

*"Out First Every Friday"*

# KILLARNEY Outlook

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SELFIE-TIME....KILLARNEY OUTLOOK PHOTOGRAPHER MARIE CARROLL O'SULLIVAN ON THE OTHER SIDE OF THE LENS PICTURED WITH LEGION GAA CLUB AMBASSADOR JOANNE O'RIORDAN AT THE CLUB'S SPRING PARTY AT THE PLAZA HOTEL, KILLARNEY.



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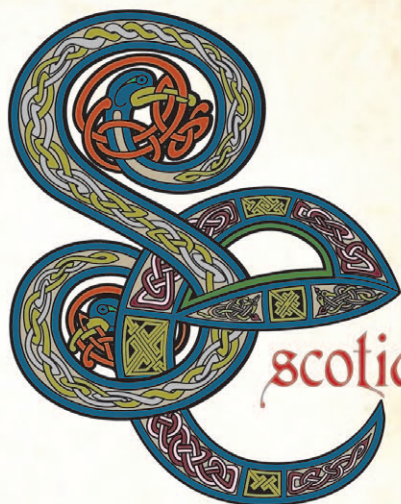
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**12TH MARCH**  
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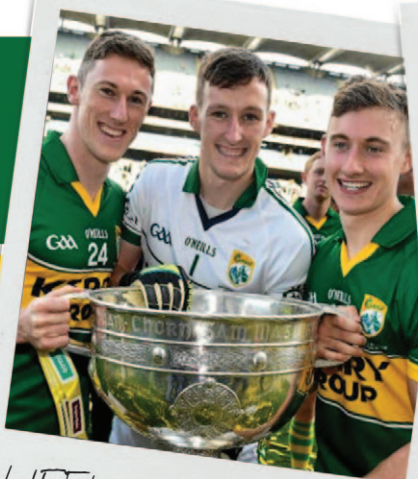
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It has been a busy week in Killarney, with the town experiencing a bumper weekend with Gavin James playing in the INEC and students enjoying their mid-term break. Its crunch time for the senior footballers at St. Brendan's College when they go head to head with CBS The Green tomorrow for the Corn Uí Mhuirí Final. The Rotary Club have launched their Young Musician of the Year competition and it is coffee morning season with a number of them taking place or planned this week. Fossa Parish is set to host a Jubilee Mission, the annual charity climb of Strikeen Mountain was launched and The Gathering is set to take place this weekend.

Legion GAA Club held their prize giving with guest of honour Joanne O'Riordan attending, Barraduff Cardiac Response Unit has gone live with the National Ambulance Service and Killarney Camogie Club are looking for your help.

Finally, if you are planning some home improvements, then we have the guide for you in this week's Killarney Outlook - Out First Every Friday!

*Aisling Crosbie,  
Editor.*

## KILLARNEY ROTARY IN TUNE WITH YOUNG MUSICIANS

The Killarney Rotary Young Musician of the Year competition will hit all the right notes on Friday, March 3rd, and Saturday, March 4th for its annual celebration of talented young musicians. The 17th annual contest will take place in the Kerry Diocesan Youth Centre, Fairhill and the final-night concert will take place in The Gleneagle Ballroom on Saturday, March 4, at 7.30pm. The event was established by Killarney Rotarians Barry Murphy and Sean Treacy in 2001 and offers young musicians a wonderful opportunity. The Killarney Rotary Young Musician of the Year competition has contributed to raising the standards of classical music performance in the county over the years. The competition aims to create a forum for schoolgoing musicians of all standards to perform in public in their chosen discipline. "Its success is a testament to the young musicians of Kerry and their parents" said Killarney Rotary president Angela O'Connor. Numerous category prizes will be presented, as well as the overall winner's prize and the James Gleeson Memorial Trophy. The overall winner of last years event was soprano Edel Crowley from Tralee who went on to win the coveted all-Ireland Rotary International award the Sean Doyle Cup in 2016. Everyone is welcome to enjoy the concert in The Gleneagle Ballroom on Saturday, March 4th. Tickets are available in advance or on the door on the night.



THE ROTARY CLUB MEMBERS PICTURED AT THE MALTON HOTEL FOR THE LAUNCH OF THEIR ANNUAL YOUNG MUSICIAN OF THE YEAR ON WEDNESDAY.  
PICTURE MARIE CARROLL-O'SULLIVAN

## MUNSTER LAUNCH OF DAFFODIL DAY FOR KILLARNEY



KILLARNEY/SOUTH KERRY BRANCH OF THE IRISH CANCER SOCIETY COMMITTEE MEMBERS EUGENE O'SULLIVAN, ELEANOR DOHERTY, KATHLEEN CRONIN AND KATHRINE BREEN.

The Killarney South Kerry Branch of the Irish Cancer Society are hosting a coffee morning to celebrate the Munster launch of Daffodil Day.

The date to pen in your diary is Friday next March 3rd at the Killarney Towers Hotel from 10.30am to 12.30pm. Guest

speaker on the day will include a Daffodil Night Nurse and a Drive to Care Volunteer. Daffodil Day will take place on Friday March 24th and the committee are looking for volunteers to collect on the day. If you have an hour or two to spare you can contact Eugene on 087-6866337.

## FRIENDS GATHER TO REMEMBER SHEILA

BY: JANE MCGILLYCUDDY




PICTURED AT THE COFFEE MORNING WERE SHEILA'S SISTER NOREEN MCGILLYCUDDY, HER HUSBAND TOMÁS KELLIHER & HER NIECE JANE MCGILLYCUDDY.  
PICTURE MARIE CARROLL-O'SULLIVAN









Friends and family of Sheila Mac Kelliher, who passed away on January 31st 2016 held a coffee morning in her memory on Thursday February 23rd, in order to raise funds for Kerry Palliative Care. The coffee morning was held in the Dromhall Hotel Killarney. Sheila who battled with illness witnessed firsthand the outstanding work of the palliative care unit in Kerry University

Hospital. Palliative Care improves the quality of life of patients and their families, who are facing life-threatening illnesses. The assistance Sheila and her family received from these nurses and doctors was invaluable and so they organised this event to show their appreciation and to give back to the palliative care so that they may continue to give the same support to so many others. Sheila was a vibrant and high spirited lady who greeted everyone she met with a smile and a kind heart. She was an active member in many communities within the town, always willing to give of her time and talents. Sheila loved to be surrounded by family and friends and was extremely popular which was evident in the fantastic turnout that the coffee morning received.



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- 16 LA LA LAND 125m FRI/SAT/SUN 2:05
- 16 LION 125m 7 DAYS 8:55 FRI/SAT/SUN 4:30
- 16 THE SPACE BETWEEN US 130m FRI/SAT/SUN 4:15

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## AIDAN NEEDS YOUR VOTES MORE THAN EVER

Dancing with the Stars is turning up the heat this week with the introduction of the Dance Off giving the judges the final say on who will be eliminated. The show has become compulsive viewing with our own Aidan O' Mahony is taking to the dance floor every week, but from now on he will need our votes more than ever. From this Sunday, we will see the introduction of a Dance Off, limiting the influence of the public vote on the show. The bottom two acts will have to take to the dance floor for a second time and it's the judges who will have the final say over whether they stay or go. Until now, the judges votes were coupled with those of the public, and the pair with the lowest score found themselves sent home. From next weekend on, following in the format of Strictly Come Dancing, the weakest pair will battle it out in front of the show's judges at the end of the night.

There were no eliminations last weekend as the remaining acts swapped dance partners and aimed to wow the judges. Star of the night was boy band member, Dayl Cronin, who got the first top score of the series so far. Dayl teamed up with Valeria Milova for a fast-paced salsa



AIDAN O'MAHONY PERFORMING THE SAMBA IN LAST SUNDAY'S DANCING WITH THE STARS.

that wowed the judging panel and earning them a standing ovation. It was a Kerry/Dublin collaboration as Aidan and Karen Byrne got to samba to Mass Que Nada by Sergio Mendes. The performance failed to win over the judges, who awarded him 15 points – the lowest score of the night. Aidan remained upbeat saying

that "the judges are entitled to their comments, but I had a fantastic night." The judges and public votes from last weekend's show will all be carried over to this week. Your vote now means more than ever, to keep Aidan out of the bottom two and the judges vote, remember to pick up your phone and vote for Aidan.

## SENSORY GARDEN TO BENEFIT FROM TRACTOR RUN



PICTURED AT THE LAUNCH OF THE TRACTOR RUN WERE L-R BACK: JOHN GALVIN JNR, JOHN CAHILLANE, SHANE SULLIVAN, ANGELA CAHILLANE, MATT CAHILLANE, JOHN RIORDAN, JACQUELINE RIORDAN, SEAN SHEA, JOHN MULVIHILL, CLLR JOHN FRANCIS FLYNN, MARY NAUGHTON, JOHN GALVIN SNR, MICHAEL CORKERY, BATTY CAHILLANE, LUKE NAUGHTON, ANTHONY NAUGHTON, CONNIE NAUGHTON. L-R FRONT PADRAIG KISSANE, JOHN GERARD KISSANE. PICTURE: MICHAEL G. KENNY

The Red Fox Tractor Run will be revving up their engines to raise money for an Organic sensory garden for the children of St Francis Special School, Beaufort on Sunday the 26th

of February. Anthony Naughton Chairperson of the Red Fox Tractor run committee and friends will have a fabulous assembly of colourful tractors, different models, for example vintage,

modern and classic all are welcome. This kicks off at 11.30 sharp to 3pm.

This will be followed by a fun afternoon from 3.30 - 6.30 comprising of traditional music, and a performance from the Celtic Steps from 5 pm onwards. Our children entertainment will comprise of the one and only Tony Moore our magician, plus a some free raffles and edible goodies also. Our door prize of 2 nights away in Dingle Scellig Hotel is up for grabs as well as more raffles consisting of a 1 night away in the Woodlands Hotel, A fabulous Hamper from Peter and Siobhain Keane SuperValue. A Delicious hamper of goodies from Scellig chocolates and many more to come.

"On behalf of the Red Fox Tractor Run committee we hope that with the community support behind us we could make this dream of an Organic Sensory Garden for the children in this special school a reality" Jacqueline Riordan told the Killarney Outlook. For any information contact Anthony Naughton 0872740808 or Jacqueline Riordan 087 2202330.

## FOSSA TO HOST PARISH JUBILEE MISSION

Ash Wednesday, March 1, will see the start of a four-day Mission in the parish of Fossa which will be directed by Redemptorist Fr Gerry Moloney, with Fossa PP Canon Tom Looney. It is part of the 40th anniversary celebrations of the landmark church which opened in 1977 and events will conclude on June 3 with a Ruby Jubilee Mass with Bishop Ray Browne and the blessing of the extended Laudato Si Garden. Mission highlights will include a youth forum for second and third level students, to be held in Fossa Community Centre on Friday, March 3 (9.00pm), a blessing of babies and small children ceremony in Christ, Prince of Peace

Church on Saturday, March 4 (3.00pm) and a Mass for senior citizens and the Sacrament of Anointing as well as a visit to housebound parishioners and nursing home residents on Friday, March 3 (11.00am).

The Mission will be officially opened at 7.30pm on Ash Wednesday followed by all night adoration and there will be a reconciliation prayer service with a number of visiting priests on the Friday night (7.30pm).

The Vigil Mass and closing of the Mission will be on the Saturday night at 7.30pm and that will be followed by a rousing parish ceili with Fossa-Two Mile Comhaltas Ceolteoirí Éireann in the



community centre (8.30pm). There will be an invite on the mat for everybody and musicians and singers will be especially welcome. For further information contact: Canon Tom Looney: 064-6631996



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# THE 18TH GATHERING TRAD FEST GETS BIGGER AND BETTER



AROUND THE SCHOOL...PUPILS ENJOYING A SET DANCE ALONG WITH MUSICIANS FROM THE SLIABH LUACHRA AREA OF KERRY, WHO CALLED TO GAELScoil FAITHLEANN, CILL AIRNE, AS PART OF THE 18TH ANNUAL GATHERING TRADITIONAL MUSIC FESTIVAL OUTREACH PROGRAMME, THE GATHERING FIVE-DAY FESTIVAL RUNS FROM FEBRUARY 22 – FEBRUARY 26 AT THE GLENEAGLE HOTEL.,PHOTO:VALERIE O'SULLIVAN

céilís and sessions at the Gleneagle Hotel. The five-day festival started on February 22 and will run until February 26, it attracts trad fans from the US, Britain, France, Germany and all over Ireland. Also a festival favourite the céilís return and this year will take place in the Gleneagle Hotel Ballroom and feature Uí Bhriain, Neily O'Connor, Striolán Céilí Band, Five Counties Céilí Band and Johnny Reidy.

The 2017 festival is jam packed full of concerts and sessions including on Thursday Aidan Coffey, Geraldine O'Callaghan, Mick Daly, John Brosnan, Mike Brosnan, Geraldine Breen and Mary Conroy; on Friday we have a trio of trio's featuring The Casey Sisters ( Nollaig Casey, Máire & Mairead Nic Chathasaigh), Dermot Byrne, Steve Cooney & Bríd Harper & Muireann Nic Amhlaoibh, Gerry O'Beirne & Dónal O'Connor; Saturday Afternoon Boruma Trio & Piper's Union; Saturday Evening Dervish & Full Set; Sunday Scattering Concert John Carty Festival Band including John, James & Maggie Carty, Dermot Byrne, Jim Higgins, Shane McGowan & Goitse.

For those who love a late-night session this year's programme of events is jam packed! Highlights include Derek Hickey, Jack Talty, Liam



FAITHLEANN SOMERS PLAYING WITH MUSICIANS FROM THE SLIABH LUACHRA AREA OF KERRY, PHOTO:VALERIE O'SULLIVAN

Flanagan & Caoimhín O'Fearghail, The Rising featuring Dean Griffin, Séan Kelliher, Steven O'Leary, Cian O'Sullivan & Thomas Barrett plus a whole lot more! Budding musicians or even those looking to enhance their skills can partake in the schedule of gathering workshops and masterclasses including Fiddle, Accordion, Concertina, Harp, Flute, Set Dancing, Séan Nós & Singers masterclass. Festival passes cost just €55 and include entry to all concerts and céilís. Tickets to individual concerts and céilís are also available and range from €10 to €25. For more information visit [www.thegathering.ie](http://www.thegathering.ie)

The Gathering returns this weekend, with a weekend of entertainment from concerts, to

## STRICTLY STICKEEN



STRICTLY STICKEEN.... TIMMY O'CONNOR AND JENNIFER MCCARTHY, WINNERS OF THIS YEARS KILLARNEY'S STRICTLY COME DANCING, WERE ON HAND WITH THE AMAZING BEAUFORT LADIES TO LAUNCH THIS YEARS ANNUAL CHARITY CLIMB ON STRICKEEN MOUNTAIN, GAP OF DUNLOE, ON SATURDAY MARCH 4, 2017. REGISTRATION, TAKES PLACE AT KATE KEARNEY'S COTTAGE, FROM 10.30AM-11.00AM. THIS YEARS CHOSEN CHARITIES ARE: ST JOSEPH'S HOME HOSPICE ROOM, KILLGOLIN, PALLIATIVE CARE SERVICES TRALEE AND KILLARNEY, AND THE ONCOLOGY UNIT, UNIVERISTY HOSPITAL KERRY. REFRESHMENTS AT KATE KEARNEY'S COTTAGE AFTER THE WALK AND LATER THAT EVENING THE LADIES HAVE ORGANISED A NIGHT OF LIVELY ENTERTAINMENT AND DANCING WITH MUSIC BY THE BREENS. LAUNCHING THE EVENT WERE FROM LEFT, DEILA CASEY, MARIA MOYNIHAN, IRISH COUNTRY LIVING, TED MOYNIHAN, KERRY PERSON OF THE YEAR/KERRY HOSPICE FOUNDATION, KATHLEEN MOLONEY, SHEILA O'CONNOR, JOAN BREEN, MARY MOLONEY. PHOTO: VALERIE O'SULLIVAN

## LETTER TO THE EDITOR

A Chara,  
Some months ago I placed a Motion on the agenda for a meeting of Kerry County Council calling on the HSE to clarify its proposals, if any, for the former Saint Finan's Hospital and attached grounds in Killarney. I also asked that it would detail the ongoing cost of maintaining the property. The following reply to that Motion has recently issued and is as follows: " The HSE has met with Kerry County Council in regard to the St Finan's campus. It is envisaged that the HSE will continue to develop part of the Saint Finan's campus to meet its requirements in relation to its Older Persons Accommodation Programme. In relation to the remainder of the campus, the HSE has asked Kerry County Council if it offers any strategic opportunities to them in relation to Kerry County Council requirements. Discussions are ongoing with the Council in this regard. In addition, the costs in 2015 of ensuring adequate security, heating and general maintenance of the building were as follows:

Annual CCTV monitoring contract including key holding: €2,100  
Annual Fire Alarm maintenance contract: €1,216  
Annual grounds maintenance contract: €2,767"



The above response from the HSE is most welcome as it firstly clarifies the intention of that body to provide a new building for the care of older people. It is also welcome as it clearly affords an opportunity to KCC to acquire some or all of the remainder of the property for the benefit of the general public. For many years the members of the former Killarney Town Council sought clarity from the HSE with regard to the future of this magnificent building and attached lands. It is good that that clarification has been forthcoming. It is my intention to place the matter on the agenda for an upcoming meeting of Kerry County Council in the hope that by then there will be at least some clarification available on the possibilities afforded by this property to the Council on behalf of the wider population.

Le Gach Dea-Ghuí  
Michael Gleeson. [Cllr]  
KERRY INDEPENDENT ALLIANCE  
Clasheen,  
Killarney.



18 YEARS & COUNTING

# THE GATHERING

TRADITIONAL FESTIVAL  
THE GLENEAGLE HOTEL, KILLARNEY

22<sup>ND</sup> – 26<sup>TH</sup>  
FEB 2017

WEEKEND  
PASS ONLY €55



## CÉILÍ'S

Wednesday | Uí Bhriain

Thursday | Neily O'Connor

Friday Afternoon | James Kelliher & Liam Healy

Friday night | Striolán Céilí Band,

Saturday | Five Counties,

Sunday | Johnny Reidy

## CONCERTS

DERVISH JOHN CARTY FESTIVAL BAND

The Boruma Trio | Goitse Piper Union

The Casey Sisters

Brid Harper & Steve Cooney

Muireann Nic Amhlaoibh,

Gerry O'Beirne & Dónal O'Connor

Jackie Daly, Matt Cranitch &

Paul DeGrae | Ciarán O'Maonaigh

& Caitlín Nic Gabhann

& lots more!

## STORYTELLING

Ray O'Sullivan,

Eddie Lenihan,

Batt Burns & Jim Maher

SCHOOLS OUTREACH MUSIC  
PROGRAMME

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McAuliffe Harp: Deirdre Granville

Concertina: Caitlín Nic Gabhann

Fiddle: Ciarán O'Maonaigh, Matt Cranitch

Come join us for FREE sessions throughout the weekend!

For more information follow us on Facebook | The Gathering Killarney | [www.thegathering.ie](http://www.thegathering.ie)





## CONTRACT SIGNED FOR 20 NEW HOUSES IN KILLARNEY



AT THE CONTRACT SIGNING FROM LEFT, CATHAOIRLEACH OF THE KILLARNEY MUNICIPAL DISTRICT, CLLR BRENDAN CRONIN, CATHAOIRLEACH KERRY COUNTY COUNCIL, CLLR MIKE O'SHEA, NED O'SHEA, NED O'SHEA & SONS LTD, MOIRA MURRELL, CHIEF EXECUTIVE KERRY COUNTY COUNCIL, BACK FROM LEFT, CHRISTINE FARRELL, SEO HOUSING KERRY COUNTY COUNCIL, CHARLIE O'SULLIVAN, DIRECTOR OF OPERATIONS, KERRY COUNTY COUNCIL, MARTIN O'DONOGHUE, DIRECTOR OF HOUSING & CORPORATE AFFAIRS, KERRY COUNTY COUNCIL, ANGELA MCALLEN, MANAGER KILLARNEY MUNICIPAL DISTRICT, TOM SHEEHY, SENIOR ENGINEER, KERRY COUNTY COUNCIL. PHOTO: VALERIE O'SULLIVAN

It was good news this week for those on the housing list in Killarney, as Kerry County

Council has appointed contractor, Ned O'Shea & Sons Ltd to construct 20 new housing units

in the town. The houses are being provided under the government's Rebuilding Ireland programme at a cost of €3.1m. The units, which will be constructed at The Park, Killarney, will be two-storey three-bedroom units which are due to be completed in February 2018. The contract for the project was signed at County Buildings in Tralee in the presence of the Cathaoirleach of Kerry County Council, CLlr Michael O'Shea, the Cathaoirleach of Killarney Municipal District, CLlr Brendan Cronin and the Chief Executive of Kerry County Council, Moira Murrell.

Welcoming the signing of the contract, the Cathaoirleach of the Killarney Municipal District, CLlr Brendan Cronin said the additional housing units would greatly assist in providing homes to those on the local authority waiting list. "It is wonderful to see Kerry County Council being in a position to construct houses again and this is particularly welcome in Killarney. These 20 units will help to address the needs of applicants on the housing waiting lists in the area and I look forward to their completion at the earliest opportunity," said CLlr. Cronin.

## CRUSADERS WELCOME BRIDGE PLAYERS TO KILLARNEY

Bridge enthusiasts from all over Ireland are set to descend on the town for the annual Torc Annual Bridge Congress which will take place at The Brehon Hotel from Friday March 10th to Sunday March 12th.

The congress has been hosted by members of The Crusaders Bridge Club, Killarney, for over 35 years

This congress is regarded as one of the most enjoyable outings of the year for all Bridge enthusiasts. The officers of Crusaders Bridge Club are busy preparing for the event and getting everything ready to make it another outstanding event.

The event kicks off with the official opening on the Friday night at 7.30 pm followed by an Open Pairs competition.

On Saturday, bridge players will take in the congress pairs and open pairs competitions.

There will be a special prize for the best Intermediate pair and an open pairs with a separate novice section is also planned subject to sufficient entries. Congress teams of four matches will also run on Sunday followed by the presentation of prizes and close of congress. Further information is available from Marjorie Fleming at 064 66 31937.



AT THE LAUNCH OF THE TORC ANNUAL BRIDGE CONGRESS THAT WILL BE HOSTED BY THE CRUSADERS BRIDGE CLUB IN THE BREHON HOTEL, KILLARNEY FROM MARCH 10TH- 12TH WERE SEATED IN FRONT, MARJORIE BARTON, MARY O'CONNOR (PRESIDENT) AND MARJORIE FLEMING (TEAM LEADER). SEATED IN SECOND ROW ARE JOAN MOORE, EILEEN MURPHY, DANIELLE DELANEY (THE BREHON HOTEL) AND BRIDIE BROSAN. BACK FROM LEFT ARE EILEEN TWOMEY, MARY ROSE FELLE, ANNE HEALY, JOAN CULLOTY, NEILUS O'REGAN, EVELYN O'LEARY. PICTURE: EAMONN KEOGH

## LETTER TO THE EDITOR

A Chara,  
**Another attack on rural Ireland and the Catholic Church.**

The current campaign being pushed by Minister Ross to change the legislation with regards to the permitted blood alcohol levels in drivers appears not to be looked for by any other body, not even the Road Safety Authority (RSA).

If zero tolerance was enforced this would mean that a priest would be breaking the law if he drives home after mass once he has received the blood of Christ (wine) in the course of saying mass.

This would also mean that people taking certain medicines, e.g. some cough bottles, could be deemed unfit

to drive depending on the person's consumption and when they took their medicine. They could suffer disqualification under this proposed legislation.

Regards,  
Danny Healy-Rae, TD,  
Kilgarvan.





# New March Beginners Jive Classes

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Waltzing & Quickstep also in this course

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2 classes 7pm & 8.30 pm  
Class by Karen

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&

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Venue - Scamps & Scholars Childcare Centre,  
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This is a fundraising event for

Scamps & Scholars  
Kerry Cancer Support Group  
Kerry & Cork Health Link Bus

Ladies, Mens & Children's fashion items

## Gaelcoil Faithleann Primary School

Applications for enrolments are now being taken for September 2017

All applications to be received by Friday, March 10th, 2017

Application forms are available at the school

Tá fáilte roimh chách! All Welcome!  
Alles Willkommen! Bienvenue á toutes!  
Witamy wszystkich! Laipni aicināti! Visus Kviečiam!

Please check our website at [www.gaelcoilfaithleann.com](http://www.gaelcoilfaithleann.com)



## BARRADUFF CARDIAC RESPONSE UNIT GOES LIVE TO SAVE LIVES



BARRADUFF CARDIAC RESPONSE UNIT WHICH WENT LIVE WITH THE NATIONAL AMBULANCE SERVICE THIS WEEK.

When Patricia Murphy's son Brian was diagnosed with a minor heart condition, it spurred the Barraduff woman to form a Cardiac Response Unit in her local area.

