERY IMPORTANT**, if your pension is invested in high risk funds your total pension fund could substantially reduce over a short period of time and if you are coming close to retirement this could result in you having a much less pension when you retire. The value of many pension funds have reduced since the start of the year, has yours?

Is your pension on target to reach the income you want on retirement? This should be checked on regular occasions, if your pension is not on target changes can be made to help put your pension back on track again.

What pension provider is your pension with and how much do they charge you? Charges are very important because you need to make sure that your pension charges are competitive on a like for like basis. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and by not using jargon. An independent financial advisor should help you understand your pension and your pension options better.

For the above reasons I recommend at least an annual review of every pension with an independent financial advisor.

To make an appointment in relation to the above or for any queries you can contact **Dermot Cronin** at **0646622775** or email **dermotcroninifa@gmail.com**

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## PROPERTY OUTLOOK

# THROUGH THE KEYHOLE....

## A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address:** Milleen, Kilcummin, Co. Kerry. 4 Bedroom Bungalow (1,560 sq ft) standing on approx 0.5 acre site with an electric gated entrance & a tarmacadam drive. Oil fired central heating. Area is serviced by Kilcummin & Anablatha Schools. Only 7 miles/10 minute drive to Killarney Town Centre. Ideal Family Home.

**Agent:** ● Property Partners Gallivan ● College Square, Killarney, Co. Kerry ● Tel: **064 6634177** [www.propertypartners.ie](http://www.propertypartners.ie)

**Guide Price:** €220,000 (BER D1)

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

## ACCOLADES FOR LAURA AT FEIS MAITIÚ

A young Killarney Music student has swept the boards at Feis Maitiú in Cork recently. Laura O'Keefe, a former student of St Brigid's Presentation School in Killarney and currently a 1st Year BMUS student at CIT Cork School of Music won numerous accolades at the competition.

### AMONG HER ACHIEVEMENTS ARE:

Winner of 'The J.T. Horne Memorial. Perpetual Challenge Trophy' - Adult Oratorio Vocal Solo.  
 Winner of 'The Light Opera Perpetual Trophy' - over 18.  
 Winner of 'the Mary McCarthy Memorial Perpetual Cup' for the best soprano performance.  
 Silver medalist for 'the operatic perpetual cup'  
 Received 3rd.  
 Laura who is from Lissivigeen told the Killarney Outlook that she was thrilled with the win and is really enjoying studying Music at CIT.



LAURA O'KEEFE, WINNER OF 'THE LIGHT OPERA PERPETUAL TROPHY' - OVER 18.

## LETTER TO THE EDITOR

### KILLARNEY AGAINST CANCER

*Dr. Maria Harriet Stack is leading a new foundation called "Killarney Against Cancer".*

*Here she tell the Killarney Outlook about her plans and what it is all about.*

Killarney Against Cancer is a new foundation to highlight the importance of prevention and early detection and intervention.

#### IT ALSO WANTS TO HIGHLIGHT:

- What is Cancer
- How Common is Cancer
- New and less toxic Cancer Treatments
- New tests For Cancer patients which would lead to less toxic regimes without compromising outcomes.
- The new guidelines about exercise and diet in Cancer prevention.
- The importance of a healthy lifestyle even in patients with Cancer diagnosis to improve survival rates.
- The new wave of anti cancer drugs. The antibody drug conjugates which have fewer and less toxic side effects and will lead to shorter hospital stays and reduced number of emergency visits to Hospitals without compromising on outcomes.

One in three of us will get a Cancer diagnosis one in four will die of the disease and everybody is deeply hurt by their own story of Cancer. Lifestyle measures are hugely important eg visceral obesity which is weight gain in the



DR. MARIA HARRIET STACK PICTURED WITH RYAN TUBRIDY.

centre of the abdomen is a risk factor for breast cancer in post menopausal women. The fats cells in the abdomen produce insulin which leads to rapidly growing oestrogen responsive breast cancer tumours. Weight loss and exercise will prevent this.

There is currently work on a cancer vaccine which can target the specific weak spot in a patients tumour. The idea is that it activates the T cells which are white blood cells to target just the tumour itself without damage to any other tissue. This will be a game changer for cancer but it is only in experimental phase at the moment.

Killarney Against Cancer recognises the deep trauma and emotional distress a Cancer diagnosis has on everyone.

Kindest regards  
 Dr Maria Harriet Stack  
 Killarney Against Cancer  
 killarneyagainstcancer@gmail.com

## KILCUMMIN HOSPICE WALK READY FOR THE OFF

The annual Kilcummin Good Friday Hospice Walk on March 25th will commence at 10.30am with registration from 10am at the Recreational Hall, when donations will be accepted.

In 2015 the organising committee raised €2,843 for the new Palliative Care Unit which is under construction in Tralee. The organisers would like to thank everyone who helped or took part in the walk. This year's collection will also be donated to the Palliative Care Unit.

This year all those registered will be entered into a draw. Adults prize is Dinner for Two and consolation prizes while the children can win a large Easter Egg and consolation prizes.

There will be a choice of two walks on the day – a 5k walk or a 10k walk with plenty of refreshments in the hall afterwards.

Everyone is invited to come along and support this very enjoyable walk which suits all age groups and is a great opportunity to meet and chat with your community.

There will also be a memory book where you may sign the names of loved ones who died of cancer. A special Mass will then be celebrated after Easter for everyone in the book.

## INSURANCE BROKER FEATURES IN INTERNATIONAL MAGAZINE



KILLARNEY INSURANCE BROKER JOHN HEALY.

A Killarney insurance broker, considered to be one of the top in his field has featured in Acquisition International, an International Financial magazine read in over 170 countries.

JP Healy & Co. have operated from New Street for over 30 years with John at the helm since he took over from his father, the late Jimmy Healy.

"Acquisition International asked me to provide a feature for a 4th Quarter update, a 2015 year end round up relative to the Irish Insurance industry", John told the Killarney Outlook.

John first featured in Acquisition International in early 2015 and this time the magazine wanted to find out more about the myriad of challenges facing the insurance industry in Ireland.

To view the article on line, the website is [www.acquisition-intl.com/2016-acquisition-international-february-2016](http://www.acquisition-intl.com/2016-acquisition-international-february-2016).



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**Sherry  
FitzGerald  
Coghlan**

**NEW TO MARKET**

**TINAHALLA, MILTOWN, CO.KERRY**

Modern, renovated and extended 3 bedroom house on .6 acre lawned site conveniently located only 3 km from Killorglin town. Excellent quality finish with hardwood timber floors, pine kitchen and cathedral ceiling to living area. Wood pellet radiator central heating



Price Region: **€195,000**

**BER C3**

**KILQUANE, HEADFORD, KILLARNEY, CO. KERRY**

Beautifully appointed 4 bedroom bungalow on mature .7 acre site with pony paddock, stabling and established vegetable plot, polytunnel and greenhouse. Conveniently located to Barraduff village and Killarney town. Ideal family home.



Price Region: **€210,000**

**BER C3**

**DNG**  
TED HEALY

- AUCTIONEERS
- VALUERS
- ESTATE AGENTS
- LETTING AGENTS

**FOR SALE**

**Gortdromakerrie, Muckross, Killarney**

Large (c.420 Sq.M) 7 bed detached split level dwelling with converted attic. Located at the foot of Mangerton Mountain in Gortdromakerrie, Muckross with views into the Horse Glen. Generous site extending to approximately 0.75 acre. Property in need of refurbishment/renovation.



Price: **€160,000** **BER C3**

**7 Maple Drive, Park Road, Killarney**

Detached 4/5 bed house located within walking distance of Deerpark Shopping Complex, Tesco, Lidl, Marks & Spencer. Close to schools, church and all other amenities. Detached garage to the rear.



Price: **€180,000** **BER B2**

**37 Scrahan Court, Ross Road, Killarney**

4 bedroom detached family home situated in a mature residential area within walking distance of Killarney town. Generous private enclosed front and rear gardens. Available for quick sale.



Price: **€350,000** **BER D2**

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**11 LAKEVIEW VILLAS AGHADOE**

Superb three bedroom semi-detached residence set in an attractive development in the much sought after Aghadoe area just 4 miles from Killarney Town centre.

Well worth viewing for anyone looking for a nicely appointed family home or investment property.



**€155,000**

**51 LACKABANE VILLAGE, FOSSA, KILLARNEY**

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



**€265,000**

[www.killarneyproperty.com](http://www.killarneyproperty.com)

Contact 064 6631274 / 087 2354790  
to arrange a viewing.

*Your Property Managers*



## ON THE QUEST FOR ADVENTURE

The Killarney National Park set the scene for another Epic day of adventure, with over 400 competitors competing in the Quest Adventure Killarney, Ireland's adventure capital, as part of St Patrick's Festival of events.

The endurance driven athletes cycled along the most scenic ancient paths of Killarney National Park, through The famous Black Valley, where they ran a section of The Kerry Way, along Cummenduff Glen, through O'Sullivan's Farm, the last house in the Valley. Then a tough incline onto The MacGillycuddy Reek's to Curraghmore Lake, before turning back to complete their trail run transition at Casey's Farm yard, a final bike ride through the Black Valley, along the challenging Kenmare Road to the finishing line at the Gleneagle Hotel, Killarney. The race included a 55Km Expert challenge and a 33Km race of strength and great fun.

Barry Cronin, powered through the landscape winning the overall race in an incredible record time of 02:28:42, in second place was Michael Buckley in a time of 02:28:54, third home was James Warburton in a time of 02:32:49. It was the Kerry Ladies that stole the show in the Adventure Race, Dingle's Elite Athlete, Ailise Deane's jaw dropping result, 02:32:49. Triathlon athlete, Lisa Stapelbroek of Templenoe, 02:56:48



GIRL POWER... RUTH ALLEN, SHARON O'CONNOR, AIMEE O'MAHONEY AND LORRAINE HORAN, COMPETING IN QUEST KILLARNEY ADVENTURE RACE - A ONE-DAY MULTI ADVENTURE SPORT RACE, THROUGH KILLARNEY NATIONAL PARK, ALONG THE KERRY WAY AND THE BLACK VALLEY. PHOTO: VALERIE O'SULLIVAN.

Race organiser, Oliver Kirwan from Quest Adventure said "Records were broken, the weather held firmly for all the athletes. We witnessed magnificent racing on Saturday, but without the support of the residents of the Black Valley, staff at Killarney National park, the Gleneagle Hotel and local volunteers, the event could not happen. The atmosphere, good humour and banter among the athletes and

hard working organisers added to the great success of the day. It's all part of the Quest Adventure Experience"

The next Quest Adventure Series in the diary is Quest Glendalough on April 23rd 2016, Quest Achill September 3rd 2016, and back to the Epic Quest Killarney October 1st, 2016



SINEAD SUGRUE, KILLARNEY, COMPETING IN QUEST KILLARNEY ADVENTURE RACE - A ONE-DAY MULTI ADVENTURE SPORT RACE, THROUGH KILLARNEY NATIONAL PARK, ALONG THE KERRY WAY AND THE BLACK VALLEY. PHOTO: VALERIE O'SULLIVAN.



KEVIN MURPHY, KILLARNEY, COMPETING IN QUEST KILLARNEY ADVENTURE RACE - A ONE-DAY MULTI ADVENTURE SPORT RACE, THROUGH KILLARNEY NATIONAL PARK, ALONG THE KERRY WAY AND THE BLACK VALLEY. PHOTO: VALERIE O'SULLIVAN.



COLM FOLEY, KILLARNEY, COMPETING IN QUEST KILLARNEY ADVENTURE RACE - A ONE-DAY MULTI ADVENTURE SPORT RACE, THROUGH KILLARNEY NATIONAL PARK, ALONG THE KERRY WAY AND THE BLACK VALLEY. PHOTO: VALERIE O'SULLIVAN.



FORMER ALL IRELAND WINNING KERRY FOOTBALLER, EOIN BROSANAN, COMPETING IN QUEST KILLARNEY ADVENTURE RACE - A ONE-DAY MULTI ADVENTURE SPORT RACE, THROUGH KILLARNEY NATIONAL PARK, ALONG THE KERRY WAY AND THE BLACK VALLEY. PHOTO: VALERIE O'SULLIVAN.



# Jerome O'Regan

## AUCTIONEER & VALUER

Tel/Fax: 066 9761200 | Mob: 087 2833410

Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



### NEW TO MARKET

#### UPPER LEWIS ROAD, KILLARNEY.

A delightful 2 storey, semidetached home, full of style and character, combining old world charm with modern conveniences. 3 bedrooms, bathroom, shower room, lounge, kitchen/diningroom with patio doors to the back garden. Only minutes walk to town centre, much sought after location.

PRICE POA BER Pending



### NEW TO MARKET

#### 2 MAPLE DRIVE, MILLTOWN, KILLARNEY, CO. KERRY

This is a bigger-than-usual 4 bed semi-detached house. It comprises of 4 spacious bedrooms, 1 en-suite. It is very convenient for commuting to Killarney, Tralee, Killorglin and Kerry airport.

GREAT VALUE €150,000 BER Pending



### NEW TO MARKET

#### MILLTOWN, KILLARNEY.

Street front property with good back yard. Formerly "The Finishing Post" betting office. Great potential with Milltown expanding/progressing rapidly.

PRICE REGION €125,000 BER Pending



### 10 LYNCH HEIGHTS, KILLORGLIN. LOCATION LOCATION LOCATION.

A beautiful, modern, detached bungalow in this prime Sunhill location, only minutes walk to town centre and all amenities. 3 bedrooms, 1 ensuite, lounge, bathroom, kitchen/dining and utility. Elevated site with panoramic views.

PRICE: €180,000 B.E.R PENDING.

**UPPER LEWIS ROAD, KILLARNEY 2 STOREY, SEMIDETACHED HOME, ONLY MINUTES WALK TO TOWN CENTRE, MUCH SOUGHT AFTER LOCATION**  
**LOUGHGUITTANE, MUCKCROSS, KILLARNEY, 1 ACRE SITE SUBJECT TO PLANNING PERMISSION, €75,000**

**WANTED TO PURCHASE** Store/warehouse, 3,000 sq. ft. approx.. close to Killarney. Must be in good condition.

**KILCUMMIN AREA, Killarney,** Beautiful detached dormer.4 bedrooms, 3 ensuite, sun-lounge, many extra features. Spectacular views. P.O.A.

**WAREHOUSE TO LET OR FOR SALE** Great access just off the N70. Approx. 1 mile from Killorglin on the Tralee road. Size 110 x 80 ft.x 20ft. high approx. Modern building, totally sealed, cavity wall with insulated roof.

**REEKS GATEWAY TO KILLARNEY** Upstairs office space for sale. All services available.

**KILLORGLIN TOWN** Town centre shop premises to let.

**WANTED** (due to recent completed sales )Semi-detached house in Killarney. Cash client. Immediate decision.

**CLOONALASSAN, CASTLEMAINE** Detached, compact dwelling needing modernisation. Great DIY project, close to village, V. keenly priced, BER Pending

**BARLEYMOUNT, KILLARNEY** 6.5 acres approx. of rough land.

**BARLEYMOUNT, KILLARNEY** 1.75 acres approx. field with spectacular views

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

**SPA/KILLARNEY** 1 acre site,subject to planning, dry elevated, great location

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

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

**ROCKFIELD, FIRIES.** Delightful 3 bed two storey( At the old school).

Very attractively priced.

**63 BAILE AN TOOREEN, KILLORGLIN.** Large 3 bed semi, modern beautiful home in a great location.

**KILLORGLIN TOWN** Large modern warehouse **TO LET.**

**KILLORGLIN TOWN** 2 bed apartment, both ensuite,Very modern design,purpose built in a private, gated town centre location.

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

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

**CURROW,** Killarney area. Old farmhouse in need of repair on 1 acre approx. with old sheds and yard.Great D.I.Y. project/rural retreat and weekend away to nature.€22,000 o.n.o.

**MILLTOWN VILLAGE** Magnificent, detached two storey house, approx. 1,800 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

**2 MAPLE DRIVE, MILLTOWN, KILLARNEY** 4 bed semi-detached house. It comprises of 4 spacious bedrooms, 1 en-suite. It is very convenient for commuting to Killarney, Tralee, Killorglin and Kerry airport. Great Value €150,000

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

**MILLTOWN VILLAGE** Commercial street front property.Great location. Good investment opportunity. Price region €125,000.

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

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

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

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

**SUNHILL, KILLORGLIN,** Beautiful detached modern 3 bed bungalow. Only minutes walk to town centre and all amenities. Elevated, scenic site. Price €180,000.

### FARMS/LAND

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

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

**Firies area, Killarney.** Country mansion on 39 acres approx of top quality land all in excellent condition.

### SITES

**LOUGHGUITTANE/MUCKCROSS** area- Site with lake view, roadside.

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

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

**BEAUFORT, KILLARNEY** 1 acre with full planning.

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

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

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

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

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

**TIRNABOUL/SPA KILLARNEY** C.3/4 acre site. Dry, level and roadside.Close to Spa G.A.A. grounds and community facilities.

## ITS PUPILS V STAFF AT ST. OLIVER'S

Kerry's largest Primary School, St. Oliver's National School, Ballycasheen, is about to undertake a mammoth fitness challenge over the next few weeks. Staff at the school are planning to walk, run or swim a collective 2016 miles in recognition of the Historical 1916 Rising Celebrations. Sponsored by friends, pupils and local business the staff have just 21 days to reach the total mileage. A giant gauge to monitor their progress will be on display in the school hall. However, that's not all the school are planning extra training, P.E classes, nutrition programmes, yoga and Zumba for all of the 800 pupils throughout the month of April. Finally on Sunday April 24th at 2pm pupils and parents face their own challenge - to beat the staff total by taking part in a fun run in Killarney National Park over 3 or 5 miles. All funds raised through sponsorship will go towards supporting the work in St. Oliver's. Entry fee is €10 per person or €20 per family.



PICTURED AT ST OLIVERS NS SOME OF THE TEACHERS WHO WILL TAKE ON THE SCHOOLS NOVEL IDEA FOR "ST OLIVERS 2016 CHALLENGE" TO PROMOTE FITNESS IN CLOCKING UP 2016 MILES, IN A BID TO OUT DO THE PARTICIPANTS OF THE FAMILY FUN RUN WHICH WILL TAKE PLACE ON 24TH APRIL. L-R MOLLY O'CONNOR, TIM HORGAN, JENNY CRONIN, CATHERINE DOYLE, PRINCIPAL RORY DARCY, NIAMH FLEMING, ELAINE KAVANAGH, CHRISTINE HEGARTY & MICHELLE HICKEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## ST. PAUL'S TAKE TO THE CATWALK



LOOKING FORWARD TO THE ST. PAUL'S BASKETBALL CLUB FASHION SHOW THAT WILL TAKE PLACE ON FRIDAY MARCH 18TH AT THE KILLARNEY RACECOURSE WERE FRONT FROM LEFT, AVA WELDON, ABBIE RYAN, RIAN WELDON AND LUKE RYAN. BACK FROM LEFT ARE BREDA WALSH, PATRICIA RYAN, PADRAIG WELDON AND KAREN BRUTON. PICTURE: EAMONN KEOGH.

Get your glad rags on and make your way to the Killarney Racecourse tonight, Friday March 18th for a night of fashion and fun

in aid of St. Paul's Juvenile Basketball Club. Showcasing the best of design and style from various different fashion and sports outlets,

guests will be assured of a wonderful night's entertainment. The evening will commence with a cheese and wine reception at 7.00 P.M followed by the fashion show. Models on the catwalk will display some fantastic fashion and beauty ideas that will provide inspiration for the Spring and Summer seasons ahead. The models will be wearing the best of items from the following stores: Mods and Minis, Wisteria Boutique, Elvery's Sports, Villa Clothing, The Kerry GAA Sports Store, Miss Darcy's, Shirley's Unique Headpieces, New Look, Urban Heroes, Dowlings Sports Tralee and The Pillbox Boutique. Several models will be strutting their stuff on the catwalk including appearances from some of the St. Paul's underage players as well as some special guests and a few surprise faces. The spectacular indoor venue at Killarney Racecourse is a superb setting for the fashion show and St. Paul's are very grateful to David Rea, Celtic Steps, for facilitating the show. Admission is a mere ten euro for adults and just five euro for U-16s. Several spot prizes and a door prize of a hotel break at The Maritime Hotel Bantry (sponsored by Gleneagle Group) will also be available to win. A great night of fashion, fun, glamour, entertainment and value for money is guaranteed.

## EASTER CAMPS TO DRAW RECORD ATTENDANCE

Kerry School of Music Easter Camps in Tralee and Killarney are likely to continue their record run of drawing capacity attendances. The camps which took place in Tralee over two weeks from Monday to Thursday, March 21st – 24th and from Tuesday March 29th to Saturday April 2nd inclusive and in Killarney from March 29th to April 2nd, daily from 9.30am to 1pm are often completely booked out in advance with

over seventy children signed up. Participants ranging in age from four to fourteen are introduced by professional teachers to the entire range of classical, traditional and contemporary musical instruments through drama, dance, song, movement, mime, costume making and arts and crafts. This was the fifth Easter Camp run by the School of Music as part of its Outreach and

Access Programme which aims to introduce people of all ages to the joy of active music making. The School of Music has run a very successful Summer Camp for a record twenty eight years. Many young people who were first introduced to music and performing arts through the Summer Camps have gone on to have professional careers in the performing arts. All enquiries to 066 7125690.



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The latest member of our team is

**Donal O'Sullivan**

who recently graduated with a

MSc. Physiotherapy from Glasgow  
Caledonian University.

Donal also has a

BSc. Honours degree in  
Athletic Therapy and training from DCU.



# Chi Kung

**HOW TO BECOME HEALTHY, PAIN FREE AND DEAL WITH STRESS**

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

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

**Venue:** The Innsfallen suite, Gleneagle hotel, Killarney

**Date:** 31st March 2016

**Time:** 8.30pm -10pm

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

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

**Website:** www.smilefromtheheart.ie/courses.html

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30 Minutes of Relaxation Time

Main Course Lunch in THE BREHON BAR

€135 pp (Sunday - Friday ONLY)

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

For reservations, please contact Angsana Spa at The Brehon on 064-6623980 or email [angsanaspa@thebrehon.com](mailto:angsanaspa@thebrehon.com)

## STUDENTS BENEFIT FROM MASTERMIND



**Mastermind** is the newest product in the Revive Active range and here at Aherns Pharmacy Farranfore, we couldn't be more excited about it. Mastermind's focus is on exam students who want to perform at their best, decision makers, active seniors, busy parents and anyone who strives to maximise their potential to preserve quick thinking and sharp memories for a long and vibrant life.

