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KILLARNEY Outlook

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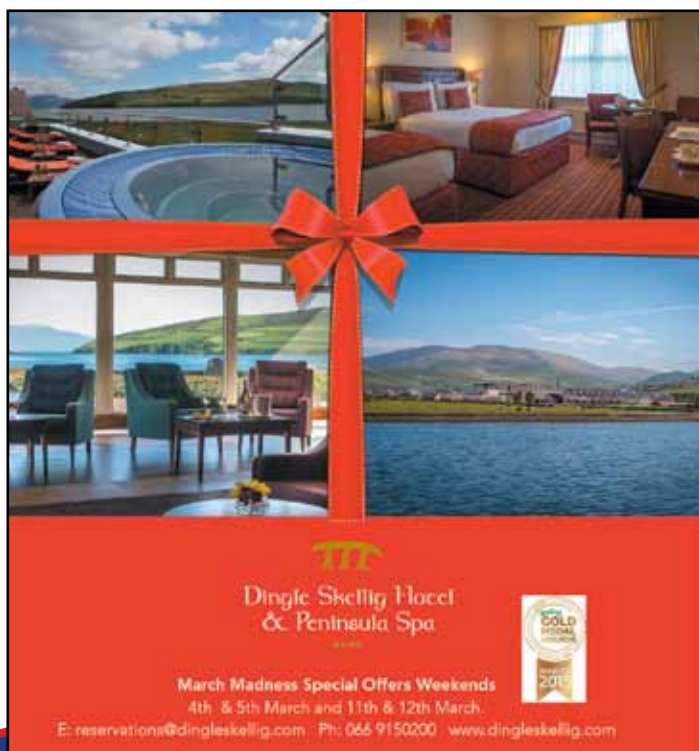
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FANFARE AS KELLY'S LONDIS LAUNCH NEW STORE

Photos by Don MacMonagle



Michael O'Muircheartaigh cuts the tape to officially open the newly renovated Kelly's LONDIS Store in Milltown, County Kerry. Also in photo are, Proprietors Seamus and Joan Kelly, Kerry footballer Darren O'Sullivan, Celebrity Chef Catherine Fulvio, Conor Hayes, Londis Sales Director and Willie O'Byrne, Managing Director, BWG.

Proprietor Seamus Kelly at the wheel of the 'LONDIS bus' with passengers Kerry footballer Darren O'Sullivan, Celebrity Chef Catherine Fulvio, Broadcaster Michael O'Muircheartaigh who performed the official opening and Conor Hayes, Londis Sales Director at the opening of the newly renovated Kelly's LONDIS Store in Milltown.



Pictured at the opening of the newly renovated Kelly's LONDIS Store in Milltown, County Kerry were Grace and Millie Cooper Milltown with Kerry footballer Darren O'Sullivan.



Kelly's Londis in Milltown has recently completed a revamp of the store and it was officially relaunched on 19th February. The main focus of the revamp was to showcase the new Londis store design concept, enhance the range of fresh food options and to increase the size of the store. Londis Milltown is one of the first stores in the country to become an ambassador for the new Londis retail offer.

A great crowd turned out to congratulate retailer Seamus Kelly on his new look store. To the delight of the locals, legendary Kerry Gaelic games commentator Micheal O Muircheartaigh, Kerry GAA star Darren O'Sullivan and TV Chef and author Catherine Fulvio were also in attendance as special guests. Catherine Fulvio even gave two cookery demonstrations throughout the afternoon.

Kelly's revamped Londis store has a number of new elements to it including a new deli offering called Bia Blas, which focuses on an improved range of healthy, fresh fare. They have also added an impressive home bakery section and are serving premium coffee brand, Seattle's Best. The inclusion of a seating area is a new departure, making the store a destination for locals to both shop and socialise.

Seamus employs 22 staff and has taken on five new staff since the revamp. With the increase in floor space from 2,400 sq ft to 4,000 sq ft, the store is now able to provide a supermarket offering which includes fresh meat, fruit and veg and a Londis own brand range.

According to Seamus: *"We have made considerable investment in the store in the past year. Fresh food is a massive focus for us and I believe our new offering makes us stand out. I think the investment in the store will better service the community in the years ahead."*

Conor Hayes, Londis Sales Director had high praise for the work done by Seamus and his team. *"Seamus Kelly is a long established Londis retailer of 16 years and is the first retailer to introduce the new Londis store design. Seamus has embraced all of the new concepts that BWG Foods (owners and operators of the Londis brand) have brought to Londis such as Bia Blas deli, Seattle's Best coffee and a new bakery. These concepts complement the brand's new look and feel of the store. We are very proud of what Seamus and his staff achieved including winning Londis store of the year 2015 and most recently Best bakery at the ShelfLife C store awards."*

Willie O'Byrne, Managing Director, BWG Foods, (owners and operators of the Londis brand in Ireland) said he was delighted to celebrate the relaunch of Kelly's Londis. *"We know this store will deliver fantastic service and quality to the community and local shoppers will get great value for money with the variety of products and services on offer, supported by ongoing promotional offers."*



Proprietor Seamus Kelly, with Willie O'Byrne, Managing Director, BWG and Conor Hayes, Londis Sales Director - at the opening of the newly renovated Kelly's LONDIS Store in Milltown, County Kerry.



Celebrity Chef Catherine Fulvio demonstrating some fine Italian cooking at the opening of the newly renovated Kelly's LONDIS Store in Milltown, County Kerry.



Proprietors Seamus and Joan Kelly, with their children Moiré, Maud and Harry at the opening of their newly renovated Kelly's LONDIS Store in Milltown, County Kerry.

TIME FOR A CHANGE?

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As the country goes to the polls to elect a new government, Killarney has had a fantastic week basking in the Spring sunshine. The coffee morning season continues in the town with the Killarney Cardiac Response Unit hosting their fundraiser today at the Plaza Hotel and the Irish Cancer Society planning their annual event for next Friday morning at the Killarney Towers Hotel.

One of the highlights of Christmas in Killarney, Tops of the Town raised €33,695 for charity and the town is buzzing with the news that the Ornamental Gardens at Killarney House and Gardens will open on April 4th. St. Brendan's College celebrated the Chinese New Year with a dinner at the Killarney Oaks Hotel and also officially opened a new Chinese classroom at the school, while The Gathering Festival attracted huge crowds to the town.... all this and much much more in this week's Killarney Outlook.

Aisling Crosbie, Editor.

TOPS OF THE TOWN RAISES €33,695

An amazing €33,695 was raised this year at the hit Christmas show Tops of the Town in the INEC.

Over 1500 guests packed the INEC for the show which saw 12 acts take to the stage to entertain the audience.

Winners on the night were Spa GAA club whose talented performance involved a Riverdance scene that Michael Flatley would be proud of.

Other groups involved in the night were Dr. Crokes, Killarney Chamber, The Wren Group, Glenflesk, Strictly Come Dancing, Kilcummin, the School Principals, Legion GAA, The Vintners, The Guards and Celtic.

The proceeds of the event has benefitted two charities The Kerry/Cork Health Link Bus and the Chemotherapy Day Ward at University Hospital Kerry.



GRAINNE O'SULLIVAN (COMMITTEE MEMBER OF CIK) AND MICHAEL GLEESON PRESENTING A CHEQUE FOR €33695 TO CHRISTMAS IN KILLARNEY CHARITY PARTNERS CHEMOTHERAPY DAY WARD IN UNIVERSITY HOSPITAL KERRY REPRESENTED BY ABBEY LYNCH AND KERRY CANCER SUPPORT GROUP- KERRY CORK LINK BUS REPRESENTED BY BRENDA DYLAN (MANAGER) AND JAY GALVIN (CHAIRMAN) IN THE PLAZA HOTEL, KILLARNEY LAST THURSDAY NIGHT. PHOTO BY MAREK HAJDASZ

CANCER SOCIETY COFFEE MORNING LAUNCHED

The annual Irish Cancer Society Coffee morning will be held on Friday next, March 4th at the Killarney Towers Hotel.

The annual event is organised by the Killarney /South Kerry Branch of the Irish Cancer Society - headed up by Chairperson Eugene O'Sullivan and his committee Kathrina Breen, Kathleen O'Shea, Eleanor Doherty, Kathleen Cronin and Timmy Moriarty.

The event takes place from 10.30am to 12.30pm and Killarney Outlook photographer Marie Carroll O'Sullivan will be there to capture the occasion.



LAUNCHING DAFFODIL DAY COFFEE MORNING ON FRIDAY 4TH MARCH AT KILLARNEY TOWERS HOTEL WERE L-R EUGENE O'SULLIVAN, ELEANOR O'DOHERTY, KATHLEEN CRONIN & KATHRINA BREEN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

TIME TO CLIMB STRICKEEN

That time of year has come again for the Annual Strickeen Mountain Charity Event.

Funds raised on the day will go to Recovery Haven with proceeds going towards the opening of an outreach centre in Killorglin, with the group also collecting for the Oncology Unit, based in Tralee General Hospital. Saturday 5th March 2016 is the date the group will begin the climb up Strickeen Mountain located in the Gap of Dunloe. Registration will begin at Kate Kearney's Cottage from 10:00am -11:00am. That night a dance will take place in Kate Kearney's cottage which will include live music, finger food and raffle prizes. Tickets are available on the night and will cost €5. The organisers are hoping that people can show their support on the day by climbing Strickeen or dancing the night away in Kate Kearney's or maybe even both! If you have any queries contact Mary on 087-2227188 or Sheila on 087-2433688

IF YOU HAVE A STORY...

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APRIL DATE FOR OPENING OF KILLARNEY HOUSE



PAT DAWSON, REGIONAL MANAGER NPWS, AND NIALL Ó DONNCHÚ, ASSISTANT SECRETARY GENERAL, DEPARTMENT OF ARTS, HERITAGE AND THE GAELTACHT, WITH GERRY MURPHY HORTICULTURAL SUPERVISOR AND HARRY O'DONOGHUE, KILLARNEY HOUSE CARETAKER, AT KILLARNEY HOUSE. PICTURE: EAMONN KEOGH.

A preview opening of the Ornamental Gardens at Killarney House and Gardens will take place on April 3rd.

The first phase of the restoration of Killarney House and Gardens is now complete and this area of the Killarney National Park has been closed to the public since 2014.

A celebration for the whole community, the unveiling of the gardens will reveal just how much work has gone into restoring the grounds to their 18th, 19th and 20th century magnificence. The National Parks and Wildlife

Service and the Office of Public Works have been working painstakingly to bring the gardens back to their former glory, using the original plans. This is just one element of the restoration project, which also involves developing a major National Park visitor centre in Killarney House, restoring some of the formal rooms, and using the house's exceptional collection of antiques to tell the story of the house and those who lived there.

The visitor centre will feature cutting-edge technology in a new extension, including,

exhibition areas for temporary exhibitions, and space for cultural events. The project is designed to optimise the potential of this landmark location while respecting its status as a heritage property managed by the National Parks and Wildlife Service of the Department of Arts, Heritage and the Gaeltacht.

Former home of the Earls of Kenmare, the present Killarney House the stable block of the original 18th-century Kenmare House. It was here that Valentine, Viscount Castlerosse, entertained his friends in the 1920s and 1930s. The house and a portion of the Kenmare estate were sold to an American syndicate in 1957, with John McShain ("the man who built Washington") buying out the other members of the syndicate in 1959. It came into the full possession and care of the State in 1998 on the death of McShain's wife, Mary.

Recognising its potential as an important heritage tourism asset, Fáilte Ireland supplied funding of €5.2 million under its Tourism Capital Investment Programme, with the balance of the overall cost of the restoration project being funded by the National Parks and Wildlife Service of the Department of Arts, Heritage and the Gaeltacht. Killarney National Park is the undisputed crown of the region's attraction, and now a hidden jewel is about to be revealed.

BRIDGE PLAYERS HEAD FOR KILLARNEY CONGRESS

THE Torc Annual Bridge Congress is expected to attract players from all over Ireland to Killarney when it will take place at The Brehon Hotel from Friday March 4th to Sunday March 6th.

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. Congress teams and open pairs 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 WERE SEATED IN FRONT, BREDA O'SULLIVAN (CONGRESS PRESIDENT EMERITUS) AND MARJORIE FLEMING (TEAM LEADER). BACK FROM LEFT ARE JOAN CULLOTY, EILEEN MURPHY, MARY ROSE FELLE, NEILUS O'REGAN, MARY RYAN, EILEEN TWOMEY AND BRIDIE BROSNAN (CONGRESS PRESIDENT). PICTURE: EAMONN KEOGH.

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HOTEL GROUP HONOUR THEIR EMPLOYEES

The team at The Gleneagle group gathered in the Mangerton Suite on Tuesday for the annual staff awards. Speaking at the awards, Managing Director Patrick O'Donoghue said, "I congratulate all of today's winners and I also extend my sincere thanks to the entire team for your hard work throughout 2015. It's your dedication and positive attitude that makes The Gleneagle a special place to both work in and to visit." The top awards of Employee of the Year went to Saifur Rahman for The Gleneagle Hotel, Janusz Faligowski for The Brehon, Ciaran Lynch for The Travel Inn and Terence McCarthy for The Gleneagle Group, each of whom received standing ovations from their colleagues. In the Gleneagle Hotel categories Ita Lyne and Kevin O'Sullivan Darcy won Colleague of the Year, Yvonne O'Flaherty won Best New Starter, Trevor O'Keeffe and Laura Kizjalo both won the Emerging Talent Award, Noel O'Connor won the award for Going The Extra Mile and Gerry Moriarty won the Hero Award. In The Brehon categories Wojcieh Przbycien won Colleague of the Year, Martina Stefancikova won Best New Starter, Catriona Cronin won the Emerging Talent Award and Shafiqul Islam won the award for Going The Extra Mile. In The Travel Inn categories Ellis Myers won Colleague of the Year and Piotr Brzozowski won the award for Going the Extra Mile.



WINNERS OF THE GLENEAGLE GROUP'S ANNUAL STAFF AWARDS WHICH TOOK PLACE ON TUESDAY. THE EXTENDED TEAM OF THE GLENEAGLE GROUP GATHERED IN THE MANGERTON SUITE OF THE GLENEAGLE FOR THE HIGHLY ANTICIPATED AWARDS CEREMONY. FROM LEFT, SAIFUR RAHMAN FOR THE GLENEAGLE HOTEL, EMPLOYEE OF THE YEAR, PATRICK O'DONOGHUE, MANAGING DIRECTOR, GLENEAGLE HOTEL, TERENCE MCCARTHY, GROUP EMPLOYEE OF THE YEAR 2015, JOHN DOLAN, GLENEAGLE HOTEL, GENERAL MANAGER, 2ND ROW, NORMA CASEY, SHOFIKUL ISLAM, CARA FULLER, NOEL O'CONNOR, SHARON O'CONNOR, LAURA KIZJALO, VALERIE STEINBECK, BACK ROW, KATHLEEN LENIHAN, CIARAN LYNCH, JANUSZ FALIGOWSKI, YVONNE O'FLAHERTY, DAN MOYNIHAN. PHOTO: VALERIE O'SULLIVAN.

In The Gleneagle Group category, which represents the shared departments across all The Gleneagle Group properties, the winners were Norma Casey who won Colleague of the Year, Sharon O'Connor who won the award for

Emerging Talent, Kathleen Linehan who won the award for Going the Extra Mile, Valerie Steinbeck who won the Special Achievement Award and Cara Fuller who won the Innovation Award.

PIANO MUSIC FEST TO WOO AUDIENCES



CLASSICAL MUSICIAN MANTAUTAS KATINAS.