Now one year on, the Barraduff Cardiac Response Unit are live with the National Ambulance Service and this weekend attended their first call out. "I decided I needed to do something when Brian was diagnosed with a minor heart condition" Patricia told the Killarney Outlook. "With the help of businesses in Barraduff and a number of private donations, we raised €5,000 to get us up and running".

"It is great for the village of Barraduff to have this amazing facility and we work within a 6km radius of the village", she added.

The group will work within a 6km radius, with their centre point being Headford Post Office. The dedicated group of volunteers which include 16 responders and two new recruits have spent countless amounts of hours on training and fundraising to make this service possible. A service that could just be the difference between life and death for the residents in the area. "We are extremely grateful to our sponsors, both business and individuals and to the Order of Malta in Killarney, the Killarney Cardiac Response Unit and the Doneraile/Buttvent/ Mallow Community Responders who took the time to help us and who gave us great confidence with out training", Patricia said.

The Barraduff Cardiac Response Unit is now

linked in with the National Ambulance Service and will be on call 24/7 to attend urgent and life threatening calls such as strokes, heart attacks, choking, cardiac arrests and chest pain. The Unit is made up of a team of locally trained volunteers, from all sectors of society, who respond to 999/112 emergency phone calls. They are activated once a Cardiac call is made to Ambulance control and cover an area of 6km. The Responders have a Pager/Radio on them which is linked in with a control phone through the National Ambulance Service. They work alongside and under the control of the National Ambulance Service and aim to complement them by providing care and utilising those vital few minutes as every second counts, until Ambulance Service arrive on scene. It is Vital that resuscitation is started as soon as possible following a cardiac arrest. Cardiac arrest can happen to anyone at any age. Young or old. Fit or not. And the chances of recovery decrease by 10% for every minute that proper care isn't administered. The Cardiac First Responders object is to be on the scene within 10 minutes of receiving the emergency call from Ambulance Control. Dozens of cardiac response groups have already been set up around the country but with the ambulance services stretched, it's crucial that rural areas have a fast response unit. This amazing service could not be provided, only for the dedicated group of volunteer responders who make it all possible. The community is in safe hands as Barraduff Cardiac Response Unit's mission is to give valuable assistance to patients in the area.

## KILLARNEY CAMOGIE CLUB NEEDS YOUR HELP

The Killarney Camogie Club encourages girls from ages 6 to 16 to engage in the skillful game of hurling. They urgently need additional trainers and volunteers to assist at all age groups. The 2017 season will commence in early March, so if you feel you could help with training, please contact the club before March 1st. You can call David O'Leary at 0863909393 or Ciara Moore at 0862217774. Previous hurling experience is not essential

as internal club training will be provided. The Killarney Camogie Club was founded in 2011. Six years later and The Killarney Camogie Club are the biggest club in Kerry and growing every year. Last year they had 5 girls on the Kerry County team and they also made their international debut against the San Francisco Feile team. This is a great opportunity to get involved with a talented group of girls by helping them to continue and prosper.



MEMBERS OF THE KILLARNEY CAMOGIE CLUB





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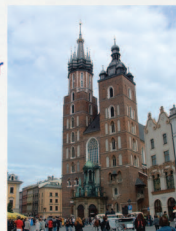
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# SPRING IN THE AIR AS LEGION ENJOY PARTY



ENJOYING THE LEGION SPRING SOCIAL PRIZE GIVING AT THE PLAZA HOTEL WERE THE LADIES TEAM BACK ROW L-R LADIES PLAYER OF THE YEAR MAIREAD O'DONOGHUE, JOHN DOONA, ABBIE O'DONOGHUE, MEABH CROWLEY, LADIES CAPTAIN DENISE LYNE, JULIE KELLY & SUZANNE SMITH. FRONT ROW L-R EVE COFFEY, KILLARNEY LEGION AMBASSADOR JOANNE O'RIORDAN, ELIZABETH MOHAN, ELLEN COFFEY, KIAH DOONA, REBECCA MURPHY & LAURA CORBETT. PICTURE MARIE CARROLL-O'SULLIVAN



KILLARNEY LEGION CLUB MEMBER OF THE YEAR, PAUL TRANT (CENTRE) PICTURED WITH HIS FAMILY AND KILLARNEY LEGION AMBASSADOR JOANNE O'RIORDAN. BACK ROW L-R IAN HARRINGTON, AUSTIN TRANT, JOYCE & PAUL TRANT, IAN TRANT & PAUL TRANT. FRONT ROW L-R JOANNE O'RIORDAN, MAURA TRANT & VALERIE TRANT. PICTURE MARIE CARROLL-O'SULLIVAN

It was a case of standing room only as a great crowd attended the Killarney Legion GAA Club's Spring Party in the Killarney Plaza on Friday night last. While many members of long standing were in attendance what really stood out was the amount of new families that have become involved in the club. It was a great opportunity to chat and get to know many of the people who regularly attend training sessions and games in Derreen. Incorporated into the night were the Clubs annual awards. The recipients were - Senior Ladies - Mairead O Donoghue, Young Player - Peter McCarthy,

Junior Player - KJ Griffin, Senior Player - Danny Sheahan and Club Person - Paul Trant. One of the many highlights of the night was the speech made by Paul Trant as he displayed a natural talent for public speaking mixing humour, self deprecation, modesty and some neatly delivered hop balls! It certainly was a hard act to follow - "we might even give him the award again next year just to get him to speak again." Congratulations to all the winners, each and every one was thoroughly deserved. Legion GAA were delighted and privileged to once again have Joanne O

Riordan attend the function. She has become a regular at games and Legion GAA club greatly appreciate her support and look forward to her visiting Derreen in the coming season. Special praise goes to the Social Committee's Brian Moriarty and his team on a top class job and an absolute dinger of a series of puzzles that very few managed to crack. Many thanks to the management and staff of the Plaza for their efforts on the night. The club has plans for further social events spaced over the coming months, a good opportunity to wear the good gúna or the Sunday best!

## SEAMUS CAPTURES FIRST PRIZE AT CAMERA CLUB COMPETITION

Killarney Camera Club held an Architecture Themed Competition as their first competition of 2017.

The club had 26 entries with lots of different interpretations of the theme with the winner on 128 points being Seamus Long who won the Unrestricted category with his lovely photo of The Egg in Beijing.

The results on the Unrestricted category were:

1: 13) Seamus Long The Egg Beijing (128 points)  
2: 4) Paul Garnett: The Taj (123 points)  
3: 10) Sheila Foley: Our Lady of the Rocks (112 points) Sheila Foley took the title in the Novice Category and she also came third in the Unrestricted. Here are the results:

1: 10) Sheila Foley: Our Lady of the Rocks (112 points) 2: 20) Noel O'Neill: St Mary's Church

Dingle (110 points) 3: 14) Thomas Bradley: Architecture Reflection (106 points)

The club's second competition of the new year was another themed competition, this time Action was the center of attention! Lots of entries again with lots of different interpretations of the theme. Well done to Seamus Long on winning the Unrestricted category with his lovely photo "9 Horse Power". The results of the Unrestricted category were:

1: 15) Seamus Long: 9 Horse Power (139 points)  
2: 8) Billy Dermody: Owl in Flight (127 points)  
3: 16) Paul Garnett: The Catch (123 points)

Well done to Keith Johnson on winning the Novice category with another horse inspired photograph! The results were:

1: Keith Johnson: This Could Hurt! (121 points)

2: Finola O'Sullivan: On the Crest of a Wave (111 points) 3: Noel O'Neill: Gull Action (110 points)

The club meet every second Thursday from September to June in the Killarney Heights Hotel where they have presentations by various successful photographers, displays of work by our own members, demonstrations on how to use camera equipment and computer software including workshop sessions of indoor photography. Some of these nights are used for competitions where they have a chance to see the best work of other members and to get a critique of our own work from more experienced members. You can follow Killarney Camera Club on Facebook for regular updates or contact our secretary Christopher on (089) 423 7574





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## A TRIP DOWN MEMORY LANE FOR GLENFLESK SCHOOLS



ENJOYING THE GLENFLESK 6 SCHOOL REUNION AT THE GLENEAGLE HOTEL WERE L-R ETTIE LYNCH, JOHN O'SHEA, LILY O'SULLIVAN, MICHAEL O'SULLIVAN, INA O'SHEA AND DIARMUID & NOREEN KENNEDY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE GLENFLESK 6 SCHOOL REUNION WERE L-R ANNE O'DONOGHUE, ROSEMARIE O'CONNOR & MAURA O'CONNELL. PICTURE MARIE CARROLL-O'SULLIVAN

Last weekend, there was a very special school reunion, as former pupils of no less than six national schools came together for a night of nostalgia and entertainment. The Glenflesk Primary School Reunion Dance was organised for those who attended Raheen, Barraduff, Knockanes, Glenflesk, Clonkeen and

Knocknabro national schools down through the years. The gala event, which took place in The Gleneagle Ballroom last Friday night, proved a welcome chance to relive the good old days as past pupils, friends and neighbours of the six Glenflesk schools reunited and danced the night away to the accompaniment

of the Uí Bhriain band. All the proceeds raised on the night will go towards Glenflesk GAA and the Barraduff Community Field fund. The organising committee pulled out all the stops to ensure it was be a night to be remembered for a very long time.

## CHILDREN OF RATHMORE HELP CHILDREN OF CHERBOBYL



The children of Rathmore Parish will present Cinderella at the Rathmore community centre on Saturday 4th March 2017 at 7.30pm and Sunday 5th March 2017 at 3.00pm. All proceeds from the production will go to the Friends of the Children of Chernobyl, Rathmore Branch. Every year children from Belarus come to Rathmore for a month and the committee are always fundraising towards the cost of the trip. It promises to be a fantastic show, with the proceeds going to a worthy cause. Tickets will cost €10 for an adult ticket and €5 for a child's ticket. For further details & tickets contact Lorrane (086)3481464 or Mag (087) 9498344.

PICTURED LEFT: THE CAST OF THE UPCOMING PRODUCTION OF CINDERELLA

## IRISH WATER PROPOSE €3 MILLION INVESTMENT IN KILCUMMIN

Irish Water is advancing plans to develop a new Sewerage Scheme for the village of Kilcummin, which will have major benefits for the local environment whilst also facilitating future development in the area.

This represents an investment of €3 million for the village, involving the construction of a new pumping station and all the additional infrastructure needed to connect Kilcummin to the Killarney Wastewater network at Derreen. This project will ensure that the local environment is protected by improving the quality of groundwater and facilitating an improvement in the quality of water in the River Deenagh and Lough Leane. It will also allow for future residential and commercial development within the area.

A planning application for the project is being lodged with Kerry County Council to facilitate a range of work including the construction of a



new pumping station, a below ground peak flow holding tank and an access road to the pumping station from the back of the Páirc Chuimín estate. The application also relates to the construction of a gravity sewer crossing of

the River Deenagh within Killarney National Park. A Natural Impact Statement (NIS) to facilitate an assessment of potential impacts on the Killarney National Park, Macgillycuddy's Reeks and Caragh River Catchment Special Area of Conservation will be included in the planning submission.

Joe Kennedy, Irish Water's Wastewater Lead for the Southern Region said: "This is a very significant project for Kilcummin, in providing a very critical wastewater infrastructure in this rural area close to the town of Killarney. This will help protect the environment and improve water quality in this very scenic area while also providing the scope and flexibility to facilitate future development within the catchment area." The planning application may be inspected at the offices of Kerry County Council and accessed online [www.kerrycoco.ie](http://www.kerrycoco.ie)



## MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



### WHY SHOULD YOU REVIEW YOUR PENSION?

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

**To discuss this or any other financial matter you can contact Dermot Cronin QFA APA (Pensions, Investments, Loans, Life Assurance) at 0646622775 or dermotcroninifa@gmail.com**

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Each week Sol Travel will also be featuring an offer from one of the above travel companies in the travel supplement of the Sunday Times. For further details contact Rita on 087-2194916

## MIR MINISTRIES PRESENTS MARIA VADIA

MIR Ministries presents a weekend of praise, worship and healing with guest speaker Maria Vadia. Born in Havana, Maria Vadia was 10 years old when she and her family fled to Miami to escape the Communist regime in her native country. Maria was baptized in the Holy Spirit in 1987 and consecrated her life to the Lord Jesus Christ and to the preaching of the Gospel. Maria has spoken at many conferences and has travelled extensively around the world including America, the Caribbean, Ghana, Indonesia, New Zealand, Canada, India, Poland and Italy, among other nations, bringing a message of faith, salvation and healing. She

is Founder of the "Jesus is Lord" Chapter of Magnificat in Miami, a ministry to Catholic women, and is connected with Glory House of Miami, a safe haven for human traffic victims. As Founder of The Glory of God Foundation, Maria is committed to making Jesus known by the preaching of the Gospel in the power of the Holy Spirit. It is her desire to see the Catholic Church restored to the beauty of the Bride of Christ with miracles, signs, and wonders. Maria and her team, have been helping God's people enter into deeper worship and experience the Glory of God. Maria has authored eight books such as 'Pressing on in The Spirit', 'Healing is

for You', 'Break Open Your Wells' and 'No More Orphans' to name but a few. She is a mother and grandmother. Her books are available at the Unbound shops in Cork and the Outlet Centre Killarney. The weekend of Praise will be held on Saturday 11th and Sunday 12th March 2017 in the Rochestown Park Hotel in Cork. Starting at 10 am on both days. The donation for eventgoers is €25.00 for the full weekend or €15.00 for one day. Contact Pat 087 2505528, Celia 087 2405568 or Mary 087 2898518. For information on buses travelling to the event contact Tom Collins 086 8380406

## MICHELLE OFFERS HOLISTIC APPROACH AT HER NEW CLINIC

A new clinic has just opened at the Reeks Gateway and is welcoming clients for their vast array of treatments. MH Body & Mind Clinic is owned and operated by Michelle Hadad, a native of Brazil who has been living in Ireland for ten years. "I was operating my business in Longford for many years and improving my knowledge and experience studying Adult Psychology, NLP (Neuro linguistic Programming), Life and Business Coaching and different massage techniques such as Lymphatic drainage, Relaxation, Hot Stones, Ayurvedic massage and Tibet massage", Michelle told the Killarney Outlook.

Michelle's services include - Massage Therapy, Massage Counselling, Massage Harmony and balance, Breathing techniques, Meditation, Phobia and trauma treatments, Panic Syndrome treatments, Anxiety treatments and Relationship counselling.

Michelle also treats all forms of addiction treatments such as Drink, Food, Gambling.

A qualified life coach and business coach, Michelle provides free consultations and free workshops. "Most exercises in NLP and Life Coaching sessions are outside in a free environment where we see the world from a different perspective and think outside the box" Michelle added.

Michelle is currently offering a special promotion UNTIL 31st MARCH which includes Massage therapy normally price €65 now €45 and Massage with with counselling normally price €80e - now €65e Ultimate Wellbeing also provides a unisex beauty therapy service.

If you would like to avail of Michelle's services then you can contact her 0876988907 or pm me on my Facebook page <https://www.facebook.com/ultimatewellbeing/>





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## PROPERTIES OF THE WEEK

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### 8 COOLMAGORT AVENUE, BEAUFORT Guide Price €145,000

3 Bedroom Bungalow (approx 1,250 sq ft) located in a quiet cul-de-sac development in the centre of Beaufort Village. Front and rear gardens, patio area & timber garden shed. Electric storage heating & solid fuel stove.

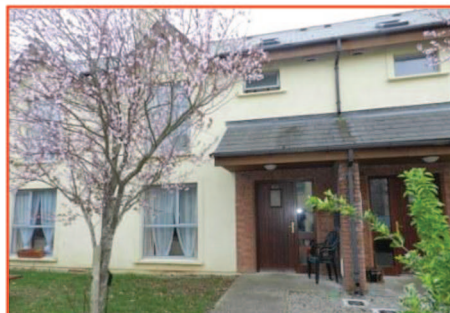
REF 983 BER E2



### 3 CHURCHTOWN PARK, BEAUFORT Guide Price €425,000

Superb large 4 Bedroom Detached property with double garage & tarmac driveway standing on circa 0.66 acre site. Oil fired central heating, floored attic & stira stairs, south facing patio area, spectacular mountain views.

Ref 981 BER C2



### 1610 PARK COURT, PARK ROAD Guide Price €175,000

3 Bedroom (1 ensuite) terraced property (1,324 sq ft) just off the Park Road in a small development of 24 houses. South facing patio & small lawned area. Electric heating & aluminium double glazed windows.

REF 540 BER Pending

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# Killarney

## TOWN TALK



PICTURED AT THE DROMHALL HOTEL FOR THE PALLIATIVE CARE COFFEE MORNING REMEMBERING SHEILA (MAC) KELLIHER WERE L-R EDITH HENNESSY & CHARLOTTE HENNESSY. PICTURE MARIE CARROLL-O'SULLIVAN



CAOIMHE SPILLANE.

Storm Doris is set to overstay her welcome for the weekend, with the forecast threatening showers and winds. Why not grab a cup of tea and settle in with your favourite read the Killarney Outlook to find out what's happening in town. If you have any news you would like to share you can contact us at [towntalk@outlookmags.com](mailto:towntalk@outlookmags.com)

### KDYS LOOKING FOR VOLUNTEERS

KDYS have started recruiting for their new Mentor Project Volunteer Programme, which encourages people to make a difference in a young person's life. They are looking for people who can spare 2-3 hours per week to dedicate to the mentoring programme. The recruitment drive is focused on finding positive role models for young people who can help them realise their potential and offer positive, constructive advice. They will be running open information nights which will be held KDYS Tralee on Wednesday 1st March at 7pm and KDYS Killarney on Thursday 2nd March at 7pm. For further information please call Tanya on: 085 2539402. To find out more about volunteering

### STRICKEEN ANNUAL MOUNTAIN CHARITY CLIMB

The Strickeen Mountain, annual charity climb will take place on Saturday March 4th. Proceeds go to Kerry Hospice and the Oncology Unit

in Tralee. Registration will take place at Kate Kearney's Cottage from 10:30-11am. Walkers are advised to wear appropriate climbing gear. There will be refreshments in Kate Kearney's after the walk and donations are welcomed on the day. There will also be an evening of entertainment, music by the Breen's, finger food and a raffle, tickets are €5.00 at the door.

### HEALTH TALK

Nutritional Therapist Erina Mac Sweeney will talk to HeartBeat this month on the subject; "Are we ignoring the root cause of Diabetes?" You can hear Erina speak at the Serenity Centre, St. Anne's Road, Killarney on Monday February 27th at 8pm. All are welcome to this free event.

### ALL IRELAND SENIOR INTER FIRM FOOTBALL FINAL

The All-Ireland Senior Inter-Firm Football Final will take place this weekend. Home side Liebherr Container Cranes Ltd will take on Intel (Kildare) at Fossa GAA Grounds on Saturday, February 25, at 2:30pm.

### KILLARNEY MUSICAL SOCIETY

Killarney Musical Society are delighted to announce that tickets for their 32nd production "Me and My Girl" are now on sale. Tickets are priced at €20 for Adults, €15 for Students and OAP and €50 for a family ticket. Tickets can be booked by calling the INEC Box Office on 064 66 71555. Rehearsals are currently taking place each weekend keeping the very talented and enthusiastic cast busy. This show is filled with many recognisable songs including the

romantic "Leaning on a Lampost", the title song "Me and My Girl" and the toe tapping and catchy "Lambeth Walk" guaranteed to leave you itching to join in! This promises to be an unmissable show, sure to have you singing and dancing along! Book your tickets now to avoid disappointment.

### FATIMA CENTENARY

Fr Michael Maher will give a talk on Fatima, power of Rosary, the importance of Family on this, the Centenary year of the Apparitions, in Abbeyfeale Church on Monday 6th March at 7pm.

### BLOOD DONOR CLINIC THANKS

A big thank you to all the 596 Donors who attended the Blood Donor Clinic in the Dromhall Hotel. Your support is greatly appreciated.

### MOTORCYCLE TREASURE HUNT

Killarney Bikers and Friends will be staging a Motorcycle Treasure Hunt (cars welcome also) in aid of a Heart of Killarney phone box AED for Fossa. The event will take place Sunday 26th February at The Golden Nugget Fossa. Registration is from 10:30am until 12 noon. Prize giving will take place at 5:30pm in The Golden Nugget. Entry fee is €20.00. There will also be a fund raising draw €2.00 per ticket or a book of 3 for €5.00. Great prizes and lots of fun for a worthy cause.

### FRIENDS OF MAUREEN KELLIHER

A huge thank you to all who took part in the card drive and to all who donated and helped organise the event. It was a huge success. A special thank you to our main sponsors Donal Ring, Munster Joinery and Musgraves and to all others who donated spot prizes. There will be a Coffee Morning held in the Kerry Way on Saturday 4th March from 10.30am to 1.00pm. Everyone welcome. Some great spot prizes to be won also. Your support would be greatly appreciated. Donations can be given to the following Credit Union details: Killarney Credit Union

BIC: KIROIE21 IBAN: IE81KIRO99219319086211 A/C NUMBER 60169

Rathmore Credit Union BIC: RDRNIE21 IBAN: IE65RDRN99106300229745A/C NUMBER 14087. You can also put your donation in an envelope and drop it into: Denis O'Briens shop in Glenflesk, Spillanes Bar, Headford and Tadgh O'Donoghue's Shop Barraduff

### CONGRATULATIONS

Staff from the Killarney Park, Guest Relations Manager Pdraig and Concierge Lucas, were ratified as members of Clef s D'or Ireland this weekend at a Gala Ball at Dunboyne castle. Congratulations to them both.





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# Killarney

## TOWN TALK



ENJOYING KILLARNEY LEGION SPRING PARTY & AWARDS EVENING WERE MARY & CONNIE O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN

### RISEN FOLK GROUP

The group sings twice a month at masses in the Church of the Resurrection, they sing folk group style and use a broad range of songs and hymns. They are now recruiting new members. If you are over 18, have experience singing/playing an instrument and are interested in joining, contact Grace Foley 0876710087 or Paul O'Raw 0872317204

### FREE DRAMA WORKSHOP

Over the last two weekends, Michael Hilliard Mulcahy, Municipal District drama facilitator, has worked with a group of amateur actors on scenes from the work of John B Keane in Killarney Cultural Centre. The aim of the initiative was to give people with an interest in drama the opportunity to work on their acting techniques in a supportive environment. The success of the workshops means that one more weekend of free drama is now being offered at the Killarney Cultural Centre on March 11/12. This event will cater for young people between the age of 18 and 26 and it will focus on acting and scene study. Anyone interested is asked to contact Kerry County Council Arts Office on 066-7183541 or arts@kerrycoco.ie.

### KERRY COACHES ANNIVERSARY CELEBRATIONS

Kerry Coaches will be driving back through the decades as it celebrates 60 years in business this year and all are welcome to an open day to mark the occasion, on March 4th. To commemorate the anniversary, Kerry Coaches will be hosting an Open Day at the Kerry Coaches headquarters (Woodlands Industrial Park, Opposite Aura Leisure Centre) on March

4th from 10.30am to 2.30pm. Radio Kerry will be broadcasting live on the day, there will be storytelling with local seanchai, Ray O'Sullivan (ages 2-12) onboard the Killarney Ghost Tour Bus, face painting for the children, with tea/coffee and snacks being served throughout the day. "We will also be showcasing the variety of vehicles in our fleet and provide a complimentary Killarney sightseeing tour starting at 1pm

### BEAUTY CEO MARISSA CARTER ENDORSES KILLARNEY STUDENTS

Four transition year students from St. Brigid's Presentation Secondary School have set up their own mini-company called 'What's the Crack?' Sarah, Abbie, Fiona and Sarah have created a makeup powder repair spray which can mend any cracked or broken eye shadow or makeup powders while disinfecting makeup products with a few simple steps. Earlier this week, the girl's fantastic product was recognised by none other than Marissa Carter, founder and creator of one of Ireland's most successful beauty companies, Cocoa Brown tan. She is an extremely successful entrepreneur and is very well respected in the beauty industry. Marissa provided her thousands of Snapchat followers from all over the world to a demonstration of the girl's product showing how it mended her shattered eye shadow palette. She also mentioned how the girls "have done a fantastic job" with the product. The girls have had many enquiries about their product over the last number of days on their Instagram and Facebook page. 'What's the Crack?' is priced at €3.00 making it

a must for your makeup bag. This is definitely not the last we have heard of this product and these budding entrepreneurs. Congratulations Sarah, Abbie, Fiona and Sarah.

### IRISH INFORMATION NIGHT FOR BUSINESSES

There will be a bilingual information evening regarding Irish in Business on Tuesday 28th February at 7:30pm in The Travel Inn, Fossa. Kerry County Council are committed to supporting businesses who are interested in using more Irish for promotional or marketing benefit. The Window Display competition, 'An Fhuinneog is Gaelaí' will be run by Conradh na Gaeilge, Fóram Gaeilge Chiarraí and the Business Community with a prize fund of €1,000 from Kerry County Council. To participate simply send in a photograph of your window displayed with Irish to eolaire@ciarrai.ie along with your contact details before the 14th March 2017.