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mental performance and nervous system function.



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### Cognitive function

Zinc contributes to normal cognitive function.



### Nervous system

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### Mental Performance

Vitamin B5 – contributes to normal mental performance.

Now is the ideal time for exam students to start taking Mastermind, ahead of the upcoming Leaving Cert, Junior Cert & 3rd Level exams.

**Exam Students** – 15 years and older, take 1 sachet daily.

For under 15's take a half sachet daily.



Mastermind is waiting for anyone who wants to re-charge their brain and improve mental performance.

**Parents & Professionals** – Take 1 sachet daily. Seniors – If preventative, take 1 sachet daily. If you are starting to suffer from memory and cognitive deterioration, take 2 sachets daily (separately for the best effect).

Mastermind normally retails at **€44.95** for a 30 day supply, but for a limited time at Aherns Pharmacy we have a special price of **€39.95**.

To find out more about Mastermind, call in to us in Farranfore, visit our website

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or find us on



ADVERTORIAL

## SPECTACULAR NOMINATIONS FOR URBAN OPTICS

There were great celebrations at Urban Optics on Scotts Street when news came through that the company has received two nominations at this Year's Optician Awards - Family Practice of the Year, and Optometrist of the Year.

For over twenty years, the Optician Awards have recognised and rewarded excellence across the profession in both Ireland and the UK, with awards for teams and individuals, independent practices and multiples, technology, family values, and fashion.

After taking home the trophy for Family Practice in 2011, Urban Optics are in the running once again, proving that family values are truly at heart of the business. The judges not only look for a practice that appeals to families but also one that employs family values in the way it is run. Children, parents and grandparents all frequent the practice, and with three generations of optical experience in the business, they are guaranteed the best in family eye-care.

The importance of family is also evident in the second nomination, with Pat's daughter Elaine short-listed for Optometrist of the Year. Not only is Elaine the youngest nominee in her category, she is the only Optometrist from Ireland to make the list.

Despite her youth, Elaine has acquired a wealth of experience and expertise. Her dedication to



STAFF AT URBAN OPTICS, SCOTTS STREET KILLARNEY ARE IN THE RUNNING AGAIN FOLLOWING THE ANNOUNCEMENT OF THE SHORTLIST FOR THIS YEAR'S OPTICIAN AWARDS. FRONT ROW, BRID O'CALLAGHAN AND PAT O'DONOGHUE, OPTOMETRIST AND PROPRIETOR, BACK FROM FROM LEFT, DERRY O'KEEFE, ADRIENNE MORRISSEY, BARBARA O'DONOGHUE, JOANNE NI CURRAIN, SHEILA O'SULLIVAN, ELAINE O'DONOGHUE, OPTOMETRIST OF THE YEAR NOMINEE, TERESA WHARTON AND JESS GRIFFIN. PHOTO: VALERIE O'SULLIVAN.

the profession has taken her from Dublin to San Francisco, Galway to Mozambique, and Cork to Malawi, before returning to her hometown of Killarney in 2013 to work with her father in the family practice. Over the past year, she has completed her MSc in Clinical Optometry and

won the prestigious Alcon Scholarship, while still finding the time to get married!

Elaine, and her parents Pat and Helen, will be travelling to the Optician Awards in Birmingham to represent the whole Urban Optics team at a gala award ceremony on April 9th.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**

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## WHAT WE OFFER?

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First massage includes **FREE** consultation and assessment

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

**Call 087-2922851**  
to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),  
Park Rd, Killarney  
[www.killarneymassagetherapycentre.ie](http://www.killarneymassagetherapycentre.ie)



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**SPECIAL OFFER**

Bleaching, Scale & Polish  
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**€300!!**

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



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[milltowndentists@eircom.net](mailto:milltowndentists@eircom.net) | [www.dentistkerry.ie](http://www.dentistkerry.ie)  
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**PLEASE CONTACT: 066 9765635**

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**LOVE IS ALL THERE IS!**

At the end of our days will it be the car we reach out for or the house? Will it be the accolades for the work we've done or how much money we have in the bank? Is it our status that we will want the most? Will we still be seeking someone else's approval? In a recent survey the number one top regret of the dying was that they wished they had lived a life that was true to them and not the life others expected they should live. What was really sad was that many did not realize until the end that happiness and love is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh fully and have silliness in their life again."

At the end of our days all that really matters is Love and gratitude. That you have loved your body, your life and the people in it. Don't wait until you are about to leave this earth to really **LIVE** your life! Do it **NOW!** Gather yourself up in your own loving arms and treat yourself kindly. Refuse to indulge in any more of that thinking that brings you down or has you playing small. You're **NOT** small! You're **HUGE, GLORIOUS, EPIC** and a **WONDERFUL** human being! End your addictions – stop hiding and step out into your most **FABULOUS LIFE!**

I am running a **BREAK FREE FROM EMOTIONAL EATING** course - starting Wednesday April 6th from 7.30 – 9.30pm at the Travel Inn, Fossa, Killarney.  
Booking is essential. €125.00

**066 9766374** | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)

Fully Licensed Restaurant & Bar

**Treyvaud's**

**Treyvauds Annual Seafood Night**

**Thursday 14th April**

Reservations Essential



**Find us on Facebook** Reservations: **064 66 33062**  
62 High Street, Killarney Fax: 064 66 22793

# Advanced Chiropractic & X-Ray Clinic

**Tel: 064 6636835**

## Expert care of:

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

**Digital X-Ray Facilities**

**TOG Gaitscan Foot Analysis**

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

**Dr. Lyndsey O'Leary**

BSc Hons Chiro, DC, MCAI



Email: [tasminf1@gmail.com](mailto:tasminf1@gmail.com)

[www.killarneychiropractic.com](http://www.killarneychiropractic.com)

We would like to welcome a new chiropractor to our team

**Dr. Clíodhna Walsh.**

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

## GET READY FOR THAT SUMMER WEDDING or SOCIAL EVENT

### Learn to Jive Jive Jive

Plus Old Time Waltz, Quickstep & Slosh.

**Classes for 4 weeks only**

**TORC HOTEL KILLARNEY**

STARTING WEDNESDAY 6TH APRIL  
7.30PM - 9.30PM

€10  
Per Class

**GRAND HOTEL TRALEE**

STARTING MONDAY 4TH APRIL  
7.30PM - 9.30PM

**TORC HOTEL KILLARNEY**

STARTING SUNDAY 3RD APRIL.  
IMPROVERS/ADVANCED CLASS  
7.00PM - 9.00PM

€10  
Per Class

**Tom Jive No Partner Required**

Dancing to Nathan Carter, Derek Ryan, Mike Denver etc

Contact Tom on **087 3995877**



Astrid Longhurst presents...  
**Break FREE from EMOTIONAL EATING!**

*Do you struggle with what to eat? Are you always thinking or worrying about food? Do you use food to comfort you or to numb your feelings? Are you sick and tired with feeling sick and tired? Would you love to have a happy, healthy relationship with food and your body? Would you love to wake up feeling full of vitality, health and energy?*

*If you are ready to heal your relationship with food and step into BODY FREEDOM, JOY and INNER PEACE, then sign up for this transformational six week course!*

- End the struggle with food once and for all!
- Restore health, vitality and a loving relationship with your body!
- Learn how to eat mindfully, consciously and authentically!
- Discover what you are really hungry for!

**Six week Mindful, Conscious eating course:**  
Beginning Wednesday 6th April, 7.30 - 9.30pm  
at the Travel Inn Fossa, Killarney.

**Investment is €125.00 for six weeks.**  
Booking is essential.  
Please call 066 9766374 to reserve your place.

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



## **SNACKING!!! SHOULD I SNACK BETWEEN MEALS? AND WHAT SHOULD I SNACK ON? PART ONE**

I'm a big fan of promoting structured 3x meals a day with clients and 2-3 healthy nutritious low calorie snacks in between meals. These snacks are like stepping stones to get you to the next main meal. Snacking in between meals like this will have the following benefits;

- Keep your blood sugars stable so you don't crash and end up raiding the biscuit tin
- Prevent you from over eating at your main meals, as you hopefully won't be starving by the time you get to your lunch or dinner
- Snacking on healthy snacks will keep your metabolism fire burning so your not risking slowing this down by going too long a gap between meals so you will continue to burn calories efficiently
- Snacking will keep your energy levels up so you won't get that tired and slumpy feeling and find yourself reaching for the caffeine or chocolate fix
- It's a good way of getting good healthy nutrients into you that maybe were not part of your main meal.
- Snacking on healthy options will stop you from picking the unhealthy options as you will have more control by keeping your hunger levels at bay
- Snacking regularly should stop you opting for unhealthy takeaways and convenience foods as they should be used to keep your hunger levels in check so you can go home and have time to cook your dinner without feeling like you are going to faint in the process.

Healthy Snacking is all about controlling hunger levels. By the time you get to each main meal you should feel like you could eat with control. If you do feel like you can't stop and you just want the whole menu then chances are you have left it too long since your last snack or meal. Think of a frog trying to get across the pond, using each Lilly pad to get to his final destination with ease. Snacking should be thought of like this, just a stepping stone to keep your energy levels up so you can get to the next main meal.

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



## **OUTLOOK FASHION TOP IT OFF WITH A HAT**

Whether you opt for a cap, a fedora, or a floppy boho style, a hat might just be the easiest way to make more of a statement with your style. So top off today's outfit with a hat you keep meaning to wear.

## **HEALTH TIP**

### **EAT PROTEIN AT EVERY MEAL**

*Protein is the ultimate fill-me-up food. It's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.*



## *Beauty tip*

### *Smudge-Proof*

For smudge-proof eye makeup, take blotting tissue to remove any oil or any excess makeup from the eye area. Then, apply a small dab of cream concealer to hold things in place.



## **SAFEFOOD REPORT INTO ENERGY DRINKS RELEASED**

- **MASSIVE INCREASE IN NUMBER OF PRODUCTS NOW ON SALE**
- **SOME BRANDS CONTAIN UP TO 16 TEASPOONS OF SUGAR**

A new report by safefood into Energy Drinks in Ireland has found a massive increase in the number of products on sale<sup>1</sup> compared with 2002 and some brands containing up to 16 teaspoons of sugar. The report also found that some brands cost less than €0.50 cent a can. Males aged 15-24 were the highest consumers<sup>2</sup> of energy drinks (64%) and over half of those who consumed energy drinks (54%) consumed them at least once a week or more frequently.

Introducing the research, Dr Clíodhna Foley-Nolan, Director, Human Health & Nutrition, safefood commented "It's really remarkable that these products are so prevalent and together, energy drinks and sports drinks now comprise more than 20% of the soft drinks market<sup>3</sup> in Ireland. Consumption can have health consequences because of their sugar and caffeine content. A typical small 250 ml can has sugar levels of 6 teaspoons per can which is equivalent to a full chocolate bar. The caffeine content is high and drinking 2 small cans and one small espresso of coffee drives an

adult's daily caffeine intake above recommended levels. In addition, the use of energy drinks as a mixer with alcohol among young adults also has consequences in the context of Ireland's current binge-drinking culture. safefood's position continues to be that these drinks are not recommended as a mixer for alcoholic beverages but this is now common and part of the binge drinking culture prevalent particularly amongst our 15-24 year olds."

The safefood report found that the average price of an energy drink in Ireland was €1.09 however this cost ranged as low as €0.49 cent with supermarket own-brands being cheaper than branded products. The leading brands are also supported by extensive promotional campaigns particularly on digital and social media, with many brands hosting dozens of dedicated Twitter and Facebook accounts and marketing campaigns aimed specifically at active young people with a focus on high adrenalin activities and music.



# SUNDAY SPECIAL

Main Course, Dessert & Tea or Coffee | €20 for adults and €10 for kids

EVERY SUNDAY 12.30 – 4 PM



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TRADITIONAL • IRISH PUB



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Winner of the  
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HOTEL & LEISURE CENTRE

## Easter Family Breaks

BOOK NOW  
021 485 2100

€280.00

€360.00

2 Nights B&B & 1 Dinner    3 Nights B&B & 1 Dinner

Offers based on 2 kids U 12 sharing with adults. Subject to availability, T&C's apply

Complimentary Kiddies Club, CAMP ROCK.

Fun filled hours of activities each day. Supervised Movie Club in the evening.

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# EASTER OUTLOOK

# Lir

Award Winning  
Chocolatiers



## Easter OUTLET SHOP

(Across from Eason's)

Opening Hours:

Monday - Saturday: 10am - 6pm

Sunday: 12 noon - 6pm

Two Boxes of  
5 Mini Eggs  
Only **€18.00**  
While Stocks Last!



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*Famous Annual Family Day Out*

# EASTER EGG HUNT

The Original Easter Egg Hunt



The Easter Bunny will be there too...

**SAT, SUN, MON**  
EASTER WEEKEND

All Weather  
**Indoor Adventure**  
Outdoor Fun

Don't forget your  
Picnic & Camera

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10 minutes from Killarney on the N22 Cork Road





# A look through the lens at school life in Killarney this week



CULLINA NATIONAL SCHOOL PUPILS RORY McDONNELL, GRACE GARLAND, LAUREN FOLEY AND GARY COFFEY AT THE JUNIOR ENTREPRENEUR PROJECT 'LUCKY HORSE SHOE KEY HOLDERS' AT CULLINA NATIONAL SCHOOL, BEAUFORT.



DARA LAWLOR, DANIEL LUCEY, SHANE TRANT, CALLUM MYERS FROM ST. BRENDANS COLLEGE KILLARNEY- 1ST PLACE IN ISTA JUNIOR SCIENCE QUIZ.



CULLINA NATIONAL SCHOOL PUPILS GRAINNE CLIFFORD, MARK O'SULLIVAN ROUSE, KATE MURPHY AND CIAN O'SULLIVAN AT THE JUNIOR ENTREPRENEUR PROJECT 'LUCKY HORSE SHOE KEY HOLDERS' AT CULLINA NATIONAL SCHOOL, BEAUFORT.



ST BRENDAN'S STUDENTS CIAN CASEY, SEAN O'LEARY AND SEAN DOHERTY PRESENTS €1000 TO SIOBHAN LINEHAN AND DR FIONA GALLAGHER FOR OPERATION RESUSCITATION WITH (LEFT) TEACHER BRIDGET LUCEY AND (RIGHT) ANNIE MACMONAGLE AIB AT ST BRENDANS COLLEGE KILLARNEY



ST BRENDAN'S SCIENCE QUIZ TEAMS DANIEL LUCEY, SHANE TRANT, DARA LAWLOR, CALLUM MYERS (CENTRE) JAMES LYNCH, JAMES KNOBLAUCH, JAKUB KUNICKI, SEAN O'SHEA, JACK MURPHY, FIONNBHARR HICKEY AND DANIEL KEANE WINNERS AT THE ISTA SCIENCE QUIZ IN TRALEE RECENTLY.



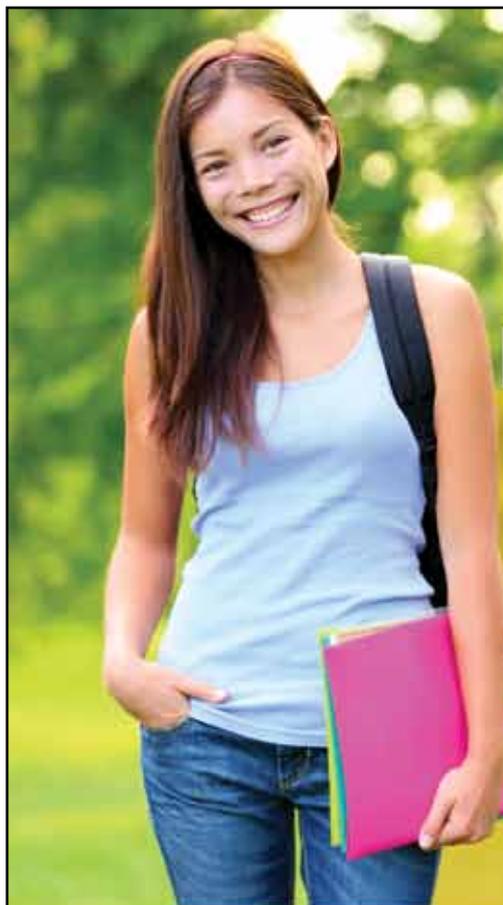
HILDA FITZMARTIN, SHEILA O'SULLIVAN, SUE McDONOUGH, DENIS MOYNIHAN AND MIKE McDONOUGH MEMBERS OF THE LOLLIPOP DAY OESOPHAGEAL CANCER FUND COMMITTEE WHO RAISED IN EXCESS OF €5800 DURING LOLLIPOP DAY WITH THE HELP OF ST BRENDAN'S STUDENTS AND TEACHERS (FRONT) RYAN KELLIHER, TEACHER EMER DEVANE, STUDENTS (BACK ROW FROM LEFT) BRIAN O'DRISCOLL, KRISTIAN KOMOSA, EVAN SMITH, ADAM KISSANE, LIAM SPILLANE, ASTIJUS, JORDAN O'SULLIVAN, JACK DUGGAN, NATHAN COUNIHAN AND DARRAGH O'LEARY AT ST BRENDAN'S COLLEGE, KILLARNEY.



PRESENTATION KILLARNEY STUDENTS WHO PARTICIPATED IN THE JUNIOR SCIENCE QUIZ ON THURSDAY NIGHT IN THE IT SOUTH CAMPUS, TRALEE KATE HICKEY, SARAH RANDLES, ELLEN LYNE, MIRIAM FLEMING, CLODAGH KEARNEY, ABBIE CRONIN, REBEKAH O'SULLIVAN AND DAYNA COURTNEY PHOTO JOE HANLEY



FIONN AND SARAH VANBLADEL ACCEPTING A CHEQUE FOR DOWN SYNDROME KERRY FROM SAOIRSE DORIAN WITH JOHN CLIFFORD, MOIRA CRONIN PRINCIPAL, TEACHER MARIE MURPHY AND JOSHUA COFFEY AT THE JUNIOR ENTREPRENEUR PROJECT 'LUCKY HORSE SHOE KEY HOLDERS' AT CULLING NATIONAL SCHOOL, BEAUFORT.




# Brookfield College

Now at our new school in Monavalley, Tralee

## 28th Annual Easter REVISION COURSE

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

# UPCOMING COURSES 2016

## SUPERVISED STUDY

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

## ORAL PREPARATORY COURSES

### Saturday March 12th

Intensive One Day **Irish Oral Preparatory Course**

### Saturday March 19th

Intensive One Day **French Oral Preparatory Course**

### Saturday April 2nd

Intensive One Day **German Oral Preparatory Course**

### Saturday April 2nd

Intensive One Day **Spanish Oral Preparatory Course**

## EASTER REVISION COURSES

### Monday March 21st- Friday March 25th

Intensive Revision for Leaving and Junior Certificate

## BLOCK STUDY

### Monday March 28th - Friday April 1st

Supervised Study 9.00am - 5.30pm (Easter Break)

## ART HISTORY

### Saturday 23rd April

One Day Revision Course of Art History for Leaving Cert.

## CHEMISTRY

### Saturday 23rd April

One Day Intensive Revision of Organic Chemistry.

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

## BLOCK STUDY

### Monday 30th May - Fri 3rd June

Supervised Study 9.00am - 5.30pm (Summer Break)

Information can be viewed and forms downloaded from our website.

(Go to application forms at top of page)

[www.brookfieldcollege.ie](http://www.brookfieldcollege.ie)

Email: [info@brookfieldcollege.ie](mailto:info@brookfieldcollege.ie) • Phone: 066 7145896

# ST. PATRICKS DAY IN KILLARNEY 2016

## St. Patricks Day in Killarney

As Killarney basked in the glorious sunshine of St. Patrick's Day, local sporting and community groups took centre stage at the annual St. Patrick's Day Parade.

Killarney Outlook Photographer **Marie Carroll O'Sullivan** was on the streets of the town capturing the atmosphere of St. Patrick's Day in Killarney.



# ST. PATRICKS DAY IN KILLARNEY 2016



# ST. PATRICKS DAY IN KILLARNEY 2016



# ST. PATRICK'S DAY IN KILLARNEY 2016



**GOING GREEN...** ST MARY'S CHURCH OF IRELAND, KILLARNEY, DESIGNED BY JOSEPH WELAND IN THE 1860S, STANDS ON THE SITE OF THE ORIGINAL CHURCH OF THE SLOES, CILL AIRNE, WHICH GIVES KILLARNEY ITS NAME, AND A CHURCH HAS STOOD ON THIS SITE SINCE THE NINTH CENTURY. PHOTO: VALERIE O'SULLIVAN.