Mantautas Katinas, a gifted classical musician, described by famous French pianist Anne Queffelec as having a remarkable technique and passionate temperament, is coming back to Killarney to entertain classical music lovers. The musical journey from elegant Classicism

to tempestuous Romanticism, entitled "Spring Rhapsody", will feature an array of piano works by Haydn, Rachmaninov, Medtner and other important composers. The programme will culminate with a famous Ballade No. 1 by Chopin and a D sharp minor Etude by Scriabin. A winner of the Ile de France International Piano Competition, Mantautas Katinas has been extensively performing as a soloist and with orchestras in France, UK, Switzerland and Ireland. His forthcoming engagements include recitals in the UK and Lithuania as well as piano concerto performances with Vilnius St Christopher's Chamber Orchestra. The recital at the Brehon Hotel will commence at 8pm on Wednesday, March 2 (doors open at 7.30pm). Admission to the performance is €15 and €10 concessions. Tickets at the door.

ENGINEERS WEEK AT LIEBHERR

Liebherr Container Cranes gears up for Engineers Week 2016 as it hosts a number of events, and showcases its facilities to local students with engineering interests. Students to experience state-of-the-art engineering and manufacturing in a week of factory tours. Engineers Week is a week-long programme of nationwide events from the 28th of February to the 5th of March celebrating the world of engineering in Ireland. During January 2016, and in preparation for Engineers Week, Liebherr Container Cranes invited a number

of local schools to the factory with a view to involving students in a "Crane of the Future" design project. Students were given detailed information on the products manufactured at Liebherr Container Cranes. A design brief was presented and students had the opportunity to meet with the design engineering team. Entries will be presented by the students to a panel of Liebherr engineers. An awards ceremony will follow in the coming weeks when the winning entry will be announced and prizes and certificates presented.

MUNSTER RUGBY SUPPORTERS QUIZ TO TEST THE BRAINIACS

There is nothing like a good quiz and they do not come better than the Munster Rugby Supporters one. And for those of you thinking of bringing a pen and paper, forget it, as you will have to embrace the latest technology with touch key pads to answer your questions.

Well if you can, then find three more like minded pals and head to Browne's Bar in Castleisland on 4th March as part of the Munster Rugby Supporters Club (MRSC) ultimate quiz, which take place across the 6 counties. The MRSC have teamed up with Smithwicks to bring you the ultimate Six County Quiz The quiz will help raise money for Munster Rugby 2015/2016 nominated charities, Headway and Children's Medical & Research Foundation Crumlin (CMRF); all monies raised will go directly to these charities. For the princely sum of €40, per table of four, you and your pals have the opportunity to become Kings or Queens of your county, meet up with other like minded Munster supporters, have a bit of craic and maybe progress to the Grand Final where you will square up against some Munster players to become true Kings or Queens of Munster So why not drop into Brownes and get more details

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The Sanctuary Clinic, No.3, The Square,
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info@sanctuaryspa.ie

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



THE DUNLOE CIE TOURS INTERNATIONAL GOLD AWARD OF EXCELLENCE FOR BEST OVERALL 5* HOTEL IN IRELAND FOR 2015

The Dunloe has won the CIE Tours International Gold Award of Excellence for Best Overall 5* Hotel in Ireland for 2015. The awards ceremony took place in Dublin Castle Monday night 1st February. Jason Clifford, Manager of The Dunloe was thrilled to accept the award and explained "We are delighted to receive the overall Gold Award and to hear that CIE guests have enjoyed their time at The Dunloe in 2015, it's great to see the positive results in the CIE client satisfaction ratings. We look forward to welcoming CIE in 2016".

The Europe Hotel and Resort, which is a sister hotel was also awarded on the night. The CIE Gold Award for "consistently exceeding our clients' expectations" was accepted by General Manager of Killarney Hotels Ltd Michael Brennan and Assistant Manager of The Europe



(L-R) JASON CLIFFORD MANAGER OF THE DUNLOE, MICHAEL BRENNAN GENERAL MANAGER OF KILLARNEY HOTELS LTD AND DAVID CRONIN ASSISTANT MANAGER OF THE EUROPE HOTEL & RESORT.

Hotel & Resort David Cronin. The Europe Hotel & Resort reopened February 4th (Thursday – Sunday only until March 24th) and The Dunloe will reopen 13th April.

The Dunloe is now taking reservations for Holy Communion parties. This luxury 5 star hotel is the perfect venue for your child's special day.

With over 64 acres of outdoor gardens you have the perfect backdrop for all your family special photos. The children will enjoy the outdoor playground and The Dunloe will also be offering children's entertainment on the day. For more information please contact our reservations team on **064 6644111**

KERRY CHARITIES TO BENEFIT FROM ANNUAL CONCERT



THE GLENEAGLE CONCERT BAND PERFORMS A CHARITY AT THE GLENEAGLE HOTEL IN MARCH 2015. PHOTO: NERIJUS KARMILCOVAS.

Members of the The Gleneagle Concert Band are busy tuning up for their Annual Charity Concert which takes place in the Gleneagle Hotel on Saturday, March 5. Proceeds from the concert will be donated to the Kerry Branch of The Irish Wheelchair Association, the Kerry Parents and Friends Association and the band's Music Education Youth Programme.

The Gleneagle Concert band will be joined by special guests The Blarney Brass and Reed Band and each band will perform a selection of pieces individually before coming together for an amazing massed band performance featuring over 100 musicians.

"We are really pleased to be collaborating with the Kerry Branch of the Irish Wheelchair Association and the Kerry Parents and Friends

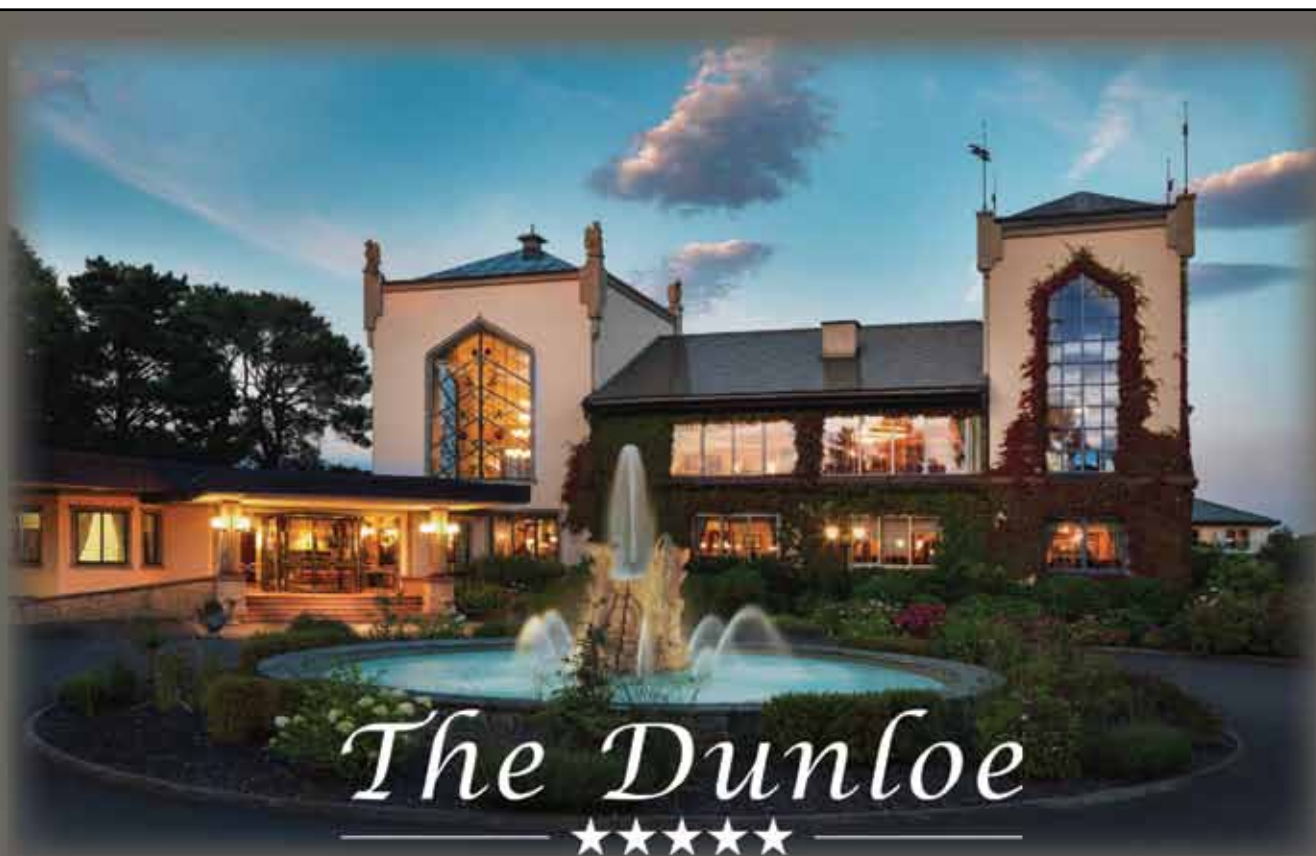
Association this year. We hope the public will come out in great numbers to support this worthwhile fundraising venture," Band conductor Vincent Condon told the Killarney Outlook

The band which performed superbly for President Michael D. Higgins on his visit to Killarney in 2012 embarked on a concert tour to Lisbon in 2013 and performed two concerts in the Portuguese capital under the baton of band conductor Vincent Condon. In 2017 the band will be undertaking a concert tour to Nice in the South of France performing concerts in Monaco and Cannes. Tickets are priced at €12 for adults and €9 for children/OAP and are available from band members, the Kerry Branch of the Irish Wheelchair Association, the Kerry Parents and Friends Association and on the door on the night of the concert. The concert will cater for all musical tastes and will include military marches, classical music, jazz numbers, film music, and vocal hits.

Any person interested in joining The Gleneagle Concert Band (including past members and adults with previous musical experience) or enrolling in music lessons in The Gleneagle School of Music should contact the band at: **087 2229513.**

IF YOU HAVE A STORY...

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



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at the family friendly 5 star Dunloe.*

*Piano music and children's
entertainment will create the perfect
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*Adults €40 pp
Children €20 pp*

(Terms and conditions apply.)

Adult rate is applicable to person 17 or over.)

*For reservations & further
information contact us.*

The Dunloe, Killarney, Co. Kerry
Tel: 064 6644111

Email: reservations@thedunloe.com

Web: www.thedunloe.com

Facebook: www.facebook.com/thedunloe



CONFUCIUS INSTITUTE CLASSROOM LAUNCHED AT ST. BRENDAN'S

The relationship between St. Brendan's College and Confucius Institute was further strengthened this week with the launch of the first Chinese Outreach classroom in a Kerry school.

Through the Confucius Institute, Transition Years at St. Brendan's have been given the opportunity to learn Mandarin Chinese over the past three years. To date 140 students have had this experience in the school. Furthermore, 40 students have travelled to Shanghai University to participate in an immersion fortnight at Easter.

Now the Institute has invested in the development of a dedicated language



SEAN COFFEY PRINCIPAL ST BRENDAN'S COLLEGE KILLARNEY RECEIVING THE CONFUCIUS CLASSROOM IN ST BRENDAN'S COLLEGE PLAQUE FROM XIA YONGBIN, MS DU, YANGJING, OUYANG XIAO AND QI QI UCC CONFUCIUS INSTITUTE WITH (BACK) KATE O'LEARY PRESIDENT KILLARNEY CHAMBER OF TOURISM AND COMMERCE, CLLR BOBBY O'CONNELL MAYOR OF KILLARNEY MUNICIPAL AREA, TEACHER JOANNE RYAN, JOHN O'SULLIVAN PRESIDENT KILLARNEY ROTARY AT ST BRENDAN'S COLLEGE, KILLARNEY.

classroom at the school. Not only will it benefit the promotion of Mandarin Chinese as an element of the new Junior Cycle, evening classes in the language will be available to the broader community. Mr. Xia, director of Confucius Institute in U.C.C., welcomed the increased collaboration while Mayor Bobby

O'Connell was delighted at the opportunities it afforded the greater Killarney community from a language, cultural and commercial perspective. On Tuesday, 23rd at the Killarney Oaks, the annual St. Brendan's College Chinese New Year Dinner further celebrated the link.

PICTURED AT THE KILLARNEY OAKS HOTEL TO CELEBRATE CHINESE NEW YEAR WITH THE SEM WERE PERFORMERS (CLOCKWISE FROM TOP LEFT), LEI FANG, SHOUPUI SANG, QI QI & YUNYING LIANG.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

ON YOUR BIKE FOR A WILD ATLANTIC CYCLE ALONG THE RING OF BEARA

The people of Kenmare and the Beara Peninsula will welcome 3,500 cyclists from Ireland and around the globe on Saturday 28th of May for the event which is now sold out.

Participants will cycle Ireland's spectacular peninsula and embrace the unspoiled beauty of the Wild Atlantic Way.

There is a route to suit all levels of fitness from the seasoned cyclist to the casual peddler. Choose from the 140km route or the shorter 110km route. Cyclist will experience

the magnificent scenery of the mountains, valleys and the rugged coastline of the Beara peninsula.

With the 3 start/finish locations of Kenmare, Castletownbere and Allihies, the cycle is accessible from all corners of the Beara peninsula. Cyclists will pass through the picturesque and quant towns, including Ardroom, Eyeries, Castletownbere, Adrigole and Glengarriff. Participants can enjoy some food and chat at the fully stocked food stations

dotted along the routes.

The event will finish with a great atmosphere and superb facilities including hot food, hot tubs, massage, entertainment and finishers' medal for all cyclists.

This year funds raised will be distributed to the two nominated: Southwest Counselling Centre and Cancer Connect. Last year the event raised over €30,000 for these two local charities.

More information can be found at www.ringofbearcyclekenmare.com



CYCLISTS PASSING THE FINISH LINE AT LAST YEAR'S EVENT.



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Musical Director John O'Brien

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Choreographer Sarah Griffin

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Adapted by Ronald Harner and Phil Park. From the stage play by Charles K. Freeman after Warner Bros. film written by James O'Hanlon. Lyrics by Paul Francis Webster - Music by Sammy Fain. This amateur production is presented by kind arrangement with Joseph Weinberger Ltd.

www.killarneymusicalsociety.ie

CONWAY BACKS MICROTRACK PLAN

By Thomas O'Connor



Kerry's fastest miler Frank Conway is the latest athlete to back the new running track in St Brendan's College Killarney. The facility will be of great benefit to all athletes in Kerry and is a stepping stone for young athletes to reach the top level of running. Frank Conway has said that when he was young he didn't have the facilities like running tracks or indoor gyms but still managed to become a top athlete and win at national and international level. He used his creative side to make a training environment on the farm where he grew up and the adjoining Dooks Golf Club. On the farm, he would go running in a large dry field where he did most of his runs. Then on the golf club he laid out loops for various trials and tempo runs. He says that this was a major key to his training because it made his training more accessible

and more fun.

Frank has also said what he thinks the three most important characteristics that each athlete needs to get to the top level. First is ability, which varies with each person but when mixed with the other two can produce inspiring results. Belief, this is critical for an athlete to succeed and without belief it is highly unlikely for an athlete to succeed. Commitment, so many great athletes would fail if their commitment was low. Top level performance requires a lot of personal sacrifice. This new track can serve as a wonderful community magnet and an invaluable community resource. But it will not just be students, families too will have access. When this track is ready it will be located within 200m of the centre of Killarney and will be easy to access for the whole community. It will also encourage more people to participate in running. And hopefully will make running a more popular sport in Kerry.



FRANK CONWAY

HEARTBEAT NEWS

Sluggish after the winter? Slow to get the body moving again? Heartbeat may be of help to you this month. Physical Therapist Harry O'Neill will be talking on how to start exercising to remove those winter aches and stiffness in order to get back to a healthy walking / cycling regime again. Hear Harry at the Serenity Centre, St. Anne's Road, Killarney on Monday February 29th. At 8pm. All are welcome to this free event.