### REMINDER PLUNKET STREET CLOSURE

Plunket Street has closed to traffic until 5.00 p.m. on Friday, 14th April 2017. The purpose of the road closure is to facilitate the widening and upgrading of the footpaths and roadway along Plunkett Street. Pedestrian access will be maintained to all businesses and residences throughout the works period. Vehicular access to Glebe Lane from the Plunkett Street side will be restricted; however, access will be maintained via The Glebe Car Park. Access will be provided for Emergency Services. Alternative Routes will be clearly signposted.

### LAST CALL FOR BUDDING FILM MAKERS

Submissions for First Cut! Youth Film Festival 2017 are coming to an end, it is your last chance to submit. The 8th annual edition of the festival is open to short films with a running time of under 15 minutes made by filmmakers between the ages of 12 and 24. These films can be made by individual filmmakers, schools, colleges or youth groups. Every type of film is welcome, including fiction, documentary, animation and music video. The closing date is Tuesday, February 28th at 5pm. There is no entry fee.



FIONA CULLOTY ANNAGHMORE, HEDFORD, KILLARNEY WHO GRADUATED FROM THE UNIVERSITY OF LIMERICK WITH A FIRST CLASS HONOURS DEGREE IN PHYSIOTHERAPY.



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WITH DERRY CLARKE

FRIDAY, 3<sup>RD</sup> MARCH 2017

Michelin Star Chef and owner of L'Ecrivain Restaurant in Dublin, Derry Clarke returns this spring to Muckross Park Hotel & Spa, Killarney.

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TICKET: € 70



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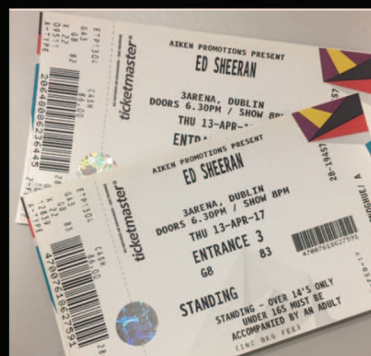
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GRACE GARLAND PICTURED AT THE EUROPE HOTEL WITH HER FAMILY ON HER CONFIRMATION DAY FROM CULLINA NS. L-R THOMAS, JAMES, ANNETTE, GRACE, PAUL & DANIELLE. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE GLENEAGLE HOTEL FOR THE GLENFLESK 6 SCHOOL REUNION WERE THE HEALY SISTERS L-R MARIE, SHEILA & FRANCES. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING THE GLENFLESK 6 SCHOOL REUNION AT THE GLENEAGLE HOTEL WERE L-R VALERIE MCSWEENEY, ANGELA MCSWEENEY & STEPHANIE DEHNE. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE GAVIN JAMES CONCERT IN THE INEC KILLARNEY AT THE WEEKEND WERE FROM LEFT, ROGER AND NIAMH O'SULLIVAN, AINE O'SHEA AND KARL MCMAHON, KILLARNEY. PHOTO: DON MACMONAGLE



PETER MCCARTHY, KILLARNEY LEGION YOUNG PLAYER OF THE YEAR PICTURED WITH HIS FAMILY & KILLARNEY LEGION AMBASSADOR JOANNE O'RIORDAN AT THE KILLARNEY PLAZA HOTEL L-R JOANNE O'RIORDAN, JOHN MCCARTHY, PETER MCCARTHY, CATHERINE MCCARTHY & ELLA O'GRADY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE GAVIN JAMES CONCERT IN THE INEC KILLARNEY AT THE WEEKEND WERE FROM LEFT, EILEEN AND BRIAN MAGEE, KILLARNEY WITH RICHIE KELTER AND SUSIE RUSSELL, KILLARNEY. PHOTO: DON MACMONAGLE



EMILY REDDINGTON, HOLY FAMILY NS RATHMORE, PICTURED AT THE ROYAL HOTEL WITH A FEAST OF DELIGHTS ON HER CONFIRMATION DAY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE GAVIN JAMES CONCERT IN THE INEC KILLARNEY AT THE WEEKEND WERE FROM LEFT, PADRAIG O'MAHONY, RATHMORE, MIRIAM BROSAN, RATHMORE AND SEAN COLLINS, RATHMORE. PHOTO: DON MACMONAGLE



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- 2km run

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- 5km run

**€40 Race Series**



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Online entry: <http://www.afitbody.ie/puckwarriors/>

## TAX Matters with



### TAX RELIEF ON THE COST OF EMPLOYING A HOME CARER

You can claim tax relief on the cost of employing a carer either if you employ one for yourself, or for another family member. A family member is a spouse, civil partner, child or a relative, including a relation by marriage or civil partnership.

You can employ the carer directly or you can use an agency that employs carers. If you employ the carer yourself, you should register as an employer and you will be responsible for your employee's tax and social insurance (PAYE, Universal Social Charge and PRSI). You will also have other duties and obligations as an employer, for example regarding hours of work, contracts of employment, payslips, holidays and the minimum wage.

If you pay an agency to provide the carer, the agency will employ the carer and be responsible for their tax and social insurance etc. You can still claim tax relief on the cost of paying the agency to provide a carer.

#### RATES

Tax allowances and reliefs reduce the amount of tax that you have to pay. The amount by which a tax allowance/relief will reduce your tax depends on your rate of tax.

You can claim tax relief (at your highest rate) on the lower of the following two amounts:

- The actual cost incurred or
- The maximum deduction of €75,000

The maximum amount of relief for employing a carer is €75,000 in 2017 (It was €75,000 in 2016 and 2015 and €50,000 in 2014 and previous years).

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## An Ráth Mhór RATHMORE

### RATHMORE/GNEEVEGUILLA NEWS by Michael O'Mahony

#### RATHMORE COMMUNITY COUNCIL

Church gate collection this weekend February 25th & 26th in all masses in Rathmore & Shrone.

Your generosity is appreciated

#### RATHMORE SEVENTH ANNUAL ST. PATRICK'S DAY PARADE

will take place on Sunday March 12th 2017 at 2pm. 'Rathmore go green' is the theme for this year's parade. The Grand Marshal is Rathmore native Aidan O'Connor, journalist and producer of 'Patrick'. All floats are welcome. The categories are: Best overall float & Frank Buckley Cup, Best vintage vehicle, Best commercial float, Best organisation / group, Best window display, Best dressed buggy / pram, Best Agricultural Float, and Best dressed pet. For more information and entry booking contact 0876676817 No Street Traders please.

#### RING OF KERRY CYCLE 2017

Rathmore Social Action Group are delighted to be chosen as one of the beneficiaries of the 2017 Ring of Kerry Cycle. We would very much appreciate your support by cycling. Your contribution will make a difference to the lives of many older people in the community and enable us complete our project – the purchase and development of the local Presentation Convent and Convent National School at a cost of €1.7 million. This project is breathing new life into a beautiful old listed building, creating valuable employment locally and most important of all it will create several more apartments and houses for older adults.. Should you have any queries, please do not hesitate to contact us by email info@sag.ie or 0647758588 ( office hours) mobile 0872335176.

#### SYMPATHY

to the families and friends of: John Coffey Teach an Churaim Rathmore and Caherciveen, John Horgan Ard Mhuire, Rathmore and Kilcorney, Cork. Seán O'Keefe Coom, Gneeveguilla. John Daly, Knockeenduve, Killarney, who deaths occurred last week. May they all rest in peace.

#### RECENT COLLECTIONS

Diocesan Lourdes Helpers Collection collected from all four Churches in the Rathmore parish. This amounted to €2782.50. They wish to thank Julieanne O'Sullivan who spoke at Masses in the parish. Julieanne will be going as a helper to Lourdes again this year. Thank you to all for your generous support.

#### WEDDING BELLS

Congratulations to Marie Devane, Mastergeeha Kilcummin and Tim Cronin, Lisnagrave Headford who got married last Saturday. We wish them both a happy long life together.

#### RATHMORE GAA CLUB

The Victory Social will take place this Saturday night February 25th in Killarney Avenue Hotel. Rathmore people who won All Ireland Minor Football medals with Kerry will be recognised at the social this year: John Saunders 1963, Mike O'Sullivan 1975, Gerry Murphy 1994, Shane Ryan 2014, Brian Friel 2016, Mark Ryan 2016

#### COLLECTION:

Rathmore community council church gate collection takes place this weekend, February 25th and 26th at all masses in Rathmore and Shrone. Your generosity is appreciated.

#### WISHES:

Congratulations to the Rathmore Quiz team won the Kerry Senior Scór final. They will go forward to represent the club and county in the All Ireland final on Saturday 6th of May in Belfast. Well done to the team members: Tony Moynihan, John Stephen O'Sullivan, Donal O'Leary Dan Vincent O'Connor

## FOSSA NOTES

### LOTTO

Numbers drawn were 4, 6, 14, 23. There was no jackpot winner.

### SENIORS

Fossa played Listry in the opening round of the Super League in Fossa on Sunday. Listry started brightly with Jimmy O' Leary hitting the back of the net after only four minutes of the game, Fossa replied with points from Tadgh O' Shea and Kevin McCarthy. The first half was a tight affair with both sides a little bit rusty which was to be expected at this time of year, Fossa did score a goal on the stroke of half time with Tadgh O' Shea finishing off a good move after Paudie Clifford slipped his marker to leave the home side leading 1-04 to 1-02 at the break. Fossa had a great opening period of the second half with some great points by Paudie Clifford and Tadgh O' Shea. In the 13th minute, Listry were awarded a free which Derry Ahern took quickly, it deceived the Fossa goalkeeper and ended up in the net to bring them right back in the game. The last quarter was tough and uncompromising with both sides looking for a win but Fossa held on to win on a scoreline of 1-10 to 2-05.

The seniors next outing is away to Glenflesk on Sunday 26th February at 12 noon.

### MINORS

The Minor team are away to Beaufort in Round 2 of the County League on Saturday, 4th March at 4pm. All support welcome.

### MEMBERSHIP

Club membership is now due. Family membership, which includes both parents and all their children up to minor age, stays at €60.00 for 2017, adult remains at €30.00, while youth/student is €15.00. A player is not insured to play or train if not registered. Registrar Gene Moriarty will take up membership at Lotto on Sunday night. There will also be a Juvenile Registration day held on Sunday, March 12th.

### SCÓR

Congrats to our Instrumental Music group on winning the County final on Saturday night. The group consisted of Amy Moriarty, Mike Kelliher, Cian O' Sullivan, Mary Kelliher and Sean Kelliher. Commiserations to our Leiriu and Quiz teams who also gave a fantastic performance on the night but didn't get through.

### FOSSA/TWO MILE COMHALTAS

Come along to a music and singing session for young musicians and singers in the Travel Inn Fossa on Saturday 25th February 5 - 6pm. This is very much a fun session where the emphasis is on playing music and singing for enjoyment. All ages and abilities. Adult musicians wishing to help are welcome. Further details Tim 087 2413116 or Eileen 087 6284053.

### KILLARNEY LIBRARY

Case Studies of the 1916 Rising is an exhibition by the Military Archives which will take place at Killarney Library from Friday 3rd - Tuesday 28th February during library opening hours. Free admission. All welcome.

A Spanish-English Conversation Exchange will take place from 6.30pm - 7.30pm on the second Thursday of every month at Killarney Library. The first meeting is on Thursday 9th February. Free admission. All welcome.

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

## BEAUFORT NOTES

### BEAUFORT HISTORICAL ARCHIVE

### CARTLANN STAIRE LIOS'A PHÚCHA

Thomas O Sullivan of Alohart is spearheading a project called Beaufort Historical Archive BHA. The aim of the project BHA is to collect, collate and preserve the history of Beaufort for posterity and for future generations by way of photos, stories, legends, songs, place names or anything that constitutes the fabric of its history and folklore. Beaufort/Knockane/Tuogh has a big story to tell, a rich vein of tradition, spanning a wide area, 91 townlands in all from the Black Valley / Gap of Dunloe / Magillcuddy Reeks / Laune River / Kilgobnet and the Biddy from pre history to the Kalem Film Company of the 1900's.

Any info for inclusion into the history of Beaufort contact Thomas O Sullivan 087 9807122 kerryonwalking@gmail.com



## KILCUMMIN NEWS

### VACANCY

A Vacancy is presently available on the Kilcummin Rural Development C.E. Scheme for a Caretaker Maintenance. This position is a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Please contact your local DSP employment service/Intreo office to check your eligibility. To apply please forward C.V. for the attention of the supervisor by post to the Office or email to [info@kilcumminparish.com](mailto:info@kilcumminparish.com) or contact John 086 1579381.

### COUNTY FEDERATION MEETING

ICA County Federation Meeting will be held in the Recreation Hall Sunday 26th February at **2.30 PM.**

### COMHALTAS

#### GROUP MUSIC

The group music classes is now up and running with a great attendance in each class. Our thanks to all parents and children for their co-operation and a special thanks to our tutor Brendan. For further details contact Irene at 064-6643357.

### TURF CUTTERS

Turf Cutters in the greater Kilcummin and Currow area would like to express their gratitude to Pat and Timothy O'Leary Knockacorin, Currow for the repair of the Bog Road.

### COMMUNITY GAMES

What a fantastic start to the 2017 Community Games season for Kilcummin with medals collected on our first weekend out. Keel Community Centre was the venue for the U12 and U16 County solo music finals on Saturday last. Young Micheal Healy – who is only 10 years old – represented the parish in U12 grade and with a stunning performance of a jig and a reel on accordion he stormed to a well-deserved victory and took home the gold medal and will now represent the county at the All-Irelands. Not to be outdone, older brother Kirill performed brilliantly on tin whistle in the U16 grade and was awarded with third place and a bronze medal in a very strong field. Congratulations also to Ruth Doyle who gave an excellent performance in U16 solo singing in Abbeydorney on Sunday and came fourth with a Certificate for her good work. Well done also to Lea O'Connell who represented Kilcummin in the U12 solo singing, and whilst not in the medals, she can be very proud of her performance. Well done to all four young stars, no doubt but you will benefit from the experience. You did yourself, your family and your parish proud last weekend.

### KILCUMMIN GAA

#### REGISTRATION NIGHT

Registration night for the Juvenile and Ladies GAA clubs will be on Friday 24th February from 7pm to 9pm in the clubhouse.

### THE GAA JUVENILE COMMITTEE

Are seeking an Assistant Secretary to work closely this year with Nessa our current secretary. The position is open to males and females and is an ideal way for anybody interested in the development of the club to bring their ideas forward. Anybody who would like to participate might contact Nessa on 087-2897312.

### HURLING

Hurling for 5-16yr olds continues on Thursdays from 6-7pm at the Spa GAA Hall. €3 and registration on the night.

### SENIOR FOOTBALL EAST KERRY LEAGUE

Kilcummin 2-11 Legion 1-14. Goals by Richie O'Connor and Paul O'Riordan gave our team a deserved point against Legion on Sunday last. We are at home to Dr Crokes on Sunday next at 12 O'clock.

### MINOR FOOTBALL COUNTY LEAGUE RD 1

Waterville Dromid 1-13 Kilcummin 1-8. Played in difficult conditions in South Kerry our minor team gave a very spirited performance in this first fixture of 2017.

### MASTERGEEHA FC LOTTO

There was no winner on Friday 10th February, 2017. Numbers drawn were 5, 8, 13, 20. Consolation prizes were €100 Lyno c/o Manchester United. €60 O'Leary Family, Deerpark, Killarney. €30 Kiera O'Connor, Cullen, Co. Cork. €30 Geraldine Lyne, Knocklebede, Kilcummin. €30 Agnes Gleeson, Mountroodger, Gneeveguilla. Jackpot now €5,550.



THE GREEN COMMITTEE OF KILCUMMIN, NS RONAN O'CONNOR, JOHN O DONOGHUE, BECKY FLEMING, KELAN O'SHEA, KYLA SHINE, CAOIMHE MURRAY AND MARK O'CONNOR, WHO HELPED THE LENIHAN FAMILY (GEORGE (JNR) AND GEORGE SNR) TO RAISE KILCUMMIN NS 7TH GREEN FLAG ON TUESDAY PHOTO JOE HANLEY

## GLENFLESK NOTES

### GLENFLESK SENIORS

Our Senior team made it 2 wins from 2 with a good display in the East Kerry Super League against Gneeveguilla. It was a solid a team performance but Kevin O Callahan showed some excellent early season form with 5 points from play.

Glenflesk 0-18, Gneeveguilla 0-12.

**FIXTURE:** The seniors continue their East Kerry league campaign at home to Fossa next weekend, check our Facebook page for confirmation of fixture.

### GLENFLESK MINORS

Our Minor team were narrowly beaten by Beaufort in the first round of the Co. League on Saturday last. FT Beaufort 2-10 Glenflesk 1-12.

### ST BRENDANS

Best of Luck to Christopher O Donoghue, Oran O Donoghue, Mark Kelliher and Sean Doherty who will hoping for Corn Ui Mhuire glory in Austin Stack Park next Saturday February 25th at 4 30pm.

### GLENFLESK LOTTO:

No winner of the lotto which took place in Spillanes on 13/02/17

Jackpot - €4,000 Numbers were 2, 10, 11, 13

The next draw will take place in the Corner Bar

on 27/02/17 and the Jackpot is €4,200.00

### GLENFLESK SCOR NA NOG

Our figure dancers and Ballad Group won in the County Final on Sunday in Senior Scor and now go on to the Munster final on April 8th. Well done also to Sarah Finnan who competed for Glenflesk in the solo singing. Huge congrats to all as Glenflesk were also awarded the shield for best overall club in the County on the night. Dancing in the figure dancing were Aine and Mary O Sullivan, Rose and Orla Kelliher, Kate Logan, Aoife Cronin, Katelynn O Keffe and Juliette O Shea. Singing in the Ballad Group were Mairead and Roisin Kelleher, Ellen Cronin, Jennifer Murphy and Denis O Sullivan. Well done all.

### BARRADUFF COMMUNITY FIELD 300 CLUB

February 2017 Prize Draw Winners. Congratulations To The Following

€500: Bernard Cantillon, Artigalvin.

€100: Kathy Dennehy, Knockanes.

€100: Bridie & Dan Finnegan, Meentogues

€100: Claire Brosnan, Knockanimirish.

€100: Noreen Keffe, Shronedarragh.

Thanks to Everyone who Supported our 300 Club Fundraiser. Next Draw Mar 5th John Dans

### RAHEEN N.S.

Enrolment forms for 2017/2018 now available from Raheen NS or for download at [www.raheenns.com](http://www.raheenns.com). For further details contact the school on 064-7754447. Congratulations to Jackie Courtney who had the winning lotto no. 24 on Saturday the 18th of February.

**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).



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



### SNACKING RIGHT

It is no doubt We love to snack almost as much as we want to lose weight. But is. our snacking habits adding too many calories and too few nutrients to our diets. Or are we not snacking enough leaving ourselves starving and empty on fuel for energy causing us to crash and overeat. When done right, (snacking) keeps your energy levels up and gives you more opportunities to get in all your nutritional needs." However nowadays it's too easy to just reaching for quick fix nutrient deficient empty calorie snacks. (Empty calories are calories with little or no nutritional benefit or level of satisfaction for a high calorie expense) These convenience snacks are packed with hidden sugars, sweeteners, and artificial ingredients that can cause havoc to your digestive system and metabolism. More scarily is the snacking we are doing thinking we are being healthy...with these new "protein filled" bars and snacks. We think we are being "good" when we are probably chomping back as much calories as our main meals with little if any nutritional benefit or level satisfaction. Resulting in us remaining hungry and the sudden spike in bloods sugars will cause a just as rapid crash so we will be craving more sugars and snacks pretty soon afterwards.... And so the vicious cycle begins.

### MORE TIPS NEXT WEEK...

FITNESS WITH EDELE **087-7643449**  
WWW.FITNESSWITHEDELE.COM

## OUTLOOK FASHION TIP:

### PINK:

The colour pink made a come-back last week as we watched it dominate the runway at New York Spring/Summer fashion week. However head-to-toe pink can be quite daunting so try wearing statement pieces to stay on top of this trend, in a more subtle way. Try a blush pink coat or a nude handbag to achieve this look.



## DIET TIP PREVENT MINDLESS

**EATING:** Most mindless eating mainly occurs at night after dinner, when you finally get the chance to sit down and relax. There are too ways you can avoid this, you can shut down the kitchen after a certain time, or if that won't stop you, you can be prepared for your possible cravings with some low calorie foods such as low fat Greek yogurt or rice cakes with peanut butter. This will ensure that you can relax and have a guilt free snack if desired.



## Beauty Tip

### Nails:

Painting your nails but don't have time to sit around waiting for them to dry? No problem here's a tip that will have them dry in no time. Before painting your nails, add some ice-cubes to a basin of water. Paint your nails and leave them to air dry for three minutes. Next submerge them into the basin of water for a further three minutes and when you take them out they will be dry!



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





Caroline Bourke  
makeup and style



## 6 - Week Makeup Artistry Courses

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This course is an 6-week course that ensures our students build a foundation for entering the makeup industry.

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Facebook [carolinebourke makeup & styling](#)

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## MOVE INTO WELLBEING, HEALTH & HAPPINESS!

The benefits of meditation are well known to reduce stress, balance emotions and bring us into a quiet restful place within the mind where we may become the observer of our thoughts. What is less well known are the extraordinary changes and benefits that can happen from moving in a mindful way. Our bodies are the "home" we live in and the present moment is where our bodies belong. However, our bodies also carry the "stories" of our lives within the tissues, muscles, joints and cells. For example, when we are very stressed over many years the body experiences a tightening, shortening and contracting of the muscles and our connective tissue. We may experience this as tightness or pain in any area of the body. If we habitually repeat the same stress cycles this tightness becomes habituated within our body. Moving mindfully asks the body and the mind to wake up to a new habit and a more informed way of being. When we move with total awareness in a slow, gentle and mindful way our bodies begin to relax the "old" way of being and can begin to open up to new possibilities in our lives. This is exciting because all of a sudden we have access to a new 'story' and this is one that we can create for ourselves! If you are interested in experiencing the gentle power of mindful movements please come along to my new six week Chakranetics course beginning Monday 27th February at 7.30pm and Tuesday 28th February at 10.00am. Both are held at the Travel Inn, Fossa, Killarney. The cost is €60.00 Please bring a mat, pillow and blanket to the class if you have them handy. I look forward to seeing you there.

For more positive coaching tips please visit & Like my facebook page.

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# Wedding Day Smiles

PICTURED AT ROSS CASTLE ON THEIR WEDDING DAY LAST SATURDAY, MARIE DEVANE MASTERGEEHA & TIM CRONIN RATHMORE WHO WERE MARRIED AT KILLCUMMIN CHURCH AND HELD THEIR RECEPTION AT THE MALTON HOTEL, KILLARNEY. PICTURE THE LITTLE MEMORY GALLERY



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE CHEQUE PRESENTATION OF €4,000 TO BRU COLUMBANUS CORK RESULTING THE LIEBHERR CHRISTMAS CHARITY RAFFLE WERE THE COMPANIES SOCIAL CLUB BACK ROW L-R HELENA CULLINANE, KEVIN HEALY, KEVIN GORMAN, CHRIS FOLEY, MIKE MORRISSEY & JENNIFER O'CONNOR. FRONT ROW SEATED L-R ALEX WILLMS (SOCIAL CLUB CHAIRPERSON), BRONAGH O'KEEFE & ANN MARIA O'CONNOR (BRU COLUMBANUS CORK). PICTURE MARIE CARROLL-O'SULLIVAN



MASTER CLASS...ROISIN NI SHUILLEABHAIN PLAYING WITH MUSICIANS FROM THE SLIABH LUACHRA AREA OF KERRY, WHO CALLED TO GAELSCOIL FAITHLEANN, CILL AIRNE, AS PART OF THE 18TH ANNUAL GATHERING TRADITIONAL MUSIC FESTIVAL OUTREACH PROGRAMME PHOTO: VALERIE O'SULLIVAN



RORY MCDONNELL (SEATED RIGHT), PICTURED AT THE EUROPE HOTEL WITH HIS FAMILY ON HIS CONFIRMATION DAY FROM CULLINA NS. STANDING L-R DAD DENIS, UNCLE PAUL NOWAK & MUM IRENE. SEATED L-R AUNTIE DEIRDRE NOWAK, GRANDAD EDDIE MCDONNELL & RORY MCDONNELL. PICTURE MARIE CARROLL-O'SULLIVAN



SAOIRSE CASEY, PICTURED AT THE ROYAL HOTEL WITH HER FAMILY ON HER CONFIRMATION DAY FROM MEETOGUES NS L-R BRENDAN, SAOIRSE, MARIAN & BRENDAN JNR. PICTURE MARIE CARROLL-O'SULLIVAN



MATHONA NI MHUIREASA AND LAUREN NI SHUILLEABHAIN, LISTENING TO MUSICIANS FROM THE SLIABH LUACHRA AREA OF KERRY, WHO CALLED TO GAELSCOIL FAITHLEANN, CILL AIRNE, AS PART OF THE 18TH ANNUAL GATHERING TRADITIONAL MUSIC FESTIVAL OUTREACH PROGRAMME PHOTO: VALERIE O'SULLIVAN



ENJOYING THE KILLARNEY LEGION SPRING PARTY AT THE KILLARNEY PLAZA HOTEL WERE L-R EMER SCANNELL, EMER CORRIDAN, BRIAN LOONEY, CARA MURPHY & STELLA MOLONEY. PICTURE MARIE CARROLL-O'SULLIVAN





# Killarney Outlook HOME IMPROVEMENTS Guide



**Y**our home is your castle. The most comfortable place for you in the world, so it is only right that you fill your it with things that will make you feel relaxed and at ease. There are many ways that you can increase your comfort level, a good heating system, new furniture and flooring or adding new appliances are features that will make your life easier. When creating a comfort zone in your home there are lots of different options

available to you. This week in the pages of the Killarney Outlook we bring you the best that there is to offer county wide and beyond if you are planning some home improvements. We all know that your home is the biggest investment that you are likely to make in a lifetime and its easy to see why we all want to live in a beautiful well designed property from the outset. However the reality is that you are likely to spend a long time perfecting your own

space – getting it just right. Here we will give you ideas from little improvements like adding some colour with soft furnishings, new lighting ideas and plants. You will find the best in the business in our Home Improvements Guide, from interior designers to painting specialists and from top quality builders to tips to create everything you need for a comfortable cosy and homely space for you and your family.