**GOING GREEN...** THE FRANCISCAN FRIARY, KILLARNEY, EDWARD WELBY PUGIN, ELDEST SON OF THE MORE FAMOUS AUGUSTINE PUGIN, IN 1864. WORK STARTED AND ON THE FEAST OF ST PATRICK IN 1864, DR. MORIARTY LAID THE FOUNDATION-STONE OF THE CHURCH, TAKEN FROM THE RUINS OF MUCKROSS ABBEY, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



**GOING GREEN...** THE EUROPE HOTEL & RESORT GOES GREEN FOR ST. PATRICK'S DAY FESTIVAL 2016. PHOTO: DON MACMONAGLE.



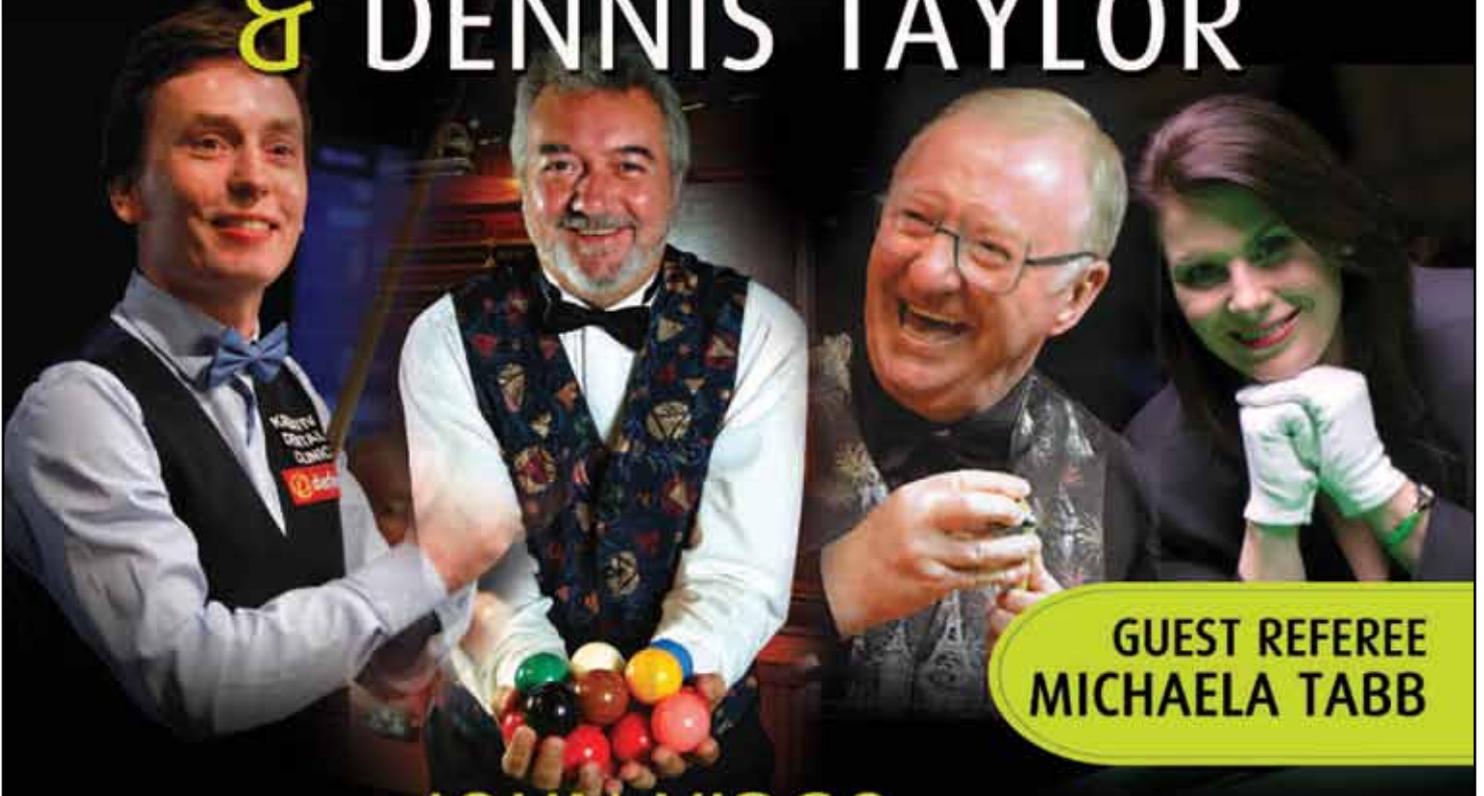
**GOING GREEN...** THE METHODIST CHURCH, CHURCH IN KILLARNEY, BUILT IN 1911, IS THE ONLY SURVIVING METHODIST CHURCH BUILDING IN KERRY. PHOTO: VALERIE O'SULLIVAN.



**GOING GREEN...** MCSWEENEY'S ARMS, COLLEGE SQUARE, CELEBRATING ST PATRICK'S FESTIVAL, KILLARNEY IN STYLE. PHOTO: VALERIE O'SULLIVAN.

# SNOOKER EXTRAVAGANZA

## KEN DOHERTY & DENNIS TAYLOR



GUEST REFEREE  
MICHAELA TABB

FEATURING **JOHN VIRGO**  
COMMENTARY, TRICK SHOTS & MUCH MORE....

**SUNDAY APRIL 3<sup>RD</sup> 2016** *The Gleneagle*  
HOTEL & APARTMENTS  
**THE GLENEAGLE HOTEL KILLARNEY**

Tickets from INEC Box office 064 6671555

Tickets from the Cue Club 064 6630057

Tickets from Connie 087 2833343



**Irish Wheelchair Association**  
Killarney/South Kerry Branch

Tickets: €20.00 (Doors open at 7.30pm, Show 8.00pm)

VIP Tickets: €50.00 (Doors 7.00pm) LIMITED availability

VIP Includes: Early Entry, Meet & Greet with the players, Front row seats



PICTURED AT KILLARNEY LIBRARY FOR KILLARNEY CAMERA CLUBS PHOTO EXHIBITION WERE FRONT ROW L-R ELLEN LYNCH (SECRETARY), FRANK LEWIS, NIKKI FOLEY. BACK ROW L-R ADRIAN HEALY, BILLY HORAN (PRO), PAUL GARNETT & JOHN KEANE (CHAIRMAN). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE PHOTOGRAPHY EXHIBITION DISPLAYED BY KILLARNEY CAMERA CLUB AT THE LIBRARY WERE L-R TADHG KELLEHER, MIKE KENNEDY, JANE THOMAS, KEIGH WOODARD, MAREK HAJDASZ, EVELYN DORE, TERRY MAC SWEENEY & KEVIN DAWSON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PAT DELANEY (KILLARNEY CREDIT UNION CHAIRMAN) PRESENTS A SPONSORSHIP CHEQUE TO MEMBERS OF GLENEAGLE SQUASH CLUB. FROM LEFT ARE GER FOLEY, PAT DELANEY (KILLARNEY CREDIT UNION CHAIRMAN), MIKE O'DONOGHUE AND BERNICE ENRIGHT. PICTURE: EAMONN KEOGH



EVA SCHLOSS, HOLOCAUST SURVIVOR, ACCLAIMED AUTHOR AND STEPSISTER OF ANNE FRANK, SIGNS THE VISITORS BOOK AT MUCKROSS HOUSE KILLARNEY ON THURSDAY AFTERNOON WITH GUIDES MARY WALSH, PATSY FOLEY, KATHLEEN HICKEY, MARY MCCARTHY AND ANNE TANGNEY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



EVA SCHLOSS, HOLOCAUST SURVIVOR, ACCLAIMED AUTHOR AND STEPSISTER OF ANNE FRANK, PICTURED ON A VISIT TO MUCKROSS HOUSE KILLARNEY ON THURSDAY AFTERNOON. ALSO INCLUDED FROM LEFT ARE LIZ MAHER AND KARIE O'TOOLE OF THE KERRY BUSINESSWOMEN'S NETWORK AND ANNE TANGNEY, MUCKROSS HOUSE GUIDE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



KEITH REEN, RATHBEG, RATHMORE, WITH HIS €1000 CHEQUE WHICH HE WON ON TELLY BINGO. TICKET WAS PURCHASED IN MC CARTHY LONDIS RATHMORE. PICTURED L TO R - DONAL MC CARTHY, KEITH REEN, TERESA BROSNAN AND MARY MC CARTHY.



JOHN LONG CHAIRMAN CHAPTER 23 CREDIT UNION (SEATED SECOND FROM LEFT) WITH GER HARTNETT CAPTAIN BEAUFORT DIVISION 3 WINNERS OF THE CREDIT UNION COUNTY LEAGUE 2015 WITH MARY O'SHEA TRES. CHAPTER 23 CREDIT UNION, BRIDGET HARTNETT BEAUFORT GAA (BACK FROM LEFT) TIM COFFEY BEAUFORT GAA, JOHN O'LEARY PRO KERRY COUNTY BOARD, DONAL CREMIN SECRETARY CHAPTER 23 CREDIT UNION, KEN O'SULLIVAN BEAUFORT GAA, DIARMUID O'SHEA VICE CHAIRMAN KERRY COUNTY BOARD, SEAN FOGARTY BEAUFORT, JACK HARRINGTON CHAPTER 23 CREDIT UNION AND JASON FOLEY BEAUFORT AT THE CHAPTER 23 CREDIT UNION PRESENTATION S TO COUNTY LEAGUE WINNERS AT AUSTIN STACK PARK TRALEE ON MONDAY. PHOTO BY MICHELLE COOPER GALVIN



100 YEARS OF SERVICE...STAFF AT WALSH'S SHOES IN KILLARNEY, ARE CELEBRATING THEIR 20TH ANNIVERSARY IN BUSINESS THIS WEEK. THE STAFF HAVE RACKED UP 100 YEARS BETWEEN THEM AT THE POPULAR SHOE SHOP, CELEBRATING IN STYLE WERE, KATHLEEN BROSNAN, TRISH KELY, PATRICIA LAWLOR, GERALDINE MOLONEY AND ANTHONY WALSH, PROPRIETOR. PHOTO: VALERIE O'SULLIVAN

# Fota Family Special

2 NIGHTS BED & BREAKFAST WITH 1 EVENING MEAL  
& FAMILY PASS TO FOTA WILDLIFE PARK FOR  
2 ADULTS AND 2 CHILDREN

- Complimentary use of our Kids Zone
- Complimentary use of our Leisure Centre
- Complimentary Parking
- Complimentary WiFi



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**€279**  
PER FAMILY



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HOTEL

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THE TALBOT COLLECTION

## danú

AT THE BREHON

### Enjoy Easter Sunday Lunch

Take Part in our Complimentary

### Easter Egg Hunt!

4 Course Lunch  
€32 per adult  
€15 per child

Look out for our Resident Fairies!



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AA   WILD ATLANTIC WAY



## Kerry ETB Training Centre



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

### New Course - Hospitality Operations Traineeship (TRS7116) - Killarney.

The traineeship is the ideal starting point for anyone thinking about a career in the hospitality sector. It offers a rich learning experience by integrating classroom based theory and practice with work based learning. Participants will receive a thorough grounding in the areas of accommodation techniques, food preparation, reception and front office duties, and restaurant skills. It's for people who wish to progress directly to employment and for those contemplating on taking a higher level hospitality course. **Start Date:** To be decided.

**Duration:** 30 weeks. **Certification:** QQI Level 5 Major Award in Hospitality Operation.

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

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Dates:** 14<sup>th</sup> March 2016 in Tralee and 14<sup>th</sup> November 2016 in Killarney. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

### ECDL (ETK79) - Tralee.

This course offers participants the opportunity to develop the range and standard of computer and IT skills needed to work in an office environment. The modules include: Induction, Keyboard Skills, Computer Essentials, Online Essentials, Wordprocessing, Spreadsheets, Databases, Presentation Software, Career Planning & Job Seeking Skills, In-company Training. **Start Dates:** 29<sup>th</sup> February & 16<sup>th</sup> May 2016. **Duration:** 18 weeks. **Certification:** ECDL Award and Level 1 Cert in Office Procedures & Typewriting.

### Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Tralee & Killarney.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Dates:** 4<sup>th</sup> April 2016 in Killarney & 4<sup>th</sup> July 2016 in Tralee. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

### Traditional Stone Wall Construction (RT4R8) - Tralee.

This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date:** 4<sup>th</sup> April 2016. **Duration:** 24 weeks. **Certification:** FETAC Special Purpose Level 5 Award in Traditional Stone Wall Construction.

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

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 18<sup>th</sup> April 2016. **Duration:** 19 weeks. **Certification:** Microsoft Technology Associate Certification.

### Legal Administration Traineeship (ETS07) - Tralee.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 25<sup>th</sup> April 2016. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

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

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 25<sup>th</sup> April 2016. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

### Food Preparation and Cooking Course (ET20D) - Tralee & Dingle.

This course is for people who wish to pursue careers in professional cookery. It covers the practical skills and underpinning knowledge of safety at work and food safety, menu planning, costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Dates:** 23<sup>rd</sup> May 2016 in Tralee and 17<sup>th</sup> October 2016 in Dingle. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

### Wind Turbine Maintenance Technician Course (TR36R) - Tralee.

This course is designed to provide participants with the technical knowledge and skills to service and maintain large scale commercial wind turbines. Applicants must hold a National Craft Certificate or equivalent qualification in the electrical or mechanical trade and have a number of years post apprenticeship experience. **Start Date:** 30<sup>th</sup> May 2016. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of related H&S certs.

Visit Our New Walk-In Information Service Every Tuesday and Wednesday At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.

(Opposite Tralee Bus and Train Stations).

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

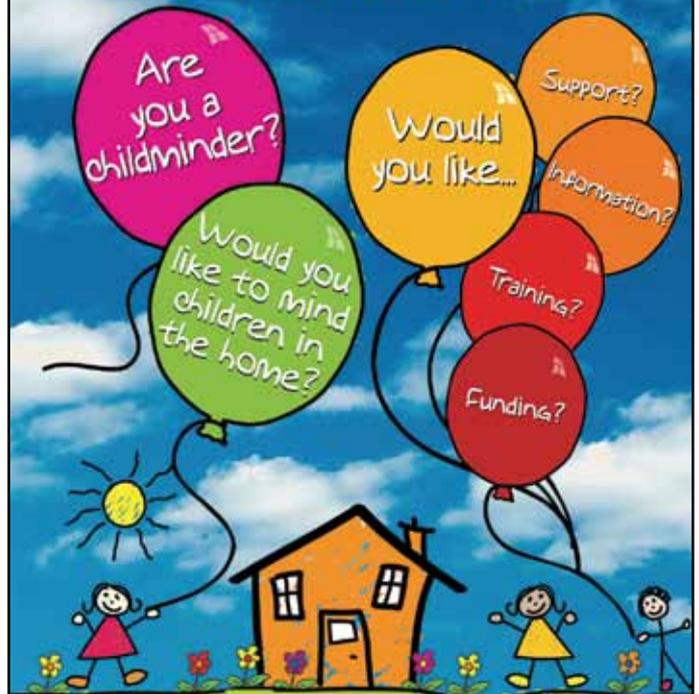
**Kerry ETB Training Centre,**

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

[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



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Phone: (066) 7181582 / (087) 9676603

Email: [denise@kerrycountychildcare.com](mailto:denise@kerrycountychildcare.com)



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Or call by the hotel to pick up an application form

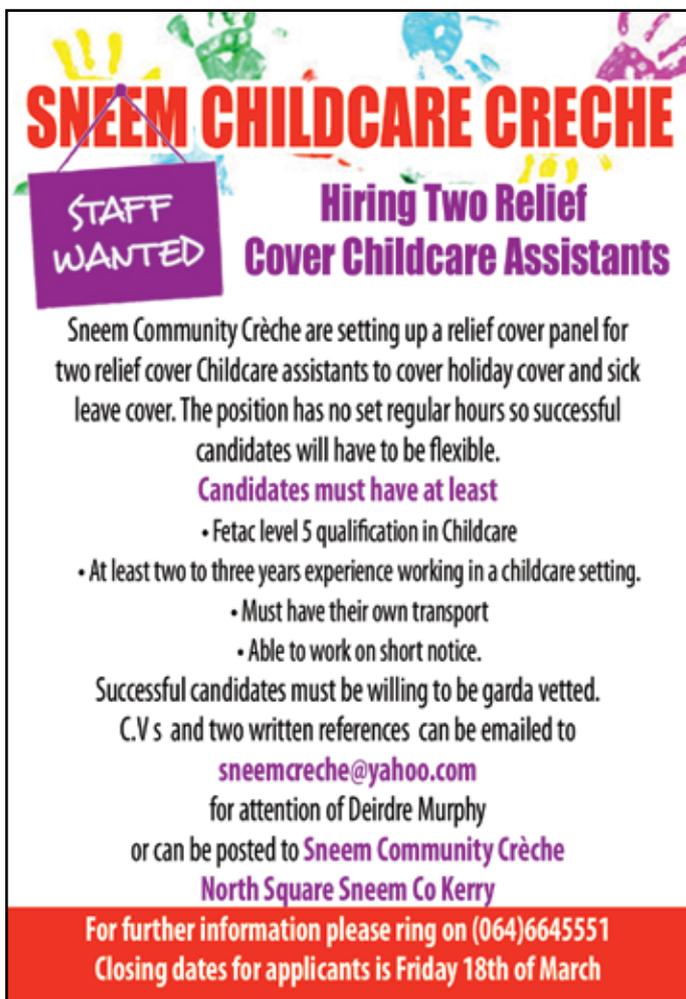


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Successful candidates must be willing to be garda vetted. C.V.s and two written references can be emailed to [sneemcreche@yahoo.com](mailto:sneemcreche@yahoo.com) for attention of Deirdre Murphy or can be posted to **Sneem Community Crèche North Square Sneem Co Kerry**

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



## Saint John of God Community Services Ltd

### Kerry Services

Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability throughout the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Organisations values and ethos and in keeping with its commitment to the continuing development of community based services.

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(Permanent and Specified Purpose Contracts – 39hrs per week)

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- RNMH/RNID qualifications or other suitable nursing qualifications and be a Staff Nurse on the current register as maintained by An Bord Altranais.
- Previous relevant experience of supporting people with an intellectual disability (Desirable)
- Relevant experience of working with people who have behaviours that challenge is an advantage.
- Demonstrate excellent communication (both verbal and written), organizational skills, flexibility and commitment.
- A full clean driver's licence for manual vehicles is essential, D1 licence would be an advantage.

### SOCIAL CARE WORKERS

(Permanent and Specified Purpose Contracts – 39hrs per week)

#### THE SUCCESSFUL CANDIDATE REQUIRES:

- Diploma in Social Care/Diploma in Applied Social Studies/Social Care
- Experience working with individuals with an Intellectual Disability (Desirable)
- Flexible and excellent communication skills
- Initiative, motivation and enthusiasm
- Commitment to the development and delivery of a person centred programme.
- Experience of supporting people presenting with challenging behaviour.
- A full clean driver's licence for manual vehicles is essential, D1 licence would be an advantage.

Please forward a covering letter and CV (including written explanation for any gaps in employment) to:

**Human Resources Department,  
Saint John of God Kerry Services,  
Monavalley, Tralee, Co. Kerry  
or email to [Dolores.Parker@sjog.ie](mailto:Dolores.Parker@sjog.ie)  
before 5.00 pm on Wednesday 30th March 2016.**

Applications will be short-listed based on the information supplied in the Curriculum Vitae and a panel may be formed from which future vacancies will be filled.

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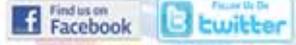


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**Happy Birthday Pat!**

Pat Clifford and his wife Kate pictured on the Old Kenmare Road.  
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e: Michael.Healy-Rae@oireachtas.ie  
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Johnny Healy-Rae MCC: 087 2354793

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



## MILLTOWN LISTRY LADIES FOOTBALL

Milltown Listry ladies football held their annual get together in Killarney country club recently. It was a great occasion and encouraging to see so many attend and great credit is due to the hard working committee but especially to Phil Tangney and Claire Rochford. Medals were presented by our two Kerry minors Ronan Buckley and David Roche who did a presentation of east Kerry medals to our under 14 girls and county League to our senior team. It is great to have such commitment and pride from every one of these girls.

Our under 12 and under also attended, even though they did not receive any silver ware, there still did their club proud. Chairperson Phil spoke of very exciting times ahead with a major sponsorship deal organised with GMHD insurance in Killarney and Killarney county club. Our senior girls and under 16 girls are so lucky to have these 2 major sponsors on our new jerseys. GMHD in front and Killarney country club on the back.

Our past under 14 Kerry girls were congratulated and special tribute was paid to under 16 player Ciara Murphy who did Milltown Listry proud once again getting an all Ireland medal. Plans were revealed for our biggest fund raiser ever - a night at the dogs will be held in Tralee on April 9th tickets are €10 each and available from Phil Tangney 087 9487355, Margaret Lehane 087 6432812 and Claire Rochford 0876750237

## EAST KERRY NOTES

### FRANK DORAN SAFEGUARD SECURITY EAST KERRY SENIOR LEAGUE

#### DIVISION 1A

##### RATHMORE 2-20 CURROW 3-12

Currow played Rathmore in Rathbeg on Friday night under lights in the Frank Doran Safeguard Security East Kerry Senior League. Both sides fielded strong teams. Rathmore, playing with a strong breeze, got off to a great start with Mark Reen and Eoin Lawlor scoring freely. Currow found the net for an early goal by John Buckley. A second goal from Daniel O'Shea late in the first half left the score at the interval Rathmore 1-12 Currow 2-02. Currow played better in the second half and a third Currow Goal from Eugene Cronin narrowed the gap. However Rathmore who were the stronger team overall, finished winners on a final score of Rathmore 2-20 Currow 3-12.

**LEGION 3-15 GLENFLESK 0-9:** Legion recorded their third win in the competition when they proved the stronger and ran out convincing winners in this Super League encounter against Glenflesk at Derreen last Sunday morning. In the opening half, Conor Keane converted a penalty and also notched a goal from play. Tom Moriarty was in fine form too, racking up five points, giving the home

side an unassailable lead at the break. In the second half Glenflesk improved as both teams ran the bench. Derek Twomey scored a goal from a great team move and David O'Sullivan kicked two nice points. Substitute Darragh O'Doherty scored a point following a seventy yards run. Jeff O'Donoghue kicked a few well taken scores for Glenflesk but Legion were too strong for the men from the Glen on the day. Final score: Legion 3-15 Glenflesk 0-9.

#### DIVISION 1B:

**DR CROKES 0-17 LISTRY 0-9:** Despite the margin on the scoreboard, this game was by no means a one sided affair. In the first half both teams had to defend in numbers and there were only three points between the teams, 0-8 to 0-5 in favour of Dr Crokes at the interval. The home team had much the better of the exchanges in the second half, out scoring Listry 0-11 to 0-2. Two Dr Crokes players scored ten points between them, nine of them from play and the other from a forty five. Paul Clarke hit his six points from play and Brian Looney scored four, three from play and the other from a fourth five metre free. These contributed in a significant way to the Dr Crokes Victory. As a result of their unbeaten record in the league, Dr Crokes have qualified for the Final against the team that tops division 1A, which remains open with a number of games remaining to be decided.

**SPA 1-11 KILCUMMIN 1-5:** Played in Spa on Sunday, two under-strength teams provided an entertaining hours football in beautiful spring conditions. Spa started the stronger and went three points ahead but Kilcummin rallied and matched their hosts for the rest of the half. Kilcummin were reduced to 14 during the half and there was only the minimum between the teams at half time with Spa leading 0-5 to 0-4. Kilcummin started the second half the livelier and were rewarded with a goal by Matt Keane from the penalty spot. However Spa taking advantage of their numerical advantage, took control and when Craig Hickey finished well to the Kilcummin net, after a fine run, there was daylight between the teams. Spa finished much the stronger and ran out deserved winners by six points. Final score: Spa 1-11 Kilcummin 1-5.