ONE RACE - HUMAN RACE

Killarney Library will host an exhibition entitled "One Race - Human Race" from Thursday 25th February to Thursday 10th March inclusive. The exhibition will be launched by Cllr Pat McCarthy, Mayor of Kerry, at 12 noon on Thursday 25th. "One Race - Human Race" is organised by "Show Racism the Red Card". The exhibition is of entries to the Show Racism the Red Card Creative Competition over the last 5 years. The Kerry Schools entered the competition include Scoil Phobail Sliabh Luachra, St Olivers NS Killarney. Show Racism the Red Card is an education charity which works to harness the profile of sports stars to convey an anti-racism education message to young people.

KERRY CCE NEWS

This weekend coming up will see hundreds of competitors converge on the Tralee IT on Saturday and Fossa Community Centre on Sunday when the County finals of Sult na Nog will take place. On Saturday music, singing, storytelling and comhrá will take place in the IT, then on Sunday the dancers will perform

in Fossa. Both days start at 10.30am. There are big entries this year and the County Board are looking for stewards and clerks. If there is anyone available to assist contact Tadhg Creedon Co. Secretary **085 1770463** or secretarykerrycce@gmail.com

RATHMORE PLANS PATRICK'S DAY PARADE

Plans are afoot in Rathmore for the 6th annual St. Patrick's Day parade. The parade will take place on Sunday March 13th 2016 at 2pm. All types of floats are welcome and the categories are: Best overall float and Frank Buckley cup, Best vintage vehicle, Best commercial float, Best organisation / group, Best window display, Best dressed buggy / prism, Best dressed pet! Further information from 0876676817, Michael O'Mahony PRO. No street traders.

Kerry Rose 2014 and Rathmore native Mary Hickey who is this year's Grand Marshall at Rathmore six annual St. Patrick Day Parade



KERRY ROSE 2014 AND RATHMORE NATIVE MARY HICKEY.

LIEBHERR REACH SEMI FINAL

Liebherr Take on Medtronic in This Years All-Ireland Senior Interfirm Final, The game is a repeat of last year's final when Liebherr came out on Top on a scoreline of - Liebherr (Kerry)

0-13 Medtronic (Galway) 0-6 The venue is Tuam, Co. Galway and the date is Saturday 5th March at 2pm.

€4 MILLION FUNDING FOR STORM DAMAGED ROADS

Kerry County Council has received an allocation of €4 million to urgently address damaged regional and local roads following recent winter storms. The funding will be provided immediately to the council to begin urgent repair to regional and local road. Nationally an allocation of €8 million is being provided to Transport Infrastructure Ireland for works on national roads and a further €8 million is being allocated to Irish Rail for repairs to rail infrastructure which will also be of benefit to the county.



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

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PROPERTIES OF THE WEEK

RICS The mark of property professionals worldwide



13 PARK DRIVE, PARK ROAD, KILLARNEY
Guide Price €195,000

4 Bedroom semi-detached property (approx 1,520 sq ft) with back entrance & private parking. Private rear garden with large detached shed/store. Oil fired central heating. Walking distance to Town Centre.

REF 861 BER Pending



8 PAIRC CHUIMIN, KILMACMIN
Guide Price €150,000

3 Bed Terrace (1,017 sq ft) new build with parking, private back entrance & garden.

Open Viewing Tuesday 1st March 2016
4:30pm - 5:30pm.

REF 864 BER B3



ANABLATHA, KILMACMIN
Guide Price €198,000

4 Bedroom (1 ensuite) detached property (1,722 sq ft) on circa 0.7 acre site with fully landscaped gardens. Finished to a high standard. Garden shed with electricity. Opposite Anablatha Primary School.

REF 827 BER D1

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KERRY LADIES NIGHT OF FASHION AND FUN

Our ladies footballers will be swapping their boots for heels for one night only when they take to the catwalk to showcase the best of Spring Summer 2016 from top shops all over the county at the wonderful Ballyroe Heights Hotel on Wednesday March 9th. Leading names from the football field, both men and women, will model to raise funds for Ladies Football.

The Night supported by title sponsor Kerry Group and associate sponsors, Horans Health Stores, Vitality Chiropractic Tralee, The Scotia Clinic, and Fitzgibbon Interiors commences with a champagne reception on arrival at 7.00pm. Shops from all over the county are participating including some of Kerry's top designers and milliners so there really is something to suit everyone.

Speaking on behalf of the KLGC Chairperson Paddy White says '2015 was a year that was

indeed a successful year for the Kerry Ladies as the senior's & U16's collected the Munster Senior Championship, Munster U16 and U16a All Ireland honours, which is a massive success by any standard. We have a lot of unfinished business on the field and aim to move forward in 2016 positive, brighter and better'. With 35 clubs in the county the need to fundraise is necessary now more than ever, so we would ask that you come along and support this great event.

There are some wonderful raffle prizes on the night and Best Dressed will be sponsored by Jasmine Boutique. We look forward to welcoming you to a wonderful night of fun fashion.

Tickets are €25.00 and are available locally from Karen McGlynn (Fossa) **087 2948779**



LAURA COLLINS, EVA ROCHE HUSSEY AND MARIA QUIRKE PREPARE FOR THE FASHION SHOW.

COUNT DOWN TO CHELTENHAM



With Cheltenham just over 2 weeks away the Killarney racegoers club Cheltenham preview night takes place next Friday night 4th March at 8.30 in the Dromhall Hotel.

Panel includes Triple Gold Cup winning Jockey and trainer Jim Culloty, Andrew McNamara, renowned tipster Paddy Wilmott and analysis Brendan Tyter. MC on the night will be Vincent Casey.

Entry is only €5 and includes free bet, this can be paid at the door. Everyone is welcome & make sure you come along if you want to get top tips and plenty of winners at the upcoming Cheltenham festival which starts on March 15th.



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

A LEGION OF MEMORIES



A GROUP OF LEGION MEN PICTURED 1978

FRONT (L TO R), JIMMY DORAN, MIKE O'NEILL, JOE DOHERTY, MIKIE FLEMING, VICTOR MULCAHY, DONIE FLEMING, PAUL HORGAN, AND JOHNNY KISSANE. BACK (L:R), SEAN COUNIHAN, JOHN HEGARTY, JOHN RIORDAN, PAT O'DONOGHUE, MAURICE GLEESON, FRANK FOLEY, MIKE O'LEARY, DAVID FLEMING, JOHN NOLAN, JOHN JOE GRADY, PAT GRIFFIN, PAT KENNELLY AND FRANK DOHERTY.



MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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

There are very many important reasons to review your pension, including: 1. Performance of your pension and what funds you are invested in. This is **VERY IMPORTANT**, if your pension is invested in high risk funds your total pension fund could substantially reduce over a short period of time and if you are coming close to retirement this could result in you having a much less pension when you retire. The value of many pension funds have reduced since the start of the year, has yours?

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

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

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

To make an appointment in relation to the above or for any queries you can contact Dermot Cronin at **064 6622775** or email dermotcroninifa@gmail.com

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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: 22 The Courtyard, Bellview Woods, Ballydowney, Killarney. 4 bedroom semi-detached property (approx 1,520 sq ft) with back entrance, private rear garden & private parking. Beautiful front garden was winner of Best Roadside Garden in Killarney Looking Good 2010. Zoned heating, double glazed windows/doors, oil fired central heating.

Agent: ● Property Partners Gallivan & its4rent.ie College Square, Killarney, Co. Kerry ● +353 64 6634177 ● www.gallivanireland.com
www.propertypartners.ie ● www.its4rent.ie

GUIDE PRICE: €195,000 BER Pending Ref 861

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

"OH THE DAYS OF THE KERRY DANCING OH, THE RING OF THE PIPER'S TUNE"

With sessions, set dancing, storytelling and sean nós dancing galore, musicians, dancers and festival goers alike celebrated Ireland's rich and varied culture at The Gathering festival in Killarney last week.

Bumper crowds visited festival headquarters, The Gleneagle Hotel, last weekend for a jam packed programme of events for what was one of the best Gatherings in the festival's seventeen year history.

"We are thrilled with this year's festival," says John O'Shea, Chairman of The Gathering. "The feedback from those attending has been fantastic and it is hugely rewarding to see all of our hard work pay off."

"Our committee will regroup shortly to discuss plans for next year and I would like to take this opportunity to thank them all for their time and dedication", he told the Killarney Outlook.



ROUND THE HOUSE... DANCERS ENJOYING THE CÉILÍ MÓR AT THE GATHERING, ANNUAL TRADITIONAL FESTIVAL, A MIX OF LIVE CONCERTS, SET DANCE CLASSES, INSTRUMENT WORKSHOPS AND LECTURES AT THE GLENEAGLE HOTEL, KILLARNEY AT THE WEEKEND. PHOTOGRAPHS: VALERIE O'SULLIVAN.



MÉABH NÍ BHEAGLAOCH AND MATT GRIFFIN, FROM DINGLE, LAUNCHING THEIR ALBUM 'CUISE' AT THE GATHERING, ANNUAL TRADITIONAL FESTIVAL, AT THE GLENEAGLE HOTEL, KILLARNEY.



THE BEAT OF THE BODHRÁN.. KEVIN TARRANT, MARY O'LEARY AND CAROLINE PAPIN, ENJOYING THE BODHRÁN WORKSHOP BY JOHNNY 'RINGO' McDONAGH, AT THE GATHERING, AT THE GLENEAGLE HOTEL, KILLARNEY AT THE WEEKEND.



BILL LYNCH, CO CLARE, AND JOAN POLLARD-CAREW, SHRONE, ENJOYING THE GATHERING, ANNUAL TRADITIONAL FESTIVAL AT THE GLENEAGLE HOTEL, KILLARNEY AT THE WEEKEND.



IMPROMPTU GATHERING... STUDENTS FROM UNIVERSITY OF LIMERICK, AMANDA KEISER, LILY SWEENEY, AILEEN BOURKE, SEAN KELLEGHER, CIARA O'SHEA, ENJOYING THE GATHERING AT THE GLENEAGLE HOTEL, KILLARNEY AT THE WEEKEND.



MARIA O'MAHONY AND NIAMH FENTON, KILLARNEY ENJOYING THE SEAN NÓS DANCING WORKSHOP WITH GEARÓID O'DUBHÁIN, AT THE GATHERING, ANNUAL TRADITIONAL FESTIVAL, AT THE GLENEAGLE HOTEL, KILLARNEY AT THE WEEKEND.




BILL GRIFFIN FROM ALLIHIES CO CORK ENJOYING THE GATHERING, ANNUAL TRADITIONAL FESTIVAL, AT THE GLENEAGLE HOTEL, KILLARNEY AT THE WEEKEND.



CALLING THE SETS... JOHN DINEEN, ANN MANGAN, ANNE KEANE AND PAT O'BRIEN, WHO CALL THE SETS AT EVERY CÉILÍ MÓR AT THE GATHERING.



MUSICIAN JACKIE DALY AND BILL GRIFFIN FROM ALLIHIES CO CORK ENJOYING THE GATHERING, ANNUAL TRADITIONAL FESTIVAL AT THE GLENEAGLE HOTEL, KILLARNEY.



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NEW TO MARKET

5 FRIARY COURT, PARK ROAD, KILLARNEY

Conveniently located two bedroom townhouse in courtyard development, just off the Park Road, within walking distance of all town centre amenities. Ideal first time buyer, investor, holiday home or retirement property.

BER Pending

Price Region: **€145,000**



12 KILLARNEY HOLIDAY VILLAGE, MUCKROSS ROAD, KILLARNEY

Spectacular three bedroom holiday home located on Killarney's Golden Mile on Muckross Road. This property which is situated in this excellently located development walking distance to Killarney National Park, adjacent to Killarney Oaks Hotel and opposite The Lake Hotel.

BER Pending

Price Region: **€160,000**



**NEW TO THE MARKET NEXT WEEK, INVESTMENT
APARTMENTS IN THE FOLLOWING AREAS:
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ACCOMMODATION: Lounge – with bay window and solid fuel stove. Kitchen – superb kitchen which extends to a dining area and a living area overlooking local football pitch. Quarry tiles on floor. Bathroom – fully fitted bathroom.

Bedrooms – Four good fitted bedrooms. Master en-suite with electric shower. W/C – Separate W/C on ground floor. Attic – Stira fitted for access - Fully insulated and floored. Best example of a semi-detached in Killarney.

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Excellent Investment

Three bedroom - 93 sqm/1000 sqft detached bungalow. Property is located in excellent residential area, includes open plan Kitchen, living dining area. Three bedrooms with one en-suite and bathroom. Oil fired central heating and oil fired stove in lounge.

Price Region: **€140,000**

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LOUGH GUITTANE, MUCKROSS, KILLARNEY

This luxury six bedroom residence is set on a large landscaped site overlooking Lough Guittane Lake. Stunning views with spacious reception rooms and large hallways. Just a 10 minute drive to Killarney town centre.

€850,000



51 LACKABANE VILLAGE, FOSSA, KILLARNEY

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

€265,000

www.killarneyproperty.com

Contact 064 6631274 / 087 2354790
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YEAR OF MERCY PILGRIMAGE TO ROME

Killarney man Michael O'Connor led a group of pilgrims to Rome at the beginning of February - here is an account of their trip.

During the month of February I had the privilege of travelling to Rome with a group of pilgrims to celebrate the Jubilee for St Pio prayer groups around the world.

On our first afternoon we had a wonderful panoramic tour of Rome. It ended at Maria Maggiore Basilica, one of the first shrines dedicated to Our Lady with its magnificent mosaics and richly decorated ceiling. We visited the crypt of the Nativity which contains the relics of the manger in Bethlehem. We also had the opportunity to walk through the Basilica's Holy Door. We celebrated the first Mass of our pilgrimage together in a side chapel.

That night we waited outside the Church of San Salvador for the arrival of the caskets of St Pio and St Leopold Mandic. The little church was filled to capacity, so after the special Mass we filed in to pay our respects to the saints. Next morning we walked in pilgrimage from Castel Sant'Angelo the short distance to the Holy Door of St Peter's Basilica. Inside the Basilica we had time to visit the side altars where the remains of Pope John 23 and St Pope John Paul lie. Later myself and some of the Kerry group had the privilege of accompanying the remains of St Pio and St Leopold in procession from the church of San Salvador to St Peter's Basilica, whom were in glass caskets.

In the afternoon we went to the Irish College where the Dean, Rev Ciaran O'Carroll, welcomed us before Mass, outlining the history of the college and its association with our great



THE GROUP WHO ENJOYED THE YEAR OF MERCH PILGRIMAGE TO ROME.

Liberator, Daniel O'Connell.

The Jubilee for Padre Pio's prayer groups took place next morning in St Peter's Square in brilliant sunshine. More than 800,000 pilgrims thronged the Square, eagerly awaiting the arrival of Pope Francis. He sped around in his pope mobile, stopping here and there to greet pilgrims and bless the sick. In his homily to the prayer groups he quoted St Pio who said that prayer is a force that moves the whole world and spreads the smile and blessing of God over every languor and weakness. "It's true," said Pope Francis. "Try it!"

That afternoon we travelled to the Basilica of St John Lateran and some of us had the opportunity to engage in the age old tradition of climbing the holy stairs in the nearby church on our knees. This gave us a plenary indulgence. Our Mass on Sunday morning was in St Patrick's

Church, centre of the Augustinians in Rome. We filled the church with a chorus of hail Glorious St Patrick before leaving.

The last Basilica we visited was the impressive St Paul outside the walls which houses the remains of St Paul under its main altar. When we walked through its Holy Door we saw along the nave of the Basilica, mosaics of all the popes, starting with St Peter and ending with Pope Benedict.

This was one of my most memorable pilgrimages to Rome. Since St Pio appeared to me on two occasions, I have been taking pilgrimages for the past number of years to San Giovanni Rotondo where St Pio spent most of his life. I also have a First Class relic of the saint and there have been many miracles and healings through his intercession.