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## TILE BATH & SHOWER SOLUTIONS

**THE H FACTOR** was set up in 2009 as a local privately owned boutique style Tile and Bathroom showroom based on JohnJoe Sheehy Road in Tralee.

It very quickly caught the imagination and the attention of people with its smart and stylish displays, showcasing European trends in Tiles and Bathrooms, supplying both the domestic and commercial market.

With a vast experience and knowledge of tiles and their correct application people look to THE H FACTOR for their technical expertise and advice in specific areas - especially in commercial projects such as Hotels, Restaurants, Pubs, Factories, Retail Outlets, GAA Centres and many more similar projects.

At THE H FACTOR displays are regularly updated and adapted to keep our customers in line with new technical developments and also with the latest trends in colour and designs in Tiles and Bathrooms.

We take great pride in our showroom and the creative designs and styles of rooms on display continually inspire people to add that wow factor to their home. A house can be built by anyone but it takes effort, skill, and imagination to make it a home - YOUR HOME.

At THE H FACTOR we are here to help you make that transition - with plenty of expert advice on the right products that suit your individual lifestyle and budget.

Customer satisfaction is very important to us at THE H FACTOR so our aim is to help and advise people choose products that are suitable, of good quality, durable and within budget for them to enjoy in their homes for a long time.

Budget can be a techy subject toward the end stage of building and the



dreams at the start of the project can be dimmed a little under budget constraints.

With a view to that end we supply a complete Bathroom package starting at €1399.00 which includes everything you need in sanitary ware, furniture, shower valve, shower screen, and accessories with a choice of wall and floor tiles and still have a beautiful Bathroom to enjoy.

There are various packages to suit all budgets and requirements so do call in and let us talk you through your brand new bathroom for your home or bathroom makeover.

So if its tiles, bathroom ware and furniture, laminate wood flooring, bathroom accessories cabinets or mirrors, and other unique pieces that add The H Factor to your home we would love to see you visit our showroom in Tralee.

**We are open Monday to Friday 8.30 to 5.30 and Saturday 10 to 5pm**  
**Call us on 066 7122229 : Email info @thehfactor.ie**

### MARETTE CRONIN

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### THE BORU ROADSHOW IS IN TOWN

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## INTERIOR DESIGN - MISTAKES TO AVOID



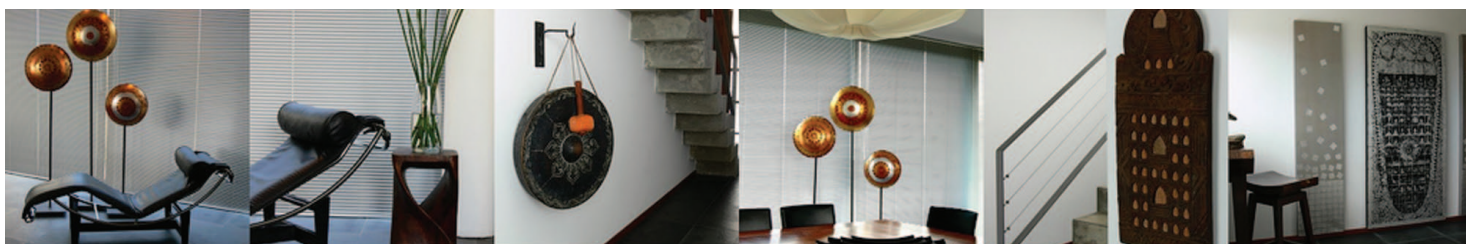
◆ Resist painting your room before you pick key elements like flooring, furniture and curtains. Otherwise, it can prove very difficult to source a compatible and comfortable sofa, or coordinating shade of fabric as most shops have a limited choice of upholstery materials.

◆ If you decide to go neutral it doesn't mean it has to be bland. Think of creating a contrast with neutral shades. If the wall is light in colour, then go darker on the curtains and maybe a deeper tone on the sofa. You can brighten it with light cushions. This will create contrasting and interesting interior space.

◆ Don't forget the accessories. They're affordable, easy to swap out, and a great way to transform the look of a room. Bring colour with easy accessories like cushions, pictures, vases and rugs. Use your phone to take pictures when you're out shopping. This will help prevent you from buying on impulse. You will make more rational decisions the next day.

◆ Don't clutter your room. It's easier said than done, but try not to bring new items into the room unless you're ready to get rid of some pieces that no longer serve you.

◆ Don't be afraid to ask for professional advice. It could save you a lot of money and time! Just as not all of us can fix cars or play piano, not everyone can decorate interiors.



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Bathrooms4U is one of the best Bathroom renovation companies in Dublin, Cork, Limerick and Kerry and has some of the best bathroom remodeling ideas. A bathroom renovation or remodel is one of the most common home improvement projects. It is an easy and cost-efficient way to give your home the appearance that is needed. Your bathroom renovation can come in all types and sizes. - from a simple update to the installation of elaborate fixtures and finishes. Whatever your bathroom design dream may be, Bathrooms4U is prepared to complete it. The process to change your bathroom into your dream bathroom -

1. Planning
2. Designing
3. Installing
4. Signing Off

First step in the process to change your bathroom - Planning is an essential part of preparing for a bathroom make-over. It is a key element in ensuring that the project goes smoothly and, just as importantly, that you end up with your dream bathroom without exceeding your budget. You can start with a visit to one of our showrooms to view the range of

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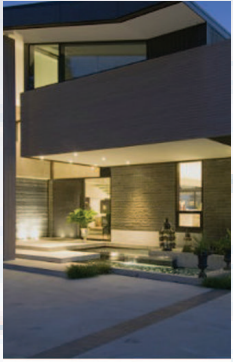
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## HOME RENOVATION INCENTIVE SCHEME



**T**he Home Renovation Incentive (HRI) scheme enables homeowners or landlords to claim tax relief on repairs, renovations or improvement work that is carried out on their main home or rental property by tax-compliant contractors and that is subject to 13.5% VAT. The HRI is paid in the form of a tax credit at 13.5% of qualifying expenditure, which can be set against your income tax over 2 years. This effectively reduces the rate of VAT to zero on qualifying work, up to a value of €30,000. In order to qualify for the HRI, the work must be done between 25 October 2013 and 31 December 2018 for homeowners and between 15 October 2014 and 31 December 2018 for landlords. (Budget 2017 extended this closing date from 31 December 2016.) To qualify for the HRI as an owner-occupier, the work must be carried out on your principal private residence. As noted above, landlords can qualify in respect of work done on their rental properties. Whether you are a homeowner or a landlord, you must be up to date with your obligations under the Local Property Tax and, if applicable, the Household Charge. You must be paying income tax – whether under PAYE or self-assessment – to avail of the HRI. Any contractor you use must be registered for Value Added Tax (VAT) in Ireland and be tax-compliant. Revenue has published FAQs for contractors.

If several contractors, such as a builder, a plumber and an electrician, carry out qualifying work on your home or rental property, you can combine the cost of the works to make up the minimum qualifying amount. The type of work that qualifies for the HRI is repair, renovation or improvement work that is subject to VAT at 13.5%. This includes extensions, garages and attic conversions; the supply and fitting of kitchens, bathrooms and built-in wardrobes; fitting of windows; garden landscaping; plumbing, tiling, rewiring, plastering and painting. If you are having your septic tank repaired or replaced, or are installing a radon gas mitigation solution, these types of work also qualify for the HRI. Work on driveways and on rainwater harvesting systems can also qualify. There are more examples of qualifying work on [revenue.ie](http://revenue.ie). If you are unsure about whether your works will qualify, contact your Revenue office. Work that is subject to VAT at 23% (such as architect's fees) is not covered. Neither are items such as furniture, white goods or carpets. Revenue has published general information about the HRI and specific information for homeowners and landlords, as well as a guide for homeowners and landlords and a guide for contractors which can be found on [www.revenue.ie](http://www.revenue.ie)

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## Decorating with Spring Colours

Whether you want to add drama with bright cottage florals or soften a look with delicate spring blossoms, decorating with spring colours is a sure-fire way to dust away the winter blues and breathe new and uplifting life into your rooms.

First think about your ideal palette; as always with stylish mother-nature, the typical spring colour shades work well whichever combination you choose,

so it's easy to find a scheme that will wake up your room and suit your taste. For conventional schemes, why not stick to neutral tones in your living room but lift the look with fresh spring greens and washed whites for a gentle contrast? Spring border shades of soft pink, creamy yellow and dewy blue are soothing and pretty choices for bedrooms. Or, for those who prefer vivid looks,

more vibrant combinations such as primrose purple, daffodil and woodland bluebell will welcome the new season into your home with cheery spirit.

Pattern can play a big part in spring decorating too, as you can use natural motifs in floral, leaf and animal designs to bring bright and breezy comfort and individual character to your decor. Curtains with large-scale blooms will pack a visual punch or a bouquet-covered sofa will make a fabulous focal point and be an inspiration starter for your cheerful scheme.

With furniture, keep the look light and fluid, and use materials that won't distract from gentle colour and pattern. Modern light beech pieces will add a Scandi touch; white or eggshell finishes are timeless and elegant; or if you need a little depth, opt for warmer tones with oak furniture or flooring.

Lastly, find the right accessories to really set the spring tone – go for objects that share an accent colour to keep the look effortlessly chic and work in specific spring themes like birds and new buds, and display plenty of happy flowers to finish off the refreshing look.

**BOOST** a white scheme with plenty of natural foliage and greenery for a simple way to add spring colour. Bringing natural elements into your space is all you need to herald the start of the new season – on top of all the plants here, the log side table provides an extra 'au naturel' dimension to this elegant conservatory.



Create a **ROMANTIC VIBE** with flowing florals in a beautiful, large-scale pattern. A powdery pastel colour palette lends this gorgeous bedroom a calming feel, with the pale-pink upholstery the perfect partner to the creams, blues and lilacs in the wallpaper. Aqua-coloured accessories pull everything together by providing a little contrast.

Give subtle nods to the **SPRING THEME** in a room that enjoys a fabulous view – the aim is to complement the beautiful vista, rather than shift the focus. A delicate floral fabric on the sofa makes it feel like spring all year round. Meanwhile hopping bunnies on the curtains are enough to put a spring in your step.



Fill your hallway with joyous **JUNGLE PRINTS** that will remind you of warmer days to come every time you step through the door. Bold patterns like these demand a certain level of interiors bravery, but they look amazing. The door curtain is a striking pairing with the wallpaper, and works really well because the colours in the fabric are matched by the greens in the wallpaper.



Take a seasonal approach to decorating by updating your accessories so that they suit the time of year. **NATURE-INSPIRED PRINTS**, pretty daffodil pots or pastel colours are easy ways to inject a bit of life into your kitchen scheme. White is an ideal backdrop, and looks really fresh with these fun spring colours and motifs.

**PAIR GREEN AND BLUE** together for the ultimate in natural-inspired decor – think a walk in the park with lush green grass and bright blue skies. The secret to making this living room work is getting the right proportions of each colour. While blue and green are the obvious colours here, white is used abundantly to lighten the look. Balancing the mix of block colour and pattern is also the key to this refreshing scheme.





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In 2017, the first of January fell on a Sunday. This means that each PRSI contribution week this year runs from Sunday to Saturday.

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Further information is available from the Citizens Information Centre below.

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

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ŠKODA Octavia Elegance 1.6TDI Diesel	2015	Beige	78,980
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ŠKODA Octavia Elegance 2.0TDI Diesel	2014	Black	62,623
ŠKODA Octavia Ambition 1.2TSI Petrol	2014	Silver	100,000
ŠKODA Octavia Exclusive 1.6TDI Diesel	2013	Beige	103,943
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ŠKODA Octavia Elegance 1.6TDI Diesel	2014	Grey	174,000
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ŠKODA Octavia Ambition 1.6TDI Diesel	2016	Blue	25,000
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162	520d SE, Auto, Oyster leather, Nav, Heated seats, Xenon lights	Grey	16k	€42,950
161	218d SE Gran Tourer, Black leather, Nav, Third row seating	Silver	11k	€33,950
161	216d SE, Black leather, Auto, Nav, Rear sensors, Third row seating	Gold	6k	€33,950
161	218d SE Gran Tourer, Cream leather, Nav, Third row seating	Black	5k	€33,950
161	216d SE, Cream leather, Nav, Rear sensors, Power tailgate	Blue	8k	€30,950
161	318d SE Touring, Auto, Nav, Oyster leather, heated front seats	Grey	29k	€36,950
161	318d SE Touring, Auto, Nav, Oyster leather, heated front seats	Blue	23k	€36,950
161	318d SE, Oyster leather, Nav, Rear sensors, Bluetooth	Black	1k	€35,950
161	520d SE, Auto, Oyster leather, Nav, Heated seats, Xenon lights	Grey	21k	€41,950
161	X1 sDrive 18d SE, Black leather, Auto, Rear sensors, Park assist	Silver	26k	€36,950
152	316d SE, Black leather, Nav, Rear sensor, Bluetooth	Silver	10k	€31,950
151	316d SE, Auto, Oyster leather, Nav, Front+Rear sensor, Bluetooth	Red	24k	€32,950
142	116d SE, Black leather, Bluetooth, Sports SW	White	31k	€21,950
141	220d Sport Coupe, Sports auto, Nav, Black leather, Sports SW	White	45k	€29,950
141	318d SE, Beige leather, Wood trim, Bluetooth	Black	71k	€26,590
141	318d SE, Beige leather, Nav, Rear sensors, Bluetooth	Black	38k	€26,950
141	X3 sDrive 18d SE, Brown leather, Panoramic glass roof, Heated seats	Black	58k	€35,950
141	X3 sDrive 18d SE, Oyster leather, Wood trim, Heated seats	Silver	51k	€35,950
132	318d SE GT, Black leather, Nav, Panoramic glass roof, Heated seats	Silver	39k	€27,950
132	316d ES, Beige leather, Wood trim, Sports SW	Black	56k	€23,950
131	316d ES, Beige leather, Wood trim, Sports SW, 17" alloys	Black	79k	€21,950
131	X3 sDrive 18d SE, Auto, Oyster leather, Front+Rear sensors	Grey	91k	€33,950
131	X3 sDrive 18d SE, Auto, Oyster leather, F+R sensors, High beam assist	Black	68k	€33,950
2012	316d SE, Beige leather, Rear sensors, Bluetooth, Cruise,	Black	70k	€20,950
2012	316d SE, Anthracite cloth, Bluetooth, Cruise,	White	74k	€19,950
2012	520d SE Touring, Sports Auto, Oyster leather, Heated seats	Cashmere	64k	€26,590
2011	318d SE, Auto, Cloth, Comfort access, High beam assist, F+R sensors	Blue	83k	€15,950
2011	520d SE, Oyster leather, Front and rear sensors, 17" alloys	Grey	103k	€19,950
2011	X1 sDrive 18d SE, Anthracite cloth, Rear sensors, 17" alloys	Black	119k	€16,950
2010	X1 sDrive 18d SE, Anthracite cloth, Rear sensors, 17" alloys	Red	148k	€14,950

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## KILLORGLIN GOLF CLUB.

Ladies Results: FIXTURE: 12 Hole re-entry Stableford sponsored by Ex Officio Anne Kenny Foley finishes this Sat 25th February. Next 12 Hole re-entry sponsored by Handicap Secretary Coral Kiely starts Sunday 26th February. 1st round of the Spring League must be completed by Sat 25th February. 2nd round of the Spring League starts Sunday 26th. AIG ILGU Inter Club Draw Sheets are posted on the Notice Board. Please enter names on sheets if you would like to be on the panels of players for the AIG matches.

## BEAUFORT GOLF CLUB

### RESULTS

Open Seniors Thurs 16th February:

1st Pat Quill 2nd Barry Woulfe

Open Scramble Sunday 19th February:

Winners; John Cooper, Donal Carroll, Noreen Coffey

### FIXTURES:

Open seniors 23rd February 10am

Sunday 26th February - Captains Drive In & Scramble - Meet at clubhouse at 10am.

## KILLARNEY GOLF CLUB - MENS

### MENS CLUB COMPETITION RESULTS

Kindly Sponsored By Java Republic

Event: Team of 4 Course: Mahony's Point

Date: 19th February 2017 1st - 98pts Sean Kelliher(10) Billy Morris(10) Barry Duggan(17)

John Cahill(11) 2nd - 94pts Ciaran Fleming(27)

Con Daly(27) John Horan(22) Danny

O'Sullivan(16) 3rd - 94pts Pdraig Griffin(17)

Sean Goulding(10) Liam O'Leary(17)

Dermot O'Connor(8)

### UPCOMING COMPETITION

Event: Scotch Foursome Sponsor: Seamus

Weldon Groundcare Equipment Course: Killeen

Date: 26th February 2017

## ROSS GC, KILLARNEY - GENTS CLUB -

### RESULTS :-

On Sunday last we held a single stableford competition.

The winners were :- 1....John O'Halloran (14) 41 pts 2....Alan Flynn (8) 38pts.

3.... Denis Cronin (12) 37pts.

### FIXTURES:-

On Sunday Feb 26th - we will hold a 3 Man Rumble competition .The time sheet is now available in the clubhouse so please add your name to it immediately.

Spring League:- The entry sheet and schedule for the MD O'Shea Spring League is now on the noticeboard so please put your name on it immediately as the closing date is March 3rd. The first round will be played on the weekend of March 4th/5th.

Kerry Challenge Cup,- Intermediate Section - our Ross GC team hosted the first round of this competition last week and after a tough battle our visitors from Waterville GC were victorious. We wish them well in the next round.

## MURPHY'S GOLF SOCIETY

18th February, O Mahonys Point

Sponsor: Quills 1st Brendan Keogh (7) 41 Points

2nd Timmy Kelly (19) 41 Points 3rd Emmet

Scanlan (12) 39 Points 4th Alan Flynn (7) 39

Points 5th Pat Carroll (12) 38 Points 6th Niall O

Mara (10) 37 Points Front 9: Anthony Walsh (19)

19 Points Back 9: Paul Corridan (13) 23 Points

Next Outing: 22nd April, Dooks.

## DEERPARK PITCH & PUTT

### JOHNNY KELLY SCRAMBLE:

We got our main competition programme off to a successful start this morning as the Johnny Kelly Memorial Scramble attracted a turnout of over 30 players with plenty of good scoring on the day. The morning started off with a ceremonial Captain's Drive-In as Captain's Johnny Kelly (Gents), Eileen Switzer (Ladies) and Darragh O'Callaghan (U-16's) hit their tee-shots before the Three Ball Scramble got underway in earnest for its 11th staging. Eileen certainly had a day to remember as she teamed up with Robbie O'Brien Jnr and Michael O'Connor to win the Overall Nett and Memorial Shield with a score of 62 2/3. One of the members of last year's winning team, Damien Fleming, was amongst the prizes again this year as he shot an impressive 30 under par score alongside Michael Cotter and Betty O'Brien to win the Overall Gross with 78. The Second Nett prize was won by three unrelated O'Brien's as Jason, Sean and Conor shot a score of 66 1/3 to claim the final of the three prizes on offer today. The club wishes to extend its thanks to the Grounds Committee for the condition of the course and the Kelly family for the spread of food they put on for all players afterwards.

### PAUL O'SULLIVAN SCRAMBLE

This County Board event takes place on Sunday with a 9.15am start in Castleisland. Play is over 36 holes, entry is €10 per player and it is open to all 2016 registered PPUI members in the county. We encourage our members to support this event and with this event in there will be no Sunday competition at the course this weekend.

### BOB CASEY MEMORIAL INTER-CLUB STROKEPLAY

The club is looking for names for a second team for the event on the weekends of Sunday March 12th and 19th. Anyone interested in same is asked to make contact with competition secretary Kieran Fitzpatrick before today (Friday).

## KILLARNEY GOLF AND FISHING CLUB

Club Captain, Declan McCarthy was in the first pairing out in a Club representative competition for 2017 when he and Patrick Kelliher were taking on Tralee opponents in the first round of the Kerry Federation Cup, intermediate section. Declan and Patrick found themselves 5 down early in the match and fought back to reduce the deficit to 3 down after completing



AT THE PRESENTATION OF PRIZES AT THE MURPHY'S GOLF SOCIETY OUTING WERE ANTHONY WALSH, BRENDAN KEOGH AND SEAN MURPHY.

their round. with just 3 holes to play the entire match was still in the balance, but in the finish Killarney were deservedly comfortable winners by a margin of 5 up. The other pairings of John O'Mahony and Brian James Holden won their match 5 up, and Gerard Moroney and Stephen Broderick won their match by a margin of 3 up. The Killarney Men's Club team, playing in the senior section of the Kerry Federation Cup, failed to progress, and they went down to the Castleisland team by a margin of 4 down. The results were as follows, James Curran and Donal "Gap" O'Sullivan playing in the top match were in a ding-dong battle with their opponents, and they were eventually overcome by a margin of 1 down, our youth pairing of Luke Walsh and Darren Mulcahy were decisively beaten by a margin of 6 down, from the early stages this was always going to be the "crunch" match, and the Killarney team were still in with a shout after 12 holes, as the top match was all square, and The final pairing of Eugene O'Sullivan and Matt Leacy were up in their match, which they eventually won by a comfortable margin of 3 holes, but alas, Luke and Darren were unable to stay close enough to their opponents to help retrieve their match and the result overall.

These are only our first outings of the year, and no doubt, the fact that we have not had much competitive golf played since the turn of the year, told for our senior team in the end.

Sunday, the 19th of February was a team of four competition kindly sponsored by Java Republic Coffee Distributors, played on Mahony's Point, the winning team of Sean Kelliher, Billy Morris, Barry Duggan and John Cahill won by "a country mile" for this type of competition, and some of the team have been featuring very well in recent competitions. Results were as follows, 1st Sean Kelliher(10) Billy Morris(10) Barry Duggan(17) and John Cahill(11) with 98 points, 2nd Ciaran Fleming(27) Con Daly(27) John Horan(22) and Danny O'Sullivan(16) 94 points, and 3rd Pdraig Griffin(17) Sean Goulding(10) Liam O'Leary(17) and Dermot O'Connor(8) 94 points. Next Sunday, will be a "Scotch Foursome's" competition on Killeen Course has been cancelled.



## SCHOOLBOY/GIRL SOCCER PARK 13'S MARCH ON IN NATIONAL CUP:

Skechers 13's National Cup Last 16:  
Park 6-0 Mullingar Athletic  
John Murphy 12's Cup 1st Round:  
MEK 3-9 Killorglin  
Park B 0-7 Killarney Celtic A  
LB Rovers 2-8 Listowel Celtic  
Fenit 9-1 Killarney Celtic C  
Killarney Athletic 2-3 Dingle Bay Rovers AET  
Tom Hayes 14's Cup 1st Round:  
Camp Juniors 2-1 Park A  
Mastergeeha 1-5 Killorglin A  
Tralee Dynamos 5-4 Ballyhar Dynamos  
Park B 2-3 Killarney Athletic  
Killorglin B 0-7 Killarney Celtic A  
Iveragh United 3-2 Fenit  
Tucker Kelly 16's Cup 1st Round:  
St Bernard's 2-1 Camp Juniors  
Tralee Dynamos 3-0 Iveragh United  
Inter Kenmare 5-2 Ballyheigue  
Fenit 0-2 Killarney Athletic

## LEAGUE RESULTS:

### JK SPORTS 12'S

Division 1: Killarney Celtic B 4-5 Camp Jr  
Division 2: Killarney Athletic B 1-3 Killorglin B  
Foundation Sports 14 Girls:  
Premier: Mastergeeha 4-3 Inter Kenmare  
Killarney Plaza 15's  
Division 2: Castleisland 1-2 Rattoo Rovers

## REPORTS:

### PARK 13'S MARCH ON IN SKECHERS NATIONAL CUP:

St Brendan's Park are having a season to remember in the Skechers National Cup competitions. They were already through to the Regional semi-final where they will face Charleville at home. And now in the main National Cup competition they have reached the Last 8.