#### DIVISION 2

**FIRIES 0-9 SCARTAGLEN 0-8:** This final round of division 2 in the Frank Doran East Kerry Senior League, dished up a game that went down to the wire for decision. Firies opened the scoring by Colm O'Shea, followed by a point by William Courtney. Scartaglen replied through Mike Horan (2). Mike Daly gave Firies the lead again but 2 further Mike Horan points had Scartaglen in the lead at the break by 4 points to 3.

At the restart, Scartaglen threatened to pull away with points by Brian Hanrahan and Brendan Rahilly. Firies responded with 4 unanswered points, Mike Daly, Pdraig De Brún, Ed Kerrisk and William Courtney (free) on target for the home side. A point by Brian Hanrahan levelled the score before Colm O'Shea put Firies

in front again by the minimum. Mike Horan levelled the score again before Eddie O'Rourke kicked the final score of the game. Scartaglen tried hard for the equaliser but Firies held on for the win. This means that Firies joins Scartaglen and Fossa on equal league points in Division 2, with all rounds of the league played. Final score: Firies 0-9 Scartaglen 0-8

#### CUMMAN NA MBUNSCOIL 2016 DRAW:

East Kerry Primary Schools committee met last Thursday in Lisivigeen NS. The draws took place for the boys and girls 7 aside tournament. All schools will be sent the fixtures by e mail. Games will take place in Dr. Crokes GAA grounds on Tuesday 12th and Wednesday 13th of April. St Brendans College secondary school students will be supporting the event.

Kenmare Primary Schools boys and girls 7 aside tournament will take place on Monday 14th March in Kenmare. All schools are looking forward to the event with boys and girls games taking place on the same day. All schools are asked to be in attendance at 10 am to support the smooth running of the games programme. Thanks to P.S. Inver Sceine secondary school students for supporting the event on the day.

**EAST KERRY SCÓR NA BPAISTÍ:** The Finals of East Kerry Scór na bPaistí, sponsored by Killarney Credit Union, were held in Killarney Race Course Auditorium, last Friday. Very well done to all the participants on a great evenings performances from start to finish. The standard was very high throughout and all the participants were a credit to their families their clubs and the District.

#### THE RESULTS WERE AS FOLLOWS:

Rince Foirme: Kilcummin, Rince Seit: Kilcummin, Sean Nos Dancing: Gneeveguilla - Sean O'Keeffe, Amhranaiocht Aonair: Kilcummin - Liam Randles, Recitation: Legion - Aine Devlin, Leiriu: Firies, Bailead Ghrupa: Glenflesk, Ceol Uirlise: Kilcummin. The Award for overall best club was presented to Kilcummin's Scor Officer Frances Moriarty. Best of luck in the County Semi Final: Saturday 9th April 2016 in Foilmore

Best of Luck East Kerry Juvenile Hurling teams St Pat's East Kerry Hurling will have an Under 14 team competing in this year's U14 County League, for the first time in 15 year's. This is a great achievement for such a club. St Pat's play Kilmoyle at home, Dr. Crokes are at home to Lixnaw and Rathmore play Crotta O'Neills. Throw in for all games is 5pm, on Saturday 19th March. We wish all these under age East Kerry Teams every success. St Pats East Kerry Hurling Under 12's will also compete in the U12 County league which will start on the 1st of April 2016 with more details to follow.

**BEST WISHES:** We wish the very best of luck on Wednesday to St Brendans ('The Sem') Killarney team and mentors in the Hogan Cup semi final and to the Kerry U21 team and mentors in the Munster semi final.



## BEAUFORT GAA NOTES

**LOTTO:** Next draw for a Jackpot of €3,400 will be held in Beaufort Bar on Sunday, 20th March.

**FIXTURES:** Beaufort Seniors were at home to Milltown/Castlemaine on Sunday in Round 2, Mid Kerry Senior League. They were well beaten by Milltown/Castlemaine. Half-time score Beaufort 1-1 Milltown/Castlemaine 2-6 and the Final score was Beaufort 1-7 Milltown/Castlemaine 2-11. Best of Luck to our Senior team who have their first game in Division 2 of the County League on Sunday next, March, 20th when they will be at home against Spa at 2pm.

**BEAUFORT MINORS:** Had their 2nd win in Division 2 of the County League Saturday away to Legion. Beaufort led at half-time 1-6 to 1-5 but vital scores (1-2) by Kerry minor Mike Breen and an intercept by Paudie Coffey set up Aaron Foley for a goal had Beaufort win on a final score Legion 1-11 Beaufort 3-12. They are away to Rathmore on Wednesday, 23rd March, time to be arranged in a postponed County League game.

**BEAUFORT U14S:** Begin their County League campaign on March, 30th away to Kenmare.

**BEAUFORT LADIES:** Begin their campaign in the top flight in Division 1 of the Senior County League on March, 20th away to Corcha Dhuibhne. The game is fixed on Sunday morning next at 11am in Lispole.

**WELL DONE:** To Fiadhna Tangney, Tara Breen and Ellen O'Neill who were part of the Intermediate School Killorglin team who won the Final of the Lidl sponsored Ladies Football All Ireland Junior B Post Primary Competition on Saturday last.

**KERRY HOSPICE WALK:** Organised by Beaufort G.A.A. Healthy Club Project 2 will take place on Good Friday, 25th March. The Walk will begin at Kissane's Shop, Carnahone at 10am. It will go to Lislibane to Gearha Cross and back to Kissane's Shop. There is an option from Lislibane to Lough Callee, first lake on left towards Devil's Ladder and back the same way via Cronin's yard to Kissane's Shop.

Donations will be accepted on the day and all money raised will go towards the new Palliative Care Unit being built at University Hospital, Kerry.

## MEMBERSHIP AND REGISTRATION

**BEAUFORT GAA CLUB:** Membership for 2016 is now due. Family membership is €50 which includes one adult gym membership. Adult Club only €30. Player over 18 years is €50 which includes gym membership. Gym entry card/Fob is €10. Forms available from Patie Hartnett at 087 2515311.

Members are entitled to free entry to home Co League games, draw for All Ireland tickets if Kerry is in final and use of gym for above price.

**CLUB GEAR:** Available is for all players, members and supporters from Mary Cronin or Nora Hallissey. This includes Jerseys, shorts, socks, half zip tops, polo shirts and a special

offer on hoodies at present.

## SPA NOTES

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

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

**U10 BOYS:** Coaches Adrian McCarthy, Mike Doolan and Denis Doolan. Spa boys U10 training will start on the Saturday, indoors from 12noon to 1pm.

**U12BOYS:** Sunday 10-11am Coaches Kieran McCarthy, David O'Sullivan and Tim O'Connor. League starts on Sunday 3rd April away to Rathmore at 6pm. Rd 2 is at home to Currow Sunday 10th April at 6pm.

**U14 BOYS:** Coaches Robert Cremin and Neily Kerins: Spa u14 boys: County League games Division 5 commence Wednesday 30th (6.30pm first game, 7pm thereafter). First 2 games are at home. Next 3 are away. Trainers will advise full details.

**U16 BOYS: COACH:** Donal O'Doherty. Training Outdoors Tuesdays 6.15pm - 7.15pm & outdoors Sundays 11am - 12.30pm.

## LADIES FOOTBALL:

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

**GROUP E:** Rathmore v I.S.G.

Glenflesk v Dr Crokes, Spa v Furies.

**U14 GIRLS:** Training Wednesday night outdoors 6-7pm. Easter Sunday 27th first game.

**U16 GIRLS:** Training outdoors Friday 7-8pm. Finuge/St.Senans Scartaglin, Dr Crokes, I.S.G. Dingle/Castlegregory, Currow, Beale/Ballyduff and Spa.

**SENIOR LADIES:** Spa Ladies will start the season with a home games against Furies Sunday March 20th at 12noon.

## SENIOR CO LEAGUE ROUND 1:

Sunday March 20th at 2pm away Beaufort v Spa Round 2: Sunday March 27th at 2pm home Spa v Rathmore.

**EAST KERRY:** Spa defeated Kilcummin at home on Sunday. Great displays by Craig Hickey and Eoin Cronin. Speedy recovery to James Devane our solid keeper.

**KERRY 21 CHAMPIONSHIP:** Congrats to Jack O'Connor and his team defeating Tipperary by one point last Wednesday under lights in Tralee. They play semi final against Limerick Wednesday 16th in Tralee. Well done Dan O'Donoghue.

**THE SEM:** Ireland PPS Hogan Cup (SF "A") S-Final - St. Benildus Stillorgan v St. Brendan's Killarney - Wednesday March 16th at 2pm in Nenagh. Best wishes to our players David Spillane, Evan Cronin, David Carroll and Dara Moynihan.

**LOTTO:** No jackpot winner in the Arbutus. Numbers drawn 4, 5, 14, 20. Next weeks jackpot in the Killarney Heights will be €3,600

**SCOR NA BPAISTI:** Spa results from East Kerry Scor na bPaisti Friday 11th March 2016.

Figure Dancing 2nd Spa & Sean nos Laura Fleming 2nd.

**REST OF RESULTS:** Kilcummin: Figure Set Solo Singing and Music.

Recitation Legion, Ballad Glenflesk, Leiriú Furies. Well done to all these primary school competitors.

## HELP ANTHONY MORRIS FIGHT CHRONIC LYME DISEASE:

Anthony has Chronic Lyme Disease for 8 years Anthony is a shadow of his former self. A once very strong, fit and active man and a tough former Spa and Kerry footballer he is now weak, in constant pain and suffering neurological symptoms affecting his memory, speech and general mental sharpness. Anthony is receiving treatment in the US, and the medical expenses and cost of accommodation, the family have set up a fundraiser online to raise valuable funds. Further information on our twitter and facebook pages. Click on the link to donate. From everyone in Spa GAA Club, we wish Anthony a healthy and speedy recovery.

<https://www.youcaring.com/anthony-morris-sympathy>

**SYMPATHY:** Is extended to the relatives of Peggy O'Shea, Old Pike and Dermot Dennehy, Station House, Headford who passed away at the weekend. May they Rest In Peace.

**DATE FOR THE DIARY:** Spa Golf Classic at O'Mahoney' Point on Friday June 3rd. Full details to follow.

**31 CHAMPIONSHIP:** 31' championship of Kerry has resumed. Winners on opening night Tom Morris and Tom Joe O'Sullivan. Runners up Eamon Sheehan, John "Dunn" O'Donoghue, Con Murphy, Steve Shine, Tim Kelly, Dave Slattery and Tom Kelliher.

The final of the 2016 Championship will be held in the Torc Hotel on Friday April 1st and a special appeal is extended to all players to be in the Hotel at 7.30p (sharp).

## DR. CROKES NOTES

### EAST KERRY SUPER LEAGUE - ROUND 4

**DR CROKES 0-19 LISTRY 0-7:** Even though we won this game by a margin of twelve points we had to fight hard for our scores, especially in the first half, at the end of which we led by just three points, 0-8 to 0-5. We probably had an edge in fitness and this showed in the second half when we added on eleven points to Listry's two. Our opponents didn't have many attacks in this thirty minutes but we defended well and out cut many of their offensive moves. A worrying thing for our management would be, that only two of our starting six forwards, scored from play, Paul Clarke hitting over six and Brian Looney 0-3. This victory qualifies us for the League Final.

**REGISTRATION:** Membership fees are now due and must be paid before 31 March 2016 for all members. Players must have paid membership before being considered for Club



teams. There is a variety of rates to suit all. For detail and to pay this years membership, contact Registrar Frances O'Sullivan (086-3895230) at the earliest opportunity. Frances will be at the Clubhouse on Saturdays from 10.30am to 12pm.

**SCOR:** Congratulations to all the children who performed in Scor na bpaisti last Friday night the 11th on representing Dr. Crokes in Set dancing, Sean nos dancing, solo singing, and ballad group. Many thanks to all the trainers and to the parents who helped on the night with stewarding. Quiz practice will be starting shortly for the scor na bpaisti County quiz final on April 17th.

**SOLO SINGING:** Ella Galvin & Megan Linehan.

**BALLAD GROUP:** Jade Potts, Tegan O'Sullivan, Dara Looney Megan Linehan.

**SET:** Cian McMahon, Ella Bartlett, Daire OBrien, Sarah McCarthy, Ryan Bartlett, Sinead Oliver, TJ O'Sullivan & Leah McMahon.

**SEAN NÓS:** Jack McGuire who came 3rd with his impressive display.

**JUVENILE HURLING:** Training for U12, U14 & U16 hurling teams will continue each Friday evening, which is the County-wide designated hurling evening, from 5:30pm to 6:30pm.

**U14 HURLING:** The Co. League kicks off this Saturday, 19th March with home advantage against Lixnaw. Throw-in: 5:00pm. Please support.

**U16 HURLING:** The U16 Co. League Round 1 sees us face Ballyduff at home on Sunday, 20th March. Throw-in: 11:00am. Please support.

**GAELTACHT SCHOLARSHIP SCHEME:** East Kerry Board are administrating a Gaeltacht Scholarship Scheme. They have 10 places to fill. A three week course costs: €930. A two week course costs: €730. Scholarship assistance granted will be to the tune of around €200 towards the above cost. Only for students who will be attending Coláiste Chorca Dhuibhne. (West Kerry Gaeltacht). Names of applicants to be with East Kerry Board by 17th March. Please contact Paul, Secretary, Dr. Crokes, 083 8426722 in good time if you want to have your boy/girls name submitted.

**ACADEMY:** Our second week of Academy coaching took place last Saturday. Word of the fun time being had has clearly spread through these kids with even greater numbers present than the previous week. New friendships are currently be formed while others are currently been strengthened. The coaches are familiarising themselves with all the children they will be working and developing with throughout the year. The goal of the first 2 weeks has succeeded as it is clear that the enjoyment level and friendship levels are high. Some

enjoyable and so what competitive games and skills being practiced and developed. With St. Patrick's day approaching we are hoping to see many of these boys and girls flying the flag and participating with the club in the parade.

Hurling training starts at 10:00am and continues to 10:45am. From 10:30am, all juvenile players in the club get an introduction to the skills and rules of hurling.

Gaelic Football starts at 10:45am and continues to 12:00 noon.

**ANNUAL AWARDS NIGHT:** Dr. Crokes Annual Awards Night will take place in the Gleendale Hotel on Sunday, 27th March. Proceedings commencing at 8:30pm sharp with Buffet & Disco 'til late. Tickets: €20 from Club Officers.

Best Wishes to the Kerry Under 21's playing in the Munster semi Final on Wednesday night in Tralee against Limerick especially the Crokes boys Tony, Micheal, Gavin and Jordan.

**LAUNCH OF NEW CLUB SPONSOR/JERSEY:** The Club is delighted to have secured a new sponsorship deal for our Adult and Minor football teams. The unveiling of the new jerseys and details of our new sponsors will take place in the Tatler Jack Bar on Friday night at 9.30pm. All members are welcome to attend.

**DEEPEST SYMPATHIES:** Deepest Sympathies to the Family of Louise Brady RIP who passed away recently mother of Connie, Grandmother of Senior Footballer Chris Brady and Great Grandmother of Cillian O'Regan.

**COUNTY LEAGUE FINAL:** Our Senior footballers take on Austin Stacks on Sunday next 20th of March at our Club grounds at 3pm. This game doubles up as round one of this years County League and last years Div 1 County League Final

**LOTTO:** Lotto numbers 5, 10, 18, 23. Jackpot €3000 No winner Match 3 3 by €135. Next draw Sunday 20th of March in Tatler Jack. Jackpot €3300.

## LEGION GAA NOTES

**REGISTRATION:** If you haven't already done so it's very important that you get yourself registered as soon as possible. Please contact a club officer for more information.

**ACADEMY:** The academy continues Saturday morning at half ten at the club grounds in Derreen. If you'd like to sign up your 4-10 year old you can do so at the pitch this Saturday and every Saturday throughout March. New members more than welcome!

**LEGION 3-16 GLENFLESK 0-9:** Legion ran out comfortable winners in this Super League encounter at Derreen on Sunday morning. Conor Keane converted a penalty and also notched a goal from play. Tom Moriarty was

in fine form too, racking up five points. In the second half Glenflesk improved as both teams ran the bench. Derek Twomey scored a goal from a great team move and David O'Sullivan kicked two nice points. Substitute Darragh O'Doherty scored a great point following a seventy yard run. Jeff O'Donoghue kicked a few nice scores for Glenflesk but Legion were a bit too strong on the day.

**SCÓR NA BPÁISTÍ:** Our fabulous set dancers secured second place as did our ballad who sang beautifully on the night. Sarah Trant gave a lovely rendition of John Condon in the solo singing category and Áine Devlin won first prize with an outstanding performance of 'Ach I Don't Know'. Áine will go on to represent the club and East Kerry in Foilmore on April 9th. Big thank you to our Scór officer Carolann Spellman, Hannah Majella O'Donoghue our dancing teacher and Shirley McGough who trained the ballad and solo singing. Thank you also to all the kids and their parents.

**MINORS:** Minor County League result: Legion 1-11 Beaufort 3-12. Our next game is against Rathmore next Saturday, March 19th.

**LEAGUE OF YOUR OWN:** You only have a few more days left to play the club's predictor competition. Forms are available from any senior team player. It's just €20 to enter and you could win €500.

**LOTTO SELLERS:** The club are currently seeking new lotto sellers in an effort to raise much needed funds to run the club. If interested please contact Seánie Culloty on 087 2225325. Try it for a couple of weeks and see how it goes.

**CLOTHES COLLECTION:** We'll be collecting unwanted clothes throughout the year. The next collection is on Saturday, April 16th before twelve noon. All unwanted clothes, bags, belts, shoes, blankets, towels, curtains etc. will be accepted, as will old phones and laptops. Bags can be dropped to the clubhouse during training times. Please spread the word.

## LISTRY GAA NOTES

**LISTRY WEEKLY LOTTO RESULTS:** Sunday 13th March, 2016. Winning Numbers 3, 4, 9, 25. Jackpot €2,450. Not Won.

1 x €100: Pat O'Mahony, Anglont  
Jackpot next week - Sunday 20th March €2,600.

**SENIOR FOOTBALL LEAGUE DIVISION 2:** Our Seniors are due to play their first game in Division 2 at home v Waterville next Sunday, 20th March at 2pm. Please support.

**COUNTY MINOR LEAGUE RESULT**  
Keel/Listry 3-06 Knock/Brosna 2-14



## KILLARNEY SOUTH COMMUNITY GAMES

Anthony Greaney, Chairman, is delighted to announce the purchase of new Killarney South Athletics vests for the Community Games County Finals in June. A big thanks to Anthony for organising same and we can't wait to see the boys and girls in their new vests in June. Mike Hickey, Swimming Co-Ordinator, is now taking names for the Swimming County Finals in May and all Swimmers in the Killarney South Area are asked to contact Mike on 086-8363202 with their name, address, date of birth and chosen event so that we can register ASAP. It is hoped to enter Swimming Relay Teams this year so Swimmers of various abilities will get to compete. Killarney South did exceptionally well last year in Swimming with Pia and Jocelyn Hickey qualifying for the National Finals with the brilliant Jocelyn winning a National Silver Medal and Pia is underage for her event this year. Best of Luck to the mixed boys and girls U. 14 Quiz Team who are participating in the County Finals. Best of Luck to all!!!

## GNEEVGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 11/3/206, numbers drawn were 2, 18, 20 & 25. Next week's jackpot €9,200 plus €1,000 bonus.

**KERRY SPORT' HALL GAMES:** Are on Saturday next 19th in Milltown at 11.00 am for children born 2005 – 2006 – 2007 - 2008 who did not win a County Championship medal last year may compete.

**KERRY COUNTY ROAD CHAMPIONSHIPS:** Are on Sunday 20th in Beaufort at 12 noon for junior, novice, senior and masters both men & ladies.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The GloHealth Juvenile Indoor Championships saw Ireland's best juvenile athletes descend upon Athlone International Arena for a weekend of top action (March 12th/13th). On Day one David Kenny produced a great performance to come second in the U18 Race Walk. David was very strong throughout the 1500m distance and finished just 7 seconds behind the winner with a time of 6:52.86. On Day two, Cian Spillane competed in the U13 600m distance race. Cian made it through to the final when he was third in his semi final heat. In the final Cian had a great start and was sitting back in 5th place but looked very comfortable. At the final 200 meters, he made a break and pushed up into 3rd place. Cian held onto this position and earned himself an individual bronze National medal in a time of



DENIS KERINS WAS THE WINNER OF THE DR CROKES GAA CLUB LOTTO JACKPOT PRIZE OF €4,200 EURO. PICTURED FROM LEFT ARE FR PADDY O'DONOGHUE (VICE PRESIDENT), MALACHY WALSH (LOTTO COORDINATOR), PAUL DOWNEY (SECRETARY), DENIS KERINS (WINNER), ED STACK (TREASURER) AND CAITLIN KERINS. PICTURE: EAMONN KEOGH.

1:44.10.

Across the water we had our long time club member, Jim O'Shea competing in the British Masters Indoor Championships. This is a highly competitive event with Britain's top master athletes competing in preparation for the European Masters coming up in April. Jim did very well in his age category to win silver in the High Jump and bronze in The Long Jump. An excellent performance by a great servant of our club.

**ATHLETIC'S FIXTURES:** Saturday 19th March - Kerry Juvenile Indoor Development Games (U9 to U12), Milltown Community Hall, 11am.

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

Sunday 20th March - Kerry Road Race C'Ship (Junior, Senior & Masters) - Beaufort, 12 noon.

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

Monday 28th March - Boherbue to Kiskeam 4 Mile Road Race, 2pm.

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

## MILLTOWN / LISTRY COMMUNITY GAMES

**DRAUGHTS:** Well done to all the boys and girls who competed in both the U12 and U14 County Final on March 13th. Congratulations to our U14 team of Brendan Casey, Patrick O'Sullivan, Edward O'Sullivan, Aaron O'Donoghue, Cian Spillane, Cian O'Connor and Peadar Whelan who won Gold, they now go forward to the Munster Final. Our U12 Team of Maura Burke, Luisne Corcoran, Rebecca Howe, Freya Mason, Ellie Mai Nugent, Cathal O'Donoghue and Shane O'Sullivan were unlucky to lose out to Ballyheigue, who went on to win the competition. A big thank you to their mentor, Pat O'Sullivan.

**U10 GIRLS SOCCER TEAM:** Congratulations

to our girls team who won gold in the County Soccer Final on March 12th. The team of Fiana Bradley, Lilly Kate Clifford, Sarah Fitzgerald, Abbie O'Reilly and Fia Whelan will now go forward to the Munster Final in July. Thanks to their trainers Fergus, Conor and Denis.