TOURNAMENT RAISES FUNDS FOR HEALTH LINK BUS



SHANE DENNEHY, ORGANISER OF THE DENIS MICHAEL DENNEHY MEMORIAL POOL TOURNAMENT PRESENTS A CHEQUE TO BREDA DYLAND OF THE KERRY/CORK HEALTH LINK BUS. ALSO INCLUDED ARE JAY GALVIN AND THOMAS O'FLAHERTY.

Pool enthusiasts have helped the Kerry/Cork Health Link Bus pocket an impressive €1652 from the Denis Michael Dennehy Memorial

Pool Tournament.

Shane Dennehy, organiser of the Denis Michael Dennehy Memorial Pool Tournament

presented a cheque to Breda Dyland, Jay Galvin and Thomas O'Flaherty from the charity, on Friday last.

The donation is the proceeds from this year's annual Denis Michael Dennehy Memorial Pool Tournament. The popular tournament is played over a period of 2 months during the run up to Christmas each year.

The tournament, in memory of Denis Michael Dennehy who passed away 5 years ago, has proved to be a big success and always draws large numbers of participants. There was a great turnout in support of the event, and the final which was held in Siobhan Coakley's, The Corner Bar, Barradubh on the 27th of December. All who attended enjoyed a superb night of entertainment, music and song.

The Kerry Cancer Support Group, Kerry – Cork Health Link Bus would like to thank the Dennehy family for their support, and all the participants in the Tournament this year and since its setup 2011.



Jerome O'Regan

AUCTIONEER & VALUER

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PRICE POA BER Pending



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PRICE REGION €75,000 BER Pending



NEW TO MARKET

MILLTOWN, KILLARNEY.

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

PRICE REGION €125,000 BER Pending



ROCKFIELD, FIRIES KILLARNEY.

MODERN end-of-terrace attractive home. 3 bedrooms and finished to a very high spec. Turn key condition. Very central, quiet rural setting.

PRICE REGION €125,000 B.E.R C2

UPPER LEWIS ROAD, KILLARNEY 2 STOREY, SEMIDETACHED HOME, ONLY MINUTES WALK TO TOWN CENTRE, MUCH SOUGHT AFTER LOCATION

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WANTED TO PURCHASE Store/warehouse, 3,000 sq. ft. approx.. close to Killarney.

Must be in good condition.

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

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

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

KILLORGLIN TOWN Town centre shop premises to let.

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

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

BARLEYMOUNT, KILLARNEY 6.5 acres approx. of rough land.

BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

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

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

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

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

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

Very attractively priced.

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

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

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

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

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,8000 sq. ft.

Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow.

Nice views. BARGAIN.

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

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

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

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

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

FARMS/LAND

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

SITES

LOUGHGUITTANE/MUCKROSS area - Site with lake view, roadside.

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

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

BEAUFORT, KILLARNEY 1 acre with full planning.

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

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

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

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

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

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



PICTURED AT THE KILLARNEY OAKS HOTEL FOR ST BRENDAN'S COLLEGE CELEBRATION OF THE CHINESE NEW YEAR WERE L-R MR XIA, PRINCIPAL SEAN COFFEY, PRESIDENT OF THE KILLARNEY CHAMBER OF COMMERCE & TOURISM KATE O'LEARY & JOHANNA RYAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PRESIDENT OF THE ROTARY CLUB, JOHN O'SULLIVAN PICTURED AT THE KILLARNEY OAKS HOTEL FOR ST BRENDAN'S COLLEGE CELEBRATIONS OF THE CHINESE NEW YEAR L-R YINGCHU HUONG, YUNYING LIANG, JOHN O'SULLIVAN, LEI FANG & QI QI. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PROPRIETOR SEAMUS KELLY, WITH KATHLEEN AND JOHN WREN LISTRY AT THE OPENING THE NEWLY RENOVATED KELLY'S LONDIS STORE IN MILLTOWN. PHOTO DON MACMONAGLE.



ALL REGISTERED AND READY FOR ROAD L-R SIOBHAN DALY, CAROLINE MURPHY, MARY O'CONNELL, CYNTHIA DALY & KERRY CONSTANT PICTURED AT GNEEVGUILLA AC ANNUAL ROAD RACE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE ANNUA GNEEVGUILLA AC ROAD RACE WERE FRONT ROW L-R AOIFE O'CONNOR, BEN O'CARROLL, DONNACHA MURPHY & DONAL BOURKE. BACK ROW L-R FERGAL O'CARROLL & DONAL DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY CARDIAC RESPONSE UNIT TRAINING DAY AT THE KILLARNEY PLAZA HOTEL L-R FIONA MCMAHON, NOREEN SHEAHAN, MARION JOY, CATHERINE MORIARTY & DAMIEN BAKER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GEORGE STAPLETON (LEFT) & JAMES CROWLEY (RIGHT) TAKING PART IN THE GNEEVGUILLA AC ROAD RACE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR TRAINING WITH KILLARNEY CARDIAC RESPONSE UNIT WERE L-R DEREK O'LEARY, MARY FLEMING, JULIETTE CASEY, MARY GUERIN-LAVIN & NIKKI TADDEI. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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When anyone has an opinion about you, remember that it is only their opinion – it doesn't make it true about you! It was created in their mind and spoken by their voice! It fully and wholeheartedly belongs to them! What belongs to you are the thoughts you choose, the words you speak, the dreams you have, the actions you take (or don't take) and the feelings you feel! We don't know what is in anyone else's heart or mind or spirit. We don't know what fires they are walking through. We cannot be them- that is their job! The only person you can be is wholeheartedly **YOU!**

So choose to Love being **YOU!** You were born an original – don't die a copy!

NEW Chakranetics™ course (mindful movement meditations) starting Monday 29th February at 7.30pm and Tuesday 15th March at 10.00am. Both at the Travel Inn, Fossa, Killarney. Cost is €60.00.

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IS IT SAFE TO EXERCISE WITH DIABETES?

Exercising with diabetes is extremely beneficial in helping control sugar and insulin levels. So yes it is important to get up and active. However before you go throwing on the runners to hit cardiac steps, the first step is to consult with your doctor or specialist first to get the correct level of exercise that it is ok for you to commence with.

Exercising with diabetes can be a tricky one at the start to figure and control your blood sugars and getting the levels right. It may even be required to check your blood sugars before, during and after your workout to get used to how your body responds to the exercise you are doing. But quite quickly you will learn what exercises best suit you and the safe intensities to take your workout level to.

Exercise can also help people with type 2 diabetes avoid long-term complications, especially heart problems. People with diabetes are susceptible to developing blocked arteries (arteriosclerosis), which can lead to a heart attack. Exercise helps keep your heart healthy and strong as covered last week. Plus, exercise helps you maintain good cholesterol—and that helps you avoid clogging up of the arteries.

As with all exercise programmes you will have to start off small and build up the intensity sensibly.

A good programme if you are a beginner or have not exercised in a while is to start off with a 30mins aerobic activity most days of the week such as; swimming, cycling, walking, basketball, tennis etc). Then after a few weeks you can gradually start introducing some weight bearing exercises 2-3 times per week. Something as simple as using your own body weight to start can suffice eg. squats, push ups, lunges, pull ups etc. Then when you are comfortable with these progressions & want to move onto something more intense I would advise engaging a trainer to show you how to effectively & safely incorporate weights into your programme so you get the best benefits and know how to use them without causing an injury.

The main thing is not to be afraid of exercise. The long term benefits will far out weigh the awkwardness of building it into your daily routine and learning how to regulate your blood sugars through diet and controlled medication while exercising. You will start feeling and looking great in no time and wonder how you ever got by without it! Need help? Don't know where to start? Then give me a call any time, I'd be delighted to advise you where to start or help you get started.

MORE TIPS NEXT WEEK...
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OUTLOOK FASHION LEATHER JACKET

This spring, the trustee leather jacket is back, so don't go throwing it away in your spring clear out! A leather jacket and high waisted jeans with a simple tee is one of the hottest trends this year and has been seen on the most famous celebrities.

DIET TIP BREAKFAST

Make sure to eat a good, nutritious breakfast to set you up for the day. If you eat a good breakfast you are less likely to snack during the day and therefore you will not consume extra calories by snacking.



Foundation

Picking up the wrong foundation shade can happen to the best of us, but if the foundation is too dark for your skin tone there is a way of salvaging it. By simply sheering out the foundation and mixing it with a light moisturizer it can make all the difference.



March is Lymphoedema awareness month and Recovery Haven will mark it by holding a talk on Thursday 3rd March at 7pm

WHAT IS LYMPHOEDEMA?

Lymphoedema is a transport disorder of the lymphatic system and lymphoedema (swelling) occurs when lymph flow is impaired. Damage, obstruction or absence of the vessels can lead to swelling and most often it is the limbs that are affected. Tissues with lymphoedema are at increased risk of infection and it can impact on limb function. It is very important to know that while this is a long term condition it is a treatable and manageable condition. There are two types of lymphoedema- primary which is a developmental or inherited disturbance of the lymphatic's or secondary which is acquired damaged to the lymphatic system.

Secondary lymphoedema can occur in those with cancer and the main causes are:

1. Damage to the lymphatic system due to removal of lymph nodes, radiotherapy to lymph nodes, extensive scarring or large wounds
2. Advanced cancer causing an obstruction in the lymphatic system
3. Problems with veins like deep vein thrombosis

4. Infection or inflammation
5. Not being able to move around due to paralysis or neurological conditions
6. Obesity

It is important to recognise the early signs of lymphoedema as early treatment can help control swelling and stop it from getting worse.

The early signs include:

- Swelling in part of the body. To begin with this may come and go and it will be worse in the evening time.
- A feeling of heaviness, tightness, soreness or stiffness in the affected area.
- Skin changes over a period of time, skin feeling tight, taut and shiny.
- Clothing or jewellery feeling tighter than usual.

(Further information from Lymphoedema Ireland and MLD Ireland)

Recovery Haven (Cancer Support House) will host a talk in Tralee on lymphoedema and its management by Mary Hickey and Anne Marie Lyng (Physiotherapists) at 7pm on Thursday 3rd March. For further information please contact Siobhán on 066 7192122

Spiritual Intuitive Energy Healer

Trisha Moloney

Trisha Moloney is a **Spiritual Intuitive Energy Healer**, who is a native of Co. Kerry. Trisha channels intuitively, bringing messages of guidance, support and healing.

She is well known from her participation in Wellness Fairs and holds regular Healing Clinics in **Tralea, Killarney** and **Killorglin**. This year Trisha has begun travelling nation wide with her teachings. Speaking to the Killarney Outlook she says,

"For more than twelve years I have taken part in my own independent study on this spiritual quest, as well as courses reaching Master Level. My background growing up was always linked in with spirituality through my belief in the **Angelic Realm**, I attended college in Cork, U.C.C., and what I noticed along my journey it didn't matter what route I took academically, I was always brought back to my unique gift of healing. Over the years of working in healthcare I realised I have been given this joy

and amazing energy in order to help people see their path in life and help them heal on all levels. As I am writing this piece I am full of gratitude and I feel blessed at my role in life, so therefore I live a very holistic and spiritual lifestyle daily. My unique energy healing is a non invasive treatment, very gentle, yet powerful, life changing, but very effective with immediate results.

Among the many conditions that I can help treat are chronic pain, anxiety, depression, mental health issues, anger issues, digestive problems, asthma, fatigue, behavioural problems with children, ADHD, autism, addictions, arthritis, low self esteem, eating disorders, trauma grief/bereavement, headaches, fears, panic attacks, relationship or marriage distress to name a few.

I bring balance back into the body on all energy levels, i.e. mental, spiritual, physical and emotional. Aids body from recovery

from surgery and releases stress and tension.

What people aren't aware of is all illness either it be physical, mental or emotional starts in the energy system, and because it isn't cleared or balanced over long periods of time negative blocked energy accumulates in parts of the body or mind manifesting in physical illness. At this point. It is still treatable and is easily illuminated, from your life, so you can live in joy, happiness and good health".

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

For more information contact Trisha about clinic times and one to one healing sessions.

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Call: Trisha 085 1625095

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Katie Purtill MISCSP
Chartered Physiotherapist
Approved by all major Health insurance providers.

The latest member of our team is
Donal O'Sullivan
who recently graduated with a
MSc. Physiotherapy from Glasgow
Caledonian University.

Donal also has a
BSc. Honours degree in
Athletic Therapy and training from DCU.



COLLEAGUES GATHER TO HONOUR SEAN

Colleagues and family members of popular An Post employee Sean Devane gathered at McSweeney Arms Hotel on Friday night to honour Sean's retirement after 42 years service with the company.

Liam Hartnett, Delivery Services Manager, An Post Killarney, made a presentation to Sean to honour the occasion.

Along with his work colleagues, Sean was also joined by his wife Mary, sons James and Brian, daughter Fiona and son in law, Damien Doody.

PICTURED AT THE FUNCTION WERE FRONT FROM LEFT ARE PAUDIE CRONIN, CONNIE KELLY, JASON O BRIEN, CONNIE O SHEA, JERRY MURPHY, BRIAN CLARKE. SEATED IN CENTRE ARE LIAM HARTNETT, SEAN AND MARY DEVANE. IN MIDDLE ROW ARE MARY O SHEA, PAT O DONOGHUE, CONNIE BRADY, DENIS CRONIN, DAVID O LEARY, PADRAIG O SHEA, NOEL MCCARTHY, PETER O BRIEN. THIRD ROW FROM LEFT ARE BRENDAN CONNORS, MICHAEL MURPHY, TIM BREEN, EILEEN LYNE, TOM ASHE, ANDREW KENNEALLY, SEAMUS MANNIX, MAURICE SWITZER, JOHN MURPHY, BILLY O SULLIVAN, GERALDINE TEAHAN, MALACHY WALSH. BACK FROM LEFT ARE PAUL PURCELL, PATRICK ROBERTS, MOSSIE KELLY, ADAM O REILLY, SEAN CLARKE, WILLIE MURPHY, DAN MURPHY, BRENDAN MCCARTHY, GARY O REILLY, JOHN O SHEA. PICTURE: EAMONN KEOGH



OUTGOING KERRY SKÁL PRESIDENT, MARGARET CAHILL PRESENTED INCOMING PRESIDENT, BRIAN BOWLER, GENERAL MANAGER OF THE BREHON HOTEL, WITH HIS NEW PRESIDENTIAL CHAIN, AT A CELEBRATORY FUNCTION IN THE BREHON ON THURSDAY EVENING. PHOTOGRAPHED IS EILEEN TARRANT, BRIAN BOWLER, MARGARET CAHILL AND CONOR O'CONNELL. PHOTOGRAPH BY SALLY MACMONAGLE.



KILLARNEY BRIDGE CLUB HELD ITS ANNUAL CHARITY NIGHT ON THE 15TH OF FEBRUARY AND LAST NIGHT CLUB PRESIDENT PAULINE LYNE PRESENTED PAT DOOLAN, CHAIRPERSON OF THE KILLARNEY BRANCH OF KERRY HOSPICE WITH A CHEQUE FOR €1,000. PICTURED ARE FROM LEFT: MARCIA BOFFEY, JOAN LENIHAN, PAULINE LYNE, PRESIDENT KILLARNEY BRIDGE CLUB, PAT DOOLAN CHAIRPERSON OF THE KILLARNEY BRANCH OF KERRY HOSPICE, KATHLEEN COEN, ANNE LOONEY, MAI CORCORAN.



CLODAGH CLIFFORD, 5TH YEAR STUDENT IN ST. BRIGID'S ATTENDED THE BAR OF IRELAND PROGRAMME IN DUBLIN RECENTLY FROM 1ST TO 5TH FEBRUARY. THERE WERE 100 STUDENTS ACROSS IRELAND PARTICIPATING IN THE PROGRAMME WHICH COMPRISED WORK SHADOWING JUNIOR BARRISTERS AS WELL AS BEING INVOLVED IN A VARIETY OF CASES! IT WAS UNDOUBTEDLY A GREAT EXPERIENCE FOR CLODAGH AS SHE WAS EXPOSED TO THE DAILY LIFE OF A JUNIOR BARRISTER, AN EXPERIENCE WHICH SHE THOROUGHLY ENJOYED.