To do that they defeated Mullingar Athletic 6-0 great display to set up another big day at Christy Leahy Park. Cianan Cooney was in great form and knocked in 4 goals which were added to be scores from Sean O'Connor and Josh Connolly.

The Park will now welcome Evergreen or Termenfeckin Celtic to Tralee for their Last 8 clash.

5 in next round of John Murphy 12's Cup: Killarney Celtic A were too strong for Park B in Tralee and goals from Robbie Harnett, Robert Brooks, Eoghan Crowley, Calvin O'Sullivan, Brian O'Sullivan, Gearoid Healy and Tim Moynihan gave them the win.

Listowel Celtic A did not let having to travel upset them as they saw off a young LB Rovers side. Killian Boyle, Oisín Healy, David Lynch, Jack Enright and Shane Horgan were the Listowel Celtic scorers while Mark O'Connor and Padraic Fogarty scored for LB Rovers, many of whose players were playing their first competitive game.

Fenit saw off Killarney Celtic C and had Tiernan O'Sullivan, Billy Doyle, Donagh Murphy, Oisín McGibney, Cian Mason and Gearoid O'Connor. Cillian Boyle replied for Celtic C.

Dingle Bay Rovers made the trip to Killarney a winning one but one that went all the way to extra time. Dingle's James Hoare and Paddy Ryan shared scoring with Athletic's Josh Coffey and Alex Hennigan. It was Dingle's Antoine O'Seadhna who got the winner for the West Kerry boys.

The first side through was Killorglin C who defeated MEK. The winners had goals from Andrew Owens, Liam Hayes, Ryan Carey, Stevie Gannon, Ben Levy and Jess Lally. Finn Kennelly and Aaron Coffey 2 got the MEK goals.

All the sides knocked out, bar Premier sides go into the Shield competition.

### 7 OF 8 TOM HAYES 14'S CUP 1ST ROUND DECIDED:

Camp Juniors had two goals from Maurice O'Connell and it was just enough to see get past Park A for whom Ryan Guerin scored.

Killorglin A are also into the hat thanks to a 5-1 win over Mastergeeha. Dylan Moriarty 3, Eoghan Hassett and Callum Russell were the Killorglin scorers.

The battle of the Dynamos was a cracker with the sides hitting 9 goals between them. And it was Tralee Dynamos that took the win 5-4. Danny Burke was unstoppable hitting 4 with

Sean Horan getting the other goal. For Ballyhar Dynamos Peter Cosgrave got 2 with John Power and Aaron O'Shea getting one each.

There was also only a goal between Park B and Killarney Athletic in Tralee with the Killarney side taking a 3-2 win. Eoghan Mulvanney got 2 and Rifat Ahemed scored once for the Woodlawn side. Matt Healy and Adam Walker were on the mark for Park B.

Killarney Celtic A were too strong for Killorglin B, who go into the Shield. For Celtic Rory Dorrian scored a hat trick with the other goals coming from Kevin Bowler, Jack Clifford, Daniel Okute and Killian O'Sullivan.

Goals from Cathal and Odhran O'Shea and Andrew Walsh were just enough to see Iveragh United get past Killarney Celtic B. Iveragh also missed a penalty which would have made the closing stages less nervous for the South Kerry boys.

Listowel Celtic were 5-0 winners at home over Dingle Bay Rovers. Dylan Breen, Sean Stackpoole 2, Chris McQuaid and Aiden Swane got the Celtic goals.

4 of the Last 8 places in the Tucker Kelly Cup taken:

St Bernards were 2-1 winners over Camp in a nail biter with the Saints keeper Mikey Kelliher in top form. Their goals came from Jack Parker and Aaron Malik.

Inter Kenmare saw off Ballyheigue 5-3 thanks to goals from Ruiri Burns, Tommy Cronin, Dion Murphy, Kane Reidy and Conor O'Brien. Ballyheigue's goals came from a Conor Corrigan hat-trick.

Liam Kelliher gave a man of the match performance and scored both goals in Killarney Athletic's 2-0 win away to Fenit.

Tralee Dynamos are also through 3-0 over Iveragh United.

## LEAGUE REPORTS:

### CAMP JUNIORS SECOND ON THEIR OWN IN 12 DIVISION 1:

Killarney Celtic B and Camp Juniors were locked together at the start of play in second place in the JK Sports 12 Division 1. And in the game there was only 1 goal in 9 between the sides.

And it's Camp Juniors who are now second on



MARY KELLY, WIFE OF THE LATE JOHNNY KELLY PRESENTING THE MEMORIAL SHIELD TO THE WINNING CAPTAIN OF LAST SUNDAY'S DEERPARK PITCH & PUTT CLUB THREE SCRAMBLE TEAM EILEEN SWITZER FOLLOWING THE COMPLETION OF LAST SUNDAY'S EVENT WHICH SAW EILEEN WIN ALONGSIDE BOTH ROBBIE O'BRIEN JNR AND MICHAEL CONNOR. ALSO INCLUDED IN PHOTO IS JOHNNY KELLY (GENTS CAPTAIN) ALONG WITH SOME OF THE OTHER PRIZEWINNERS, DAMIEN FLEMING, MICHAEL COTTER, BETTY O'BRIEN, JASON O'BRIEN, SEAN O'BRIEN AND CONOR O'BRIEN.



BEFORE THE START OF LAST SUNDAY'S JOHNNY KELLY MEMORIAL SCRAMBLE AT DEERPARK PITCH AND PUTT CLUB, THE CLUB HELD A DRIVE-IN FOR ITS THREE CAPTAINS FOR 2017 IN JOHNNY KELLY (GENTS), EILEEN SWITZER (LADIES) AND DARRAGH O'CALLAGHAN (U-16).



their own following a 5-4 win. Killarney Celtic's goals came from Keijan Randall 2, Nacho Zulategue and Darragh O'Connell. Paudie Fitzgerald hit 3 and CJ Daniels and Cillian O'Neill scored 1 each for the winners.

3 points for Killorglin B IN 12 Division 2:

2 goals from Matthew Naughton and one from Marc Murphy saw Killorglin B take the points in a 3-1 win over Killarney Athletic B.

## MASTERGEEHA WIN GIRLS PREMIER GAME:

2 goals each from Katie Lynch and Eleanor Doherty were just enough to give Mastergeeha the 3 points in a 4-3 win over Inter Kenmare in the JK Sports 12 Girls Premier Division. Abbey Murray 2 and Lucy Daly were on the mark for Inter.

Rovers go to the top of 15 Division 2:

Two goals from Podge O'Sullivan sees Rattoo Rovers leap frog over opponents Castleisland thanks to a 2-1 win. Hugo Turkiovic replied for Castleisland.

## KILLARNEY ATHLETIC NOTES RESULTS

### DENNY PREMIER A

Killarney Athletic 3-0 Rattoo Rovers

A's move onto 21 points and closer to the top after receiving a walkover this morning in their match against Rattoo Rovers, not the way we like to pick up points but after most teams received six points from the withdrawal of St Brendan's park when we played them twice we'll take them, looking forward to next week.

### DENNY DIVISION 1B

Killarney Athletic 3-3 Sporting Listowel

For the B team to come away from this game disappointed with a draw shows what this team can do. The blues playing a very physical Listowel team who have won 10 of their 11 league games this season and now the blues are only the second team to take points off them. Athletic started brightly and a Paudie Clifford free kick gave us a deserved lead before Paudie scored his second getting on the end of a Martin Crowley cross. Listowel got one back on the stroke of half time through a penalty to leave the half time lead to a minimum. In the second half and Listowel through their star striker Aidan Quinn got 2 quickfire goals. A Motivational boost from coach Joe Daly fired the team back into the game and another Joe Hurley delivery flicked on by Chris O Meara found the back of the net to draw things level. Athletic had late chances but to no avail. Best for the blues Alan Daly, Mark Griffen and Martin Crowley.

### U16 KERRY CUP

Fenit Sapphires 0-2 Killarney Athletic

The blues progressed with a win over a resilient Fenit team who defended well throughout the game against an Athletic team who should be more clinical in front of goal. Liam Kelliher with both goals which in turn makes him the clubs top scorer at u16 level in his personal battle with strike partner Harry Potts. Numerous Athletic chances that would have killed the game off by half time but for poor finishing and a Fenit keeper in top form kept the home side in the game. A great team performance with

introductions of U15 players Eoghan O Sullivan and Owen Benson who have quickly adjusted to the physical game. Liam Kelliher shades the man of the match from Owen Benson.

### U14 KERRY CUP

#### ST. BRENDAN'S PARK 2 ATHLETIC 3

Athletic started slowly but good defending meant that Park were limited to shots from distance that never troubled.

The breakthrough for Athletic came late in the half when Jason Lee who was excellent in the first half, fed Mulvanney whose lofted shot from the corner of the box went in just under the bar to go 1-0 up. Mulvanney again who beat the keeper with a tidy finish to go in 2-0 up at the break.

two goals from our opponents levelled the game but Athletic won a corner with minutes to go. As the ball was cleared, it fell to Komosa, who in turn played it into the box. The ball fell to Rifat Ahmad, who with his back to goal, hooked an overhead kick towards goal, catching the keeper off his line for a spectacular winner on his debut.

### 300 CLUB:

Forms are still available for this years 300 club draw with both January and February Draws taking place at the end of this month. Forms are readily available from any committee member or Contact Alan Daly on 085-1913244 or aland15@live.ie.

### KILLARNEY ATHLETIC WEBSITE:

Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

### CONTACT:

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

## KILLARNEY CELTIC NOTES CONDOLENCES

Condolences from everybody at Celtic to Celtic players Jamie, David, and Liam Spillane and family on the sad passing of their grandfather Ron Cant.

### FRIENDS OF MAUREEN

Friends of Maureen Kelliher, Celtic stalwart and mother of Celtic players Roy and Marc, who is living with multiple sclerosis, are organising two significant fundraisers to help to make life a little easier for their popular neighbour and her four children.

Following that, on March 4, they are hosting a coffee morning from 10.30am to 1.00pm in the Kerry Way, Glenflesk and, again, support and spot prizes would be greatly appreciated.

Donations can be made at

Killarney Credit Union, BIC: KIROIE21, IBAN: IE81KIRO99219319086211, A/C Number: 60169 Rathmore Credit Union, BIC: RDRNIE21, IBAN: IE65RDRN99106300229745, A/C Number: 14087.

Donations can also be placed in envelopes and left at Denis O'Brien's shop in Glenflesk, Spillane's Bar, Headford or Tadhg O'Donoghue's Shop, Barraduff.

## RESULTS OSCAR TRAYNOR PLAY-OFF: KERRY 1 DUBLIN 5

Dublin are favourites for this year's competition and proved it with a superb display that ended Kerry's involvement. Commiserations to all the Kerry players involved, especially Gary Keane, Stephen Hayes, and Wayne Sparling.

## YOUTHS LEAGUE: KILLARNEY CELTIC 3 CASTLEMAINE 0

Unfortunately Castlemaine were unable to field and Celtic received a walkover.

## U14 CUP: KILLORGLIN B 1 KILLARNEY CELTIC 7

Rory Dorrian got a hat-trick and set up several more goals and Kevin Bowler, Daniel Okwute, Killian O'Sullivan, and Jack Clifford all hit the net in a very convincing all-round display.

## U14 CUP: IVERAGH 3 KILLARNEY CELTIC 2

A great effort after a long journey but Celtic were unfortunate to come away empty-handed.

## U12 KERRY CUP: PARK B 0 KILLARNEY CELTIC A 10

A magnificent display, with Robbie Harnett (2), Robert Brooks (2), Eoghan Crowley (2), Kalvin O'Sullivan, Brian O'Sullivan, Gearoid Healy, and Timophy Moynihan all on target.

## U12 KERRY CUP: FENIT SAMPHIRES 9 KILLARNEY CELTIC 1

A strong Fenit side dominated the game but Celtic showed great courage and Ciaran Boyle took a superb goal.

U12 Div One: Killarney Celtic B 4 Camp Juniors 5 A superb game anmd a draw would have been a fair result but it wasn't to be. Keigan Randall (2), Nacho Zulategui, and Darragh O'Connell got the Celtic goals.

### FIXTURES

Denny Premier: Killarney Celtic away to Castleisland, Sunday, 11.30am

Denny Premier B: Killarney Celtic B away to Classic, Sunday, 1.30pm

U17 League: Killarney Celtic away to Listowel Celtic, Saturday, 2.00pm

U16 Girls: Killarney Celtic away to Listowel Celtic, Saturday, 3.30pm

U15 Kerry Cup: Killarney Celtic at home to St. Bernards, Saturday, 11.30am

U15 Div One: Killarney Celtic B away to Rattoo Rovers, Saturday, 12.30pm

U13 Premier: Killarney Celtic away to Listowel Celtic, Saturday, 10.30am

U13 Div One: Killarney Celtic B away to Dingle Bay Rovers, Saturday, 12.30pm

U12 Premier: Killarney Celtic at home to Listowel Celtic, Saturday, tbc

U11: Killarney Celtic A away to Castleisland, Saturday, 10.30am

Killarney Celtic B away to Park B, Saturday, 10.30am

### PITCH BOOKINGS

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

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





## KERRY WELCOME MONAGHAN TO FITZGERALD STADIUM

**BY JOHN O'LEARY, PRO, KERRY COUNTY BOARD**

Kerry senior footballers welcome Monaghan to Fitzgerald Stadium on Sunday next for Round 3 of the Allianz Football League. Following their fine away victory over Donegal in round 1, Kerry were brought back to earth by Mayo in round 2 in Tralee, a game that Kerry certainly seemed to be in control of at the interval. The Kerry management will be disappointed that the home side did not impose their authority on the second half proceedings and much of the blame for that has been put on the fact that Kerry had lost a number of experienced players to injury during the opening half.

Kerry will certainly be hoping that the likes of Shane Enright, Killian Young, James O'Donoghue and Pau Geaney will be fit to resume while it will also be interesting to see if Bryan Sheehan and Anthony Maher, neither of whom featured in the opening two games, make the match day squad on Sunday. With players such as Jason Foley and Tom O'Sullivan returning to the Under 21 squad there will be changes for this weekend's lineup but just how many we will have to wait and see.

While Kerry had a comfortable eight points victory in the corresponding game in Clones last year, Eamonn Fitzmaurice and his management team will need little reminding that two years ago Monaghan handed Kerry a four point defeat in Austin Stack Park and after losing two home points already they will no doubt not want to lose two more especially

given the fact that their other two home games are against Dublin and Tyrone.

The Kerry team will be announced on Friday evening and posted on the Kerry GAA Website at 8:30pm. There is deferred coverage of the game on TG4. Dereck O'Mahony of Tipperary is the man in charge.

The Programme for the game, which will be on sale inside the ground only, will cost €3 and the proceeds will go towards Kerry Post Primary Colleges and Kerry Handball.

Kerry's remaining Allianz Football League games are away to Roscommon on March 5th and then, after a two week break, three games on the trot starting with a home game against Dublin in Austin Stack Park under lights on March 18th; away to Cavan in Breffni Park on March 26th and home to Tyrone in Fitzgerald Stadium on April 2nd. The final is fixed for April 9th.

### Match Arrangements for Kerry V Monaghan

The Kerry Vs Monaghan game at Fitzgerald Stadium will throw in at 2pm and patrons are advised to come early and to please note the following: Stiles will open at 12:30pm and Ticket vans will be in operation at both the Lewis Road and Daltons Avenue ends. Designated Gates will also be in operation for Season Ticket holders at both ends of the ground.

Admission is €15 and entry to the Stand will be on a first come first served basis. The usual Concession for Students and OAPs applies to

pre-purchased tickets only. Under 16s will be admitted free.

Tickets may be purchased in advance at all the usual outlets including participating Supervalu and Centra Stores throughout the county including all Garveys Supervalu Stores, at GAA.ie and at the Kerry GAA Store in the Outlet Centre Killarney and the Pavilion in Austin Stack Park Tralee. Tickets may be purchased online or at these outlets right up to match time. Patrons, including students and OAPs, who purchase in advance of match day will get 20% (€3) off the adult admission price (This offer applies to 12 midnight on Saturday night only). Patrons are reminded to park responsibly and to remember that car parking restrictions will be in operation on the roadway at the rear of the terrace where emergency ambulance clearways have to be maintained.

### Kerry V Dublin Allianz League Game is a sell out

The GAA has confirmed that all tickets made available for the Allianz Football League meeting of Kerry and Dublin at Austin Stack Park, Tralee on Saturday March 18 (7.0), have been sold out. Public sale of tickets has resulted in 10,500 tickets, including season tickets, being allocated. It is hoped that a health and safety inspection of the venue later this week will lead to the availability of an additional 1,000 tickets and these too are expected to sell out quickly given the strong demand to date. The capacity is expected to be 11,500 approx.

## SEM IN CORN UÍ MHUIRÍ FINAL



Best of luck to St. Brendan's in the Corn Uí Mhuiri Final which takes place tomorrow in Austin Stack Park, Tralee.

The all final kicks off at 4:30 is sure to bring a big crowd to the Tralee venue. Tralee CBS finally grabbed their final spot at the third time of asking following their victory over Colaiste Críost Rí in the second replay of their semi final at Ballyvourney on Saturday last (1-10 to 0-11) and they now face their old adversaries St Brendans College Killarney who are of course the reigning All Ireland champions. The semi final of the Hogan Cup is fixed for Saturday March 18th and the final is two weeks later on April 1st.

## MILLTOWN BOXER CALLED UP FOR ELITE DEVELOPMENT SQUAD

Kevin Cronin of Cashen Vale Boxing Club, has been called up for Development Squad training in Dublin. The Milltown Heavy-weight earned his place following his outstanding

performance in the National Novice Boxing Championships recently. He attended the Development squad training for (over 18s) boxers in the Crumlin Boxing Club.



KEVIN CRONIN (SECOND FROM RIGHT) AT DEVELOPMENT SQUAD TRAINING FOR (OVER 18S) BOXERS LAST SATURDAY IN THE CRUMLIN BOXING CLUB.





PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE SPRING PARTY & AWARDS EVENING, KJ GRIFFIN (CENTRE) WITH HIS FAMILY AND KILLARNEY LEGION AMBASSADOR JOANNE O'RIORDAN. BACK ROW L-R TOM GRIFFIN, MARY KEARINS, KJ GRIFFIN, KEVIN GRIFFIN & EMER CASEY. FRONT ROW L-R JOANNE O'RIORDAN & SHEILA GRIFFIN. PICTURE MARIE CARROLL-O'SULLIVAN



SENIOR PLAYER OF THE YEAR, DANNY SHEAHAN, PICTURED AT THE KILLARNEY LEGION SPRING AWARDS NIGHT AT THE KILLARNEY PLAZA HOTEL WERE L-R JOHN SHEAHAN, DENIS SHEAHAN, DANNY SHEAHAN & ORLA KELLY. FRONT ROW L-R KILLARNEY LEGION AMBASSADOR JOANNE O'RIORDAN & MAIREAD SHEAHAN. PICTURE MARIE CARROLL-O'SULLIVAN

## FIRIES COISTE NA NÓG

On behalf of the club, we would like to extend our best wishes to St. Brendan's of Killarney ahead of The Munster Colleges Corn Uí Mhuirí Final, between St Brendan's College, Killarney and Tralee CBS scheduled to be played on Saturday 25th February next, in Austin Stack Park, Tralee at 4:30pm. In particular, wishing Firies GAA clubmen; Cian Callaghan, Evan Cosgrave, Niall Donohue, Ciaran Flynn, Jake Flynn, Diarmuid Brosnan and Donnacha O'Sullivan the very best! Not forgetting Arthur Fitzgerald who is part of the Sem management team.

## GNEEVEGUILLA GAA CLUB

Gneeveguilla gaa lotto numbers 9 14 22 24 No jackpot winner next week's jackpot €9500 €40 Shiela Dobbins Gneeveguilla €40 Paul Fogarty Quarry Cross €40 Dan Brosnan Mausrouir €30 Adam Cremin Banard €30 Tade/Ann/May/Jerry C/o Berties €20 Frank Brosnan Yearly ticket Gneeveguilla gaa social will be on Saturday February 25th in the hall. Music on the night by the kelt. Limited tickets available niall foley 0863420626 club officer's or at club bar. Win a trailer with by entering gneeveguilla gaa draw. Tickets €5 for one €20 for a book, tickets available from club members. Could all sold trailer tickets be returned to the club bar this Monday night. Membership now being collected at the club. Anyone wishing in doing a referee course please contact 0879040765 as soon as possible. Gneeveguilla seniors lost 0-08 to 0-14 to Glenflesk in the east kerry league.

## EAST KERRY NOTES

### SAFEGUARD SECURITY EAST KERRY SENIOR LEAGUE – ROUND 2 DIVISION 1A

Dr Crokes 0-12 Currow 2-8

On Sunday last Currow took the division 2 league points, with a 2 point win away against a

young Dr Crokes team in their East Kerry Senior League Division 1A game, sponsored by Frank Doran Safeguard Security. The first quarter was evenly balanced with both sides scoring three points. The visitors had a goal, from the boot of John Buckley, at the start of the second quarter. However, Dr Crokes followed quickly with two points. The sides traded points and the visitors led at half time on a scoreline of Currow 1-4 to 0-6 lead at half time.

Currow had the first point of the second half but Dr Crokes pulled ahead with six unanswered points in the next ten minutes to go four points clear. The game however was won and lost in the last twenty minutes. Whilst Dr Crokes had plenty of play during this period, they did not score. However, Currow came good in the last seven minutes, sending over 1-3 without reply, the goal by Jeremiah O'Sullivan. In an exciting closing minutes, Dr Crokes responded sending a rasper goalbound, but the Currow keeper pulled off a great save, denying the home side and ensurign a Currow victory by two points. Final score: Currow 2-08 Dr Crokes 0-12.

Referee: Jimmy O'Shea (Glenflesk)

### KILCUMMIN 2-11 KILLARNEY LEGION 1-14

Kilcummin and Killarney Legion ended level in their round 2 game, played in Kilcummin. The home side proved the stronger in the opening half with a goal by Richie O'Connor putting distance between the sides. Score at the break: Kilcummin 1-7 Killarney Legion 0-6. Conor Keane, had a big influence when he was introduced by Killarney Legion in the second half. Kilcummin notched up 4 points and a Paul O'Riordan goal. Killarney Legion scored 8 points and Conor Keane converted a penalty leaving the sides level on a final scoreline of Kilcummin 2-11 Killarney Legion 1-14

Referee: Christy Crowley (Gneeveguilla)

### DIVISION 1B

#### FOSSA 1-10 LISTRY 2-5

Fossa played Listry in the opening round of the Super League in Fossa on Sunday. Listry started

brightly with Jimmy O'Leary hitting the back of the net after only four minutes of the game. The first half was a tight affair with both sides a little bit rusty, which was to be expected at this time of year. Fossa had a number of wides but kicked two points in reply by the 10th minute and scored a goal on the stroke of half time when Tadgh O'Shea finished off a good move. This left the home side leading 1-04 to 1-02 at the break. Fossa had a great opening period of the second half with some great points by Paudie Clifford and Tadgh O'Shea. In the 13th minute, Listry were awarded a free which Derry Ahern took quickly and the ball ended up in the net to bring Listry right back in the game. The last quarter was frenetic with both sides looking for a victory. However, Fossa held on to win on a scoreline of Fossa 1-10 Listry 2-05.

Referee: Jim O'Connor (Scartaglen)

### GLENFLESK 0-18 GNEEVEGUILLA 0-12

Glenflesk played their first ever competitive game at the Barraduff Community Field when they met their O'Donoghue Cup conquerors Gneeveguilla in round 2 of the East Kerry Senior League. The opening half was a close fought affair with the teams trading points in the opening 20 minutes with DJ O Connor leading the way for Gneeveguilla. However, Kevin O'Callaghan kicked 2 excellent points to push Glenflesk in to a 2 point lead that they carried in the half time break. Glenflesk 0-08, Gneeveguilla 0-06.

Glenflesk continued to stretch their lead in the opening quarter of the second half with Kevin O'Callaghan again to the fore. Brian O'Donoghue also showed good early season form. DJ O'Connor continued to be prominent from play and from placed balls to keep Gneeveguilla in touch but Glenflesk ran out comfortable winners in the finish. Full time score: Glenflesk 0-18, Gneeveguilla 0-12.

Referee: Eddie Wash (Rathmore)

### DIVISION 2

#### FIRIES 1-18 CORDAL 0-10

Played in Cordal, it was Firies that earned the





2 East Kerry Senior league points. A Furies goal, by James O'Donoghue, gave the visitors a 2 point lead, 11 minutes into the game (Furies 1-2 Cordal 0-3). Four further points to 1 for the home side left the score at the break: Furies 1-08 Cordal 0-5.