**LOCAL QUIZ:** Well done to all the boys and girls who competed in our quiz on March 8th and congratulations to Cathal Daly, Brendan Casey, Laura Scanlon, Daire McCarthy, Sarah Leane and Peadar Whelan who now go forward to represent us at the County Final. Thanks to Nagle Rice Primary School for use of the school for the quiz and thanks to our Quiz Master Jim O'Shea for his time.

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

**PROJECTS (U11,U13,U16):** Closing date for entries is 5th April, however any children who are interested in competing in this event please contact Paul Sexton to register interest before March 25th.

**CHESS (U 13/U16):** Is taking place on the 10th April. Any children wishing to take part are asked to register your interest with Paul Sexton before Friday March 18th.

**SWIMMING:** (U8/U10/U12/U14/U16), Gymnastics (U9/U11/U13/U15), and Cycling (U12/U14). Any children wishing to enter these events are now asked to register their interest. For further details on upcoming Community Games events please contact Paul Sexton on 087- 9232570



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



CIARA KENNELLY CENTRE KILLARNEY VALLEY AC WHO WON GOLD IN U15 HIGH JUMP IN ATHLONE.

## KILLARNEY VALLEY AC

Congratulations to all the athletes who competed in the GloHealth Juvenile Indoor Championships which took place over 2 days in Athlone - Kerry athletes did the county proud with medals galore going to many of the fantastic Kerry clubs. At home we send big congratulations to Ciara Kennelly from our own Killarney Valley AC who took the Gold in the U15 High Jump - and not only did she get the gold but set a new national championship record of 1.66m !!! Congratulations also to Dion Marcos U19 60m, 200m & 400m and Sarah Leahy U18 60m & 200m who represented their club so proudly.

Don't forget our walk/run/jog Fit for Life evenings continue on Monday evenings from the Sem Gym at 7pm - over 16s only, bring a high viz vest and €2 and sign in - nobody to go with? No worries there are plenty of people here to keep you company and nobody gets left behind! It has been a great success so far! There has been great attendance at the indoor training nights. We are always looking for people to help to train our young athletes and now more than ever as our numbers have grown. Our volunteer coaches give up a lot of free time to coach the athletes but there is no such thing as too much help - if you are interested in being a volunteer coach then please contact the club on 0872499566.

Don't forget Killarney Parkrun is on every Saturday morning at 9.30 am sharp in Muckcross near the Muckcross Traditional Farm. More information and to register online [www.parkrun.ie/killarney](http://www.parkrun.ie/killarney)

If you have any news you would like to include in the notes please email [killarneyvalleyac@gmail.com](mailto:killarneyvalleyac@gmail.com) and please like our Facebook Page [www.facebook.com/KillarneyValleyAC](http://www.facebook.com/KillarneyValleyAC) to get our news and updates.

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

## ST. BRENDAN'S ROWING CLUB

**FUNDRAISING:** Our church gate collection will take place this Saturday 19th and Sunday the 20th March. Thanks to everyone who has already offered their time, if anyone else can spare a half an hour it would be greatly appreciated. Please contact Ciarán or Geraldine who will allocate you a time and location.

A reminder that another meeting will be held on Friday 25th March at 7pm in the Parish Hall to discuss fundraising ideas. It would be great if as many people as possibly could attend.

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

**TRAINING:** To the disappointment of many of our rowers yet another regatta has been cancelled. Galway Head of the River which was to take place this Saturday 19th has been called off due to weather. We don't seem to be having much luck so far this year. We will continue to train and it looks like some nice weather is forecast over the next week at least.

**NEW MEMBERS:** New members are always welcome for both Sliding and Sixing so if you think rowing might be the sport for you why not come and give it a try.

**CONTACT:** For any other details please contact Teddy O' Brien on 064 6633838 or email [stbrendansrowingclub@gmail.com](mailto:stbrendansrowingclub@gmail.com)

## WORKMEN'S ROWING CLUB

**TRAINING NEWS:**

**BEGINNER'S TRAINING RECOMMENCES!!**

At last we are seeing some settled weather

and now that the water has receded from the boathouse, we are very pleased to welcome, once again, our beginners, and boys and girls under 14 and Under 15, this Saturday 19th March at 10am.

You can take up rowing at any age, so all beginners, young and not so young, can come along to speak to our experienced coaches and get a feel for the sport. Whether you would like to row for pleasure or competition, Workmen's Rowing Club will welcome you at Reen Pier, Ross Castle. We row in various boats- the traditional Killarney Sixes, Coastal Rowing, Gig Rowing and Olympic Sculling and Sweep in singles, doubles, quads, fours and eights. Rowing is a sport for boys and girls and all are treated equally. We compete in the Killarney Regatta, Regattas both within

Kerry and as far away as Donegal, where the All-Ireland Coastal Rowing Championships are being held this year. The National Rowing Centre is based in Iniscarra, Co Cork where we participate in the Irish Rowing Championships, annually. Indeed, our recent successes in the Irish Indoor Rowing Championships in UL highlights how this sport is indeed for all the year round, regardless of the weather!! For further information regarding Beginners Rowing you can call Mary Burns on 086 8098182.

For a full list of upcoming rowing events, please visit [www.rowingireland.ie](http://www.rowingireland.ie)

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

**BIRTHDAY GREETINGS AND CONGRATULATIONS!:** This Wednesday 23rd March sees Amber Pomeranz celebrate her 15th birthday and we hope she has a wonderful day. Congratulations also to our own Donnacha Ireland, on his debut with Killarney Musical Society's production of 'Calamity Jane' last week. Well done, indeed, to all involved, on an amazing production.

**MEMBERSHIP:** For anyone who has not already done so, please pass on your membership to Pauline or Siobhán.

## KILLARNEY SWIMMING CLUB NOTES

Well done to all our swimmers who took part in the Munster Long-Course Championship which was held at the University of Limerick campus on the 12th and 13th of March. Long-course events are held in Olympic-size pools under Olympic conditions and are only open to the best swimmers in the province so we, as a club, are enormously proud of everyone who took part.

**UNDER 14 GIRLS:** Congratulations to Margaret O'Brien who won silver medals in both the 200 metres Butterfly and the 400 metres Individual Medley, piercing the water with some spectacular dives on the day.

Well done also to Wiktoria Niewiadomska who



picked up a beautiful silver in the 50 metres Freestyle. Wiktoria was invited recently to join the Swim Ireland Munster squad so, for that, a special mention must go to her parents, Isabela & Rafai, who do all the hard work driving to training and galas. "Behind every successful swimmer ..." etc. Wiktoria is only thirteen year old, so watch out for that name in the future.

**OVER 15 GIRLS:** Congrats to Marta Doberschuetz who turned on the style to take silver in the 50 metre Breaststroke and bronze in the 100 metre breaststroke. Marta is well-recognised at this level for her technically beautiful stroke.

**OVER 15 BOYS:** Robert O'Brien was simply superb in the pool winning a magnificent gold in the 400 metre Individual Medley, in what is probably the hardest race of them all. Robert, and his sister Margaret who won medals in the under 14 category, specialise in long distance so they were very comfortable in the longer races over the long-course.

Thanks to our coaches, Cathal O'Brien and Leontia Doody who gave huge support and encouragement to all swimmers over the weekend. Thanks also to all parents for travelling.

## KILLARNEY COUGARS BASKETBALL CLUB

### JUVENILE NEWS: GIRLS U17 DIV I

#### WILDCATS 45 KILLARNEY COUGARS 52

The Ballybunion Wildcats hosted the Cougars in this important U17 Div 1 game and the Cougars came through despite a very determined effort from the home side. The Wildcats made best possible start to lead by 8 points in the opening minutes with Niamh Moriarty and Aoife Dillon on target as Cougars were slow to settle in the opening minutes. The Cougars came more into the game in the closing stages of the opening qtr with Shelly Clifford and Grace Cahillane on target and Cougars continued the improvement to dominate the second qtr to lead at half time with Ciara Griffin, Megan O'Donnell and Kelly Ahern all combining for some excellent scores.

The Wildcats continued to keep the pressure on with a full court press but with Kelly Ahern and Shelly Clifford combining well Cougars increased the lead to 10pts by the end of the third qtr. Cougars kept control on the score

board with Ellen Clifford contributing some fine baskets to leave Cougars deserving winners at the finish despite the best determined efforts of the Wildcats.

### BOYS U14 DIV I:

#### KILLARNEY COUGARS 46 ST BRIDGETS 37

The Killarney Cougars boys final Division 1 game of the season saw them finish on a high with another impressive performance to cap a great season. This game was closely contested throughout until a late burst of scoring by Sean O'Brien led Cougars to victory. Cougars led by 3 at halftime but the Currow boys had a good spell in the third qtr to lead briefly before Cougars regained composure with some good baskets by Sean O'Brien Ruairi Murphy and Padraic Talbot. Best for Cougars were Padraic Talbot, Ivan Crowley, Danny Considine and Sean O'Brien all impressing in a very competitive game.

### BOYS U14 DIV II:

#### KILLARNEY COUGARS 30 ST BRIDGETS 22

Cougars staged a massive final qtr recovery scoring 17pts in this period to turn this game around with a blitz of baskets by Conor Horgan and Jack Lynch to see Cougars to come from 8 down to finish winners by 8 with St Bridgets hard working performance going unrewarded as they missed some good opportunities from the free throw line in the closing minutes to make it a closer finish. Cougars had impressive performances from Ciaran Cronin, Roan Coffey, Simon Coffey, Jack Lynch and Conor Horgan in what was a very entertaining game for the good attendance in the Pres Gym.

**JIMMY CURRAN U14 BOYS OPEN:** Killarney Cougars U14 Boys travelled to Tralee to on Saturday for the Annual U14 Jimmy Curran Boys Open tournament and the Cougars enjoyed a good run of competitive games. Cougars qualified for a Cup Quarter Final place following to close games with St Marys and Sligo AllStars before defeating Tralee and the Cougars were involved in a very exciting game against St Bridgets just missing out 39-36. The hosts St Brendans over came Blue Demons Cork, KUBS Dublin and St Marys before defeating All Stars Sligo in the Cup Final. Blue Demons overcame Tralee in the Plate Final. Well done to Coach Pa and all the boys a great panel was available over the weekend and thanks to everyone for the support on Sunday.

### CORK OPEN U12 BOYS: Killarney Cougars U12

Boys will play in the Cork Open Tournament on next Saturday teams from Cork, Kerry, Limerick, Galway. Cougars will compete against top teams and will face two tough games in the group stages against Ballincollig and Carriag na bhFear. Cougars will face St Brendans Tralee undefeated Kerry League and Cup winners who pipped Cougars for the league title recently. The tournament is being held in the Parochial Hall Cork.

### SENIOR NEWS: ST MARYS 69

#### KILLARNEY COUGARS 61 AFTER OVERTIME

A very fitting contest for the top of the table clash at the Castleisland Community Centre saw league leaders Cougars miss the opportunity to clinch the league title as they let a 6 point lead slip in the final qtr and had to rely on two free throws from Marian O'Callaghan to rescue their chances and take it to overtime before St Marys recovered their composure again to secure the win in overtime .

St Marys made the early running and led deservedly 22-16 at the end of the opening qtr with Dara Barrett 8pts and Philomena O'Connor 9pts doing the damage despite a good spread of scores from the Cougars and a three pointer to end the qtr from Chloe O'Doherty raise Cougars spirits. The side went basket for basket in a tense second qtr and the game finally turned in favour of the visitors with a solid display from Emer O'Neill, Chloe O'Doherty, Amanda Brosnan and Allyson Caggio to see Cougars ahead 46-42.

Cougars looked set for the all important win before Maura Conroy intervened as she made a big difference with three consecutive baskets to revive St Marys chances, and with Dara Barrett dominating on the boards they had the lead in the closing minute with Marian O'Callaghan saving Cougars at the finish to take the game to overtime.

The home side regained control in overtime and with Cougars numbers on the bench limited due to injuries to key players recently and they tired and hit foul trouble as St Marys took their chances to finish winners in a very competitive game. The league will be decided next week following the final round of games next week with Cougars away to Kenmare next. Further details on training schedules, fixtures and results log onto the website

[www.killarneycougars.com](http://www.killarneycougars.com) or facebook.

## OPW CONFIRMS WINTER STORM DAMAGE ONSKELLIG MICHAEL

The Office of Public Works this week confirmed that it has received reports of significant winter storm damage on Sceilg Mhichíl, the famous World Heritage Site off the Kerry coast.

The damage has been sustained to a length of wall along the main visitor path - known as the Lighthouse Road - leading from the landing pier at sea level to the base of the South Steps where visitors begin the climb to the famous Skellig Mhichíl monastic site. A portion of the wall at the Cross Cove has been swept

away, possibly by the effects of wave action during recent severe storms. It is alternatively possible that the wall at this location may have been damaged as a result of rockfall from the slopes above the roadway; the section of roadway involved is particularly prone to rockfall, and a timber covered canopy has been in place for many years near this point to protect users from debris falling from above. However it will not be feasible to assess the actual cause of the damage until the OPW and Department of Arts,

Heritage and Gaeltacht experts can access the site in the coming days to view the position at first hand.

Arrangements are currently being made to have qualified personnel landed on the Island as soon as possible to assess the damage and, once the position has been fully assessed, a report will be made to the Minister for Arts Heritage and the Gaeltacht.

## SCHOOLBOY/GIRL SOCCER

### KENNEDY CUP 2016 GROUPS

**ANNOUNCED:** As holders of the Kennedy Cup Kerry were the top seeds in Group 1 for the draw which took place last weekend and was attended by League Chairman Martin Conway. For the 2016 tournament the other teams in our group are Donegal, Carlow and Wicklow.

The Kerry 14's team will open their tournament at 2.30pm on Monday June 13th when they face Wicklow. On Tuesday they will have 2 games starting at 10.30am when they face Carlow and then at 4pm they finish this section by taking on Group second seeds Donegal.

The knock out stage of the Kennedy Cup begins on Wednesday with the various quarter finals.

League Action on Weekend before St Patrick's Day:

#### JK SPORTS 12 PREMIER:

Listowel Celtic A 1-2 Tralee Dynamos

Park A 0-1 Killorglin A

Killarney Athletic A 0-0 Killarney Celtic A

**12 DIVISION 1:** Castleisland 1-2 Ballyhar

Park B 4-0 Killarney Celtic B

**12 DIVISION 2:** Iveragh United 3-0 Listowel Celtic B

Killorglin B 3-0 Tralee Dynamos

**12 DIVISION 3:** MEK 2-5 Listowel Celtic C

Park C 4-3 Killarney Celtic C

Foundation Sports 14 Premier:

Tralee Dynamos A 0-1 Killarney Celtic A

Killorglin 0-3 Park A

Killarney Athletic 0-4 Listowel Celtic A

**14 DIVISION 1:** Park B 4-2 Mastergeeha

Ballyheigue 4-1 Iveragh United

Inter Kenmare 2-5 Ballyhar

**14 DIVISION 2 SHIELD:** Park D 1-2 St Bernards

Camp Juniors 3-0 Castleisland

**14 DIVISION 2 PLATE:** Killarney Celtic B 7-1

Park C (Mid Week)

Killarney Celtic B 2-2 Fenit

Park C 3-0 Listowel Celtic B

**KILLARNEY PLAZA 15 PREMIER:** Killorglin 0-4 Park A.

**TRALEE TROPHY WORLD 16 PREMIER:**

Tralee Dynamos 2-2 Killarney Celtic

Listowel Celtic 1-1 Castleisland

**16 DIVISION 1:** Mastergeeha 3-0 Killorglin

**GIRLS 16 PREMIER:** Killarney Celtic 3-3 Killarney Athletic.

**JOHN MURPHY 12'S CUP:**

Mastergeeha 3-0 Inter Kenmare

#### LEAGUE REPORTS:

**KILLORGLIN OPEN GAP AT TOP OF 12'S:**

Killorglin took a big step towards the JK Sports 12 Premier as they defeated their nearest challenger The Park 1-0. Eoghan Hassett got the only goal in a close game where Killorglin keeper Adam Carey was in superb form. Killorglin move onto 18 points with the Park remaining on 13.

Tralee Dynamos move into 3rd place following their away win at Listowel Celtic. Patrick Moravski got both the goals for Tralee Dynamos with Kieran O'Carroll replying for Celtic.

Killarney Athletic, who drop to 4th and Killarney Celtic drew 0-0 with the point not really what either side wanted. Celtic keeper Peadar Kelliher had an outstanding game keeping

Athletic at bay.

#### PARK B REMAIN UNBEATEN IN

**DIVISION 1:** The Park B are now unbeaten in their 7 games in the Division and are the runaway leaders. They defeated Killarney Celtic B in their latest games 4-0 thanks to double strikes by Kieran O'Connor and Cian O'Neill.

Ballyhar moved ahead of Mastergeeha and into 2nd place following a 2-1 away win at Castleisland. James Horgan got both the goals for the winners.

#### PARK C CLOSE THE GAP ON TOP 2 IN

**DIVISION 3:** Park C, in third place, were involved in a cracker with the side just above them, Killarney Celtic C, with the Tralee side winning by the odd goal in 7. Mike Tansley, Lasha, Kacsper and Odhran Ferris scored for the Park who are now on 9 points while Eoghan Crowley with 2 and Kelvin O'Sullivan scored for Celtic who came back from 2-0 down but just couldn't find the equaliser. Dingle Bay Rovers top the table on 18 points.

#### ALL AWAY WINS IN THE 14 PREMIER:

The Park remain 3 points ahead of Killarney Celtic but with a game more played in the Foundation Sports 14 Premier. The Park got the points on a 3-0 score-line over Killorglin. Killarney Celtic won 1-0 away to Tralee Dynamos thanks to a Niall McGillicuddy penalty. However Dynamos certainly belied their League position and pushed Celtic all the way with the Tralee keeper Cian Divine especially outstanding. Listowel Celtic moved into 3rd place with a 4-0 win over Killarney Athletic.

**NEW LEADERS IN DIVISION 1:** With leaders Dingle Bay Rovers, on 16 points, not playing Ballyhar took full advantage to move ahead of the West Kerry side and are now on 18 points thanks to a 5-2 win away at Inter Kenmare. Seamus Nagle and Josh McCarthy both scored twice with Jason Brennan getting the other goal in the win.

The Park B closed the gap on second place with a 4-2 win at Christy Leahy Park where the defeated Mastergeeha. Sean Teigh got 2 and Liam Magee and Elliot Lynch one each in the win with Darren Lehane getting both goals for Mastergeeha.

Ballyheigue moved into mid table with a 4-1 home win against Iveragh United. Conor O'Sullivan 2, Tomas Gaynor and Nathan Guerin were the Ballyheigue scorers with Jack Kelly replying for Iveragh.

#### LEADERS BEATEN AND JOINED AT THE

**TOP IN DIVISION 2 SHIELD:** Leaders Park D suffered their first defeat of the season when they went down 2-1 at home to St Bernards. The Saints remain in 3rd place on 15 points. Two goals from Oisín Maunsell gave the Saints the three points with Darragh Caplis replying for Park D.

A 3-0 win by Camp Juniors over Castleisland sees them join the Park D at the summit of the table with both sides now on 21 points. Jack Shannon with 2 and Cian O'Grady got the Camp goals.

#### KILLARNEY CELTIC B TOP THE PLATE

**SECTION IN DIVISION 2:** Killarney Celtic B took 4 points from 6 in their two games in the Shield this week. They defeated Park C in mid-

week thanks to goals from Harry Buckley, Joe Kelliher, Jack McCarthy, Paul O'Sullivan, Terry Sparling and Oisín Buckley. Jonathan Casey replied for the Park.

Their second game ended in a 2-2 draw against Fenit. Darragh Cremins and Paul O'Sullivan got the Killarney Celtic goals. Ed Stack and Neill Cassidy scored for Fenit.

The Park C took the points from their Saturday game with a 3-0 win over Listowel Celtic B.

**JOINT LEADERS IN 15 PREMIER:** The Park A were 4-0 winners over Killorglin in mid-week to move level with Killarney Celtic at the top of the Killarney Plaza 15 Premier. Sean McGrath hit a hat trick with Nathan Gleeson getting the other goal. Both teams are level on 18 points but the Park now have a game more played.

**LEADERS HELD IN 16 PREMIER:** Leader Killarney Celtic were held to a 2 all draw in a cracker by Tralee Dynamos, leaving the Tralee Boys just two points off third place. Dynamos led twice through David Couchman and Codi Dauti with goals from Michael Devlin and Peter O'Sullivan drawing Celtic level twice.

The other game in the Division also ended in a draw with Listowel Celtic and Castleisland drawing 1 all. Jack Sheehan got the goal for the North Kerry side.

#### MASTERGEEHA NOW TOP DIVISION 1:

Following a 3-0 win over Killorglin Mastergeeha moved ahead of Killarney Athletic at the top of the 16's Division 1.

#### POINTS SHARED IN GIRLS 16 PREMIER:

Killarney Athletic and Killarney Celtic played out a 3-3 draw in a great game in the Girls 16 Premier. It was Celtic's first dropped points in 4 games and credit to Athletic as they opened the best and went 2-0 up thanks to 2 Eva O'Donoghue goals. Ciara Randles pulled one back for Celtic and then Kate Murphy equalised following a Lauren Burke pass.

Ellen Coffey restored Athletics lead but an Anna Clifford penalty after a Ciara Randles cross was handled ensured the points were shared.

#### INTER LEAGUE RESULTS:

**12'S:** Limerick County 1-0 Kerry.

Kerry did everything but score in this game but it was the home side that got the vital breakthrough.

**13'S:** Kerry 0-1 Limerick District. Kerry 2-0 North Tipperary

Kerry were involved in the 13's Inter County Blitz in UL and they looked to heading for a draw in their first game against Limerick District. However a late free kick was the difference between the sides.

Kerry bounced with a 2-0 win over North Tipperary thanks to goals from Sean Stackpoole and William Shine.

#### KERRY 16'S 1-2 LIMERICK DISTRICT

An Aaron Dewey free kick had Kerry level with Limerick District in a high quality game in Listowel. However the Limerick side took the win with a late goal.

## MASTERGEEHA FC

Mastergeeha FC will hold a fundraising Night at the Dogs at Tralee Greyhound Track on Friday 1st April 2016. It is a very important fundraiser

for the club and a great night of fun and entertainment is guaranteed. Tickets will be on sale from committee members and in The Village Inn and in Kilcummin Post Office. All support welcome to attend.