LAUNCHING KERRY COUNTY COUNCIL ARTS STRATEGY 2016-2021 AT KERRY COUNTY LIBRARY, TRALEE, WERE, CENTRE, MOIRA MURRELL, COUNTY EXECUTIVE KERRY COUNTY COUNCIL, JOHN BREEN, DIRECTOR OF SERVICES KERRY COUNTY COUNCIL, MARIA SVENSSON, DANCER IN RESIDENCE, KERRY COUNTY COUNCIL, SHARON O'KEEFE, ARTS OFFICE, CAROLINE LYNCH, ARTS OFFICE, KATE KENNELLY, FAR RIGHT, ARTS OFFICER, KERRY COUNTY COUNCIL. THE STRATEGY SEEKS TO FOSTER GREATER LEVELS OF ENGAGEMENT IN THE ARTS, AND TO SUPPORT A HIGH STANDARD OF PRACTICE IN THE ARTS THROUGHOUT THE COUNTY, BASED ON FOUR CORE VALUES: QUALITY, ACCESS, INCLUSION AND SUSTAINABILITY. PHOTO: VALERIE O'SULLIVAN



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HEALY RAE DELIVERS KNOCK-OUT PUNCH FOR PARENTS

Michael Healy Rae struck a blow for a local Castleisland Company this week on the special RTE Drivetime political candidate's debate held in Castleisland on Monday. The popular Radio One show, which travelled to each of the constituencies during the election campaign, saw Brendan Griffin TD, Martin Ferris TD, Arthur Spring TD, Cllr John Brassil and Michael Healy Rae TD all face off with each other with Mary Wilson firing off the questions. With many national topics on the table, it was left to the Kilgarvan TD to bring the debate back to education and he kept it local. "There are simple things that can happen to create jobs, for instance out the road here, we have a great company Educate.ie. They produce school books at a very

affordable cost; their saving so far to the parents in Ireland is €32M" "I raised it in the Dail on behalf of that company asking the government to use that companies facilities and their whole method of producing school books at an affordable price. Did the government support this?" before Mary Wilson interjected asking the deputy "what do you want?" "What I want is for the government to say; yes, we can use a company like Educate.ie. It will save practically millions and millions of euros. It will create local jobs in Ireland and that what I want to do". Healy Rae went on to condemn the current government stating it was the "most anti rural government in the history of the state.



IT IS DECISION TIME ON FRIDAY AND THE DESISION IS YOURS



COUNCILLOR DANNY HEALY RAE ON THE CAMPAIGN TRAIL THIS WEEK, DROPPED INTO OUR OUTLOOK OFFICE AND MET WITH TRALEE OUTLOOKS SEAN CRONIN.

So we have had "them" to the door, we have been pestered and plagued with all types of literature coming through the post box, we have listened to the debates and we have even counted the posters on the poles as a way of keeping fighting children apart while driving to football practice and on Friday we get the right to make a decision and a difference when we cast our votes. On the 100th commemoration of the 1916 rising, it is unique that we get the right to use our freedom of expression much like

those who sign the proclamation looked for as a basic right. It is something that we should embrace. Kerry has 16 candidates of all parties and none and over the last 4 weeks in particular we have brought you a snap shot of each of them. Will your vote make a difference? or course it will. It will make no difference if you do not vote. Your polling station opens at 7am and remains open until 10pm with the Count commences on Saturday 27 February - 9am

GRACE O'DONNELL

Honesty, Integrity, Leadership, Sincerity & Compassion. These are the qualities that I Grace O'Donnell, will bring when fighting for our community in Kerry.

I believe that brighter days are ahead of us.

Our young people will no longer have to emigrate to find a job, there will be hope too for our families struggling with the crippling cost of childcare, rent, mortgages. There will be brighter days also for our older people who deserve to spend the rest of their lives free from worry.

I have been actively involved in the local community from an early age and was proud to serve as Mayor of Tralee in 2011. If you trust me with your vote, I will work tirelessly on your behalf to spread the benefits of the recovery to as many homes as possible.

Let's face the future together with Integrity, with Grace.

Mobile: 087 239 9940 Email: graceodonnellfg@gmail.com

LET'S KEEP THE RECOVERY GOING

FINE GAE

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Published by David O'Brien 087 239 9940 Printed by Kingsway Press Ltd 0800 712013



Vote 2, 3 in order of your choice

and continue your preference for **JIMMY DEENIHAN, BRENDAN GRIFFIN**



Vote Independents for Life Equality

MARY E. FITZGIBBON

HENRY GAYNOR

1

KERRY WILL BENEFIT FROM FRESH FOCUS WITH NEW POST

Fianna Fáil Leader Micheál Martin says his party is committed to protecting rural Ireland and will appoint a Minister to the Cabinet table with responsibility for community support and development. The party has published a "Manifesto for Rural Ireland", which pledges to support rural parish communities, in Kerry and around the country, and ensure that employment and job opportunities in the regions are improved.

Micheál Martin explained, "Fianna Fáil was the first party in Government to introduce a senior Cabinet post with responsibility for rural affairs. We protected small schools, brought in the CLAR programme to invest in rural areas and increased funding for LEADER. Fine Gael and Labour have decimated rural services over the past five years and we want to reverse that trend.

"In our 'Manifesto for Rural Ireland' we have put forward a credible costed plan, which will ensure that the regions are not left behind. Under Fianna Fáil, public services in rural areas will

be equivalent to those in our towns and cities with a Community Services Guarantee. We will roll out fibre broadband to every home and business in the country, guaranteeing quality infrastructure in even the most remote of areas. This in itself will advance job opportunities as it will allow businesses to operate from any location in the country rather than being confined to areas where a quality broadband service exists. In addition we have are committed to a National Mobile Phone Infrastructure Plan to help ensure universal 4G mobile coverage." Kerry general election candidate John Brassil said: "We need balanced regional development so that the rising tide can lift all boats. That is simply not happening under this Government. There are large parts of the country that have felt no recovery whatsoever. There needs to be much more focus on the role the regions, and in particular Kerry, can play in the recovery. Boarded up shop-fronts and closed vacant units remain a common feature of many rural towns and this needs to be tackled head on."



COUNCILLOR JOHN BRASSIL WITH NEW KILLARNEY SECRETARY LYNDY HORGAN OUTSIDE THEIR OFFICE IN FAIRHILL.

809 EXTRA REGISTERED TO VOTE

The National Youth Council of Ireland (NYCI) has welcomed that 809 people in Kerry have been added to the supplementary register in advance of tomorrow's general election, and is calling on young people to ensure they cast their vote. The NYCI is the representative body for youth organisations with 1,400 staff and 40,000 volunteers who work with over 380,000 young people nationwide.

James Doorley, NYCI deputy director explained: "The figures from the local authority indicate that 809 people in Kerry added their names to the supplementary register before the February 9th deadline, which is to be welcomed.

"Now, however, the focus must turn to getting out the vote. NYCI is encouraging 18 to 25 year olds in particular to make sure they make their voices heard tomorrow, Friday the 26th of February," added Mr Doorley. Mr Doorley said: "We've been working to increase the number of young people on the register for the past number of referendums and elections, and we're delighted that the local media have been supportive of our campaign this time round. This campaign, along with registration drives run by many youth and community organisations, has helped contribute to the additional numbers on the electoral register.



MICHAEL MARTIN LEADER OF FIANNA FÁIL WAS IN TRALEE WITH LOCAL CANDIDATE JOHN BRASSIL AND DROPPED INTO GARVEYS TRALEE AND GOT SOME FINANCIAL ADVICE FROM LISA HEALY FROM TRALEE.

HOTELIERS WELCOME FG'S COMMITMENT TO TOURISM

Kerry hoteliers today welcomed Fine Gael's commitment to ensuring tourism remains at the heart of Ireland's economic policy during the life of the next Government. In particular, local members of the Irish Hotels Federation welcomed the party's recently announced tourism plans and its commitment to a 'whole-of-government' approach to ensuring Irish tourism lives up to its full potential in terms of continued growth and job creation.

Among the key initiatives announced by Fine Gael include a new €100 million capital injection in the Wild Atlantic Way and a nationwide greenways network; the holding of a successor to The Gathering in 2019; and the provision of additional resources to build on the successes of Ireland's Ancient East.

Stephen McNally, President of the IHF called on all parties and candidates in the general election to commit to decisive action in support of continued recovery in Irish tourism. He said that tourism has a proven track record as a major engine for economic growth and employment, having created over 33,000 additional jobs since 2011 thanks to a number of key pro-tourism initiatives. Tourism now employs over 12,000 people in Kerry and contributes €380m to the local economy each year. Important tourism initiatives in re-



cent years include the 9% VAT rate, which has brought Ireland more closely in line with tourism VAT rates in other European countries with which we compete – making Ireland more competitive when marketing the country internationally as a tourism destination. Other important measures include the zero rate air passenger tax, support for improved air access and connectivity, and the liberalisation of the visa regime for visitors from selected markets.

Commenting on the IHF's recently launched four-point plan for tourism, Mr McNally said that, while tourism has made significant progress in recent years, continued growth cannot be taken for granted. Market conditions within the industry remain challenging, particularly outside of the larger urban areas and traditional tourism hotspots.

Cllr. John Brassil



Contact John for representation or to highlight issues of concern to you.

tel: **087 2362330**

email: **cllrjbrassil@gmail.com**

address:

**The Pharmacy, Main Street,
Ballyheigue, Co. Kerry**

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THE REPUBLICAN PARTY

**VOTE NO.1
JOHN BRASSIL**

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"As one of your Fianna Fáil candidates for Kerry I am committed to make the very most of this opportunity to represent you, the people of Kerry. I come with fresh eyes and a determination to do the best by our County. I am a first time candidate but have sixteen years experience working for and representing the public as a Kerry County Councillor since 1999."

"I will stand for what Kerry needs to maintain its communities. I have qualifications in both Civil Engineering and Pharmacy and have worked in both sectors for many years gaining insight and knowledge on relating issues, along with my extensive experience in Kerry County Council I believe that I have the skill set, understanding and determination to develop and drive policies and programmes that better serve Kerry."

***"Building for the Future,
A New Voice for Kerry"***

**Your Kerry
Fianna Fáil Candidate**

Please continue your preference
for my colleague Cllr Norma Moriarty



Vote NO. 1 HEALY-RAE MICHAEL

Vote no.2 Danny Healy Rae



*This is my final call on the people of Kilgarvan, Kenmare, Bonane, Tousist, Lauragh, Templehoe, Blackwater, Sneem, all of South Kerry, Castlemaine, Milltown and all of West Kerry, the Dingle Peninsula, Tralee and North Kerry to please give me their **NO.1 VOTE** today. I really want to serve you and your families in the years ahead in Dail Eireann.*

*The only way this can happen is by you and your families kindly giving me your **NO.1 VOTE** or next preference. I have a history of being a committed and determined hard worker for the people that I have had the privilege to represent over many years. I am now asking that you let me continue to work for you the people.*

Vote NO. 1 HEALY-RAE DANNY

Vote no.2 Michael Healy Rae



*A flyer has been delivered by An-Post today to all the people of the Killarney, Castleisland Electoral area asking for **NO.1 VOTE** for Michael Healy Rae, this was in the system prior to Danny's candidacy and could not be taken out, as we agreed this is now my area, I want to clarify this with the Voters of the Killarney Electoral Area to avoid confusion.*

*"I am asking the people of the Killarney Electoral Area which includes Killarney Urban and Rural area, Ballymalis, Furies, in the west and Rathmore, Gneeveguilla, Scartaglin in the east and also Castleisland/Cordal and everywhere in between these areas to give me their **NO 1 VOTE** today. I am asking for this one chance to win a second seat for the Healy Raes to ensure that we can give a full and dedicated service to all the people of Kerry as we have done in South Kerry."*

VOTE HEALY-RAE

IN ORDER TO PROVIDE AN EVEN BETTER SERVICE TO THE PEOPLE OF KERRY

**MICHAEL HEALY-RAE
and DANNY HEALY-RAE**

REQUEST YOUR VOTE

If you support us please cast your vote in accordance with your location as shown on this map.

It is only with your support that we can get elected.



Vote No 1

**DANNY
HEALY-RAE**

Vote No 2
**MICHAEL
Healy-Rae**

Vote No 1
**MICHAEL
HEALY-RAE**

Vote No 2
**DANNY
Healy-Rae**

**A vote for the
Healy-Raes
is a vote for
experience and
common sense**

STILL NOT SURE WHO TO VOTE FOR???

FINE GAEL



WHY NOT HAVE ANOTHER LOOK AT BRENDAN GRIFFIN TD...

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Extremely Hard-Working:

Over the last 5 years, Brendan has been one of Ireland's most active TD's, asking nearly 7,000 Dáil Questions, as part of his consistent and dedicated work on issues of individual, local, national and international importance.

The Only TD To Take The Hit With You:

In 2011, Brendan made a pledge to work for half salary in solidarity with the people of Kerry during the economic crisis. He kept this promise and has so far waived over 200,000 in salary, the only TD in Ireland to do so, with the waived portion going towards the employment of a teacher at a Kerry primary school. He intends to continue this arrangement with the school if re-elected.

Providing Top-Class Service From A Central Location

In The County:

Since 2011, Brendan has maintained three offices in Kerry for your service in privacy, with weekly clinics and house calls in all parts of Kerry for your convenience. His central location right in the middle of the county means he is never far away from you if you need him.

A TD With A Clear Vision For The Future Of Kerry And Ireland, Who Has Used His Influence Within Government To Deliver On A Wide Range Of Issues, And Will Continue To Do So If Given The Chance By You...

PLEASE VOTE 1 BRENDAN GRIFFIN

TO KEEP YOUR YOUNG, HARD-WORKING, DEDICATED AND EFFECTIVE TD

- ✓ For More Jobs
- ✓ For Better Infrastructure
- ✓ For Top-Class Education
- ✓ For Enhanced Health Services
- ✓ For Stronger All-Year-Round Tourism

Please vote 2,3 Jimmy Deenihan / Grace O'Donnell in order of your preference.

Cllr Norma Moriarty

seeking your **No 1 vote**
or your closest available preference
in the forthcoming
General Election.

Committed to Community

Working with Cllr John Brassil

Contact Norma

tel: **086 8581841** Email: moriartynorma@gmail.com



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THE REPUBLICAN PARTY

 **Labour**

Better for Kerry

VOTE 1

Arthur J.

SPRING



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For 4-12 year olds




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Daily 9.30am-1pm

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One child: €55 Two children: €100, Three children: €120

End-of-camp showcase

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for 3 weeks, 1 night per week in
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The Buteyko technique is clinically proven to:
REVERSE Asthma Rhinitis, Hayfever, Phlegm.
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Hyperventilation or over-breathing is linked with Asthma, Anxiety, Allergies, Snoring, Sleep Apnoea, High Mucus levels Phlegm and other respiratory problems.

Imagine the life possibilities with fewer asthma attacks. Imagine the life possibilities when you can handle stress/anxiety better. Imagine the life possibilities if you get a great night sleep and wake up fully rested.

Life without Asthma is within your reach, through practising the clinically proven Buteyko Technique you are equipped for Life. Asthma should no longer control you.
Allergies, snoring, sleep apnoea lead to poor quality life and lifestyle. When you learn The Buteyko Technique you experience immediate results quantified by the level of breathe capacity.

Breathe capacity increased by Buteyko Technique is clinically proven to be the instrument that you require. When practised at your own time, you continue to manage your health issues in a manner that fits easily into your daily routine.
Buteyko technique empowers you to overcome and manage your Asthma, Anxiety Allergies, Snoring, Sleep Apnoea and any other respiratory conditions.

As with all medical conditions proper diagnosis of your illness, together with clinically proven Buteyko Technique will lead you to the healthier being that you have dreamt of. Clinics are held with limited participating Group numbers.