Cordal played with determination to the end and notched up 5 points. However, Furies scoring power saw the visitors pick off 10 points. Full time score: Furies 1-18 Cordal 0-10 Referee: Brian Hickey (Rathmore)

## SCARTAGLEN V TEMPLENOE

Templenoe travelled to Scartaglen for their round 2 game last Sunday afternoon. However, with 25 minutes on the clock, referee Brendan Brosnan (Glenflesk) had to call off this game due to a dense fog, which had developed. Templenoe were leading 1-04 to 0-03 at this stage with Tim Coakley, Pa Rahilly and Tom Fortune being on the score sheet for Scartaglen while Stephen O'Sullivan 0-03, Jordan Schmidt 1-00 and Kieran McCarthy 0-01 were on the score sheet for Templenoe.

## SCÓR CONGRATULATIONS

Congratulations on winning County Scor Sinsir Titles yesterday to Glenflesk Rince Foirne and Ballad Group, Fossa Ceol Urlise and to Glenflesk on winning the Best Overall Club trophy. Glenflesk and Fossa to forward to the Munster Finals in Cappamore on the 8th April. Congratulations also to the Rathmore Quiz team, on winning county title and are straight through to the All Ireland Finals in Belfast

## EAST KERRY COMMITTEE MEETING

The February meeting of the East Kerry Committee (Delegates) will take place in The Killarney Heights Hotel, on Tuesday 28th february starting at 8pm.

## BEST OF LUCK

In the Inter Firm Final in Fossa next Saturday to the Liebherr Crane team and management, particularly Ciaran O'Mahoney, Rathmore and John Fleming, Currow. Go n-éirí an t-ádh libh.

## FOUNDATION LEVEL COACHING COURSE

East Kerry/ Kenmare clubs were well represented at the foundation level coaching course run on Saturday in Spa GAA club grounds. The coaching course consisted of theory and practical modules with over twenty five club coaches in attendance. Thanks to Daniel O Donoghue (Duagh) for his excellent delivery on the day. The practical element was supported by Vince Cooper East Kerry/ Kenmare GDA.

## BEST OF LUCK CORN UÍ MHUIRÍ FINAL

St Brendans College will meet Tralee CBS in the all Kerry decider in Austin Stack Park next Saturday. The final will be winner take all as St Brendans title is on the line. The teams are evenly matched on paper with a large attendance anticipated on the day. Best of luck to St Brendans College management and team retaining a Munster title is never easy. It will take a huge team performance to secure victory.

## CONGRATULATIONS

Heartiest congratulations to Glenbeigh/ Glencar on winning the All Ireland Club Junior Football Championship in Croke Park.

## FIXTURES

East Kerry Senior League, Sponsored by Frank Doran Safeguard Security

Saturday 25th February 2017

Division 1A - Round 3

Currow V Rathmore at 3pm in Currow

Sunday 26th February 2017

Round 3 - First named team has home venue

All games at 12 noon

Division 1A

Kilcummin V Dr. Crokes

Killarney Legion - bye

Division 1B

Glenflesk V Fossa

Listry V Spa

Gneeveguilla - bye

Division 2

Furies V Templenoe

Cordal V Scartaglen

## LISTRY GAA NEWS

### MEMBERSHIP FOR LISTRY GAA AND

### GYM FOR 2017: Membership for Listry

GAA is now due, closing date March 31st. Full membership (18 years and over): €50.00. Full membership with Gym (18 years over): €150.00. Students (Over 16 years)/OAP Membership: €25.00. Students (Over 16 years)/OAP / with Gym €80.00. Existing Life Members: €30.00. Existing Life Members with Gym: €130.00. Juvenile membership (U6 - U16): €15.00. Family membership: €100.00 (2 x full members and All Juvenile members in family). Family Membership with Gym: €300.00 (Gym with 2 Full members only). Application forms are also available to download and print from website [www.listrygaa.ie](http://www.listrygaa.ie) or contact Mike Tangney (087)6162786. Please come along and become part of our very active and vibrant club.

**CLUB MEETING:** Next club meeting Thursday March 2nd at 21.00 at the clubrooms, all members please attend.

**LOTTO RESULTS DRAW:** Numbers drawn: 12,17,19, 22. Jackpot not won, €100 - Lou Quirke, Laharn. €50 x 2 Richard Wilkins, Lissivane, and Lyno, Dr. Crokes. €25 x 2 - Charlie Coakley, Faha and Sinead Brennan, Slievegaura. Draw Entrant: Damien, Michelle and Joseph Clifford. Jackpot next week €5,000

**SENIOR FIXTURES:** Next fixture of round 3 of the East Kerry League: Listry Seniors V Spa in Listry on February 26th at 12.00.

**MINORS:** Keel/Listry minors played Desmonds in Faha last Saturday 18th February.

**ALL IRELAND JUNIOR CLUB:** Congratulations to Glenbeigh/Glencar who won the All Ireland Junior Club Football Championship against Tyrone side The Rock in Croke Park, last Sunday.

**LISTRY COISTE NA NOG 2017:** We are currently gearing up for the year ahead. The

following is an outline of important upcoming dates for Under 6s to U12s. Under 12s. Born 2005 & 2006: We are holding an information session for parents of Under 12s on Tuesday February 28th at 8pm at the clubroom. Membership for 2017 can be paid at this time. Membership for youths is €15. Under 12s will commence training in Milltown Hall from 7pm to 8pm on Thursday March 2nd.

Under 10s. Born 2007 & 2008 Training commences on Sunday February 26th in Milltown Hall at 12 noon. Membership for 2017 can be paid at this session. Membership for youths is €15. Training will continue for four consecutive Sundays. Friday evening sessions will resume at the pitch on Friday March 31st at 6:30

### UNDER 8S. BORN 2009 & 2010:

Training commences on Sunday February 26th in Milltown Hall at 11am. Membership for 2017 can be paid at this session. Membership for youths is €15. Training will continue for four consecutive Sundays. Friday evening sessions will resume at the pitch on Friday March 31st at 6:30. Under 6s. Born 2011 & 2012. Training begins at the pitch on Friday March 31st. Registration and membership can be done at the season.

## SPA CLUB NOTES

### COISTE NA NÓG

Training has resumed for most teams for the 2017 season. Anyone that hasn't registered yet must do so with their coach. All coaches must be by Garda E Vetted and registered.

U-10 Boys Saturdays 11.30-12.30

U-12 Boys: Sundays 11-12noon

U-14-16 Girls: Indoors Tuesday 6-7pm

U-14 Boys: Wednesday 6.30-7.30pm

### LADIES FOOTBALL

Our senior ladies start their league campaign on March 5th in Division 3.

### SCHOOLS LINK

The Sem team (St. Brendan's) will play CBS Tralee, in the Munster PPS Corn Uí Mhuirí final next Saturday 25th February at 4.30pm in Austin Stack Park, Tralee. Best of luck to the team and special mention to captain Dara Moynihan and Niall McCarthy. Get out and support the lads in what promises to be a cracker of a final. The team are hoping to defend their title.

### SCÓR

Scór Sinsear: Kerry Co. final took place on Saturday 18th in Castleisland.

Well done to our Tráth na gCeist team who came 4th. Team: Seamus Clifford, Jimmy O'Sullivan Darcy, John O'Donoghue and Thomas Fleming. Scór na bPaistí: Date for East Kerry - Friday 3rd March at 4.00 pm in Killarney Racecourse. Best of luck to our young competitors:

Rince Foirne: Ellen Carroll, Aoibhe O'Donoghue, Roisín O'Sullivan, Grace O'Connor, Aoife O'Donoghue, Ciara O'Donoghue, Laura O'Carroll, Laura Fleming and Sinead Greene (sub).

Solo Singing: Laura Fleming





Music: Laura O'Carroll, Laura Fleming, Roisín O'Sullivan, Grace O'Connor and Dara Brosnan Rince Seit: Siofra Brosnan, Jess O'Sullivan, Aine O'Sullivan,

Ciara O'Donoghue, Dara Brosnan, Diarmuid O'Donovan, Oisín O'Sullivan and Colm O'Connor.

## **SHEILA MCGILLICUDDY-KELLIHER FUNDRAISERS**

Sheila passed away January, last year after a long illness. The first fundraiser took place yesterday, Thursday February 23rd at the Dromhall Hotel. The second will be in the form of a Golf Classic on May 5th at O'Mahony's Course in Killarney Golf and Fishing Club. All proceeds will go to the Palliative Care in Kerry. Please contact Tomas Kelliher for further details 087 2589194. Sheila is sadly missed by her loving family and friends.

## **ANTHONY MORRIS FUNDRAISER**

Anthony has been battling Chronic Lyme Disease the past 9 months in Washington DC in America. Next fundraiser will be a table quiz called the Brains of Kerry where no phones are allowed. Regional semi finals will take place on Thursday February 23rd from 8.30pm. The venues are Killarney Avenue, Manor Inn. Killorglin, Ring of Kerry Hotel, Caherciveen, Brook Lane Hotel, Kenmare, Brandon Hotel, Tralee, Benner's Hotel, Dingle and Listowel Arms Hotel. Cost of teams €40, (4 people). 3 teams from each venue will qualify for the grand final on March 2nd at the Killarney Avenue. Further details contact Jim Morris 086 893466.

## **LOTTO**

Numbers drawn in the Arbutus 21,22,23,26. No jackpot winner. Lucky dips Marian Collins c/o Lals, Rosemary Lynch, Brewsterfield, Margaret Horgan, Dennehy's Bohereen, David Flaherty, Killarney. Next Monday's draw in the Killarney Heights Hotel will be for €3,800

## **BEAUFORT GAA CLUB**

Lotto: Lotto results of Sunday, 19th February for a jackpot of €3,600. Numbers drawn: 2, 3, 13, 24 - no jackpot winner. Consolation prizes: €80 Star of the Laune Athletic Club, €50 Paul Cremin Dunloe, Michael O'Shea Deelish Park, Sean O'Brien Ballagh. The next draw for a jackpot of €3,800 will be held in Kate Kearney's Cottage on Sunday, 05th March. Tickets are available from the usual sellers and premises. The Beaufort GAA Club Lotto is also available online at [www.beaufortgaclub.com](http://www.beaufortgaclub.com).

**SCOR NA BPÁISTÍ:** Good luck to all Scor participants who will compete in Mid Kerry Scor na bPáistí on Friday, 24th February in the CYMS Hall Killorglin beginning at 7pm.

**MEMBERSHIP:** Beaufort GAA Club membership for 2017 is now due and should be paid before 31st March. Over 18 to Senior Player €50. Family membership €60. Individual Gym €60 and Gym Fob €10. For membership contact Patie 087-2515311.

## **DR. CROKES GAA CLUB**

### **EAST KERRY SUPER LEAGUE - 1ST ROUND**

#### **DR CROKES 0-12 CURROW 2-8**

In a game which was great preparation for both teams for the forthcoming County League, Currow ran out winners by two points.

The first quarter was evenly balanced with both sides scoring three points. The visitors had a goal at the start of the second quarter but we followed quickly with two points. Both sides had a point each before half time. This gave Currow a 1-4 to 0-6 lead at half time.

Currow had the first point of the second half but we had six unanswered points in the next ten minutes to go four points clear. The game however was won and lost in the last twenty minutes. We had plenty play during this period but failed to score. The visitors despite having a poor fifteen minutes came good in the last seven minutes, sending over 1-3 without reply and victory by two points.

Team and Scorers: Johnny O'Leary, Mark Egan, John Kerrisk, Craig Courtney, David Naughton, Cillian Fitzgerald 0-1, Brendan Coppinger, Jason Lyne 0-1, Bryan O'Shea 0-4 (0-1 45, 0-2 frees), Aaron Murphy, Jamie Doolan 0-1, Chris Doncel, Shane O'Neill 0-1, Keith O'Leary, Mike Casey 0-4.

Subs: Darragh Stack, Daniel Healy.

#### **PROGRESSIVE 31**

Progressive 31 is on every Wednesday night in the Crokes Clubhouse starting at 8pm. Everyone welcome. Bring €5 and a partner.

#### **APPEAL FOR JUVENILE VOLUNTEERS**

Interested in becoming a Referee - Please contact Ger Sugrue on 087-9928740

You must be a minimum of 17 years of age.

#### **DEEPEST SYMPATHIES**

Deepest Sympathies to the relatives of P.J. Nolan who died recently. P.J. played many games for the Club in the sixties and always performed well. RIP.

#### **LOTTO**

Lotto 4, 7, 22, 23. Jackpot €4500. Not won match 3 8 by €50. Next draw on Sunday 26th of February in J.C O'Shea. Jackpot €4800.

## **LEGION GAA NEWS**

### **SPRING PARTY SUCCESS**

It was a case of standing room only as a fine crowd attended our Spring Party in the Killarney Plaza on Friday night last. While many members of long standing were in attendance what really stood out was the amount of new families that have become involved in the club. So it was a good opportunity to chat and get to know many of the people who we meet regularly in Derreen as they attend training sessions and games.

Incorporated into the night were the awards to the various categories and it's fair to say that the committee got it bang on with their selections. The recipients were -

Senior Ladies - Mairead O Donoghue

Young Player - Peter McCarthy

Junior Player - KJGriffin

Senior Player - Danny Sheahan

Club Person - Paul Trant

One of the many highlights of the night was the speech made by Paul Trant as he displayed a natural talent for public speaking mixing humour self deprecation modesty and some neatly delivered hop balls! It certainly was a hard act to follow - we might even give him the award again next year just to get him to speak again.

Congratulations to all the winners and as previously said each and every one thoroughly deserved.

We were delighted and privileged to once again have Joanne O Riordan attend one of our functions. She has become a regular at games as well and we greatly appreciate her support and look forward to her visiting Derreen in the coming season.

Kudos to Social Committee main man Brian Moriarty and his team on a top class job and an absolute dinger of a series of puzzles that very few managed to crack.

Many thanks also to the management and staff of the Plaza for their efforts on the night, the club has plans for further social events spaced over the coming months a good opportunity to wear the good gúna and the Sunday going to Mass outfit.

### **E.K.SUPERLEAGUE**

Killarney Legion 1-14 Kilcummin 2-11

This second round game in Kilcummin saw the seniors show admirable resilience as they fought their way back from a 7 pt. deficit with 15 mins. to go to earn a share of the spoils. While both sides were guilty of some handling errors none the less they couldn't be faulted for effort as the game was closely contested throughout. Indeed the home side seemed to have opened a winning margin but the Legion introduced Conor Keane and Ciarán Lyne and the effect was immediate with Keane brought down in the square with his first touch of possession. The same player coolly sent Brendan Kiely the wrong way and the comeback was on. Jamie O Sullivan was vital to the Legion's cause as he kicked a total of 8pts. When all is said and done though it was young goalkeeper Conor McCarthy who really stood out with some tremendous saves and pinpoint long distance kickouts which directly resulted in scores. So a good test which saw a positive response from this very young Legion side with plenty more to come.

### **YOGA**

To coincide with the return of the Saturday Morning Academy (Saturday March 4th) there is an ideal opportunity for any Mums, Dads and family members to engage in a bit of healthy exercise as well.

Starting on March 11th Yoga with Gloria will take place in the gym upstairs in the Clubhouse at the same time as our Academy.

So why not kill 2 birds with the one stone and





# GAA CLUB CALL

Deadline: Monday 3pm Email : [editorial@outlookmags.com](mailto:editorial@outlookmags.com)

indulge in some exercise while the kids are having their own fun.

Contact Gloria at [gloriakillarney@gmail.com](mailto:gloriakillarney@gmail.com) for bookings

## MEMBERSHIP

It's a testimony to how much life has changed in Ireland as the major part of our club members registration now takes place online. The deadline is the end of March so log on, sign up and relax, job done. [www.legiongaa.com](http://www.legiongaa.com)

## COMHGHAIRDEAS

Congratulations to Glenbeigh/Glencar who kept up Kerry's proud tradition and record as they captured the All Ireland Junior title, it's a well known fact that this is one of the hardest titles to win in Kerry and those that do are well equipped to go forward as our county's representative.

## CORN UÍ MHUIRÍ

Best of luck this coming weekend to the Sem as they take on C.B.S. Tralee in the final, should be an interesting battle.

## EOCHAIR AN DORAS

Congratulations to Adam Walshe, Tralee Rd. who celebrated his 21st birthday with a bit of a do.

## LOTTO

Winning no's - 10, 24, 27, 28. No winner. Lucky dips - (1) Catherine Doyle (2) Joyce Trant (3) Majella McNulty (4) Denise Fogarty (5) Phil Mulroney. Next weeks jackpot €5,800.

## MILLTOWN/CASTLEMAINE NEWS

### ALL IRELAND CHAMPIONS:

Congratulations to Glenbeigh Glencar who defeated Rock in the Junior All Ireland Final in Croke Park on Sunday. This is a wonderful achievement and great credit goes to their manager Aidan O'Shea, his management team and the extended panel of players who put in a tremendous effort. Enjoy your well-deserved celebrations!

### CLUB REGISTRATION IS NOW DUE.

Under 6's are free.

Juvenile/student and OAP are €30.

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

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

And don't forget that membership entitles you to free entry to all our home Co. League games - worth €30 (on production of your membership card) as well as entry to the Munster Final ticket draw and that all important All Ireland ticket draw in September!

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

Certainly great value for money!

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

## ST. BRENDAN'S KILLARNEY V CBS TRALEE 4.30PM SATURDAY 25TH FEBRUARY AUSTIN STACKS PARK



All officers, players and mentors need to be registered for insurance purposes with Croke Park. Our registrar John Murphy will be delighted to facilitate anybody who wishes to join our club. Membership must be paid before March 31st 2017. (Registrations after this date will not be issued with a registration card- something that is necessary to gain your free entry to home county league games)

### FUN FOOTBALL:

Fun Football continues on Sundays in the Nagle Rice Community Hall, Milltown. Under 8's at 5, under 10's at 6 and under 14's at 7.

Under 16's and minors are on Tuesdays at 7. Please remember your €2 to cover hall rental and don't forget your gum shield. Any questions - please contact Garry on 087943746.

### EMAIL ADDRESSES:

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

### LOTTO JACKPOT DRAW:

Want to head to New York for St. Patrick's Day but can't afford it.... Then why not play our Lotto Jackpot this week. Just a €2 ticket could win you €13,200 or a share in it. Match 3 numbers for a win or share of €500. There are also 6 consolation prizes up for grabs. So head out and purchase your tickets. It could be you! Our next draw is for €13,200 on Friday February

24th 2017. The draw will take place in The Castle Inn Bar, Castlemaine.

### REVISED DRESSING ROOM/ SIDE LINE GUIDE LINES:

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

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

### APPROPRIATE FOOTBALL GEAR:

Can all underage team managers, trainers/ coaches please ensure that all players representing Milltown /Castlemaine are dressed in club colours (Green and White socks and togs.) This is to avoid any inconvenience prior to games. We would also ask parents/ guardians of players to inform their children of this County Board Rule.

### PÁIDÍ O' SÉ TOURNAMENT:

Well done to the Milltown Castlemaine boys who defeated Fingallians of Swords -Dublin in the first round of the above tournament in Gallarus on Saturday last. The final score was M/C: 0/12 points, Fingallians: 0/8 points. However, their opponents in the semi-finals- An Ghaeltacht, had the edge and after a tight tussle- M/C lost on a score line of 2.05 to 1.06. Míle buíochas to all involved in organising such a fantastic tournament.





THE PRES WERE ON A WINNING STREAK AS THEY FACED PRESENTATION, TRALEE IN THE FIRST AND SECOND YEAR LEAGUE MATCHES. THE FIRST YEARS HAD A TIGHT GAME BUT WERE SUCCESSFUL IN THE END WITH A FINAL SCORE OF ST. BRIGID'S: 33:28 TRALEE. THE SECOND YEAR TEAM WERE DEFINITIVE WINNERS FACING VERY LITTLE OPPOSITION WITH A RESOUNDING SCORE OF 56 : 13 TRALEE.

## GNEEVEGUILLA ATHLETIC CLUB LOTTO

No winner of our lotto 17/02/2017, numbers drawn were 10, 11, 26 & 29. Sellers prize winner Mossie Brosnan, €50 Y/T winner John Vaughan Lisheen, €50 to Con Murphy Cahirbarnagh, €40 to Gene Reen Rathbeg East, Hannah Moynihan Knocknagree & Brigit Dineen Furies. Bonus not won numbers drawn were 5, 17, 18 & 22. Next Week's jackpot €7,800 plus €1,000 bonus.

### 5K WINTER SERIES

Again the 3rd leg of our winter 5K series as a great success. It was a very enjoyable fast course. We had fine weather, a little sunshine and a Happy Crowd – what more could you look for. Final race and prize giving next Saturday in the Demense at 11.00 a.m.

### SPORTS HALL GAMES

Next Sunday February 26th we will be holding our Indoor Sports Hall Events at 1.00 in Boherbue Comprehensive School. Events for tiny Tots up to an including children born in 2005.

### MUNSTER COLLEGES CROSS COUNTRY

Well done to Shona O' Brien who came 3rd in the Intermediate race category. She now goes forward to the All -Ireland next month in Belfast. Maggie Buckley also did well in the girls. Ben Murphy also qualified for All Ireland's in the minor category. The minor relay team of Ben Murphy Jack O' Leary, Kevin Bowler, Dara Moriarty, Andrew Moynihan, Richie O' Connor, Padraig Finnegan, Christian Horgan & Joshua O' Sullivan tried their best.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Irish Life Health National Senior Indoor Championships was held at the Sport Ireland National Indoor Arena in Abbottstown last weekend. There was some exciting showdowns in the new national indoor arena. Emma

Prendiville competed in the Senior 3K Race Walk. With nine competitors it was going to be a thrilling race. Emma did exceptionally well, showing great form from the start. Emma battled hard to finish in second place in a time of 14:06.24. Emma was just 3 seconds behind the winner Kate Veale (West Waterford AC).

The third race of this year's annual 5K Series organised by Gneeveguilla AC was held in Killarney National Park on Saturday 18th Feb. There was a good representation from our club members. George McCarthy was first to finish from our club, with Maria McCarthy not far behind and was the first lady to cross the line. Jerome Foley, Marie McKenna, Bernie O'Mahony, Christine Spillane and Pauline Joseph all ran well. In the juvenile category we had the two McCarthy sisters, Shauna & Rhian with Cian Spillane also competing and finishing well up the field. The final race in the series will be held next Saturday starting at 11am. Refreshments and prizes at the old monastery post race.

### CLUB TRAINING

Cardiorespiratory, Strength, Endurance & Flexibility Exercise Class every Tuesday @ 7pm indoors at Farranfore Sports Hall, Coached by Maria McCarthy, this programme is designed to improve all the components of fitness that constitute physical fitness of an individual. €5 per class

Juvenile Indoor Training: Thursday's at 5pm in the Sports Hall, Farranfore. €2 per session. New members welcome.

Secondary School /Junior / Senior training every Thursday starts back again at 6:40pm in GAA grounds Farranfore from Jan12th. This is endurance training for all levels with emphasis on running form and technique. €2 club member, €4 non club member.

### ATHLETIC'S FIXTURES

Sat 25th Feb: Gneeveguilla AC 5K road race series Race 4of4, Killarney @ 11am

Sat 25th & Sun 26th Feb.: Munster U/13 to U/19 Indoor C'ships, Nenagh



MILLTOWN/LISTRY U13 BOYS FUTSAL TEAM

Sat. 4th March - County Awards Night, Dromhall Hotel Killarney

Sun. 5th March - Irish Life Health Masters Indoor C'ships, AIT Athlone

Sat. 11th March - Juvenile B Indoor Sports Hall Games, Milltown Community Hall

Sun 26th March - County Road Race Championships, Beaufort

Sun 2nd April: Munster Road Race Championships, Currow

See Kerry & Munster Athletics website for full fixture lists & timetable for events.

## HANDBALL NEWS

### SEAN'S MUNSTER HANDBALL TITLE WIN

The highlight of this week's action in the handball alleys was the winning of the Munster 40x20 Boys Singles u14 title by Glenbeigh's Sean Quirke, adding to a great sporting week for the village.

Sean defeated Tipperary's Rory Grace in a three game thriller winning the first 15-4 but going down in the second 6-15. Sean showed great temperament to recover and comfortable win the deciding game 15-7 to take the Munster title.

Unfortunately in the u12 Singles 40 x 20 final Dara Lynch, Glenbeigh went down to Cork's Cameron O'Sullivan 15-10, 15-8.

The girl's u12 Doubles pair of Glenbeigh's Roisin Smith and Lea Morris went down to Cork opposition. They lost out in their 40x20 Munster final 15-9, 15-5 to Edel Murphy and Aoife Lucey. There will be no All Ireland title for ladies handball legend Ashely Prendeville from Ballymac as she went out of the 40x20 Ladies Senior championship at the quarter final stage 21-6, 21-11 to Limericks Martina McMahon.

Off the court Kerry handball was delighted to see multi medal winner Dominic Lynch honoured as one of the Kerry Sports Stars for 2016 at the gala banquet in the INEC this week. Fixtures: Dominic Lynch is in action again this week when he teams up with John Joe Quirke in the Munster 40x20 Munster over 35A doubles semi-final. They face the Cork pair of





Tim Breen and Roger Casey.

In the 35B Munster 40x20 semi-finals Kerry's John O'Sullivan and Brian McEavoy also take on Cork opposition. They take on Jamie O'Donnell and Tom McDonough with both games taking place in Broadford.