**U12 Mastergeeha 3 Inter Kenmare 0.** The boys earned a good home win on Saturday morning in this cup game. Darra O'Shea, Daniel Kelly and Donagh Fahy were the scorers in a good team performance.

**U14 St. Brendan's Park B 4 Mastergeeha 2.** The lads left Tralee empty handed after defensive frailties led to their own downfall in a game they really should have won. They created the better chances throughout and after going behind early they levelled after good team play from Alex O'Leary and Philp O'Leary set up Darren Lehane to fire home. The home side scored further goals but Lehane replied again when he rifled home a free kick just before the break. The lads pushed to draw level in the 2nd half but couldn't take their chances and were punished late on when the Park scored to take the points.

**SENIORS Mastergeeha 1 Tralee Dynamos 1.** In this close greyhound bar cup game the seniors battled hard and took the lead mid-way through the first half. However in the second half the visitors equalized after twenty minutes. Both sides had chances late on to get the winner with both goalkeepers making good saves.

**MASTERGEEHA FC LOTTO** There was no winner on Friday 11th March 2016. Numbers drawn were 6,16,22,24  
Jackpot now €5,250.

## KILLARNEY CELTIC NOTES

### CELTIC PARK TO HOST U18 INTERNATIONAL

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

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

### 40TH ANNIVERSARY

**COMMEMORATIONS** Our Club has a big birthday when it turns 40 this year. To help mark the occasion and to preserve our history for future Killarney Celtic generations, we will shortly be compiling a Digital Archive of club photos, news reports, memorabilia etc. That will require current and past members to rummage out whatever you might have in display cases, old biscuit tins and photo albums.

We'll be publishing more details here and via the press on the project and how you can get us your materials (and get them safely back).

**KENNEDY CUP:** Reigning champions Kerry have drawn Wicklow, Carlow, and Donegal in this year's competition in UL.

Best of Luck to Brendan Hogan and the Kerry U17 League of Ireland team who play Cork in Mounthawk Park next Sunday at 2.00pm

**RESULTS DENNY PREMIER:** Castleisland 2 Killarney Celtic 7

Another superb result. Celtic were outstanding here and created numerous chances, executing seven in total. Peter McCarthy was the hero of the hour with a whopping four goals, every single one a gem, with Wayne Sparling, Stephen Hayes, and Gary Keane on target as well. This wasn't just about attacking, though. The Celtic defence of Chris O'Leary, Brian Spillane, Jamie Spillane, and Fergal O'Donoghue were not just resolute, they were hugely creative as well, linking well with a quick, clever, and energetic midfield of Conor Randall, Matt Keane, Gary, and Stephen. Replacements Joe Hurley, Conor McCarthy, and Kevin Moriarty were outstanding when introduced.

**Denny Premier B:** Killarney Celtic 6 Skeliga 2

Matt Keane and Chris Coffey got a brace each, with Wayne Sparling and Denis Sheahan also on target in a great team display.

**JIMMY FALVEY YOUTHS CUP:** St. Brendans Park 1 Killarney Celtic 1

Celtic went 1-0 up in a very exciting game and it looked like it would be enough, but Park fought to the end and managed to grab an equalizer three minutes into injury-time.

**U16 PREMIER:** Tralee Dynamos 2 Killarney Celtic 2

Celtic had to show real nerve to come back from behind twice, Micheal Devlin scoring our first and Peter O'Sullivan with the second. After that we dominated but just couldn't get through for a winner.

**U16 GIRLS:** Killarney Celtic at home to Killarney Athletic, Saturday, 2.30pm

**U14 Premier:** Tralee Dynamos 0 Killarney Celtic 1  
This was a very, very tough battle between two evenly decided teams, with a neatly executed penalty by Niall McGillicuddy giving us a narrow win.

**U14 DIV ONE:** Killarney Celtic 2 Fenit Samphires 2

Darragh Cremins and Paul O'Sullivan put us ahead but Fenit battled back bravely for a hard-earned but deserved share of the spoils.

**U12 PREMIER:** Killarney Athletic 0 Killarney Celtic 0

A cracking game in tough conditions. Celtic should have led at half-time, having dominated possession in the first half, but we just couldn't break through. It was a different story in the second half, Athletic got well on top, and we needed a great marking job by Sean Fitzgerald on the impressive Alex Higgins and three world class saves by man of the match Peadar Kelliher between the posts to earn a valuable point.

**U12 DIV ONE:** St. Brendans Park B 4 Killarney Celtic B 0

The lads put in a huge effort but Park were simply a better outfit; this was a much more encouraging display by Celtic than the scoreline makes it sound. Very well done to both teams.

**U12 DIV TWO:** St. Brendans Park C 4 Killarney Celtic C 3

Celtic trailed 2-0 at the break but showed a huge improvement in the second half, with

Eoghan Crowley scoring twice and Calvin O'Sullivan once. In the end, we were unlucky to lose out by the odd goal in seven in a brilliant game.

**CONGRATULATIONS** to U12 goalkeeper Peadar Kelliher on making the Kerry Schoolboys/Schoolgirls Team of the Week.

**FIXTURES** Munster Junior Cup Quarter-Final: Killarney Celtic away to Janesboro (Limerick), Sunday, 2.00pm

**U17 LEAGUE:** Killarney Celtic at home to Killarney Athletic, Monday, 8.00pm

**U15 PREMIER:** Killarney Celtic at home to Listowel Celtic, Saturday, 12.30pm

**U15 Div One:** Killarney Celtic at home to Iveragh, 11.00am

**U13 PREMIER:** Killarney Celtic away to St. Brendans Park, Saturday, 10.30am

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

**U12 GIRLS:** Killarney Celtic away to Mastergeeha, Saturday, 2.00pm

**LOTTO** Lotto results are available on our facebook page.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

## KILLARNEY ATHLETIC NOTES

### RESULTS:

### KILLARNEY ATHLETIC B 1-3 STRAND ROAD

With numbers lacking and Despite taking the lead through a Rafa Goal Athletic were unable to hold out against a strong Strand Road side to make it to the next round of the cup.

**FIXTURES:** Tuesday 15TH March 2016

Tucker Kelly U16 Cup

Killarney Celtic B v Killarney Celtic A 7pm

Saturday 19th March:

Daly's Supervalu U13 Div.1

Killarney Athletic B v Killarney Celtic B 10-30am

Killarney Plaza U15 Div.1

Killarney Athletic v Ballyhar 12 noon

**CONDOLENCES:**The club would like to extend their condolences to the family of Eamonn and Valerie Courtney on the death of Valerie's mother Anne and also the Brady Family on the death of Louise Brady (nee Falvey) Daltons Avenue.

**300 CLUB:** Results February draw are:

€500 Colm O'Donoghue

€100 each to JoeJoe Fleming, Erica McCarthy, Humphrey Lynch, Tara McCarthyNagle & Joan O'Connor.

300 club forms are still available for this year's draw. Any member or parent not yet signed up are asked to support the club and if possible a friend too. Forms can be got from any committee member.

**CONTACT:** If you have anything to add to the Killarney Athletic A.F.C Notes please Contact Alan Daly on 085-1913244 or aland15@live.ie.



TERENCE MULCAHY MANAGER INTERNATIONAL HOTEL KILLARNEY PRESENTING THE CLUB JUNIOR MATCHPLAY 2015 INTERNATIONAL CUP TO BRYAN ENGLISH WITH (BACK FROM LEFT) DARREN MULCAHY AND IAN PENDERGAST SEMI-FINALISTS, NED BROSINAN AND ANGELA O'CONNOR JUVENILE COMMITTEE MEMBERS, LUKE SWEENEY RUNNER-UP, MARY O'ROURKE LADY CAPTAIN AND ARTHUR HANLEY PRESIDENT AT KILLARNEY GOLF CLUB ON FRIDAY.

## KILLORGLIN GOLF CLUB

**LADIES RESULTS:** 12 Hole Stableford sponsored by Hannah Mary's XL, Tullig:

1. Coral Kiely (32/21) 24 pts. 2. Phil Anne Foley (36/24) 21 pts. (B6)  
3. Agnes O'Connor (36/24) 21 pts.

**FIXTURE:** Next week-ends competition sponsored by Mulvihills Pharmacy can be played Sat 19th/Sun 20th/Tues 21st. Play either day. Arrange own time and playing partners. Winner of the Ladies competition will Qualify for the "History in the Making" Dubai Duty Free Irish Open Club Challenge. Further information on Notice Board.

Silver Swans 12 Hole Stableford 08/03/2016. 1. Betty Griffin (35/23) 24 pts. 2. Agnes O'Connor (36/24) 21 pts.

**SPRING LEAGUE:** Second round is now in progress and finishes Sunday 3rd April. Top 2 Teams to qualify to play Matchplay Final when the 2 rounds of 12 Hole Stableford have been completed.

## ROSS LADIES GC:

**RESULTS:** Sunday 13th March 12Hole S/S Kindly Sponsored by Bricin Restaurant. 1st Anne O Leary 19pts (b9) 2nd Mary O Sullivan 19pts.

Upcoming Events: St Patrick's Day Mixed Scramble Shotgun Start 9.30am.

Sunday 20th 12hole S/S Timesheets available in Clubhouse.

## DEERPARK PITCH & PUTT NOTES

The annual Johnny Kelly Memorial competition attracted a large attendance of members from Deerpark and GlenEagle and with the course in excellent condition it proved to be a most enjoyable occasion.

Results as follows Overall Nett Damian Fleming, Kieran Fitzpatrick and John Kelly (Deerpark) 62 2/3rd 2nd Nett Hugh O'Sullivan. Tony McCarthy (Deerpark) and Mick Long (GlenEagle) 67 1/3rd Overall Gross Sean Kelly, Mike Foley and Aidan O'Keefe 83, Damian Fleming on behalf of the winning team congratulated all who contributed to the success of the occasion

Mary Kelly on behalf of the Kelly family thanked all who played in what they regarded as a most prestigious competition and which commemorates the late Johnny Kelly who graced both the Deerpark and GlenEagle courses with distinction on so many occasions. A special word of thanks is extended to Jason O'Connor, Colm O'Dowd, Lady Captain Sheila O'Donoghue and Sean Kelly and the Kelly family, who contributed so much to the organisation of the competition on the day and to the members of the grounds committee who ensured that the course was in perfect condition.

**PAUL O'SULLIVAN MEMORIAL COMPETITION** The annual Paul O'Sullivan Memorial competition will be played on the Newmarket course on next Sunday morning and all competitors are requested to be in the clubhouse at 9-30am sharp for the draw

**MUNSTER MATCHPLAY** Club members wishing to participate in the Munster Matchplay competition are requested to have their annual membership fee paid by this Sunday morning March 20th Membership will be taken up in the Clubhouse on this Saturday morning 11am to 11.30am or contact Sean Kelly 086-0508686 or Colm O'Dowd 087-7673742.

**SPORTS PREDICTOR** Sports Predictor cards €10 Euros each are now available from club treasurer Colm O'Dowd and all club officers. This annual club fund-raiser has one thousand euros in prize money and a special appeal is extended to all members to purchase their tickets prior to closing date April 6th.

**SENIORS OUTING** Next Seniors Outing will be to Castleisland on Wednesday April 6th 10.15 am

## ROSS GC, KILLARNEY

**GENTS CLUB** - Results and fixtures for publication on March 18th please

**RESULTS :-** On Sunday last we held an 18 hole Rumble Competition

The winners were Alan Flynn, Dan Cronin, Mark Coffey on 81 pts

Runners up were Tony Lenihan, Tom McSweeney, John Cuskelly on 80 pts

**FIXTURES:** M D O'Shea Spring League: The entry sheet for the Spring League is now available and as this will be closed at 1 pm on

Saturday March 19th please add you name to it immediately.

On Sunday March 20th we will hold the first round of the M D O'Shea spring league with an 18 hole single stableford competition. Please put your name on the timesheet which is now available in the clubhouse.

## KILLARNEY GOLF AND FISHING CLUB

**MEN'S CLUB RESULTS, AND FORTHCOMING FIXTURES** Club Captain Liam Hartnett was delighted to have eventually got the Men's Club competition schedule for the calendar year of 2016, "off the ground" with the staging of the "Keane's Jewellers" sponsored singles stableford competition which was played over our "Mahony's Point" course on last Sunday, the 13th of March.

The entry of over 150 members was a fair testament to both the anxiety of the Men's Club Membership to compete in a Club competition, and was also a fair reflection of the popularity of this competition which was, and is, most kindly sponsored by Keane's Jewellers, who have been excellent supporters of our Club for so very many years.

The competition was played in excellent golfing conditions, and despite the recent atrocious weather the course was in "fair shape", which was reflected with over twenty of the scores of those who played, at 40 points or more, and one of the minor placings was decided by the better points number on the very last hole, and second place was won with a back nine holes score of a massive 25 points.

The competition does not qualify competitors for either handicap reductions or for points back, due to the temporary nature of many facets of the course, but of course, our Club Handicap Secretary James Curran, and his team will be taking due cognisance of those with "exceptional scores", and a possible handicap reduction may be "on the cards" for some of those with the best scores down the line.

1st William D. O'Connor with 44 points playing off 13 handicap.

2nd Ciaran Fleming with 43 points off 28 handicap.

3rd Jonathan Sparling with 43 points off 9 handicap.

4th Con Daly with 43 points off 27 handicap.

5th David MacIndoe Jnr. with 42 points off 13 handicap.

Best gross winner was Simon Gallivan with a score of 68 strokes, who plays off 1 handicap.

Category 2, winner was Ian Cronin with 42 points, off 7 handicap.

Category 3, winner was Peter Lawlor with 41 points, off 15 handicap.

Category 4, winner was Teddy O'Sullivan with 42 points off 18 handicap.

St. Patrick's Day "open" singles competition on Killeen.

The next competition will be a singles stableford "open" competition which will be played on Thursday next St. Patrick's Day, and the time sheet is almost full at this time of

going to press, this will be played on "Killeen", and the competitors will get the opportunity to see for themselves the excellent progress that has been made with both the repairs and the upgrade of many holes on the course that have been undertaken by Course Manager Enda Murphy and his team over the last two months or so.

Sunday the 20th of March, Keane's Jewellers sponsored "mixed foursomes" competition.

The competition to be played on next Sunday will be the Keane's Jewellers sponsored "mixed foursomes" which will be played under the "Scotch Foursomes" format, scheduled to commence at 10.30 A.M. with a "shotgun" start.

## CASTLEROSSE GOLF CLUB

**RESULTS** Competition played on Sunday 13th March 18 Hole Stableford 1st Place John Purcell (28) 43pts, Runner-up, Ivan Tangney (21) 41pts, 3rd place, Donal Power (19) 40pts.

**FIXTURES** Weekend competition, 18 Hole Stableford to be played on Sunday 20th March, tee off 9.30am. Competition to Ladies & Gent members.

**MEMBERSHIP** now available for 2016 contact Castlerosse 064 6631144 for details.

## KILLORGLIN GOLF CLUB - MENS

Mens Final 12 Hole Spring League Competition.

**1ST TEAM N:** Dermot McKenna/ Kevin O'Brien/ Paul Twiss / Mike Flynn 71 pts.

**2ND TEAM A:** Derek Commerford, Bernard Doyle, Danny Brosnan, Paul O'Mahoney 68 pts  
3rd Aidan Spillane, Michael A.Ladden, Tim O'Neill, Jason McCormack 67 pts.

## KILLARNEY GOLF CLUB - LADIES

Results of 11 hole, Competition Sunday 13th March, 2016, Club Sponsored, Killeen Course:

1st	Corrina Griffin	(31)	27 pts
2nd	Maureen Creedon	(11)	24 pts
BG	Mairead Martin	(Scr)	22 gross
3rd	Jane Dwyer	(24)	23 pts (bk9)
4th	Geraldine Collins	(29)	23 pts
5th	Tina O'Sullivan	(18)	21 pts (bk9)

Next Sunday's Competition will be Sponsored by Keane's Jewelers, format Scotch Mixed Foursomes on Mahony's Point.

## BEAUFORT GOLF CLUB

### OPEN FUNDRAISER

One of the big events in Beaufort's calendar is our Good Friday Open Fundraiser, March 25th, 4-Ball B/B, 90% handicap allowance. Only €20 per person. Kindly supported by The Malton Hotel. Don't miss out, phone the club to book your time on 064-6644440.

**RESULTS** 10th Mar: Thursday's 9-hole Open

Seniors, 1st Pat Quill (17) 25pts, 2nd Jerry O'Shea (28) 23pts.

12th/13th Mar: Cahillane's Spring League, Round 2, 9-holes. 1st: Shane O'Sullivan (6) 23pts OCB, 2nd Johnny Doolan (16) 23pts.

**FIXTURES** 17th March: Thursday's Open Seniors @ 10am.

19th/20th March: Cahillane's Spring League, Round 3 (Y/Stfd.).

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

## MURPHYS GOLF SOCIETY

### 12TH MARCH, O MAHONYS POINT

**SPONSOR:** Quills

- 1st Pat Casey (27) 43 Points
  - 2nd Mike Casey (13) 40 Points
  - 3rd Alan Flynn (8) 38 Points
  - 4th Moss Foley (22) 38 Points
  - 5th John O Shea (12) 38 Points
  - 6th Seamus Doherty (21) 37 Points
  - Front 9 Niall O Meara (10) 21 Points
  - Back 9 Denis Nash (22) 20 Points
- Next Outing 16th April, Dooks.



MARY KELLY (WIFE OF THE LATE JOHNNY KELLY) PRESENTING THE JOHNNY KELLY MEMORIAL SHIELD TO THE WINNERS OF LAST SUNDAY'S MEMORIAL THREE SCRAMBLE IN HIS NAME AT DEERPARK PITCH & PUTT CLUB TO THE WINNING TEAM OF DAMIEN FLEMING, KIERAN FITZPATRICK AND JOHN KELLY. ALSO INCLUDED IN THE PHOTO ARE MICHAEL FOLEY, SEAN KELLY, AIDAN O'KEEFFE, TONY MCCARTHY, HUGH O'SULLIVAN AND SEAN ASHE (REPRESENTING MICK LONG).



ROSS GOLF CLUB LADIES PICTURED AT THE PRESENTATION OF PRIZES, KINDLY SPONSORED BY BRICIN RESTAURANT. FR L TO R. 2ND MARY O SULLIVAN, LADY CAPTAIN LISA KERFOOT, 1ST ANNE O LEARY. BR L TO R MARGARET HICKEY, BRIDIE BROSAN.



PICTURED AT THE MALTON HOTEL AT THE LAUNCH OF BEAUFORT GOLF CLUB'S ANNUAL FUNDRAISER, AN OPEN 4-BALL BETTER BALL COMPETITION WHICH WILL TAKE PLACE AT BEAUFORT GC ON GOOD FRIDAY, 25TH MARCH, KINDLY SPONSORED BY THE MALTON HOTEL. PLEASE CONTACT THE CLUB TO RESERVE YOUR TIME. L-R CAPTAIN SHANE O'SULLIVAN, HOTEL MANAGER BRIAN SCALLY, PRESIDENT GEARÓID KEATING, HOTEL CONCIERGE MARY MACMONAGLE & HOTEL MANAGER MARK SCALLY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ARTHUR HANLEY PRESIDENT (FIFTH FROM LEFT) PRESENTING THE KLAUS NOLKE BURSARY FOR JUVENILE GOLFER TO WINNER NIALL MCCARTHY WITH MAIREAD MARTIN RUNNER-UP, MARY DOHERTY, JOHN CURTIN, BREDU DUGGAN AND LADY CAPTAIN MARY O'ROURKE JUVENILE COMMITTEE MEMBERS AT KILLARNEY GOLF CLUB, KILLARNEY ON FRIDAY.

# ROAD-USERS REMINDED OF DANGERS OF DRIVING THE 'MORNING AFTER'

RSA AND AN GARDA SÍOCHÁNA ROAD SAFETY APPEAL FOR ST PATRICK'S WEEKEND

As we celebrate St Patrick's weekend, the Road Safety Authority (RSA) and An Garda Síochána are asking all road users to act responsibly and safely on the



roads. In particular, drivers are being warned of the dangers of driving the morning after a night of drinking where their driving could still be significantly impaired by alcohol.

In the five year period 2011-2015 a total of 15 people lost their lives and a further 34 people were seriously injured in road collisions between 16th-18th March.

Ms Moyagh Murdock, Chief Executive of the RSA said, "St Patrick's Festival is traditionally a time for people to enjoy a break from work, school or college, and enjoy the festivities around the country. We're not suggesting that people don't enjoy themselves but we would urge people to act safely and responsibly, particularly when it comes to alcohol and road use. If you decide to go out for the night, leave the car at home and take the sensible option by getting a taxi to and from your destination."

"This is also important the morning after the night before as you may still be over the limit without realising it. It roughly takes you about one hour for your body to get rid of one unit of alcohol, that's a half pint or standard glass of wine. If you got to bed in the early hours and didn't get a good night's sleep, this will magnify the impairing effects of any alcohol in your system."

Chief Superintendent Aidan Reid, Garda



National Traffic Bureau said, "An Garda Síochána is committed to ensuring that the incidences of drink-driving on our roads are reduced. Simply put, drink-driving destroys lives – at best, you could lose your licence but far worse, and far more difficult to live with, is the possibility of seriously injuring or killing someone on the roads. Our members will be patrolling the road network throughout the country over the St Patrick's Festival period in marked and unmarked vehicles and would like to remind drivers that in addition to mandatory breath testing, they can breath-tested if they commit any road traffic offence. So please make sensible choices when using the roads and never, ever drink and drive."

"In particular, I would remind drivers of the dangers of driving the morning after the night before. 12% of all drink driving arrests occur between 8am and 2pm and of those, almost a third happen on a Sunday, peaking between 11am and 2pm. So it is critical that drivers take measures to ensure their safety and the safety of others and this means leaving the car at home and taking a taxi or public transport the morning after if they need to get somewhere. It's just not worth the chance if you are still over the legal limit."

Ms Murdock also warned pedestrians of the dangers of consuming alcohol, saying, "It's hard to believe but two thirds of pedestrians killed

on our roads have consumed alcohol. Alcohol makes you unsteady on your feet and less capable of crossing the road safely or staying upright. It also impairs your judgement, making you more likely to step out in front of oncoming traffic because your ability to judge safety and distance is significantly impaired. The safest thing to do if you're heading out for the night is to plan your journey home by organising a lift, a taxi or using public transport. I would also encourage people to look out for each other – if your friend or relative is under the influence of alcohol, make sure they get home safely."