Daniel Cremin is a qualified Buteyko practitioner and will commence a Breathing Technique course in Killarney Saturday March 5th.



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COMPETITION CALAMITY JANE



KILLARNEY MUSICAL SOCIETY ARE DELIGHTED TO ANNOUNCE THEIR 31ST PRODUCTION. "CALAMITY JANE" WHICH WILL TAKE TO THE INEC STAGE FROM WEDNESDAY MARCH 9TH TO FRIDAY MARCH 11TH 2016.

To be in with a chance to win 2 tickets to CALAMITY JANE on Thursday 10th March, just answer the following question:

What is Calamity's second name?

A) Jude B) Jane C) Jess


Answer: _____

Name: _____

Address: _____

Contact number: _____

Please submit your answer, along with your name, address and telephone number to Calamity Jane Competition, Killarney Outlook, 30 High Street, Killarney.



Kerry ETB Training Centre



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

New Course - Hospitality Operations Traineeship (TRS7116) - Killarney.
The traineeship is the ideal starting point for anyone thinking about a career in the hospitality sector. It offers a rich learning experience by integrating classroom based theory and practice with work based learning. Participants will receive a thorough grounding in the areas of accommodation techniques, food preparation, reception and front office duties, and restaurant skills. It's for people who wish to progress directly to employment and for those contemplating on taking a higher level hospitality course. **Start Date:** To be decided. **Duration:** 30 weeks. **Certification:** QQI Level 5 Major Award in Hospitality Operation.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Tralee & Killarney.
This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Dates:** 14th March 2016 in Tralee and 14th November 2016 in Killarney. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

ECDL (ETK79) - Tralee.
This course offers participants the opportunity to develop the range and standard of computer and IT skills needed to work in an office environment. The modules include: Induction, Keyboard Skills, Computer Essentials, Online Essentials, Wordprocessing, Spreadsheets, Databases, Presentation Software, Career Planning & Job Seeking Skills, In-company Training. **Start Dates:** 29th February & 16th May 2016. **Duration:** 18 weeks. **Certification:** ECDL Award and Level 1 Cert in Office Procedures & Typewriting.

Manual & Computerised Payroll and Bookkeeping (ET025) - Tralee & Killarney.
This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Dates:** 4th April 2016 in Killarney & 4th July 2016 in Tralee. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Traditional Stone Wall Construction (RT4R8) - Tralee.
This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date:** 4th April 2016. **Duration:** 24 weeks. **Certification:** FETAC Special Purpose Level 5 Award in Traditional Stone Wall Construction.

MTA Software & Networking Fundamentals Course (ET1Z4) - Tralee.
This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 18th April 2016. **Duration:** 19 weeks. **Certification:** Microsoft Technology Associate Certification.

Legal Administration Traineeship (ETS07) - Tralee.
This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 25th April 2016. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.
This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 25th April 2016. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.



Food Preparation and Cooking Course (ET20D) - Tralee & Dingle.
This course is for people who wish to pursue careers in professional cookery. It covers the practical skills and underpinning knowledge of safety at work and food safety, menu planning, costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Dates:** 23rd May 2016 in Tralee and 17th October 2016 in Dingle. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

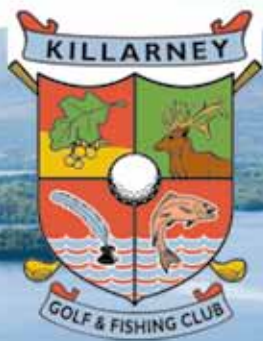
Wind Turbine Maintenance Technician Course (TR36R) - Tralee.
This course is designed to provide participants with the technical knowledge and skills to service and maintain large scale commercial wind turbines. Applicants must hold a National Craft Certificate or equivalent qualification in the electrical or mechanical trade and have a number of years post apprenticeship experience. **Start Date:** 30th May 2016. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of related H&S certs.

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

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

Kerry ETB Training Centre,
Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,
www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



Exciting Catering Franchise Opportunity at Killarney Golf and Fishing Club

Applications are invited from suitably qualified candidates to operate the clubhouse catering facility at Killarney Golf and Fishing Club.

APPLICANTS SHOULD INCLUDE:

- Details of your qualifications and experience
- A proposal for operation of the franchise
- Proposed price structure and sample menu



The closing date for applications is Wednesday 9th of March.

For additional information please contact Cormac Flannery – General Manager by email on cormac@killarneygolfclub.ie or call the club on 064 6631034.

Senator Marie Moloney

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

Advice Clinic every Saturday morning
from 10.00am.

Regular Clinics throughout the Constituency
- ring for details.

Contact Office: 064 6632034

Mobile: 086 3049422

Email: marie.moloney@oir.ie



HOUSE REQUIRED

to purchase
in the
Fitzgerald Stadium Area
of Killarney

Genuine Buyer

Contact: 087 6806939

Self-motivated and enthusiastic Healthy Food Shop/Cafe Manager required

At least 2 years experience in a similar
position essential.

Keen interest in a health and fitness
lifestyle beneficial.

Computer literacy essential.

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



PICTURED AT THE MALTON HOTEL, HOTEL MANAGERS CLAIRE & MARK SCALLY WHO HAVE KINDLY GIVEN SPORTS SPONSORSHIP TO ST BRENDAN'S COLLEGE. FRONT ROW L-R BILLY COURTNEY, DANIEL O'BRIEN, CLAIRE SCALLY & MARK SCALLY. BACK ROW L-R PRINCIPAL SEAN COFFEY, MIKE LEAHY, NIALL O'DONOGHUE & MARK HARTNETT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

LEGION GAA NOTES

REGISTRATION: Registration is open and the club would like to encourage members to register as quickly as possible. Rates have remained the same as last year and adult and player registration is currently in process. Membership registration for the Academy will take place in the clubhouse when the Academy re-opens next week (Saturday, March 5th). Family memberships are also available. New members are more than welcome! Further information can be obtained from club registrar Tom Griffin at 087 2309325 or tomjgriff@hotmail.com, or from any club official.

HALL OF FAME/SPONSOR APPRECIATION NIGHT: On Sunday, March 6th as part of our awards season the club will be inducting Dan Moynihan into the club's Hall of Fame. Dan played for the club and spent seven years as club secretary as well as being involved in the management of many club teams. He also had the honour of refereeing the 1989 County Senior Football Final between Laune Rangers and John Mitchels. We are delighted to be recognising Dan's achievements and it's a proud moment for his family who all served the club so well.

As part of the event the club are also inviting members to a very special "Night Full of Stars". Kerry legends Eoin "The Bomber" Liston, Aidan O'Mahony, our own James O'Donoghue and All-Ireland winner turned successful club coach Stephen Stack will be part of panel hosted by Weeshie Fogarty in an open forum. The Q & A session promises to make for fascinating listening as tales of old and new are regaled. Indeed, we're sure Dan will be pleased to be presented with his Hall of Fame award by so many members of football royalty. So mark the date in your diary as we honour Dan Moynihan and play host to some of the best footballers in the county's long and proud

history. We hope to see you there on Sunday, March 6th at 8.30pm in the Killarney Avenue Hotel.

SPONSORS' BOARD: We're currently in the process of updating our sponsors' board for the stand. Anyone who wishes to be included, please contact Denise at 087 8342006 or Seán at 087 2461780 before March 1st. Thank you.

MANAGEMENT TEAMS: Following last week's executive meeting the following management teams were ratified:

Under 21s: Noel Kelliher, Jerry Griffin, Mike Pierce and Peter O'Leary.

Senior Bs: Thomas Lyne, Michael Bernard O'Donoghue and Connie O'Shea.

We'd like to thank the lads for putting themselves forward and wish them all the best for the coming year.

LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS: Sunday 21st February, 2016. Winning Numbers 1, 6, 18, 19. Jackpot €2,000. Not Won. Jackpot next week Sunday 28th February €2,150.

PÁIDI Ó SÉ FOOTBALL TOURNAMENT

Our seniors played 2 games at home in the Páidi Ó Sé Football Tournament: Intermediate Men's Cup, last Saturday on a very wet and blustery day. First game was won by Listry, with a final score of Listry 1-08 St. John's, Sligo 1-05. Second game was won by Annascaul. Listry 0-02 Annascaul 0-07.

GRANT AVAILABLE: Any members who wish to send their children to the Gaeltacht this summer can avail of a Grant of €170 towards fees. Please contact Secretary Anthony Clifford 087 2215059 for forms and further information.

FAMILY NIGHT AT THE DOGS: Listry Gaa Club are having a family night out at the dogs in the Kingdom Greyhound Stadium on Friday 4th March. This is one of our major fundraisers

for the club and we are asking you all to support please. Tickets are €10 and we are asking each member to purchase as many as possible. Tickets available from club officers.

CLUB MEETING: Next Monthly Meeting will take place on Tuesday, 8th March at 9pm in the clubrooms. All welcome.

SET DANCING: Adult and junior set dancing continues every Monday evening at Listry Community Centre, with juniors at 6 - 7:30 pm and adults from 9 to 10pm. New dancers always welcome, and remember waltzing and jiving are included.

COMEDY PLAY: A Queen's Speech, a comedy play starring Listry's very own Shona Murphy, will be held in St. Agatha's Hall, Glenflesk on Saturday, 5th March at 8pm. Tickets at the door.

FIRIES GAA

MINOR COUNTY DIV.1 LEAGUE

FIRIES 0-12 AUSTIN STACKS 1-8: Our Minor team recorded an impressive win in their debut game of the Division One County Minor League against Austin Stacks in horrendous conditions in Pairc Eamon, Farranfore on Saturday last. This is an exciting year for the club where our minor team compete for the first time in Division One of the County League and Minor County Championship.

Firies played against the elements in the first half and a successful combination of solid defending, effective play to their forward line and their efficient score conversion rate were key elements that saw our blue troopers just trailing by one point at the interval. (0-06 to 0-07).

With the conditions continuing to play its part, the initial stages of the second half ebbed and flowed resulting in both teams only registering one point a piece for their efforts. The final quarter of the game saw Firies assert their dominance and kicked five unanswered points to put the home team into a four point lead. As the game entered added time, Stacks did manage to get a goal back but our boys were not to be denied and held out for a significant and deserving victory.

Both teams must be commended on delivering a fine sporting performance in difficult conditions.

Next up for the boys in blue is a home game against Gneeveguilla on Saturday 5th March.

FIRIES/BALLYHAR COISTE NA NÒG

FÉILE 2016: It is with great pride that Firies Coiste na nÒg will be a host club for Féile 2016 on the 24th and 25th June. This prestigious U14 competition is one of the largest sporting events in Europe. It is our intention to form a committee to assist with the proceedings pertaining to the clubs very important hosting responsibilities. If you are willing and able to assist in any way possible, please contact our chairman, Eugene Cosgrave at 086-2950021.

POST PRIMARY COMPETITIONS: Best of luck to all our club members involved in the Frewen Cup semi-final (St. Brendan's), the



Corn Ui Mhuiri final (St. Brendan's) and the Munster Post Primary Senior C Competition final (Milltown Presentation Secondary School) in the immediate future.

HURLING FOR UNDERAGE BOYS AND GIRLS:

Hurling returns to our GAA schedule each Thursday from 7:00pm to 8:00pm in the Hall in Pairc Eamon, Farranfore. Training continues in the hall for the time being so bring your trainers, shin guards and a drink. All players, boys and girls, must be at least five years of age and upwards to register.

FOOTBALL COACHING WORKSHOPS:

Your final chance to avail of the coaching workshops for U6 – U8 is scheduled for March 7th in Mounthawk Secondary School, Tralee. Persons interested in attending should contact Vince Cooper at 086 4084690.

NEW MEMBERS ALWAYS WELCOME:

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

EAST KERRY NOTES

FIXTURES: 28th February 2016

Safeguard Security East Kerry Senior League Round 3. First named team has home venue. All games at 12 noon.

Division 1A: Legion V Currow

Glenflesk V Gneeveguilla

Rathmore-bye.

Division 1B: Spa V Dr Crokes

Kilcummin V Kenmare

Listry - Bye.

Division 2: Cordal V Fossa

Firies V Scartaglen.

SCARTAGLEN 1-6 CORDAL 0-6:

In division 2 of the Safeguard Security Senior League, Cordal hosted Scartaglen in wet and windy conditions. Cordal, playing with the aid of the wind in the opening half, had a four point lead at the break, with Niall Ó Ciardubhain kicking four points and his brother Sean Óg Ó Ciardubhain pointing a free. Denis Lenihan was Scartaglen's only scorer of the half. Score at the break: Cordal 0-5 Scartaglen 0-1.

Brian Hanrahan got Scartaglen off to a good start in the second half, kicking three points inside ten minutes, reducing the margin to a single point, Cordal 0-5 Scartaglen 0-4. The decisive score of the game came in the eleventh minute, when Denis Lenihan found the Cordal net, and the visitors led 1-4 to 0-5. Kieran Donoghue reduced the lead to the minimum with a pointed a free for Cordal. However, two late points scored by Denis Lenihan and Tom Boyle, ensured victory for the visitors. Final score: Scartaglen 1-6 Cordal 0-6.

Referee: Brendan Brosnan (Glenflesk).

SYMPATHY: The East Kerry Board extends sympathy, on the passing away of Din Joe Crowley, to his family, relatives and friends and to Rathmore C.L.G. Din Joe won All Ireland medals with Kerry and 3 Senior County

Championship medals with East Kerry. Ar dheis Dé go raibh a anam dílis.

EAST KERRY SCÓR NA BPAISTÍ: This Friday, the 26th February, is the closing date for entries to East Kerry Scór na bPaistí, sponsored by Killarney Credit Union. The East Kerry Finals will take place in the Killarney Racecourse Hall, on Friday the 11th March 2016, starting at 4pm. Clubs can submit entries to East Kerry Scór Officer, Amy Reidy. E mail amyreidy@ymail.com. Phone 087- 2145569.

EOGHAN RUADH: The Eoghan Ruadh Under 14 indoor sessions were completed on Saturday 20th of February. Thirty players took part, representing all four clubs in the divisional team, with attendance excellent over the eight week period. Players gained valuable practical experience during the sessions with Pat Cremin (Rathmore) delivering the indoor sessions. Thanks to Gneeveguilla and Glenflesk clubs for the use of their superb indoor halls. East Kerry/Kenmare GDA Vince Cooper worked with all clubs coaching officers to complete the programme. All clubs will be contacted regarding practical coaching sessions with Under 14 club teams over the coming weeks.

AWARDS NIGHT: Last Saturday night Kilcummin CLG honoured its volunteers and players for their considerable efforts in 2015. Club Person of the year, Seanie O'Leary, Senior player, James Devane, Junior Players, Eric O' Connor and Tommy Cooper, Merit Awards, Dara Lehane, Tom O'Connor and Brid Fleming, Ladies Senior Player of the Year, Ashling O'Donoghue, Honoured for winning All Ireland medals (Kerry U16), Laura Teahan and Katie Maher; Ladies team were also presented with their Co League winners medals.

DATE FOR THE DIARY - PINK NIGHT: On Saturday night (February 27th) Kilcummin GAA club are holding a Pink Night in aid of the Kerry/ Cork Link bus. Music is by the Dineen Brothers and there will be spot prizes and refreshments. Kilcummin club invites all to ' Come along, support a good cause and enjoy the fun'.

DATE TO NOTE: On Saturday night the 5th March, John O'Hallorans entertaining play, The Queens Speech, will be staged in St Agathas Hall, Glenflesk, Starting at 8pm.

DR CROKES CLUB NOTES

EAST KERRY SUPER LEAGUE 2ND ROUND

DR CROKES 7-16 KILCUMMIN 1-6: We proved far too good for an under strength Kilcummin on Sunday last, in Lewis Road. We scored 6 goals in the first half to have the game won at the interval. The visitors did not play that badly in this half and had plenty of play but where as they were kicking some good points, we were hitting goals at the other end and went in at the interval 6-6 to 0-5 in front. Kilcummin started the second half in a positive manner and had a goal from a penalty in the 32nd minute. Our lads controlled matters for

the rest of the half and scored 1-10 in this half to register a 7-16 to 1-6 victory.