## KILLARNEY DARTS TOWN LEAGUE

**KILLARNEY DARTS TOWN LEAGUE, SPONSORED BY CARLSBERG AND MUSTANG SALLYS**

The following are the fixtures for the last game in the league which will be played next Thursday the 2nd March. First named team have home advantage.

### GROUP 1

Carolines Golden Arraz v The Shire A  
East Avenue v The Tatler Jack  
Lals OutCasts v Dunloe Lodge A

### GROUP 2

Linehans Bar v Murphys Pinters  
Klub Kangaroos v Jimmys Nutters  
Murphys Bar v Dunloe Lodge B  
Kenmare Rooms = Free Night

### GROUP 3

K-Town Sluggers v Mustang Sallys  
Old Killarney Inn v Corkerys LakeLands  
Teddys Bar v Good Time Charlies

### GROUP 4

Big Macs v Marks Golden Excuses  
Avenue Heros v The Shire B  
Corkerys v Squidgers  
Courtneys Cats = Free Night  
Best of Luck to ALL involved.

On a final note the Killarney Town League Committee would like to wish the Very Best of Luck to The Kerry Dart Teams, both men's and ladies in the All Irelands this weekend in Ennis, Co Clare.

## SPA MUCKROSS COMMUNITY GAMES

### CELEBRATIONS

Spa GAA Club's Quiz & Set Dancing groups received a fantastic welcome home from Belfast on Sunday 12th February. Both groups had competed in All-Ireland Scór na nÓg that weekend. The quiz team performed brilliantly, and were a mere 2 points behind the eventual winners. The fact that the Set Dancers won out their competition later that evening probably brought mixed emotions, and this certainly was the case for Kianan O'Doherty, who was on both teams. Kianan, a young man who has competed with Spa Muckross Community Games in probably too many competitions to mention (High Jump at Nationals was the final one I think), gave a fantastic speech. His parents, Spa Muckross Community Games Chairperson Donal, and fellow committee member Linda, watched proudly. Well done to all.

### FUTSAL

Congratulations to our u13 boys futsal team who competed in Milltown last Sunday. They

won all 3 games - Fossa 2-1, Keel 3-1 and Kenmare 4-2. The final is next weekend. Venue will be decided between Milltown and Duagh. Huge thanks to Connie Lynch and Pat O'Neill for managing the team

### CHURCH GATE COLLECTION

The Killarney Community Games church gate collection was held this weekend. Thanks to our treasurer Martina Lynch for organising our volunteer collectors, thanks to the volunteers themselves for giving their time, and finally to the public, for your support and generosity; it really is appreciated.

## FLESK VALLEY ROWING CLUB

On Friday 17th February 2017 the Flesk Valley AGM was held at the Killarney Oaks Hotel. A large crowd was present, which included Honorary president Jim Fleming. Chairman Denis O Donoghue, welcomed everybody and thanked fellow officers of the club for all their hard work throughout the year. He also praise the tremendous work done by all the coaches and coxes, which has seen the club make great strides in the previous 12 months.

Sympathies were expressed to the Family of Micheal O Sullivan, Loreto Road, Killarney, and Rena Leane, Killarney, who passed during the year. 'Ar dheis Dé go raibh a anam'.

Committee members to be elected were, Chairman - Denis O Donoghue, Secretary - Clara O Connell, Treasurer - Rory Leane, PRO - Karol Kelly, Club Captain - Wiebke Mc Guire, Juvenile Officer - Micheal O Sullivan, Juvenile Boys - Tommy McGuire, Juvenile Girls - Roisin Wall.

### TRAINING

Training continues every Sunday morning. New members always welcome. Those interested should contact Tadhg Kelly/ Denis O Donoghue/ Micheal O Sullivan. Or enquiries can be made through the club Facebook page Flesk Valley RC

## MILLTOWN/LISTRY COMMUNITY GAMES

### FUTSAL SOCCER

Our U13 boys futsal team were in action last Sun in the local Nagle-Rice CC. They played very well, winning 2 out of their 3 games but unfortunately have not qualified for the finals. Thanks to Liam and Jerry for their time in preparing them.

### ART/HANDWRITING

Both these Kerry comps are in Listowel next Sat, 25 Feb. U10/12 Handwriting registration is at 10 am in Listowel Convent Secondary. U8 Art registration is at 12.30 pm in Listowel Convent Primary and U10/12/14/16 to register in Listowel Convent Secondary also at 12.30 pm. Best of luck to all of our qualifiers and we also congratulate all those who won medals/certs in our own local comp.

### DRAUGHTS

Our 3 teams at U10/12/14 have been practicing

over the past few weeks and now ready for the Kerry competition next Sun, Feb 26th. Best of luck to Pat and all the players who need to be in Listowel CC for registration at 9.30 am.

### UPCOMING EVENTS

Please note our own local quiz comp will be held in Nagle-Rice Primary School on Weds Mar 1st at 4 pm. Children who were born after 1/8/03 are eligible to compete in this comp and winners will make up a panel of 6. They will then go forward and represent our area in Kerry Quiz comp which will be on Fri Mar 10th in Castleisland.

Chess training continues every Sun evening in Nagle-Rice CC at 5 pm. We still have places available if any children are interested. Kerry competition is on Sun Mar 12th.

Any queries on any activity or event, please contact Paul 087-9232570 or Denis 087-9662332.

## KILLARNEY COMMUNITY GAMES NOTES

Huge thanks to the Parents of Children in the area who collected in the Church Gate collection last weekend. Also, enormous thanks to the Mass goers who contributed so generously in this collection. It is your generosity and the commitment of the Parents involved that ensures there is funding to continue the tradition of Community Games in the area and which covers costs i.e. insurance, registration fees, levies and entry fees. Congratulations also to the talented Foley sisters, Park Road who performed brilliantly in the recent Community County Games Finals in Singing and have qualified for the All-Ireland Finals in August. Well done also to the Boys U. 13 Futsal Team who participated in the Futsal competition in Milltown. The team got stronger as the competition progressed and the Boys finished with a fine win, but just finished outside the qualifiers. Special thanks also to Martin Muldoon for his excellent managing of the squad - without Volunteer Managers, we could not enter teams in these competitions. thanks also to all the Parents who drove and supported the squad on the day. The full squad was: Dara O'Shea, Robbie Hartnett, Teddy Muldoon, Conor Gammelly, Eoghan Crowley, Dara Looney and Mathew Horgan. Well Done To All!!!

## MUCKROSS ROWING CLUB ST. MICHAEL'S HOR

Best of luck to all our crews competing this Saturday at the St. Michael' Head Of the River. The 3.2km time trial takes place on the river Shannon at O'Briensbridge with timing in place between 9am and 4pm. Twenty two crews will represent the club so there is an action packed day in store. Many of the club's newest and youngest members will be making their debut competitive performance and we wish them all every success. Over 375 crews are entered for the annual event which is a firm fixture in the calendar for a majority of Irish rowing clubs





SPA MUCKROSS U13 BOYS FUTSAL TEAM WHO QUALIFIED FOR THE KERRY COMMUNITY GAMES COUNTY FINAL THIS WEEKEND, HAVING WON ALL 3 GAMES LAST WEEKEND IN THE QUALIFIERS.

competing in Head Of the River events. Plenty competition in store and hopefully some good weather. C'mon Muckross!

## PARENTS DAY

Thanks to all who attended our Parents Day on Sunday last. Many of our younger rowers' family members got to see what goes on out on the lake and in the boat. Teas, coffees and treats followed the successful outing on the lake. We hope you all enjoyed the experience. We were also delighted to welcome Michael Healy Rae, TD and Danny Healy Rae, TD to the Muckross boathouses on the day to see the club in action. We are very grateful for their support and encouragement. There were lots of helping hands to make the morning a success. Many thanks to our coaches and committee members who continue to invest their time and efforts. A special word of thanks also to O'Donoghues Killarney Day Tours for the loan of extra life jackets.

## EVENTS

The Galway Head Of the River, scheduled for Saturday 18 March has been cancelled. The Kerry Head Of the River is set to make a welcome return on Saturday 11 March. The Dublin Head Of the River, a time trial for Eights only, is set for Saturday 25 March before regatta season gets underway in April.

## STAY CONNECTED

Find us on Facebook or follow us on Twitter @muckcrossrc for all the latest updates. Enquiries by phone or text to 087 448 2935 or email muckcrossrowing@gmail.com.

## KILLARNEY VALLEY AC

WELL DONE to Darragh O'Leary who finished 8th in the Gneeveguilla AC 5k Series last Saturday. He had a time of 18.01, a great time for the youngster competing against all the adults. His dad, John was 2nd in his category with a time of 18.57.

## MONDAYS

Training continues on Mondays at 7pm with Circuit Training for athletes aged 12 and over only. Athletes must be registered or be turned away. Please bring €2 each to cover the cost of the hall for the night and plenty of water.

## TUESDAYS

High Jump is back on Tuesday evenings from

6-7pm in the Sem Gym for registered 11, 12 and 13 year olds. Athletes must be registered or be turned away. Please bring €2 each to cover the cost of the hall for the night and plenty of water. Any enquiries to Brian Stack 0862506932

## WEDNESDAYS

Jerry's Adult RunClub is back! Meeting on Wednesdays at 7pm on the New Road opposite entrance to

Bishops Path. You must be a registered member with the club for 2017. Membership costs €35. Adults only group. Please wear a High Viz Jacket.

This was a huge success last year and some people ran the Killarney 10 Mile after it and even a half marathon! Beginners more than welcome and no one gets left behind! Any enquiries to Jerry Griffin on 0876879186

## THURSDAYS

Indoor training on Thursdays 6-7pm for the younger athletes aged 7 -11yrs. Training takes place in the Sem Gym. Athletes must be registered or be turned away. Please bring €2 each to cover the cost of the hall for the night and plenty of water.

Registration costs €30 for under 19s and €35 for 19yrs and over. New members please bring a copy of your birthcert. Registration fee covers: club membership, insurance, affiliation to Athletics Ireland (without which we cannot get insurance), affiliation to Kerry Athletics and entry to any Munster/National Competitions. Anyone wishing to buy KVAC half zip tops, singlets or hats please contact Brid Stack 0872650720

Enquiries: killarneyvalleyac@gmail.com

Up to date news : <https://www.facebook.com/KillarneyValleyAC/>

## KILLARNEY COUGARS BASKETBALL CLUB

### JUVENILE NEWS

U16 Boys League  
Killarney Cougars 62  
Glenbeigh Falcons 54

Cougars maintained their great league run with another home win over the Falcons to secure the points. Cougars led all through despite not hitting top form. Good performances for the Cougars by Colm Talbot and Sean O'Brien.

### U14 GIRLS LEE STRAND PLATE FINAL

Rathmore Ravens 26  
Killarney Cougars 30

A good win on the road for the Cougars following last weeks U14 final. Cougars lead all through and dominated the first half but had to withstand a late challenge by the home

side before claiming victory. Best for Cougars Niamh Horgan, Meabh Coleman Horgan, Adele O'Brien and Holly Kennelly.

### U12 GIRLS PLATE QUARTER FINAL

Killarney Cougars 30  
St Marys 18

Cougars hosted St Marys at the Pres Gym before a good attendance and a good contest saw Cougars come from behind to finish and advance to a Semi-final with Miltown. Best for Cougars on this occasion were Lucy O'Sullivan, Mia Griffin, Edel Horgan and Kate Sheahan.

### U12 BOYS PLATE SEMI-FINAL

Killarney Cougars 28  
St Pauls 17

A good performance by the Cougars saw them at advance to the final following a good second half saw them dominate to finish comfortable winners. Cougars best performers on this occasion were Ted O'Gorman, Mark Daly and Rocco Sheehan.

### ACADEMY BOYS & GIRLS

Cougars Academy boys and girls were on their travels again at the weekend with Girls U10 and Boys U10 and U9 teams all in action in the County Board Blitz in the Killarney Sports & Leisure Center. Some great games and performances by the Cougars all made possible by the Coaches and assistants that helped out at the weekend, thanks goes to Alan John, Jp Dairmuid, Eileen, Kelly, Holly and Eugene and all the parents that helped out to ensure a successful weekend.

A mid term break form Training this Friday evening for the Cubs.

Further details on All Killarney Cougars Clubs training schedules and fixtures are all available on the website [www.killarneycougars.com](http://www.killarneycougars.com)

## FOSSA COMMUNITY GAMES NOTES

Well done to our U13 Futsal team who won 2 out of there 3 games on Saturday but unfortunately it wasn't enough to see them progress. Thanks to their Ger O'connor, Irek Brudniok, David Brooks and Mick Buckley for their help coaching the boys.

### CHURCH GATE COLLECTION

We had a very successful church gate collection last weekend and we would like to thank all the parishioners who gave so generously and the volunteers who gave freely of their time.

### BAG PACKING

Tesco have kindly given Fossa Community games a bag packing slot to do some further fundraising on Friday the 3rd of March from 1.30pm to 7pm. If anyone can spare some time to help us out on that day please contact Caroline on 0868487352.

### UPCOMING EVENTS

Good luck to all representing Fossa in the art competition in Listowel on Saturday and also Best of luck to our spikeball teams on Monday the 27th in Glenbeigh.





KILLARNEY RFC U8'S ALONG WITH ABBEYFEALE U8'S WHO PLAYED EACH OTHER LAST SATURDAY AT KNOCKREER.

## KILLARNEY RFC

### SENIORS:

Our seniors traveled to Dungarvan last Sunday for the semi final of the Bank Of Ireland Munster Junior Bowl, looking to build upon the previous weeks win over neighbours Killorglin. Unfortunately, Dungarvan got the upper hand on the day to run out winners on a scoreline of 24 points to 13. The lads will look to move on and next Sunday will cross the county bounds one more time. This time they take on Fethard and District in the final of the Martin O'Sullivan Cup. This match takes place at Tanner Park in Ballincollig at 2pm. Please come along and support the lads in the biggest game of the year for the club. We are looking at putting on a bus for supporters, if there is enough interest. Contact Paul Murphy on 087-3745351 for details or to book a spot.

### MINIS:

Last Saturday, our U8's hosted the U8's from Abbeyfeale RFC for some matches at Knockreer. Given the brutal weather on Friday, it was a sight for sore eyes to see the sunshine make an appearance. Abbeyfeale brought some fantastic support with them and our U8's really enjoyed the matches. Thanks to Dave Prenderville and his coaches for coming over to us.

Our minis travel to Tralee RFC next Saturday for the next round of the West Munster league. The first match is scheduled to kick off at 10:30am and we would ask all players to be there for 10:15am in order to find where we will be playing and warm up. We will be playing against

teams from Listowel and Kenmare and a great day of rugby is guaranteed. Please come along and support the kids as they represent the Black and Red of Killarney RFC. For any queries contact Minis Coordinator Liam Murphy on 087-4145662.

### 6 NATIONS RAFFLE:

We held our 6 Nations raffle last Saturday evening, at the Killarney Avenue Hotel, following the Munster match. There was a huge interest in the draw and we would like to thank everyone who supported this fundraiser for the club. We raised over €3,000 in the raffle. First prize was two tickets for the Ireland V England match on St. Patrick's weekend in Dublin. And as luck would have it, the winner was Liam Murphy. Second prize was two tickets to see the Ireland take on France next weekend and the winner was Mike Conway, from Tralee. The club would like to thank everyone who supported the raffle and we hope the winners enjoy what will surely be cracking matches.

## FIRIES COMMUNITY GAMES

Thanks to everyone who took part in the art & handwriting competition through the schools last week. In the art u8 girls 1. Sophie Duffin 2. Lily Marie Fox, Joint 3rd Ellsa Griffen, Nicola O'Brien, Kate McMahon, u8 boys 1. Kevin O'Shea, 2. Jack Scanlon, Joint 3rd Noel O'Sullivan, Michael Teahan. U10 girls 1. Sarah Palmer, 2. Niamh Ferris, 3rd Keelin Griffen u10 boys 1. Jim O'Dowd, 2. Bryan O'Leary, 3. Issac Vickers Shawn. U12 girls 1. Chloe O'Sullivan, 2. Caoimhe McEnteggart, Joint 3rd. Orna O'Leary, Doireann O'Shea. U12 boys 1. Sean O

Leary, 2. Gavin O'Sullivan, 3. Simon Clarke. U14 girls 1. Amy Brosnan, 2. Helen O'Connor, Joint 3rd Juliet Cooper, Kaitlyn O'Connor Kelly. U14 boys 1. Jack O'Brien, 2. Stephen Palmer. In the art 1st & 2nd only goes through to Co Final of art completions in Listowel and these children have already been informed. The standard of art was very high throughout.

Handwriting u10 Girls Kate Barry, Farrah O'Sullivan, Ria Brosnan, Grace Foley, Sadbh Coleman. U 10 boys Bryan O'Leary, John Henderson, Jake Keating. U 12 girls Orna O'Leary, Orlaith Allen, Aideen O'Brien. U12 boys Gavin O'Sullivan, Seamus Kelly, Colm Riardon. In handwriting only one child goes forward in each category to Co Finals so these are Kate Barry, Bryan O'Leary, Orna O'Leary & Gavin O'Sullivan and good luck to them in Co Final. The standard of the handwriting was very high in all categories so well done to everyone who took part.

Other upcoming events: swimming and gymnastics if interested give names to any community games officer. Indoor soccer for boys u13 takes place on 26th March, if any coach available for team please contact us. Also indoor soccer for boys u10 on 9th April if a coach available please contact us and we can get teams trained up. Contact Hazel Norris on 0879548348 for any information. Thank you to everyone who contributed to Furies Community Games church gate collection last weekend. The total raised was €462.33. Your generosity is very much appreciated. Thank you very much.



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## Kerry ETB Training Centre



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

### Bus Driving - D Licence (ET07114) - Tralee.

This course provides participants with the skills and related knowledge in the rules of the road, driving a Large Public Service Vehicle (LPSV), customer service, documentation, first aid, manual handling, fire safety, digital tachograph, technical standards and work experience. Applicants must have a current full Class B Driving Licence and Class D Learner Permit. **Start Date:** 27<sup>th</sup> March 2017. **Duration:** 14 Weeks. **Certification:** Class D Driving Licence, RSA Driver Certificate of Professional Competence, QQI Level 5 Component Cert in Occupational First Aid and CILT - Digital Tachograph.

### Food & Beverage Service (ETS8741) - Killarney.

This course is an excellent starting point for anyone wishing to work front of house in the hospitality industry. Participants will gain the knowledge and practical skills to provide a timely, efficient and professional food and beverage service to customers. **Start Date:** 10<sup>th</sup> April 2017. **Duration:** 28 weeks. **Certification:** City & Guilds Diploma in Food and Beverage Service Level 2.

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

This course 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:** 27<sup>th</sup> March 2017. **Duration:** 37 weeks. **Certification:** QQI Level 4 Major Award in Retail Skills.

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

This course provides 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 an electrical or mechanical trade and ideally have a number of years post apprenticeship experience. **Start Date:** 3<sup>rd</sup> April 2017. **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.

### Cisco on-line Blended Learning (ETL62) - Tralee.

This course focuses on network infrastructure. It covers switching, routing, wireless access, security and connectivity used in local and wide area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is required for this course. **Start Date:** 3<sup>rd</sup> April 2017. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

### Photography Course (TR08585) - Tralee.

This is an introductory course for those wishing to pursue careers in the world of photography and digital imaging. It offers participants the opportunity to develop the knowledge and skills needed to generate a range of professional photographic content. **Start Date:** 10<sup>th</sup> April 2017. **Duration:** 16 weeks. **Certification:** QQI Level 5 Award in Digit Photography.

### Traditional Stone Wall Construction (ET4R8) - 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:** 10<sup>th</sup> April 2017. **Duration:** 32 weeks. **Certification:** QQI Level 5 Special Purpose Award in Traditional Stone Wall Construction.

### Diploma in Hairdressing (TR08674) - Tralee

This course is the ideal starting point for a career in hairdressing. Participants will learn hairdressing theory and practice, gain salon experience and achieve a recognised qualification. **Start Date:** 8<sup>th</sup> May 2017. **Duration:** 32 weeks. **Certification:** City & Guilds Level 2 Diploma in Ladies Hairdressing.

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

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, food safety, menu planning, costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Dates:** 8<sup>th</sup> May 2017. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

**Visit us at Kerry ETB Further Education & Training Fair  
At the Brandon Hotel, Tralee  
On Wednesday, 22<sup>nd</sup> March 2017 from 10:00am to 6:00pm  
Free admission - All are welcome.**

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)



**SouthWest  
Counselling Centre**

## INSOMNIA

Sleep is as important to us as air, water and food. Anyone can suffer from insomnia, which can be frustrating, exhausting and depressing, affecting both our mental and physical health.

### Different types of Insomnia:

- Transient insomnia – which lasts for a short time period only, typically this can be associated with a stressful event e.g. an exam, a bereavement.
- Chronic insomnia - lasting for several weeks, months or sometimes years

Signs of insomnia? • Difficulty falling asleep - common in young people • Being a restless and light sleeper - waking often, lying awake in the middle of the night. In younger people it may be associated with depression. • Waking early and being unable to get back to sleep.

### Symptoms:

feeling tired during the day, headaches, feeling irritable or finding it hard to concentrate. Here are some typical causes of insomnia:

- states of mind - anxiety, depression, anger, grief, preoccupation with a future event e.g. a child's leaving certificate exams
- change - moving house, new job, end of relationship..
- environment - noise, jet lag... • pain • medical conditions - heart, breathing, stomach, digestive, high blood pressure, arthritis, anorexia. • recreational drugs (e.g. hard drugs like LSD) –but this also includes nicotine, caffeine. • other prescription drugs - including some contraceptives, diuretics, slimming pills, beta-blockers, stimulants.

### Suggestions:

Consider... Your Environment

- You need a comfortable bed and a room that's quiet, not too cold or too warm and dark enough.

Your lifestyle • Cut down on all stimulants. These include: coffee and tea, alcohol, nicotine, fizzy drinks, food additives, 'junk food', slimming pills or appetite suppressants • Try to avoid heavy, rich foods within two hours of bed.

- Get regular exercise. Aim for 30 minutes or more of daily activity, but not too close to bedtime. • Avoid stimulating activity and stressful situations before bedtime. This includes vigorous exercise, big discussions or arguments, or catching up on work.

- Turn off screens one hour before bedtime. The light emitted from TV, tablets, smartphones, and computers suppresses your body's production of melatonin and can severely disrupt your sleep. Instead of using technology try listening to a book on tape, a podcast, or reading by a soft light.

SWCC 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.

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

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.

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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.**





## RECRUITING?

In an effort to support business and employment in the Killarney area, Killarney Outlook are offering fantastic prices on all recruitment adverts.

Employers in the town can avail of Recruitment Adverts from as little as

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- Excellent people and communication skills
- Ability to work in a team environment

**CLOSING DATE FOR APPLICATIONS: 3 MARCH 2017.**

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#### • Spa Therapists

Full and part-time positions



## ISLA GRANT IN CONCERT AT THE INEC ACOUSTIC THEATRE ON MARCH 4TH:

Scottish singer / songwriter Isla Grant is presently on a Concert Tour of Ireland and will be presenting her brand new show in the Gleneagle Hotel Complex in Killarney on Saturday, March 4th beginning at 8.30 with doors opening at 7.30pm.

This will be Isla's only Concert in County Kerry on this Tour and as always she will be joined on stage by her husband Al and multi-instrumentalist and singer Glen Flynn.

Isla is now established in Ireland, Australia, Great Britain, Canada and America as a singer/songwriter of the highest quality and her highly entertaining concert show will feature all her wonderful hit songs as well as some from her new CD 'I'm A Survivor'. Isla is very much looking forward to meeting all her fans and friends that attend her Concerts in Kerry and to making new ones --- but tickets are selling fast so to be sure of a seat why not book your ticket now from the INEC Box Office on 064-667 1555 or you can book online by visiting the INEC website.

If you will not have a ticket please contact the venue to confirm availability and admission details before travelling.

## TODAY IS - INTERNATIONAL STAND UP TO BULLYING DAY:

Bullying isn't confined to the school gates and its victims aren't limited to young people.

It also exists at home and in our wider communities. And of course, bullying exists online: The result being a constant and unrelenting attack. Research shows that bullying can have long-lasting and devastating effects.

\*Be someone that cares about others and encourage your peers to do likewise. If you see someone being bullied in your school or workplace, try to help them or speak to a staff member.

\*Ask your teacher / supervisor if it ok to create a notice board about your anti-bullying work. Make it obvious to students / workers where they can get help or report concerns.

Your support can help shape attitudes and behaviours early on, ensuring no one should have to suffer the devastating effects of bullying, at any point in their life.

\*Parents - When children are being bullied, whether it's online or face to face, they can find it very difficult to talk about. Particularly as children become teens many don't want to tell their parents as they feel ashamed, scared, helpless and worried about the repercussions. So it's important to recognise the signs.

If your child tries to avoid school or socialising, becomes withdrawn from family and friends and seems depressed, then these may be symptoms that they are being bullied. In the case of physical bullying you may also find damaged or missing belongings and injuries that your child can't explain or tries to brush off.