To raise awareness of the dangers of driving the morning after a night of drinking, the RSA and An Garda Síochána will broadcast a short information video on St Patrick's Day. The video clearly shows what a driver can expect if caught drink driving. In the scenario shown, a driver who is detected driving illegally in a Bus Lane in the morning rush hour is breath tested, fails, is arrested and taken to Store Street Garda Station. The video will be promoted online and through social media.

To date this year, 29 people have been killed on Irish roads, one more than the same period last year. 166 people lost their lives on Irish roads in 2015.



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ŠKODA SUPERB AMBITION 1.6TDI DIESEL	2014	50,000	GREY
ŠKODA OCTAVIA ELEGANCE 1.6TDI DIESEL	2014	98,000	BLUE METALLIC
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## KILCUMMIN NEWS

**HOSPICE WALK** The annual Good Friday hospice walk on March 25th will commence at 10.30am. Registration from 10.00am when donations will be accepted. In 2015 the walk raised €2,843 for the new Palliative Care Unit, which is under construction in Tralee. The organisers say a sincere 'Thank You' to all those helped and took part in the walk. This year's collection will also be donated to the Palliative Care Unit. Registration and starting point at Recreational Hall. This year all those registered will be entered into a draw. Adults - Dinner for two & consolation prize. Children - Large Easter Egg & consolation prize. There will be a choice of two walks, - 5km or 10km. Refreshments in the hall after the walk. Please come along and support this very enjoyable walk which suits all age groups and is a great opportunity to meet and chat with your community. There will also be a Memory Book where you may sign names of loved ones who died of cancer. A special Mass will be celebrated after Easter for all the names in the book.

**COMHALTAS 1916 COMMEMORATION** A date for your diaries is Sunday April 3rd when we will hold our 1916 commemoration event in Kilcummin Recreational Hall. A great night is in store which will involve an enactment by our younger members and our Easter Raffle. All welcome.

**MUSIC SESSION** Our next Sunday music session will be held on 20th March at 2.30 to 5pm in Kilcummin Recreational Hall. Refreshments available. All welcome.

**BRANCH MEETING** Our next branch meeting will be on Tues 29th March at 8.30pm in

Kilcummin Rural Development Office. All welcome.

**KILCUMMIN GAA ACADEMY** Weather permitting and subject to the condition of the pitches, Kilcummin's Juvenile Academy will commence on April 2nd from 10.30am to 11.45am. Please ensure that all children are registered before that date. It is required for participation, child welfare and insurance purposes. The academy contribution of €1 will be payable each Saturday to mentors. This contribution will be used for academy expenses for the benefit of the children Why not participate with your child? Volunteers are always welcome.

**ST. PATRICK'S DAY PARADE** In keeping with recent years children from the academy are asked to wear club colours for the St. Patrick's Day Parade. The club will meet at 1.15pm on the day at Mission road near the Cathedral. Children can be picked up after the parade at New Street Car Park.

**ST. PATRICK'S HURLING** Will host a fundraising table quiz on March 18th in the Clubhouse from 9pm. A table of four will cost €40. Juvenile tables are also available for €20.

**FÉILE FLAG DAY** The GAA club will hold a special flag day on 8th April to fundraise for the clubs involvement in Féile this year. As well as participating the club will host a boys and a girls team. Volunteers are needed to offer an hour collecting on the 8th between 10am and 6pm. Anybody who can help might please txt Niamh on 089-4583207.

**FÉILE 2016** In keeping with the spirit of Féile 2016 and the participation of our under 14

team in the national event, Kilcummin Juvenile GAA Club are looking for host families to accommodate our visiting club on Friday 24th, Saturday 25th June. Families would be hosting 2 players. Club members interested might please contact 087-9181973 for further information.

**HURLING** St. Pats Hurling - Indoor Hurling on Thursdays for all ages to U14. Killarney Community College (5.30pm to 6.30pm). All welcome €2.

**GOLF CLASSIC** Kilcummin GAA club are holding a Golf Classic on April 30th. The venue is Killarney Golf Club. Teams of 3 for €150. Further information in the coming weeks but teams need to be organised and sponsorship secured as a great event is anticipated. Sponsorship for Tee boxes and Greens is available for €50.00. All funds raised are necessary to maintain and develop facilities. Contact Mike Casey 087-7945103 for Tee times.

**SENIOR FOOTBALL** Kilcummin lost to Spa in the East Kerry league on Sunday last 1-11 to 1-5. Team Tommy Brosnan, Sean Brosnan, Damien O'Leary, William Maher, Gavin O'Connor, Daniel O'Leary, Chris O'Leary, Chris Keane, Kevin Gorman, Oscar O'Connor, Matt Keane, Jake Moynihan, Michael O'Shea, John McCarthy, Ger Sheehan. Subs Eoin Guillfoyle.

**CREDIT UNION CO. LEAGUE** Round 1 Kilcummin are away to Castleisland Desmonds on Sunday next at 2pm.

**GAA LOTTO** There was no winner on Sunday 13th March 2016. Numbers drawn were 6,14,16,17.

## GLENFLESK NOTES

**GLENFLESK SENIORS:** Sponsored by the Jarveys Rest ([www.jarveys.ie](http://www.jarveys.ie))

**CO. LEAGUE:** The Seniors begin their Co. league Division 2 campaign at home to Listowel this Sunday March 20th at 2pm.

**EAST KERRY LEAGUE:** The Seniors were well beaten by Legion in their second East Kerry league game in Direen on Sunday morning.

**GLENFLESK MINORS:** Sponsored by the Jarveys Rest ([www.jarveys.ie](http://www.jarveys.ie))

**MINOR CO. LEAGUE:** The minors had narrow loss to Dromid/Waterville in Glenflesk last Saturday on a scoreline of 3-11 to 3-08.

The Minors continue their Co. league Campaign away to Kenmare on Friday March 18th at 5pm

**GLENFLESK LADIES:** The Senior Ladies also begin their Co. league campaign on Sunday March 20th away to Fossa at 12pm.

**SCOR NA BPAISTI:** The East Kerry final of Scor na bPaisti was held at the Racecourse, Killarney, last Friday evening, 11th March. Glenflesk were very well represented on the night with competitors in every event. The

standard in all competitions was extremely high and all competitors did themselves and the club proud on the night. Congratulations to the Ballad Group of Sinead Gleeson, Eabha Healy, Caitlyn Cronin, Sarah Moran and Molly O Donoghue who were winners on the night and now go forward to the Co. semi final to be held in Foilmore on April 9th. Congratulations also to our Figure Dancers, Kate, Eabha and Jack Rudden, Eabha Healy, Muireann Darcy, Caoimhe Moynihan, Ella McGee and Niamh Cantillon who came 3rd. Also our Set dancers of Amy McCarthy, Sarah McAuliffe, Kate and Eabha Rudden, Tommy Bowler, Nathan O Connor, Jack O'Brien and Jack Rudden who also came 3rd. Eabha Healy came 3rd in the Recitation as did our Novelty Act of Caitlin and Abby Cronin, Eabha and Muireann Healy, Sarah Moran, Molly and Aoise O Donoghue. Also performing on the night were Kate Rudden in the Sean Nos dancing, Sinead Gleeson in the Solo singing and Tommy Bowler, Michael Mullane, Caoimhe O Sullivan, John Kelleher and Ben Switzer in

the Instrumental Music. Thanks to all involved especially to Norrie Sheehan, Noel O Donoghue and Anne Kelly who mentored various groups. We look forward to further success in the future and wish our Ballad group every success in the upcoming Co Semi Final

**RAHEEN NS:** Congratulations to Mr. O' Keeffe who had the winning lotto no. 30 on Saturday the 12th of March.

**KERRY INDEPENDANT ALLIANCE:** Councillor Michael Gleeson wishes to inform that the annual Church Gate collection for Kerry Independent Alliance will take place in the parish on the weekend of the 19th and 20th of March. Your generosity is greatly appreciated.

**SYMPATHY:** Sympathy is extended to the family of Dermot Dennehy Station house Headford, who passed away recently. Ar dheis Dé go raibh a anam.

**CONTACT:** We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or [pro.glenflesk.kerry@gaa.ie](mailto:pro.glenflesk.kerry@gaa.ie).

If you have a picture you would like to publish.

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## RATHMORE / GNEEVUILLA NEWS

by Michael O'Mahony

### EASTER CONFESSIONS IN THE PASTORAL AREA

**BALLYDESMOND:** Friday March 18th 8p.m Ballydesmond Church Derrinagree: Friday March 18th 8p.m Derrinagree Church

**RATHMORE:** Palm Sunday March 20th 3-6pm St. Josephs Church Rathmore Kiskeam: Monday March 21st 8p.m Kiskeam Church Millstreet: Wednesday March 23rd 7.30p.m Millstreet Church

**LOOKING AHEAD TO HOLY WEEK** March 22nd Chrism Mass St. Mary's Cathedral Killarney 7.30p.m March 24th Holy Thursday: Mass of the Lords Supper Rathmore 6.00pm Knocknagree 7.00pm Gneeveguilla 8.00pm March 25th Good Friday: Knocknagree 3.00pm Rathmore 3.00pm Stations of the Cross Shrone 7.30pm Stations of the Cross Gneeveguilla 8.30pm

March 26th Easter Vigil Rathmore 8.00pm Gneeveguilla 9.30pm

March 27th Easter Sunday Shrone 9.00am Knocknagree 10.00am Gneeveguilla 11.00am Rathmore 11.30am

**PARADE** Rathmore sixth Annual St Patrick's Day Parade held Sunday last which was great

success Led by our Grand Marshall Mary Hickey former Kerry rose.

The prizes winners best overall float was Rathmore District Credit Union, winning the Frank Buckley Mermoral Cup. Best vintage vehicle Geff O' Sullivan, Cullen Cork. Best organisation / group Hollymount N.S. Rathmore, Best commercial float Donagh Hickey Motors Rathmore.

Best dressed buggy / pram horse trap back 1916 Dan Nagle Rathbeg Rathmore.

Best dressed pet Joshua O' Sullivan.

Best window display Catherine & Michael O'Mahony East End Rathmore.

We wish to thank stewards Patsy Breen of Kerry County Council sponsors local business Cullen pipe band, Millstreet pipe band, Beaufort bidy group, Margaret Bourke, Maire Daly of Millstreet St. Patrick Day Parade John A O' Sullivan of Sound equipment Time to Party, and any one that help with making this year parade a success, big Thank you.

**AUTISM AWARENESS FUNDRAISER – BARN DANCE** Gneeveguilla GAA Hall – Sat. April 2nd 9pm sharp. Music by The Kelts. Tickets €10. from Brigitta 087 6303659 or Siobhan 087 087 9249918.

**GNEEVUILLA COMMEMORATES THE 1916 RISING** An event is being organised by the Community Council for Sunday 24th April (actual Anniversary of the Rising).

### RATHMORE/GNEEVUILLA COMMUNITY

**GAMES CHURCH GATE COLLECTION** Thank you to all who supported the recent church gate collection. The money raised will go towards our area fees for sports wear and equipment. We really appreciate everyone who volunteered to help on this occasion in all our churches. Without help from all the parents and children, it would not have been possible so big thank you to all volunteers.

**WEDDING BELLS:** Congratulations to Leonie Casey Glenn Rua, Rathmore who married Paul Donnelly Whitebridge Killarney, who married recently at St. Joseph's Church Rathmore. We wish both them happy long life together.

**WEDDING ANNIVERSARY:** Congratulations to Johnny Battle and Betty Cronin, Tureencahill, who celebrated their 50th wedding anniversary with family & friends at Bob's Bar & Restaurant, Ballydesmond recently.

**WISHES:** Congratulations to Scoil Phobail Sliabha Luachra Ladies Footballer on winning the All Ireland Junior C Championship on Saturday last a score line RATHMORE 7-6 LONGFORD 3-8,

**SYMPATHY** to family and friends of Kathy Kelliher Islanderagh and Betsy Hanlon, East End Rathmore who both passed away last week May they all rest in peace.

## BEAUFORT NOTES

### BEAUFORT COMMUNITY ALERT GROUP

are in the process of setting up a community Text Alert. Application Forms are available from Carson's and Kissane's Shop, Kilgobnet National School, Killarney and Killorglin Garda Stations. Completed forms can be handed back to Carson's as soon as possible. Beaufort Community Guard is Garda Chris Manton Tel No. 064 6671162 or 086 8200196.

**THE BEAUFORT BALLAD SHEETS** In times past, songwriters sold and distributed their songs by printing them, sometimes including the melody line, then going around to the pubs usually on Saturday nights selling their Ballad Sheets... as the Wild Flower of the Laune song has it... as you strolled the streets with your ballad sheet... Beaufort Historical Archive (Cartlann Staire Lios 'a Phúcha) is presenting a series of local songs, poems and recitations and printing them on sepia card inside a plastic folder... ideal gifts !! There are 4 ready for printing and will be a total of 12 in the series

eventually and may become a collector's item at a future date. The first four songs in the set are The Cooleanaig Village Tradespeople ... given by the late Mossy 'Cud' O'Sullivan; The Angler's Rest/The Inn Between... given by Michael Leane and Joan O'Connor ; The Cooleanaig Bidy & The Dance at Glosheen... both given by Michael Leane. The remaining 8 are at present in production and will be ready by Easter.

The song-sheets include a melody line which are actually well known airs of the Irish Tradition. The Ballad Sheets retail for 3.00 Euro each... the proceeds of which go to running expenses and the purchasing of equipment for Beaufort Historical Archive. Local outlets where you can buy copies include... The Beaufort Bar; The Inn Between; Carson's Beaufort Post Office, Galvin's Bar and Kissane's Shop... Keep your photos and memorabilia coming for scanning and copying etc. as there is a great response to date. Anybody interested in doing interviews of times past are especially welcome or any old Beaufort publications to be included in the database.

Beir Bua and be singing yer auld songs!!! Thomas O'Sullivan 087 9807122 kerryonwalking@gmail.com

### MEMBERSHIP AND REGISTRATION

**BEAUFORT GAA CLUB MEMBERSHIP** for 2016 is now due. Family membership is €50 which includes one adult gym membership. Adult Club only €30. Player over 18 years is €50 which includes gym membership. Gym entry card/Fob is €10. Forms available from Patie Hartnett at 087 2515311.

Members are entitled to free entry to home Co League games, draw for All Ireland tickets if Kerry is in final and use of gym for above price.

**LOTTO** Next draw for a Jackpot of €3,400 will be held in Beaufort Bar on Sunday, 20th March. Tickets are available from the usual sellers, business premises and it can now be played online also. This will be particularly beneficial to our supporters who live abroad. Log in will be through Beaufort G.A.A Club website: www.beaufortgaclub.com.

## LISTRY NOTES

**FUNRAISING BINGO** The parent association of Faha national school would like to thank the people who supported there fundraising bingo on 11th March 2016.

**SOCIAL DAY** We wish to remind Seniors in the Listry/Milltown parish & surrounding areas that da next Social Day will be held on Tuesday March 29th in Killorglin Golf Club. Small bus will start collecting at 10am & big bus will leave

Listry community Centre @ 11.30am sharp. Hope to meet u all on the day.

**LISTRY MEALS ON WHEELS SERVICE** Listry meals on wheels service operates on 3 days per week - Monday, Wednesday & Friday. The service covers the areas of Faha, Ballyhar, Listry & Milltown. Anyone in these areas who wishes to avail of the service should contact Cathriona at 087-9381063.

**FAHA NATIONAL SCHOOL** Faha National School would like to thank all children, parents & any one that was involved On making the day a special day for the Flag Rising Commemoration of the 1916 Rising.

# FOSSA NOTES

**LOTTO** Numbers drawn were 5, 11, 12, 22.

**SENIORS** The senior team begin their Div 4 County League campaign on Sunday, March 20th when they are away to Lispolle at 2pm, all support welcome as this is a tough opening game to the league.

**MINORS** Fossa Minors lost to St Pat's in Tralee on Saturday evening in the 2nd round of the County League - despite playing with the aid of a slight breeze Fossa went in at the break, trailing on a scoreline of 1-04 to 04, the Fossa points coming from Eamonn Murphy, 2 from Cian O'Shea and another from Lee Linihan.

The highlight of the first half was a penalty save by goalie Alex Rennie who had a tremendous game throughout and exceptional defending by the captain Cian O'Sullivan. In the 2nd half, despite having a lot of the ball, Fossa found it hard to get scores and only had a solitary point from Eamonn Murphy to show for their efforts. They defended very well and were without a couple of players which didn't help matters but overall they gave a good account of themselves despite the final outcome.

**FINAL SCORE ST PATS 1-09, FOSSA 0-05.**

**ALL-IRELAND CHAMPIONS** A huge congratulations to three Fossa girls, Grace Cahillane, Ciara Griffin and Anna O'Reilly who won All-Ireland medals with ISK when they defeated Presentation Secondary School,

Tuam in the All-Ireland Junior Championship in Nenagh on Saturday. They all starred in a hard fought 6-08 to 3-12 win and can be very proud of this wonderful achievement, those medals are hard to come by!

**ALSO WELL DONE** to Colin Myers and Mark Dennehy who won the Senior Inter Firm All-Ireland final with Liebherr last weekend in Tuam when they beat Medtronics of Galway, 0-10 to 0-07.

**MEMBERSHIP:** Club Membership is now due and the rates for 2016 are as follows, Family membership, which includes both parents and all their children up to minor age, stays at €60.00, adult remains at €30.00, while youth/student is €15.00. Anyone who wishes to pay can contact Registrar, Gene Moriarty or any club officer.

**KILLARNEY LIBRARY** Killarney Library will host a photographic exhibition by Killarney Camera Club from Tuesday 15th - 31st March inclusive during library opening hours. The exhibition, entitled "The Photographer's Eye", is a collection of works by the members and will be launched by Frank Lewis on Tuesday 15th March at 7pm. Free admission.

**GOLF SOCIETY** Old Killarney Inn Golf Society membership now available. New members welcome. 1st outing to Kenmare Saturday 9th April. To join please text 087 9491116 for details."

## THE ALL -IRELAND BEHIND BARBED WIRE

**1916** Five Killarney Crokes helped Kerry defeat Louth the 1916 All Ireland Final in their Welsh prisoner of war camp. The victorious Kingdom side captained by Dick Fitzgerald, College Street, included his neighbour Pat O'Shea of New Lane and Mick Spillane, Boherchaol, together with M. J. O'Sullivan and Willie Horgan both of New Street.

This Wolf Tone Tournament Final was played in Frongoch's own Croke Park in Snowdonia following the Easter Rising. "Old" Tom Burke was captain of his Wee County side and is grandfather of journalist Sarah McDonald whose radio documentary "All Ireland Behind Barbed Wire" will be broadcast on RTE Radio 1 at 2pm on Saturday 26th march next. Kevin Stanley, the grandson of internee Joe Stanley the acclaimed "Printer of the Rising", contributes to this Documentary on ONE with his grandfather's original notes on the match. Fr. Tom Looney links the Kerry and Killarney connections with this unique and historic All-Ireland played by 'the Men Behind the Wire' in 1916.

**FOSSA NOTES:** If anybody has any item they would like included in the notes, please email information to John O'Neill at pro.fossa.kerry@gaa.ie. Please forward information before Sunday at 11am.

# KILLARNEY DARTS TOWN LEAGUE SPONSORED BY CARLSBERG IN ASSOCIATION WITH MUSTANG SALLY'S

The Town League group finals were played last week. First up was Group 4 final in Murphy's Bar, on Thursday, 10th March, between Nugget Night Owls and Mustang Sally's A. First to 5 Sets.

Nugget winning the first set 2 - 0. Mustangs took the next 4 sets, making it 4 - 1. The Nugget took the final single set, Mustangs winning 4 - 2, going into the doubles.

After the break Nugget won the first set. It now was 4 - 3 to Mustangs. Mustangs took the next set. Final score Mustangs A 5 - Nugget Night Owls 3.

Highest Score of Group 4 was Ryan Patten,

MVP on the night was Alex Goggin.

The Committee would like to thank Sean Murphy & Staff of Murphy's Bar for hosting the final, Chalker, Roland Sauter, Caller, Dale McCarthy, Maureen McCormick for photos.

On Friday March 11th, Group 2 Final between Klub Bar Kilcummin and The Nugget Old Timers took place in Mustang Sally's. This final, each leg counted, so it was first to 14.

In the first 3 single games, Klub Bar were winning 7 - 2. Nugget came back and it was level at 9 a piece going into the break.

After the break, with both teams making one change. Nugget were the better winning 5 of

the 6 legs. Nugget Night Owls took overall victory winning 14 - 10.

MVP was Daniel O'Leary and Highest Group 2 finish was by Mike Brosnan 153.

The Committee would like to Thank Mustangs for hosting the Final, Caller, Jerry Kelliher, Chalkers Dan Leen and Paul Cronin, Photo's Donie Hayes and Tanya McCormick.

Group 3 final will take place on Thursday, 31st March in The Tatler between OKI and Dunloe Lodge B, and Group 1 Final on Friday 1st April in Mustang Sally's between The Tatler and Lals OutCasts.



NUGGET OLD TIMERS, OF THE GOLDEN NUGGET, WINNERS OF GROUP 2  
LEFT TO RIGHT : TOMMY CRONIN, JOHN DOYLE, JEREMY COSTELLO, DAMIEN MC CORMICK, MARK HALLISSEY, MIKEY CRONIN, CAROLINE BRADLEY HALLISSEY, DARREN MC CORMICK, GARY MC CORMICK AND STEPHEN O'SULLIVAN.



MUSTANG SALLY'S A TEAM, WINNERS OF GROUP 4  
BACK LEFT TO RIGHT : RYAN PATTEN, MIKE COTTER, SHANE HURLEY, JAMES HURLEY AND ALEX GOGGIN.  
FRONT LEFT TO RIGHT JOHN DOONA & THOMAS TEMPLEMAN.