PROGRESSIVE 31: Progressive 31 continues every Wednesday night. Time 7.45pm. Everyone welcome. Bring €5 and a partner.

REGISTRATION: Membership fees are now due and must be paid before 31 March 2016 for all members. Players must have paid membership before being considered for Club teams. There is a variety of rates to suit all. For detail and to pay this years membership, contact Registrar Frances O'Sullivan (086-3895230) at the earliest opportunity. Frances will be at the Clubhouse from 7pm to 8pm on Wednesday and registration day for all juveniles on 5th of March.

LADIES FOOTBALL: Training for our U12 Girls (Born 2004/'05/'06) and U14 Girls (Born 2002/'03) commenced this Wednesday, 24th February from 5:30pm to 6:30pm. Please spread the word. We always welcome new members or those seeking to take up the sport again. Good fun and healthy activity guaranteed for all. For more information, contact Catherine Keogh on 087 2827626

HURLING COACHING WORKSHOP:

South Kerry Hurling Bord na nOg are organising a hurling coaching workshop for coaches of U6's, U8's & U10's. It is scheduled to take place on Monday, 29th February in the Killarney Community College at 7:30pm. The workshop will be presented by Limerick GDA, Eoin Ryan. To book a place, please contact David O'Dea on 087 2170994.

SATURDAY MORNING ACADEMY: The first day of the Juvenile Academy will take place on Saturday, 5th March 2016. This day will also serve as a registration day for all existing and new members. For some of the girls and boys it will be their first time pulling on a pair of boots or taking to the pitch. Some will be sampling our facilities for the first time, while others will be following in the footsteps of their parents, grandparents, uncles and aunts or older brothers and sisters. All will enjoy the fun and games provided by qualified coaches in a safe environment. The first Saturday morning of our academy is a special day in the Club calendar and we would ask all members and those wishing to join, young and old, to come along on the day to share the facilities the Dr. Crokes Club has to offer to the families of Killarney. Why not arrange to bring a neighbour, relative or friend along on the day as we are always open to new members. Any parent whose children are playing with the club are also most welcome to become official members of the Dr. Crokes Club. Activities kick-off with Hurling at 10:00am and Gaelic Football at 10:30am. Should be some day so watch Dr. Crokes social media for further details.

SCOR SINSEAR: Congratulations to our Senior Scor quiz team Tom Hussey, Noreen Cooper, Daniel Healy, Gerard Hickey who took part in the County Final and acquitted themselves well. Many thanks to Jackie Looney for his quiz guidance.



SCOR NA BPAISTE: Practice for scor na bPaisti continues with a new date for the East Kerry Final March 11th in the Racecourse Killarney.

U 14 GIRLS: We are very proud to see 6 girls from Dr Crokes Treasa O'Sullivan, Jade Potts, Holly Power, Lyselle O'Shea, Julie Delaney and Ava Sheehan who will travel to Vienna with St Pauls Basketball club to partake in an u14 Tournament. Congratulations on winning all of your games.

LOTTO: Lotto numbers 3, 15, 17, 20. Jackpot €3600, no winner. Match 3 6 by €70. Next draw Sunday 28th of February in JC O'Shea. Jackpot €3900.

MILLTOWN CASTLEMAINE GAA NOTES

OPEN FAMILY FUN DAY- NAGLE RICE COMMUNITY CENTRE: On Saturday March 5th our club is having an open day for the families of all the young boys and girls from the Milltown Castlemaine area. Catering for ages 5 and upwards, our day will commence at 10 am and finish at 1 pm. (10-11.30am) for junior classes up to 3rd class and (11.30 - 1 pm) for 4th to 6th class children.

During this time children will be able to participate in some fun football activities and meet with some of our coaches who will be coaching within our club over the coming year. Our club caters for both boys and girls from (under 6 to 12's) and boys only thereafter from under 14 to senior men. We also have a girl's Gaelic football club in the community.

This open day will be an ideal opportunity for new families or individuals who have joined our community to get to know each other in a fun and relaxed environment. Light refreshments will be served for children and adults throughout the day. Any queries contact Podge on (086) 839 8669 or Henry on 087/9451246. We look forward to seeing you there!

THE CHILDREN'S SCOR: Children in Milltown and Castlemaine are busy gearing up for the forthcoming Scór Na bPaistí. A club night will be held on Friday 4th March, in Milltown to decide which quiz team will go forward to represent us at the county final. It will also provide other entrants will an opportunity to perform in front of an audience in a non-competitive environment. Entries include an instrumental group, a solo singer, a ballad group and two quiz teams. It's sure to be an enjoyable night! The Mid Kerry Final will be held in the CYMS Hall, Killorglin on Friday 11th March at 7.30pm. The South Kerry semi final is scheduled for Sunday 10th April, followed by the county final on Sunday 17th April (venues to be decided). Best of luck to all involved!

ON GOING CLUB DEVELOPMENT:

GYM REFURBISHMENT: Our gym is currently closed for refurbishment. The floor surface in the club gym is currently being replaced to ensure our members have the most up to date facilities available to them. Gym membership is presently available to past or present players at the following rates: €20 for current players (over 16) - €100 for non-playing members - this includes club membership. These fees include membership up until December 31st 2016. Our toilet facilities are also in the process of being tiled. We are very grateful to those who are volunteering their time and expertise in these projects. Apologies for any inconvenience caused during these necessary works.

REGISTRATION: 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. Membership must be paid before March 31st 2016.

CUL CAMPS: Save the date!

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

CLUB COACHES PRACTICAL

WORKSHOPS: Coaching Workshop Number 2: This Coaching Workshop will take place on Monday 22nd February at 7.30pm in Mounthawk Secondary School Tralee. This session is aimed at Coaches working with U 10 and U 12 teams and will be delivered by former club player and Milltown native William Harmon. The cost of the workshop is 5 euros per coach.

A further workshop aimed at the U 6 and U 8 age group will be on March 7th in Mounthawk Secondary School.

WINTER FUN FOOTBALL TRAINING: For under 8's and under 10's only will continue in the Nagle Rice Community Hall, Milltown, on Mondays at 6. Please remember your €2 to cover hall rental and don't forget your Gum Shield. Any questions - please contact Garry on 087943746.

PLEASE NOTE: Under 12's and under 14's Winter Fun Football will be on Tuesdays at 6pm. Same requirements as above.

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

DAY OF CLUBS: In 2016, the GAA plans to celebrate the importance of your club in your community. Lá Na gClubanna will take place on Sunday, 8th May, 2016. Counties have been asked to keep the morning and afternoon fixture free to enable all members to fully participate in this event.

More details in the coming weeks.

UNDER 21 CHAMPIONSHIP SEMI FINAL:

Commiserations to our U 21 Management and panel following their defeat by Beaufort on Sunday last. Best of luck to both Beaufort and Laune Rangers in the final.

DIN JOE CROWLEY RIP

It is with deep regret that Kerry GAA has learned of the death of former Kerry footballer Din Joe (D.J.) Crowley who passed away on Friday morning last.

The Rathmore clubman, burst onto the intercounty scene when giving a man-of-the-match performance in the 1969 All Ireland Final partnering the legendary Mick O'Connell at midfield prompting the famed John D. Hickey in the Irish Independent to report "This was a "tour de force" by Crowley if ever there was one".

A year later, in the famous 80 minute final against Meath, Crowley left an indelible mark on the game when scoring one of the most celebrated goals in the history of All Ireland

football finals following a famous solo run from the middle of the field. That goal not alone ensured a 22nd title for the Kingdom but it also ensured that the Rathmore man would for ever more be associated with that final prompting a Sunday newspaper to proclaim in colour "The Goal of the Century".

Crowley, a late developer in football terms, made his championship debut against Limerick in 1967 without having represented the county in League football and played 16 championship games for the Kingdom scoring 2-14 in the process in a relatively short intercounty career from 1967 to 1971. He played in the 1968 All Ireland final defeat at the hands of Down at full forward but it was as midfield partner to

Mick O'Connell that he is best remembered, the Valentia stalwart describing him as "very strong!" He also won 3 National League titles with Kerry, (1969, '70 & '71) and 3 Munster titles. DJ toured Australia with the ground breaking Kerry team in 1970 playing on the legendary Aussie Rules player and captain Ron Barassi in the Olympic Stadium in Melbourne.

On the Club scene, DJ won a county Junior Championship medal with Rathmore in their 1969 final victory over Lispolie and won 3 County Championship medal with East Kerry (1965, '68 & '69).

Ar dheis Dé go raibh a anam dílis.



WORKMENS ROWING CLUB

TRAINING: The mid-term break gave our juniors extra opportunities for both day and evening sessions. The gym sessions have been invaluable, of late, for keeping us all fit and focussed. Training will commence for beginners in the next few weeks. New members are always welcome.

For a full list of upcoming rowing events, please visit www.rowingireland.ie

Best of luck to our neighbours, Muckross Rowing Club, on their re-scheduled Head of the River in Iniscarra next weekend. We wish you all calm weather and safe rowing!

NUTRITION AND FITNESS FOR OUR

ROWERS: We wish to sincerely thank the speakers who gave such an informative talk to our rowers last Wednesday night. To club member and Chartered Physiotherapist, Jessica Chenier-Britton; Chartered Physiotherapist, Ruth Allen; Kerry Goalkeeper, Brendan Kealy; Youthreach Resource Worker at KDYS, Niamh Casey; and Kerry Player and Nutritionist Podge O'Connor. Your presentations and invaluable words of advice gave us all food for thought, and will surely set us up for peak performance during training and competition.

MEMBERSHIP: This is now overdue for 2016. If you haven't already done so, please forward your family/individual amounts, to Pauline or Siobhán, without delay. Nobody messes with our treasurers!!

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

BRING ON THE CANDLES!!! Birthday Greetings this week... to John Green on Saturday 27th, David Bartlett Sunday 28th and his brothers, Ryan on Wednesday 2nd and Dylan Thursday 3rd March. The walls will be black from candle smoke in the Bartlett household next week!

ST. BRENDAN'S ROWING CLUB

TRAINING: We were delighted to see a break in winter weather this week especially due to a lot of members being on midterm break. We were all able to step up our efforts and make it down to the clubhouse for some much needed training for upcoming Heads of the River. The club will attend Muckross Head of the River on

the 5th March followed by St. Michael's Head of the River on the 12th March. For all upcoming events please visit www.rowingireland.ie

FUNDRAISING: A reminder that a meeting has been scheduled to discuss fundraising for the club on the 4th March at 8pm in the Parish Hall. All members are invited to attend.

CONGRATULATIONS: The club would like to say a massive congratulations to a dedicated member of the club, Sinead Tangney who graduated from college this week. She graduated from Cork Institute of Technology with a Masters in Engineering. Best of luck to her in her future career.

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

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

MILLTOWN/LISTRY COMMUNITY GAMES

FEBRUARY UPDATES: GROUP AND SOLO

MUSIC COMPETITIONS: were held last Saturday, February 20th in Keel. Well done to all of our competitors who did our area extremely proud on the day. Unfortunately we didn't place but we weren't far off the mark! A big thank you to Megan O'Connor who helped prepare these competitors. Performing on the day included (U12'S) Molly Carey, Aoibhe Horan, Ellie Mai Nugent and Caoimhe O'Brien, (U16'S) Tallulabelle Courtney, Amanda Flynn, Katie Howe, Sarah Leane, Saibh O'Brien and Annelee O'Mahony. Keep up the music and we'll be back next year!

GROUP AND SOLO SINGING

COMPETITIONS: Were held last Sunday, February 21st in Abbeydorney. Performing in the solo singing we had (U12) Leo Healy and (U16) Jemma Walsh, both of whom performed very well on the day. In the U16 Group we had a great performance from Caoimhe Burke, Amanda Flynn, Milly Mason and Caoimhe O'Donoghue-Flynn coming 4th! A big thank you to Una Flynn who helped prepare these competitors. A special thank you to Megan O'Connor and Joan Shea who judged our local singing competition.

BOYS U10 SOCCER COMPETITION: Was held last Sunday, February 21st in Milltown. Competing we had Cian Fleming, Eanna

Murphy, Cian O'Brien, Ashton O'Meara, Darragh O'Neill, Pdraig O'Sullivan, Diarmuid Quirke and Gearoid Quirke. The boys played very well and finished 2nd to winners An Ghaeltacht. Thanks to the team mentors, Pat Fleming and Turlough O'Brien for their time and hard work. Next Saturday Our boys and girls will be competing in the Art and Handwriting County Finals in Listowel. Best of luck and enjoy the day.

U14 QUIZ: Our local Quiz will be held in Nagle Rice Primary School on the 8th March at 4.15pm. All children from Milltown - Listry are welcome to attend from which a panel of 6 will be formed.

For further details on upcoming Community Games events including projects and quiz please contact Paul Sexton on 087-9232570

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 19/02/2016, numbers drawn were 7, 10, 13 and 23. Bonus not won numbers drawn were 3, 14, 19 & 21. Next week's jackpot €8,600 plus €1,000 bonus.

MUNSTER INDOOR U13 - U19: Held in Nenagh on Sunday last Gary Cronin, Donal Daly, Jack O'Leary and Aislinn Byrne all competed. Even though not in the medals, all performed well.

5K WINTER SERIES: The third leg of the 5K winter series held on Saturday last, again a fine turnout. **RESULTS AS FOLLOWS: MEN:** 1st Tim O'Connor Riocht, 2nd Sean O'Sullivan Riocht, 3rd John Barrett G/G; 4th Maurice Feehan GG, 5th George McCathy FFMV, 6th Robert Purcell Snr G/G; O35 Mike Quirke Killarney Tri., O40 Declan Murphy SOTL, O45 John Guerin GG, O20 Robert Purcell Jnr; O50 Jerome Foley FFMV, O55 Tim Hogan Killarney Tri, O60 John Walshe East cork, O65 Patrick O' Shea Iveragh, O70 Ted Feehan GG, U14 Donal burke Millstreet, U16 Patrick Cronin Millstreet AC, Wheelchair; Ger Daly. **WOMEN:** 1st Martina Kiely St Finbarr's, 2nd Siobhan Daly GG, 3rd Mary O' Shea GG, 4th Caroline Murphy GG, 5th Ann Mangan SOTL, 6th Gillian OSullivan SOTL, O35 Mary Barrett Riocht, O40 Marie McKenna Tralee Tri, O45 Bernie O' Mahoney FFMV, U14 Shauna McCarthy FFMV, U16 Caoimhe O'Leary Millstreet. The final leg of the series will be held on Saturday next at 11.00 am in Demense Killarney. Registration at Old Monastery from 10.00 am

STUDENTS HOST CÓDAITHE COMPETITION

The Irish Códaithe Competition is a competition set up by three 2nd year students from Killorglin Community College, County Kerry.

Timothy McGrath, Sarah O'Shea and Rebecca Coffey. This is a Student Enterprise Awards Business project.

They are setting up a coding/technology event in their school on Saturday 27th February. On

the day there will be two competitions going on, the first is a CoderDojo Competition for Kerry CoderDojos. The second competition will be an Open Competition for any group or individual from the county that has a technology based project. These competitions will create a platform for young people to showcase what they do and the projects they have made. Each

project from both competitions will be judged and there will be prizes.

The Event will take place in Killorglin Community College, Langford St., Killorglin, On Saturday 27th February at 12:00 p.m. to 15:00 p.m. All are welcome.



FOSSA U16 GROUP MUSIC SILVER MEDALLISTS AT THE COMMUNITY GAMES FINALS.