Cyberbullying can be an extension of bullying that's going on during the school day. What makes online bullying or cyberbullying particularly tough for children is that it can be hard to get away from. Young people could be bullied anywhere, anytime - even when they're at home - and this can be devastating. As so much



communication happens between children by mobile phone and online, cyberbullying can occur through many channels.

## CARING GOES FULL CIRCLE:

Zhao Delong, a college student from Henan, China suffered from polio when he was young, which made him unable to walk. However, thanks to his parent's support, he was able to undergo surgery, get treatment, and regain his ability to walk.

Unfortunately, Zhao's life took a bad turn shortly after being accepted into college. His father had fallen ill and become paralyzed. His mother fell into a deep depression shortly after.

Zhao wanted to repay his father for taking care of him when he was crippled as a child but both his parents desperately wanted him to continue his education so he decided to bring his father to live with him on campus.

Zhao helps his father wash his face, brush his teeth, and comb his hair every day; he also cooks for him and helps him exercise.

The university has offered support by giving them a special dorm room because of their situation.

## AUSTRALIAN MAN 'ACCIDENTALLY' WON TWICE IN THE SAME LOTTO:

An Australian man from Point Cook in Melbourne's west became an instant multi-millionaire after accidentally entering a Tattsлото draw twice on February 4th with the same numbers. When the man's numbers were drawn he won two division one prizes worth \$1 million each. "At first I thought 'wow I've won (\$1 million)' so at first I was lying in bed shaking," the man said but then after an hour or so I realised I hadn't checked the rest of my tickets so I looked at the next one and to my surprise I found that I'd played the same game twice. I wasn't expecting to win once let alone twice."

The man pocketed just under \$2 million tax free from his mistake and plans to buy a home, a Ferrari and take some time off work to travel and see the Seven Wonders of the World.



## THIS MIGHT CHANGE THE WAY YOU USE A STICKY PLASTER FOREVER:

For an invention that has been around for almost a century, nothing much has been changed about the band aid, especially on how it is made and used.

Now a Japanese Twitter user is going to change the way people use popular adhesive bandages. The post, which has a simple step by step illustration on how to make bandages more securely plastered on a finger wound, has so far racked up over 88,000 retweets since it was tweeted. The helpful instruction posted by @ponzuyo simply shows how to cut the two sides of the sticky part of a bandage through the middle as far as the bandage. The mini bandage can then be tucked securely in the shape of an X allowing it to have a better way to wrap them around the finger. The simple method makes sure the bandage won't easily fall off as it is more tightly wrapped and the wound is even more protected from dirt.

## NEIGHBOURS COVER LAWN OF REFUGEE SCHOOL WITH LOVING SIGNS:

The International Community School in Atlanta is a charter school that has been educating refugees from all over the world for 15 years and neighbourhood families are making sure that their young refugee population aren't scared away by the nation's current political status.

It all began when one of the local women became concerned about the school families and how they had been holding up with such turbulent current events, so she placed a sign at the school reading "Stay strong, neighbours - you are welcome here". Inspired by the woman's kindness, another local mother gathered 20 different children and friends for a sign making party on January 29th and word spread, a few days later the school yard contained about 50 different signs featuring words of love and comfort.

## QUOTE:

"Don't turn your face away. Once you've seen, you can no longer act like you don't know. Open your eyes to the truth. It's all around you. Don't deny what the eyes to your soul have revealed to you. Now that you know, you cannot feign ignorance. Now that you're aware of the problem, you cannot pretend you don't care. To be concerned is to be human. To act is to care" Vashti Quiroz-Vega.

## ON THIS DATE - FEBRUARY 24TH:

1208 - 26 year old Francis of Assisi decided to become a priest in Portiuncula, Italy.

1582 - Pope Gregory XIII issued a papal bull, or edict, outlining his calendar reforms. The old Julian calendar had an error rate of one day in every 128 years.

1780 - A British Act opened colonial trade to Irish goods.

1786 - Birth in Germany of Wilhelm Carl Grimm compiler of "Grimm's Fairytales".





1807 - In a crush to witness the triple hanging of John Holloway, Owen Heggerty and Elizabeth Godfrey in England 17 died and 15 were injured.  
1821 - Mexico declared its independence from Spain.

1836 - Approximately 3,000 Mexicans under General Santa Ana launched an assault on the Alamo, with its 182 Texan defenders. The siege lasted 13 days.

1839 - A steam shovel was patented by William Otis of Philadelphia.

1841 - John Philip Holland, inventor and developer of the modern submarine, born in Co. Clare.

1855 - US Court of Claims was formed for cases against the government.

## CRITICALLY ENDANGERED BLACK RHINOS WELCOME TWO NEWBORN CALVES:

The mothers of the calves, Grumeti and Zawadi, were both bred in captivity at the Aspinall Foundation's Port Lympne wildlife park. In 2012, they were moved from the centre in Kent, England, to Mount Kilimanjaro in Tanzania where they mated with another offspring of the park named Jamie.

Damian Aspinall, chairman of The Aspinall Foundation said: "These births illustrates perfectly our passionate belief in the true role of modern conservation as being committed to the survival of threatened species in their natural territories. We believe this is preferable, wherever possible, to simply keeping them caged in an existence which does little for prospects of long term survival."

Altogether, The Aspinall Foundation has successfully released eight black rhino back into the wild, as well as more than 60 gorillas and scores of other smaller primates including lemurs, langur and gibbons. Further releases are planned as part of The Aspinall Foundations vision to re-stock the wild with endangered species.

## FRANCE HAS ISSUED A SOVEREIGN GREEN BENCHMARK BOND:

France has issued its first "green bonds" with a record seven billion euro sale, paving the way for the establishment of a genuine market in renewable energy bonds.

Proceeds from the sale of the 22-year bonds will

be used to finance projects to address climate change. The initiative was first announced in April 2016 by President Francois Hollande who has championed his country's role as a leader in energy transition and though the issue of these bonds were reserved for institutional investors such as banks and pension funds, it was oversubscribed with total demand exceeding 23 billion euros.

Poland was the first country to enter the green bond market with a 750 million euro issue in December. Previously they had only been issued by companies or finance institutions such as the World Bank.

## JUDGE DISMISSES "RIDICULOUS" TICKET WHEN WOMAN PARKS 2 SECONDS EARLY:

A woman named Sarah was contesting a parking ticket in a Providence, Rhode Island court. When Judge Frank Caprio read the charges aloud, he couldn't believe his eyes.

Sarah had received a ticket for parking in a no-parking zone with restrictions from 8:00AM to 10:00AM and the traffic warden wrote the ticket at exactly 9:59:58AM, two seconds before the zone restrictions were up.

## WORLD'S LAST WILD FRANKINCENSE FORESTS ARE UNDER THREAT:

The Cal Madow mountains, which rise from the Gulf of Aden in sheer cliff faces reaching over 2,440 meters (8,000 feet), are part of Somaliland, an autonomous republic in Somalia's northwest. Here men rise at dawn in search of the prized sap of wild frankincense trees, growing high on cliff edges, shallow roots gripping bare rock, some with slithering and venomous snakes, harvesters often slip and tumble down canyon walls as bracing against high winds they chip off bark with metal scrapers to allow the tree's white sap to bleed. Once the resin is collected, women sort the chunks by colour and size. The various classes of resin are shipped to Yemen, Saudi Arabia and eventually Europe and America. When dried and burned, the sap produces a fragrant smoke which perfumes churches and mosques around the world and along with gold and myrrh, was brought by the Three Kings as gifts in the Gospel account of the birth of Jesus. Besides its use as incense, frankincense gum is distilled into oil for use in perfumes, skin lotions, medicine and chewing gum.

But now these last intact wild frankincense forests on Earth are under threat as prices have shot up in recent years with the global appetite for essential oils. Overharvesting has led to the trees dying off faster than they can replenish, putting the ancient resin trade at risk.

Now over-tapping is destroying the trees across the Cal Madow, as tappers try to extract as much sap as possible and make too many cuts per tree. They also tap the trees year-round rather than seasonally, preventing the trees from recovering. The death rate of the adult trees is alarming and while there is potential for regeneration, it takes about 40 years or so for these trees to become viable for tapping if it's done right.

The frankincense trade is Somaliland's largest

source of government revenue after livestock and livestock products and officials worry the ancient trade could disappear.

"Frankincense is something that is literally given by God to humanity, so if we don't preserve it, if we don't take care of it, if we don't look after it, we will lose that," said Shukri Ismail, Somaliland's minister of environment and rural development.

## INMATES BROKE OUT OF THEIR CELL TO SAVE LIFE OF OFFICER GUARDING THEM:

When their armed guard suffered a heart attack, a group of prisoners broke the lock on their holding cell to rescue him — putting their own lives in danger.

The inmates were awaiting court appearances in Parker County, Texas when the lone armed guard fell over, unconscious, in his chair. They tried calling for help, but no one came.

The men realized if they broke out to help the guard, their actions might be mistaken for a jail break, and police could come rushing in with guns drawn—but their instinct to help was stronger. Throwing their combined weight against the cell door, they forced it open. Still handcuffed and shackled, they continued yelling for help and this time officers in the courtroom upstairs could hear them. As one of them reached for the guard's radio to call for help, police rushed into the holding room and corralled the inmates before realising there was a medical emergency. Officers say the inmates' action likely saved the guard's life — without their help it might have been another 15 minutes before anyone found him.

## 4 FRIENDS STARTED AN EPIC PLASTIC CLEAN-UP MOVEMENT AFTER FINDING A DEER WHO DIED EATING PLASTIC:

In 2011, Gopal Jhaveri and three of his friends came across a dead deer during their walk at Sanjay Gandhi National Park in Mumbai, India. After investigating, they discovered that over seven pounds of plastic were removed from the dead deer's stomach.

Driven by the death of the deer, Gopal and his friends began picking up plastic in an attempt to restore the park to its former glory and managed to collect nearly 80,000 kg of plastic between 2011 and 2012."

What began as a simple clean-up project between friends has sparked a passion in the community. River March, an organisation which seeks to raise awareness about the importance of preserving the park's natural flora and fauna, was founded by noted water conservationist Rajendra Singh.

Not only does River March make the waterways beautiful again by eliminating rubbish and planting new trees, they have also sparked an initiative to discourage the use of vehicles in the park by providing visitors with rentable bicycles. We could all take a page from the people of River March. The plastic problem may seem daunting to take on alone, but when united, we have the power to make great things happen.



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## GARDENING OUTLOOK



with **John O'Sullivan**

### FOCUS ON HEDGING

Hedges can make a much more natural background to a garden than a wall or a fence. They can provide shelter and are cheaper and require a small amount of maintenance. Because a hedge allows the wind to filter through, it reduces its velocity. Tall or low growing, clipped or informal, there is a hedging plant for every purpose. One thing to remember about a hedge is that it is intended to be a permanent feature in the garden so therefore should be chosen with care and planted in well prepared soil.

To choose the right hedge for your garden here are a few pointers to think about

The type of soil you have.

How exposed the garden is, i.e. what direction is it facing?

The eventual height and width the hedge will be

Does it need to be evergreen?

When you have chosen the type of hedge that you want, it's time to prepare the soil. Start prepping the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year round but the ideal time is between November and March as all hedging plants will be dormant at this time. What that means is that when you go to buy your hedging plants they are lifted straight from the ground and are called bare-rooted hedging. This enables you to replant straight back into the ground when you get them home. Just make sure that when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. If you have missed the bare rooted season at the end of March you can plant container grown hedging all year round. Next week I will focus on trees.

**JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.**

**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

#### CORONATION STREET

There's plenty of drama on the cobbles as Sally learns about Rosie's drug past and her failing modelling career, Sinead and Chesney's break up gets even more messy as she discovers she's pregnant and Gail and Shona cross swords.

#### EASTENDERS

It's all happening on the Square as Denise faces a backlash from the locals following an interview with the local paper, Kim realizes that the father of Denise's baby is a local, Ian's health concerns worsen and things look up for Mick.

#### EMMERDALE

Shocks and chaos reign down on the village as Rakesk is kidnapped and held hostage, a distressed Laurel kisses Marlon leading to trouble for both their relationships, Frank plays Charity and Aaron faces danger in prison.



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

**PRIVATE CLASSIFIEDS - COST: Up to 20 words €5 | BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20**

\*\*\*\* No More than 20 words \*\*\*\* **DEADLINE IS WEDNESDAY AT 5pm** Call: 064 6670000 | Email: killarneyoutlook@outlookmags.com | Post: The Killarney Outlook, 30 High St., Killarney. **ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL**

## BUSINESS

### SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

**Call: 064 66 36416 Mon to Fri 10am - 5pm**

### AWARE DEPRESSION SUPPORT GROUPS

Aware support groups support people who are impacted by Depression, anxiety and other mood related disorders.

Meetings in Kerry are held:

Killarney - Mondays, KDYS at 8pm

Tralee - Tuesdays, Parish Centre, St. John's Church at 8pm Aware Support Groups are free to attend, no referral necessary. [www.aware.ie](http://www.aware.ie)

### KILLARNEY AL ANON

The Killarney Al-Anon meetings are held Tuesday nights at 8.30pm, also Thursday mornings at 11am in St. Claire's, Vincent de Paul Building, Tesco carpark, Beech Road, Killarney

**Contact Mairead 087 7808106**

### ALCOHOLICS ANONYMOUS

If you think you have a problem with alcohol please contact **066-7128720** or **087-0522911**.

### Ed10 11269 WHEN PEOPLE SAY THEY WORK FROM HOME, DO YOU EVER WONDER WHAT IT MEANS?

If you'd like to know how to earn a fulltime wage working part-time hours,

**Call/msg Fidelma on 086 0621961**

to arrange an interview.

Age/ experience/ background is irrelevant

### Ed09 11311 MINDFULNESS

stress reduction course. Listry Community Centre. Tuesdays 7th March - 25th April, 6.15 - 8.30 pm. Also full Day of Mindfulness Sunday 15th April. Cost €200 Facilitator Ciaran Ryan (Institute of Mindfulness Based Approaches trained). **Contact 085-7168019;**

**ciaranryan5@hotmail.com**

## AVAILABLE

### AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

**Call: Ian 087 6304241**



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

WANTED

## WANTED

### Ed08 10887 WANTED TO BUY

Lady seeks 1-2 Bed Apartment or house - Killarney town.

**Call: 087-6176193**



## TO LET

### Ed07 TO LET

One bed maisonette or double ensuite room. Maisonette €550 per month- Room €100 per week. Suitable for single person only.

**Tel: 087 4183996**

### Ed054 11217 TO LET

En-suite room in modern house in Killarney Town Centre.

**Call after 3pm: 087 1505007**

### Ed08 TO LET

2 bedroom penthouse apartment. Fully furnished, all mod cons, private parking. Opposite Tesco Park Road. €1,150 per month.

**Call: 087 3101222**

### Ed08 TO LET

2 bedroom house. Town Centre. €750 per month.

**Call: 087 8157729**

### Ed08 TO LET

Room ensuite - Upper Park Road Killarney - everything supplied

**Call: 087 6465355**

### Ed08 TO LET

One Bed apartment. Suitable for a single person only. Refuse and wifi €550 per month.

**Call: 087 4183996**

### Ed08 TO RENT

To Rent Luxury penthouse apartment to share with one other person in Killarney town centre. Would suit professional person or couple.

**Contact John -0868435692**

SALE

## FOR SALE

### Ed08 MOBILE HOME FOR SALE

35 x 12. Excellent condition. Sleeps 6 plus. New fridge & cooker. Dry chassis, insulated underneath. €2,950 ono.

**Contact: John 087 6207440**

### 11304 Ed08 02 VW GOLF ESTATE 1.9 TDI - DIESEL

Navy blue in colour- mint condition inside and outside- has lots of extras: alloy wheels, new tyres, window visors, spotlights. NCT until 01/08/17. Taxed until 01/03/17 - 175,000K MLS. Timing belt and water pump done-Tow hitch and light sockets also fitted, rarely used.

All service records - will not be faulted - €1,250 ono **Call: 087-6237163**

### Ed09 11220 FOR SALE

**DRY TURF** - top quality - truck loads delivered.

**Call: 087 2900432**

### Ed10 11235 FOR SALE

**HARDWOOD FOR SALE** - 8ft x 4ft Trailer Delivered Also For Hire Man With Log Splitter

**Contact: 087 2457513**

### Ed9 11271 FOR SALE

**05 NISSAN X-TRAIL** - Diesel 2.2 commercial jeep 4x4. Tested to Feb 18, 4 new tyres and serviced **Contact: 086 8774347**

### Ed08 11317 FOR SALE

Bales of silage and haylage. Rathmore area

**Call: 087 1200426**

SALE

## FOR SALE

### Ed09 11214

### TURF FOR SALE

Bags of turf ready to burn. 3 for €10 delivered.

**Call:**

**087 2744454**



## ISLA GRANT IN CONCERT

at the INEC, Gleneagle Hotel, Killarney  
on Saturday March 4th 2017

Isla's interaction with her audience is second to none and the atmosphere at her 'Live' shows is a joy to behold and as always she will sing many of her hit songs and some from her new CD "I'm a Survivor".

Isla will be joined on stage by her genial husband Al who will make his popular contribution to the show featuring some of the all time Jim Reeves 'Hit Songs' and one of Ireland's finest musicians, Multi instrumentalist Glen Flynn who is an integral part of the Isla Grant sound.

**Show begins at 8.30pm.**

**Tickets available from the INEC Booking Office  
(064-667 1555)**





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## A WORD OF VICTORY

Welcome back dear reader with all that's happening in the world now it's easy to get disheartened. Watching the news on television is depressing. Scripture tells us that the eyes are the lamp of the body (Mathew 6:22) and if what we are looking at and hearing is not good, it brings discouragement which leads on to worry, stress and anxiety which are major factors in diseases that attack the human body. It's very easy to get addicted to negative news without realising the damage it is doing. Our bodies are basically a chemical plant, performing chemical connections to keep the body and mind functioning properly. Good thoughts set off a major chemical reaction in the glands so you can just imagine what happens then when the body has to process destructive thought patterns. At night many people find it difficult to go to sleep and when they do they get visited with all kinds of upsetting dreams which drain the energy, but they never relate this to the hours of negative television they've been viewing all night. On the flip side of this, when you read God's Word the Bible and allow the Good News to soak into the fibres of your being, things will be so different. About 40 years ago, because of a build up of stress over finances and worry about tomorrow, my health took a downturn. Panic attacks and claustrophobia were the order of the day back then. I had no peace, my doctor prescribed Valium which was not helping a lot but after thirteen years of suffering, in 1984, I was invited to a Bible study in Killarney. This was the start of a wonderful journey and I began reading and soaking up the good positive news from God's Word and learnt to entertain good thoughts instead of bad. In a short time the panic attacks and claustrophobia were gone and I was delivered from Valium addiction. I give all the praise to my Heavenly Father and to His Word for a whole new lifestyle and outlook (James 1:17). "Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (Read John 14:27). More next week.....

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

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Guest Speaker:  
**MARIA VADIA**  
"I came to bring fire to the earth and how I wish it were blazing already"  
(Lk. 12:49)

Sat. 11th &  
Sun. 12th  
March 2017  
Rochestown Park  
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Starts 10am both days

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Buses travelling

Contact Tom Collins: 086 8380406

## 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. **G.T**

## NOVENA TO THE SACRED HEART

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## 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. **B.X.**

## NOVENA TO THE SACRED HEART

This prayer was recited every day by Padre Pio for all those who recommended themselves to his prayers:

O my Jesus, You said "I say to You, ask and you shall receive, seek and you shall find, knock and it shall be opened to you", behold I knock, I seek and I ask for the grace of...  
Our Father, Hail Mary, Glory be...  
O Sacred Heart of Jesus  
I place all my trust in You.

**E.S**

## NOVENA TO THE SACRED HEART

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

## NOVENA TO THE SACRED HEART

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



## 2ND ANNIVERSARY



*In Loving Memory of*

### PADDY TURNER

**Mangerton House,  
Upper Lewis Road, Killarney  
Died 3rd March 2015**

There is always a face before us,  
A voice we would love to hear.  
A smile we will always remember,  
Of Paddy, we loved so dear.  
Your memory is our keepsake,  
With which we will never part,  
God has you in his keeping,  
We have you in our hearts.

*Loved and remembered by all your  
friends in Killarney  
and Mangerton House and Mews*

Anniversary Mass in  
St Mary's Cathedral  
on Saturday March 4th 6:15 pm

## GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of  
Lourdes, St Padre Pio, Our Lady of  
Mount Carmel, Divine Mercy, St  
Faustina, The Eucharistic Miracle, St.  
Michael Archangel

## 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**

## NOVENA TO THE SACRED HEART

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

## 1ST ANNIVERSARY



*In loving memory of a dear  
mother, grandmother and great  
grandmother*

### MARGARET BUCKLEY

**late of Gortaree Aghadoe,  
who passed away on the  
28th February 2016  
RIP**

Those special memories of you,  
mother  
Will always bring a smile  
If only I could have you back  
For just a little while,  
Then we could sit and talk again  
just like we used to do  
You always meant so very much  
and always will do too.  
The fact that you're no longer here  
Will always cause me pain,  
But you're forever in my heart  
mother until we meet again.

*Missing you every day, your loving  
daughter Sheila and son in law Mike  
xxx*

NANA

A nana's love is special,  
a gift beyond compare,  
you only know the meaning when  
she is no longer there,  
A special time, a special face,  
A special nan, we cannot replace,  
With aching hearts,  
We whisper low,  
We miss you nana and love you so.

*Lovingly remembered by your  
granddaughters Theresa, Sarah and  
grandson Michael xxx*

Nana, I'll blow a kiss to heaven,  
because I know that is where  
you'll be,  
and when you feel it touch  
your cheek,  
please blow one back to me.

*Always remembered and never  
forgotten by your Great Grandson  
Arran x*

## NOVENA TO THE SACRED HEART

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

## 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.

**A.C**

## PRAYER FOR HEALING

Heavenly Father, I call on you right now in  
a special way. It is through your power that  
I was created. Every breath I take, every  
morning I wake, and every moment of every  
hour, I live under your power.  
Father, I ask you now to touch me with that  
same power. For if you created me from  
nothing you can certainly re-create me. Fill  
me with the healing power of your spirit. Cast  
out anything that should not be in me. Mend  
what is broken. Root out any damaged cells.  
Open any blocked arteries or veins and rebuild  
any damaged areas. Remove all inflammation  
and cleanse any infection.  
Let the warmth of your healing love pass  
through my body to make new any unhealthy  
areas so that my body will function the way  
you created it to function.  
And, Father restore me to full health in mind  
and body so that I may serve you the rest of  
my life.  
I ask this through Christ, our Lord  
Amen. **EOS**

## GRATEFUL THANKS

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

## 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.

**E.S**

## 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. (Make request). 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. There  
are none, that can withstand your power. Oh show  
me herein you are my mother. Oh Mary conceived  
without sin, pray for us who have recourse to thee  
(3). Say this prayer for 3 consecutive days and  
then publish it and request will be granted to you.  
This prayer must be published in thanks giving for  
favours received.

Thank you to the Universe **X**

## THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked  
many favours. This time I ask you this special  
one, (mention favour).  
Take it dear heart of Jesus and place it within  
your own broken heart where your Father sees  
it. Then in his merciful eyes it will become  
your favour not mine.  
Amen.  
Say this prayer for three days. Publication of  
prayer and favour will be granted.

**N.M**

## NOVENA TO THE SACRED HEART

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

## GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of  
Lourdes, St Padre Pio, Our Lady of  
Mount Carmel, Divine Mercy, St  
Faustina, The Eucharistic Miracle, St.  
Michael Archangel  
Brid

## LET'S PRAY TOGETHER INTO THE WORD

Let's Pray Together In The Word  
Colossians 3(8,10) Be Transformed. But now put away  
and rid yourselves of all these things, anger, rage, bad  
feeling towards others, curses and slander and foul  
mouthed abuse and shameful utterances from your  
lips. And clothe yourselves with the new, which is  
renewed and remolded into knowledge after the  
image of Him who created it.  
Pray to receive Gods transforming power. Believe that  
God is at work to change you.  
Father God (Abba) please forgive my sins, and  
change me to the person you want me to be. You are  
working in me right now, because I have come to you  
in repentance, confession and prayer. Thankyou for  
changing me.  
Amen  
laurencewoodley63@gmail.com





# INVITATION

**Open Day: Saturday 4<sup>th</sup> March 10am-12noon**

**LEWIS ROAD KILLARNEY**

Dr. Crokes GAA Club invites the Parents in the Killarney Area and their Boys and Girls to the **2017 Registration Open Day. Boys and Girls aged 4 to 10 welcome.**

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



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

### On Registration:

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



### SCÓR

Participate in Irish Dancing & Music



### GIRLS' GAELIC:

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



### GAELIC FOOTBALL:

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



### HURLING:

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

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



**FREE Registration for all Children U6**

**Each training session for all is FREE OF CHARGE**

**Full details contact: John O'Shea 087 2488768**

**www.drcrokes.com**