## GOOD MOOD FOOD



It is a well known fact that what we eat and drink can affect our mood. Our body and mind responds to what we digest not just on a physiological level but also on an emotional level. However, everyone has a tendency to

ignore this on a small or grand scale to some degree depending on how busy or chaotic our lives become. The end result being we feel drained, emotional, moody, tired and irritable. It can be an ongoing struggle for many of us to incorporate a healthy eating mind set into our lives and yet when we do, we feel so much better, more energised and positive. The challenge, of course, is to maintain and sustain this approach. Some Golden Rules to follow;

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

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

SouthWest Counselling Centre Killarney 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 66364100



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

## TAX Matters with



### BENEFIT IN KIND EXEMPTION FOR TRAVEL PASSES

For some years an exemption has been available where an employer can purchase a bus, rail or ferry pass for an employee under an approved salary sacrifice arrangement. The exemption means that no tax is payable on the benefit-in-kind. Recently Revenue issued a clarification to show that an employee can enter into one of these salary sacrifice arrangements, with their employer's agreement, more than once a year and the exemption will still apply.

Remunerating staff in a tax-effective manner can make a difference in attracting and retaining good quality employees. So, where you have staff commuting into the workplace using public transport this is a concession well worth considering.

#### What is involved?

A salary sacrifice is where an employee agrees to take a cut in their pay level, and the employer agrees to provide a benefit that equals the value of the amount of the cut. In order to qualify for the exemption the employee's terms and conditions of employment need to show an alteration where the employee has exercised a choice of having the benefit instead of salary with the employer's consent.

The alteration cannot be retrospective, i.e. you need to make the alteration before the travel ticket is purchased, and it must be in writing.

Also there can be no entitlement to exchange the benefit for cash.

Ordinarily it makes little difference to the amount of income tax employees pay whether salary is paid all in money form or as a mixture of money and benefits. However, with this exemption the employee will pay no income tax on the benefit portion of their pay.

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### ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



#### On The Box

It's all kicking off this week in the soaps as Sarah goes into labour in Corrie, Mick disowns Nancy in Eastenders and Home And Away brings back the Braxtons for a one off special.

**Coronation Street:** This week sees Sarah go into premature labour with only her ex Todd by her side. After reminiscing about their little boy Billy who sadly died, Sarah is shocked when her contractions start 5 weeks early. Luckily, baby Harry arrives safely but Sarah is later rocked when Callum's mother Marion turns up to meet her new grandson.

**NEWSFLASH:** Jason's father Tony Stewart is getting killed off. The character won't be returning but will instead be killed off screen. This is linked to Jason's exit story.

**Eastenders:** This week sees Mick explode with rage as he rants at his daughter Nancy following the accident which may have caused her little brother Ollie brain damage. While Nancy tries to get back in sync with the family earlier in the week, she is later devastated when Mick publically blames Nancy for Ollie's accident.

**NEWSFLASH:** Both Nancy and Tamwar are leaving the Square and will make their joint departure in the coming weeks.

#### Home And Away: An Eye For Eye

In a special three part thrilling Home And Away event, the Braxton's return as it's revealed that Brax is alive and baby Casey is kidnapped.

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### AWARE SUPPORT GROUP MEETINGS

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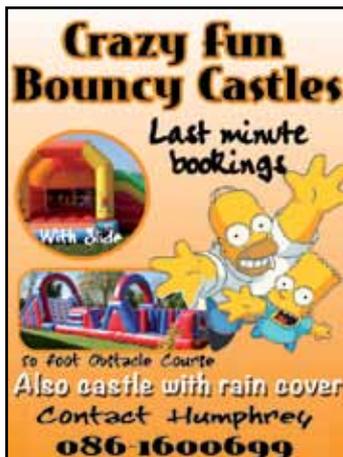
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## THINKING OF GETTING A RABBIT AS A PET FOR EASTER?

Although they make great pets and are certainly fun to play with, some considerations must first be taken into account before deciding to adopt or buy a rabbit.

1. Rabbits aren't the best starter pets for young children - Rabbits are quite delicate and frighten easily. If a rabbit isn't handled correctly, the rabbit may kick, bite or scratch out of fear. When being picked up, rabbits need full support on their front and hindquarters; otherwise they can seriously injure their spine. Never pick up a rabbit by their ears as this is very painful and cruel.

2. Not all rabbits get along - Before getting a second rabbit, it's important that the two rabbits meet on neutral ground to make sure they get along. Rabbits that are housed in the same cage need to be spayed/neutered to reduce aggressive behaviour and mating.

3. Rabbits love to chew - Rabbits don't know the difference between good and bad things to chew. That's why any area in the house that your rabbit can access needs to be rabbit proof (i.e., no access to things that can harm them, like electrical cords, books or furniture). Give your rabbit something good to chew on, like cardboard boxes, chewing toys or rabbit-safe chew sticks.

4. Rabbits need regular exercise - Rabbits need space to run, jump and exercise, ideally in a playpen, outdoor area or rabbit-proofed room. Rabbits with an outdoor play area should be supervised at all times, since they're vulnerable to predators. It's recommended that rabbits be given several hours for exercise per day.

5. Rabbits require a well-balanced diet - In addition to rabbit pellets, an important part of a rabbit's diet is grass hay, such as timothy or brome, to keep their intestinal tract healthy. Rabbits need unlimited access to hay at all times. Rabbits also need leafy greens, such as dark leaf lettuces, collard greens, turnip greens and carrot tops.

6. Rabbits need their habitat cleaned regularly - Rabbits need their cages cleaned once or twice a week to keep their habitat sanitary and odour-free. Remember not to use cedar or pine shavings to line their cage, since the

fumes can make them sick, and avoid clay cat litters.

7. Rabbits are indoor pets - Rabbits are too vulnerable to predators and too social to be isolated outside. Since rabbits need to be kept indoors, keep in mind that they frighten easily and shouldn't be placed somewhere too noisy.

8. Rabbits have special health concerns - Make sure you're familiar with the health conditions that afflict rabbits as well as the warning signs that require emergency veterinary attention (e.g., diarrhoea or anorexia). Like any other pet, rabbits need regular health exams from a veterinarian, ideally one that specializes in small mammals.

9. Grooming and coat care - Rabbits need routine brushing to keep their coat clean and free from mats. Use a soft bristle brush to brush their entire coat. Stay away from brushing around their face and belly. Bunnies may pluck their own fur occasionally. Make sure to remove this plucked fur promptly to prevent the rabbit from eating it.

If all of the above haven't frightened you off - Rabbits provide great company and make great pets. With access to a healthy diet, a clean cage, fresh water, plenty of exercise and mental stimulation, your pet rabbit can be a loving companion for up to seven to ten years and remember a pet is for life - not just until you get tired of it! Please check out all animal rescue organisations in your area for a rescued Rabbit.

## FAMILY DOG SUFFOCATED ON CEREAL BAG:

A couple in South Bend, Indiana, is mourning the tragic and unexpected loss of their dog who suffocated inside of a plastic cereal bag. While his owners were sleeping, their miniature pinscher "Roscoe," managed to get into a cereal bag...instead of getting food, Roscoe got trapped and eventually suffocated inside of the strong plastic.

On waking in the morning they "called his name and he didn't move. It kind of just sealed around his head. You could feel his teeth and his claw marks trying to get it off" they said.

Dogs suffocating inside of plastic bags is not unheard of. For example a German shepherd pup in South Carolina suffocated inside of a crisp bag and a pit bull in Pennsylvania died after suffocating on a greaseproof bag that she had pulled out of the rubbish.

Small children or pets can smother on any type of airproof bag, plastic or otherwise.

## SILVOPASTURE IS THE EARTH-FRIENDLY WAY TO FARM THAT NO ONE'S HEARD OF:

On a 30-acre orchard in Lovingston, Virginia in the United States an experiment in Edenic coexistence took place: where commercially grown (and chemically sprayed) apples once grew, a herd of 120 goats now wanders between rows of trees, chomping on weeds, thistles and fallen Ginger Gold, Gala and Fuji apples.

Known as silvopasture - the symbiotic integration of livestock and trees - this "regenerative farm management," leaves the

soil and ecosystem better than before farming began, ends pesticide use and provides locally raised meat free of growth hormone and antibiotics, this practice is sustainability taken to the extreme. And there's the additional environmental benefits of protecting the soil from erosion, boosting water quality and ensuring biodiversity, as well.

## QUOTE:

"Every aspect of our lives is, in a sense, a vote for the kind of world we want to live in" - Frances Moore Lappé

## ON THIS DATE - March 18th:

1532 - The English parliament banned payments by English church to Rome.

1673 - Lord Berkley sold his half of New Jersey to the Quakers.

1766 - After months of American protests, Britain repealed the Stamp Act.

1818 - The U.S. Congress approved the first pensions for government service.

1850 - Henry Wells & William Fargo founded Wells, Fargo & Co. in San Francisco as a Western equivalent to their east coast American Express. It evolved into Wells Fargo Bank, headquartered in San Francisco and now one of the largest financial institutions in the U.S.

1903 - France dissolved the Catholic religious orders.

1931 - Schick Inc. displayed the first electric shaver - which was invented by Jacob Schick.

1954 - When Howard Hughes bought RKO Pictures for \$23,489,478, it became the first motion picture studio in the USA to be owned by an individual.

1994 - US Actress Zsa Zsa Gabor (Green Acres etc) filed for bankruptcy.

2008 - The world's biggest passenger plane at that time, Airbus's A380, touched down in London on its first commercial flight to Europe.

## WHY COMPANIONSHIP IS SO IMPORTANT FOR THE ELDERLY:

Older individuals can have a difficult time staying busy and active, especially if they are retired and living alone. For some, leading a mostly solitary life can result in less of an incentive to keep a residence tidy, cook decent meals, and engage in self-care. A lack of interest in these activities can also be a sign of depression, or there may be other factors at work. For example, if an elder has mobility issues or painful arthritis in her hands, then she is unlikely to do her physical therapy exercises, gardening, ironing, or baking without some help.

Family members often step up to take on this responsibility, but depending on the level of assistance a loved one requires, this can involve a large time commitment leaving no time for more pleasurable pursuits.

Having someone to converse with on a regular basis helps to keep an elder's mind and body active and healthy. Simple reminding, moral support, and cooperation can have a huge impact on one's willingness to engage in activities. A younger friend can encourage a person to engage in regular, light exercise, and may even participate with them; this activity can be as simple as taking an evening

stroll. Regular activity can help to improve strength and balance, which decrease and prevent mobility problems, health issues, and dangerous falls.

Conversation is another important aspect for many people, and a companion can provide that for elders while enjoying a cup of tea or coffee, or why not play cards with them or whichever games they enjoy.

Having an extra pair of hands to help can make daily activities and household chores much more practicable, sharing tasks like folding laundry or doing dishes with someone can make them seem less mundane. We are social creatures, and it is crucial to our health to interact with others on a regular basis.

If there is an elderly person living alone in your area and you have that time to do any or all of the above with them, you will be improving their quality of life and prolonging their ability to live safely and independently in their own home.

## A LACK OF ANIMAL POOP IS CAUSING A NEW ENVIRONMENTAL PROBLEM:

If you haven't already heard, the world's animal population is down 50 percent from what it was just four decades ago. The declining animal population is not only depressing, but poses a lot of environmental dilemmas. One of these big problems that isn't likely to be discussed in polite circles is the logical decline in animal faeces that follows.

Animal dung plays a critical role in helping to fertilize the world and supply nutrients to everyone's diet.

Small fish eat phosphorous-packed food on the bottom of the sea. Larger fish consume these fish. Coastal birds eat these fish and poop on land. This poop serves as fertilizer for plants that smaller animals eat. Larger mammals eat these creatures and poop inland, spreading nutritious fertilizer all over.

A big reason for the massive drop-off is the decrease in massive land mammals. The days of dinosaurs and mammoths are long gone, and the biggest animals currently on earth are frequently endangered. It's not just that larger animals make larger turds – they also tend to cover more ground in their travels. It's their ability to bring nutrient-filled poops to new environments that make them especially powerful in this process.

Although farmers now keep a sizable percentage of the world's larger mammals, livestock is not going to fix this problem for a couple of reasons. First, the kinds of food animals are served aren't often the most nutrient-packed to begin. Second, and more importantly, these animals aren't free roaming. It's the animals who wander and can take their faeces to various places – further than fences will allow – that are promoting biodiversity.

The animal that the scientists singled out as one of the most important to this poop process is indeed large, but does not live on land: the whale. Whales consume a lot of phosphorus at the bottom of the ocean, which is easily transported along to land and other animals since they poop on the surface. With whale populations down so much due to human hunting, however, they now contribute just

23% of the phosphorus that they once did.

How do we fix this detrimental drop in animal droppings? the best solution might be to advocate on behalf of these whales who poop out hundreds of millions of pounds of phosphorus. If we can get their numbers back up, that means more nutrient-packed fertilizer will make its way to land to the benefit of every land creature.

### THE WORLD'S FIRST BRAILLE TABLET:

Millions of blind and visually impaired people around the world have, to an extent, been left out of the digital revolution. Though using smartphones and tablets is possible since most operating systems provide audio support, not all information can be passed through audio.

But this is all about to change. An Austrian company named Blitab Technologies has come up with a revolutionary Braille tablet for visually impaired people.

The tablet is capable of creating text and images by forming micro-bubbles in Braille on its display. These micro-bubbles can be felt by the blind just like regular Braille. In addition, the user can write and edit pages using a Perkins Brailler keyboard.

Blitab is set to be released by the end of this year.

## PEOPLE PREFER GOOD NEWS TO BAD:

In the past, news outlets simply wanted to get people to watch their shows or buy their paper. Shocking stories made people tune in. But now, people get their news from various sources and a one-off click is less valuable than a story that people actually want to share with their social media networks. And fortunately, happiness spreads more quickly than tragedy. In a study from the University of Pennsylvania, researchers tracked the online reach of about 7,000 articles from The New York Times over a three-month period. They found that the stories that focused on good news had more clicks and shares than negative stories.

Even better, researchers at Tübingen University in Germany found that when our social media connections read these happy stories, they in turn become happier — by about 64% — and thus more likely to also share happy stories.

Happiness, as it turns out, is contagious.

The reverse side of this research is that negative stories are also contagious. When people read negative posts or stories shared by their friends, they are more likely to also share negative posts.

## CARPETS OF FLOWERS THRIVE IN THE WORLD'S DRIEST DESERT:

Receiving barely a half-inch of rainfall per year, Chile's Atacama Desert is one of the driest places on Earth, but that all changes when El Niño rolls around every few years.

Heavy rains caused by this weather phenomenon activate the germination of dormant seeds and bulbs buried deep within the ground, resulting in a sea of brilliant pink-hued blooms beginning around September and as the plants begin to sprout, there's also an influx of insects, birds, lizards and other small creatures.

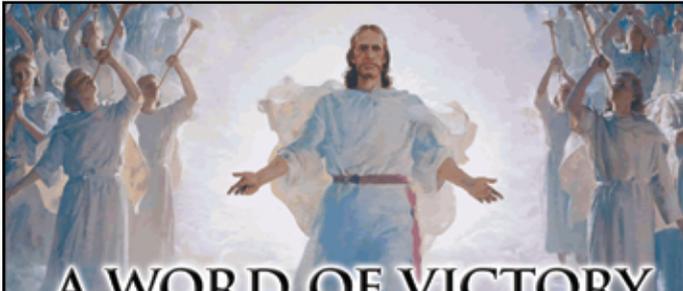
The gorgeous natural event is known as *desierto florido*, which means "flowering desert" in Spanish and like most things in life moderation is key and having more isn't always better. In this case, while an above-average rainfall is likely to produce a thick carpet of flowers, excessive rainfall can limit the blooms.

As a fairly rare occurrence tied to an irregular climatological phenomenon, *desierto florido* is a popular attraction for locals and tourists alike. According to Chilean tourism officials, 2015 was one of the strongest flowering years in nearly two decades.

**QUICK TIP** - Keeping your greens fresh: Prolong the lifespan of greens (lettuce etc) by wrapping them loosely in a damp paper towel and storing them in a resealable plastic bag.

**FINALLY THIS WEEK:** A Gentleman is a man who notices his wife dropping her knitting and immediately kicks it over to her so that she can pick it up.





## A WORD OF VICTORY

Welcome back dear reader is there someone or something in your life that you have given up on? A dream you once held, your health or finances, or perhaps a family member whose life seems to be a 'write off'? God is not in the business of giving up. Recently we looked at the Scripture in Psalm 103:14 God.. "knows how we are formed (i.e. He knows our weaknesses) that we are dust" but yet He loves us. God is attracted to our weakness. In 2nd Corinthians 12:9 the Lord told the apostle Paul "My power is made perfect in (your) weakness". We give up way too easily! We allow the lies of Satan to trip us up and divert our attention away from God's power, and instead we focus on all the things that are wrong or look impossible. This brings hopelessness and prevents us from seeing with the eyes of faith at what God can do. The prophet Ezekiel was shown a vision by God of a valley with dry bones scattered everywhere. God asked him the question 'can these bones live'? God then directed Ezekiel to speak to those dry bones and command them to live. All of a sudden there was the sound of bones rattling and before the prophets eyes flesh formed on the bones and an army of people arose from desolation. Read it for yourself in Ezekiel chapter 37. Look friend, there's nothing impossible to God and circumstances will turnaround when you take God's Word and prophesy it over your 'write-off's' be they health issues, lives of family members or your finances. Abraham did this and he is celebrated in Romans chapter 4:17 as he who believed that "God gives life to the dead things and calls those things that are not as though they are". God's hand is not too short that it cannot save you and what looks impossible to man is possible with God (Isaiah 59:1; Luke 18:27). Rattle those 'ole bones by speaking life over them in Jesus' name!  
More next week....

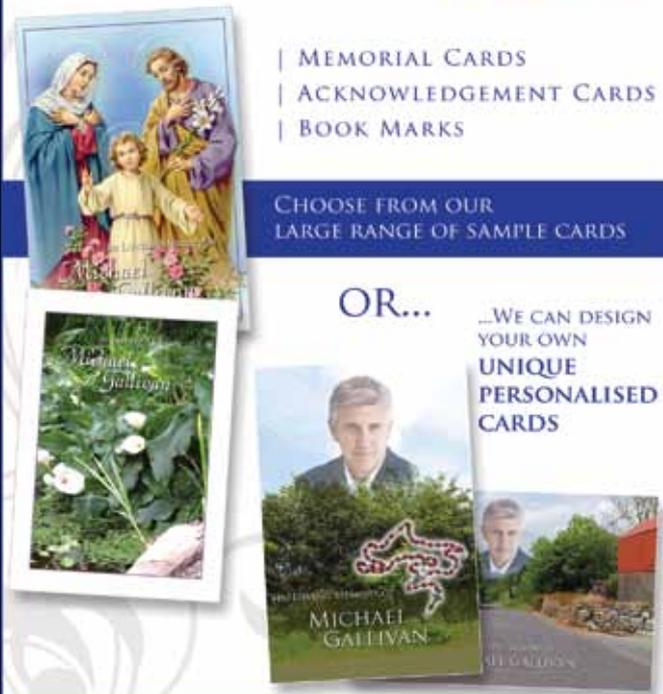
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### PRAYER TO ST. ANTHONY

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

X

### NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).  
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.  
Then in his merciful eyes it will become your favour not mine.  
Amen.  
Say this prayer for three days.  
Publication of prayer and favour will be granted.

### THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).  
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.  
Then in his merciful eyes it will become your favour not mine.  
Amen.  
Say this prayer for three days.  
Publication of prayer and favour will be granted. **M.M.**

### BARRADUFF MEMORIAL WORKS

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### 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). **D.M.**

### PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass  
You who never delays, I come to you in need: (Clearly express what you want and ask him to find a way to get it to you)  
Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)  
Be quick. Saint Expedite!  
Grant my wish before your candle burns out and I will glorify your name  
Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.  
For anyone in need say this prayer and your request will be granted. My request was granted.  
Amen.

### PRAYER TO THE VIRGIN MARY

**NEVER KNOWN TO FAIL**  
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must e said for three days and after that the request will be granted and the prayer must be published immediately.

### GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

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**FIRST ANNIVERSARY & ACKNOWLEDGEMENT**



In loving memory of

**CHRISTINA KELLIHER**

**Late of York Tce, Lewis Road, Killarney and Colman Kelliher's Pharmacy, 60 High Street, Killarney who died on 18th March 2015.**

We the family of the late Christina Kelliher would like to thank all who supported us at the time of our mother's death.

Grateful thanks to all who attended the rosary and the funeral Mass.

We wish to thank all those who sent Mass cards, letters of sympathy and perpetual enrolments and also to the Lady Captains (past and present) of Killarney Golf and Fishing Club who provided Guard of Honour.

Thank you to Dr. Laura Malone and Dr. Breda O'Sullivan and their staff and to the Doctors and Nurses and staff at the Killarney Community Hospital, University Hospital Kerry and Bons Secours Hospital Tralee for their professional care over the years.

A special word of thanks to Fr. Niall Howard and Fr. Paddy O'Donoghue who celebrated Mass, Tadhgíe Fleming Sacristan and the Cathedral Choir for the beautiful singing.

Thank you to Fr. Chris, the Friary who called to visit Christina on so many occasions. Mary and Mike O'Shea, O'Sheas Undertakers for their help, support and compassion.

The Holy Sacrafice of the Mass will be offered for your intentions.



Christina's First Anniversary Mass will be held in St. Mary's Cathedral on Friday 18th March at 6.15pm.

**'Ar dheis Dé go raibh a h-anam'**

**15th ANNIVERSARY**



In loving memory of

**FIONAN SPILLANE**

**Headford Killarney Co. Kerry. Who sadly passed away On the 20th March 2001.**

*Silent thoughts sincere and true,  
From a family who thought  
The world of you,  
No Longer in our lives to share but in  
Our hearts you are always there.*



**Always loved and remembered by Brid, Jimmy, Liz, Mary, Marguerite, brother-in-law Paul, sister-in-law Lorraine and nephew Jamie.**

Anniversary Mass will be held in Barradubh Church on Monday 21st March at 8.00pm.

**4th 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.**

**THANKSGIVING ST. JUDE**

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately. Favour granted after 3 days.

**NOVENA TO THE SACRED HEART**

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

**NOVENA TO ST. MARTHA**

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha. Never know to fail.

**NOVENA TO THE SACRED HEART**

Dear Heart of Jesus in the past I have asked for many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your heavenly Father sees it. Then in his merciful eyes it will become your favor not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

**NOVENA TO THE SACRED HEART**

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

**GRATEFUL THANKS**

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

**NOVENA TO THE SACRED HEART**

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

**PRAYER TO ST. ANTHONY**

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

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**x**

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Home and House magazine 2012.

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