SPAMUCKROSS COMMUNITY GAMES

U10 INDOOR SOCCER: Well done to the U10 indoor soccer team who participated in the County competition on Sunday 21st February. The boys played brilliantly and narrowly missed out on qualifying for the finals. Better days are ahead for this great bunch of lads. **TEAM:** Shane O'Sullivan, Cian Russell, Fionn Daly, Joey McCarthy, Jake Downing, Jason O'Reilly and Darragh Brosnan. A huge thanks to their coach Donal O'Doherty also.

EVENTS: Anyone interested in competing in Community Games events should contact Margaret O'Sullivan after 1.30pm on 087 6735782. Details of all events in Kerry can be found on <http://www.kerrycommunitygames.ie/> as well as their Facebook page, Kerry Community Games. The national body's website is <http://www.communitygames.ie/>, and there is also a Facebook page, Community Games.

KILLARNEY BADMINTON

Division 5 mens won 4 - 0 against Annascaul. Division 5 Ladies won 3 -1 against Listowel. Division 4 mixed lost 6 -1 to Iveragh/Sneem. Good luck to all playing in division 1/2/5 Kerry doubles on February 26 this Friday in Killarney. And also good luck to all involved for their county on Sunday in the grade c and e intercounty competition. Get your entries in for next weeks division 2/4 Kerry doubles competition on Friday March 4 th . Contact Jenny re entry.

RATHMORE GNEVEGUILLA COMMUNITY GAMES

U10 BOYS INDOOR SOCCER: Hard luck to our U10 Boys Indoor Soccer team who competed in the Preliminary rounds of the County Finals in Miltown on Sunday. They were level after their first game with Killarney South and were

extremely close to beating Beaufort, only for a late equaliser. This left them with two draws which was not enough to stay in the tournament so hard luck to the boys and their trainers Arthur Moynihan and Owen O'Leary. We would like to thank the trainers for their commitment to this team over the last few weeks and thank you to all the parents for who travelled to Miltown on Sunday

MUSIC AND SINGING EVENT: Big thank you to Mark O'Leary and Katie O'Sullivan who took part in the music and Solo singing at the weekend. They were a credit to their families and their area, with both their performances. Mark took part in the U16 Music in Keel on Saturday and Katie performed her solo song in Abbeydorney on Sunday evening. Both young enough to compete in U16 for the next 2 years, so a great experience and we look forward to having them back again in future events.

Our U12 Solo singing event was represented by Tara O'Leary and 19 boys/girls took part in this event. After singing 'A Candle on the Water' from the film 'Pete's Dragon', Tara came fourth place and was presented with a County Final Certificate from the judges on Sunday evening. We would like to congratulate Tara, as this was her first performance in a Community Games singing event, at County level.

BASKETBALL TRIALS: Both trials have commenced this week for U11 mixed and U16 boys teams. Please follow our facebook page for updates and U13 girls trials will be announced shortly.

ART AND HANDWRITING EVENT: This event will take place this Saturday 27th February in Listowel. We wish our children all the very best in both events. Results to follow next week.

KILLARNEY VALLEY AC NOTES

CONGRATULATIONS: To Ciara Kennelly who took part in the Munster Indoor Championships in Nenagh at the weekend. Ciara, from Killarney Valley AC, smashed the U15 high jump record

with a jump of 1.65. 4cm above the old record!! Congratulations from all in Killarney Valley AC.

Congratulations also to Sarah Leahy on winning Bronze in the U18 200m at the Munster Indoor Championships at the weekend!

Also in Nenagh - Dion Marcos was 3rd in U19 200m and 3rd in the 60m, Elizabeth Stack was 6th in the U16 High Jump, Sam Griffin was 9th in the U13 Hurdles and High Jump - at his 1st Munster competition!! and Sarah Leahy was 5th in the final of 60m....

Congratulations to all our athletics who travelled and competed - you have done your club proud! Don't forget our walk/run/jog evenings continue on Monday evenings from the Sem Gym at 7pm - over 16s only, bring a high viz vest and €2 and sign in - nobody to go with? No worries there are plenty of people here to keep you company and nobody gets left behind! It has been a great success so far!

If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are €25 each. Killarney Valley AC now have club hats for sale at €10 each. Our new Half Zip Club Jackets are now in - contact Brid if you would like to buy one.

If you have any news you would like to include in the notes please text Maighread on 0868588988 and please like our Facebook Page www.facebook.com/KillarneyValleyAC to get our news and updates.

FOSSA COMMUNITY GAMES NOTES

CONGRATULATIONS: To the U12 and U16 music groups who won silver medals last weekend at the county finals in Keel.

There were also great performances in the solo music category by Tom Cahillane and Rian Colleran.

Congratulations to Saoirse Bennett who won a bronze medal in the U16 solo singing on Sunday in what was a very tough competition. Well done also to our fantastic boys u10 indoor soccer team who can be very proud of themselves when they played in Miltown on Sunday but unfortunately they didn't progress to the next stage of the competition.

A very special thanks to all the teachers, mentors, coaches and parents for their help, time and commitment.

BEST OF LUCK: To all those who will be representing Fossa in the county finals of Art in Listowel this weekend.

Anyone interested in being on the U-14 Quiz team please contact Amanda (086-3283778).

All those interested in competing in swimming or gymnastics please contact Katherine (086-3152247)

Details of all events in Kerry can be found on www.kerrycommunitygames.ie



KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS

SENIOR LADIES CUP SEMI-FINAL

KILLARNEY COUGARS 29

CAHERCIVEEN 26: A great attendance at the Pres Gym saw Killarney just edge out Caherciveen a tough defensive contest in this Cup Semi-final. Cougars trailed early on but finished the qtr well with baskets by Ciara Meaney giving Cougars a three point lead. Cougars thanks to Emer O'Shea and Caroline Kelly led by four points at half time. Caherciveen finally got on top of the home side in their best spell of the game with good baskets by Clodagh Quinlan, Sinead Sheehan, Linda Cronin and Lisa O'Sullivan to lead 19-18. The final qtr was a tense period with the lead changing hands throughout but Cougars hit the front in the last minute with Fiona McSweeney on target from the free throwline with two points and Caherciveen missing good opportunities from the free throw line and Cougars Ciara Meaney scoring the final basket to give Cougars a very hard earned win a very entertaining finish to the game.

SENIOR LADIES DIV 1

KILLARNEY COUGARS 53

TRALEE IMPERIALS 50: League leaders Killarney maintained their great run in the league but the Cougars had to stage a comeback in the final qtr to overcome a strong challenge from Imperials. Cougars had an impressive 18-12 first qtr lead with two three pointers each by Cassandra Buckley and Marian O'Callaghan but suffered a blow as they lost through injury the influential Sinead O'Connell. Imperials had a huge improvement in the second qtr to lead by half time 32 - 25 as they dominated this period thanks to good play by of Sinead Mackessy and Grainne Quigley for the visitors as the Killarney ladies struggled to maintain the first qtr tempo as they lost their early grip of the game.

The third qtr was very evenly balanced but the visitors Imperials continued to hold on their advantage to frustrate Cougars and stay ahead 43 - 36 entering the final qtr.

Throughout the season the Killarney ladies have proved to be resilient and unbeaten at home in the league they again found a great response to finish the game as they started with three pointers by Chloe O'Doherty, Cassandra Buckley and Mags Cronin to take the lead. Despite strong pressure from Imperials they couldn't get the scores as Cougars pushed ahead and defended well with Allyson Caggio and Emer O'Neill both strong on the boards throughout the game. Cougars now ahead remained composed in the closing minutes and finished with another three pointer by Marian O'Callaghan to secure the points in a very entertaining game a win that keeps Killarney top of the league with the two games remaining.

KERRY MASTERS TOURNAMENT: Tralee

was the venue for the 2016 Kerry Masters, the tournament & charity fundraising event in Aid of local Special Olympics and the Killarney Cougars Mens again contributed to a good tournament to again contest the final. Cougars came through the group stages with a good win over Sussex to reach the semi-finals to take on the group winners Kilkenny who knocked out Galway and the Cougars again came through a great game with Cougars edging it by just three points to reach the final.

The Cougars panel was injury hit by time of the final Sunday evening and in a repeat of last years final the fancied Trailblazers Cork came through to retain their title. Well done to all involved in a great weekend of basketball.

JUVENILE NEWS: BOYS U11 DIV 1

KILLARNEY COUGARS 20

KCYMS 17: A good win for the Cougars boys at the Pres Gym saw them continue their good run at home with victory over Kilorglin CYMS. Cougars led throughout and were ahead at halftime 10-8 with Victor Lopez, Maidchi Lynch Rocco Sheehan and Ted O'Gorman all on target. Cougars increased the lead to six points with baskets by Killian Caufled Drier but had to withstand a strong last qtr by the visitors to secure the points with Rocco Sheehan finishing the scoring for the Cougars in a great team performance for the good attendance at the Presentation Gym.

GIRLS U17 DIV 1: KILLARNEY COUGARS 50

GNEEVEGUILLA 20: Cougars despite a slow start finished strongly and again enjoyed a comfortable winning margin over Gneeveguilla with the points well secured before the finish. Anna O'Reilly and Megan O'Donnell were both in good scoring form with 10pts each and Ciara Griffin, Grace Cahillane and Shelly Clifford also impressing for the Cougars with Laoise Coughlan working hard contributing some good baskets for the visitors.

COUGARS ACADEMY TRAINING: Fridays Parish Hall girls 5pm & Boys 6pm ages U8 & U10. All welcome.

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

www.killarneycougars.com or facebook.

KILLARNEY SOUTH COMMUNITY GAMES NOTES

Congrats to Lilie Foley who has won the first Gold for the area in U. 16 solo singing. This is a great achievement and we wish her well in the national finals. Congrats also to Jean Foley who was third in the group Singing Competition.

U. 10 INDOOR SOCCER: Well done to the U. 10 Boys who competed in the County U. 10 Indoor Soccer Finals on Sunday. In the first game they came up against a physically strong Beaufort team. Goals from Liam Hennigan and Sziymon Kieptus in the game but Beaufort ran out winners in the end. In the second game two early goals from Rathmore / Gneeveguilla left us with a mountain to climb but Killarney South played brilliant soccer and two superb goals

from Briain O'Shea and Sziymon brought the teams level. Excellent defending from Ronan Fahy and Sennan Cotter combined with great goal-keeping from Noah and Adiel earned us a fully deserved draw and the never-say-die attitude was brilliant to see. Well done to all the Boys who were excellent on the day and thanks also to Milltown Community Centre for hosting the event and to Denis O'Mahony for his excellent refereeing and explaining the rules to the Boys. Well done to all!

KILLARNEY DARTS TOWN LEAGUE

The Killarney KnockOut Cup which is sponsored by O'Neill's Plunkett Street, in memory of Jeremy O'Neill, took place last Thursday 18th February in the Killarney Avenue Hotel and saw Lals OutCasts overcome The Shire in what was a thrilling final. Highest finish (127) was achieved by Matt Lacey of The Shire. MVP on the night was Dave Stack of Lals OutCasts. Sadly The Shire was missing John Teahan. The Killarney Darts committee would like to wish John a speedy recovery.

Killarney Darts Town League sponsored by Carlsberg in association with Mustang Sally's the first round of the Group semi-finals took place on 25th February.

The second leg takes place next Thursday 3rd March, games and venues are as follows,

GROUP 1

Lals OutCasts v Lals Bar in The Village Inn Kilcummin.

Tatler Jack v The Shire in The Tatler Jack.

GROUP 2

Nugget Old Timers v Linehans in The Golden Nugget.

Klub Bar v Dunloe Lodge A in The Klub Bar.

GROUP 3

Old Killarney Inn v Avenue Heros in The Old Killarney Inn.

Dunloe Lodge B v 98 A in The Dunloe Lodge.

GROUP 4

Mustang Sally's A v Jimmys jokers in Mustang Sally's.

Squidgers v Nugget Night Owls in Charlie Foley's.

Best of Luck to all teams involved.

The Killarney Darts Committee would like to wish The Kerry Dart Team all the best in The All Ireland Darts Championship in Ennis this week-end.

Killarney Darts Committee would like to offer their deepest condolences to fellow committee member Richard Horgan and all the Horgan Family on the death of his father Derry. May He Rest in Peace.

#lovekillarney

SCHOOLBOY/GIRL SOCCER

MIXED WEEK OF ACTION IN THE CUPS:

John Murphy 12's Cup:

Ballyhar 0-7 Park A.

John Joe Naughton 13's Cup:

Park B 0-3 Killarney Celtic B.

Park D 3-3 Inter Kenmare AET.

Inter win 5-4 on penalties.

Ballyhar 0-2 Killorglin B.

Fenit 0-3 Listowel Celtic A.

Park A 8-1 Killarney Athletic.

Park C 2-6 Dingle Bay Rovers.

Killorglin 2-0 Camp Juniors.

Tom Hayse 14's Cup:

Camp Juniors 2-3 Killarney Athletic.

15's Cup:

Mastergeeha 6-0 Park B.

Ballyhar 3-4 Tralee Dynamos.

Killarney Athletic 2-0 Ballyheigue.

Listowel Celtic A 6-3 Listowel Celtic B.

Killarney Celtic B 3-3 Asdee.

Killarney Celtic B win 8-7 on penalties.

Tucker Kelly 16's Cup:

Park B 6-1 Asdee.

16's Girls Cup:

Killarney Athletic 3-3 Inter Kenmare AET.

Killarney Athletic won 3-0 on penalties.

LEAGUE RESULTS:

Killarney Plaza 15 Division 2

Tralee Dynamos B 0-5 St Bernard's:

Tralee Trophy World 16 Premier

Killarney Celtic 3-0 Castleisland

REPORTS: JOHN MURPHY 12'S CUP:

The Park A and Ballyhar met on Wednesday in the final Round 1 game of the John Murphy 12's Cup and it was the Tralee side that progressed thanks to goals from Cianan Cooney, Cillian Murphy, Venio Tahir, Sean Hill and Colin Doody.

JOHN JOE NAUGHTON 13'S CUP:

Killarney Celtic B progressed after defeating Park B at Christy Leahy Park. Celtic were a goal up at half time thanks to Erin Moloney. In the second half Ruairi Dorian added a second before Moloney wrapped up the win with his second goal.

The Park D and Inter Kenmare were involved in a nail-biter that went all the way to spot kicks. The game was tied 3-3 after extra time. Colin Doody, Cianan Cooney and Messiah Chirwa got the goals for the Park. Corey Murphy 2 and Tadgh O'Donoghue replied for Inter. And it was the Kenmare side that go into the next round following a 5-4 win on penalties.

Killorglin B got past Ballyhar 2-0 with the goals coming from Jack O'Sullivan and Cathal Crowley while Listowel Celtic A are also into the next round as they knocked out Fenit.

The Park A were too strong for Killarney Athletic and goals from Leon Gallagher, Graham Sheehy, Armin Heinrich, Cian Brosnan, Earnan Ferris and Jamie Fitzgerald saw them through. Dingle Bay Rovers are into Round 2 thanks to their win over Park C. Tadgh Kennedy, Tomas O'Se, Mark Manning, Kieran Bambury and Cormac O'Cinneide were on the score-sheet. Cian Dillane and Ronan Ballard were the Park C scorers.

Killorglin scored twice in the first ten minutes through Cillian Burke and Eoghan Hassett and held on for the win.

TOM HAYES 14'S CUP 1ST ROUND: In a deferred first round game in the Tom Hayes 14's Cup Killarney Athletic and Camp Juniors were involved in a tight encounter with the Killarney side coming through. Eoin Moynihan, Emmet Finnan and Damien Switzer got their goals. Coleman O'Meara and Maurice O'Connell were the Camp scorers.

15'S KERRY CUP: Mastergeeha were winner in Kilbrean Park as they beat Park B. Conor Casey, Dylan Murphy, Siphon O'Neill, Niall O'Connor and Paul O'Shea scored for Mastergeeha. Rafeal Joskia got the Park's consolation.

Tralee Dynamos were 3-0 ahead in their game against Ballyhar and looked to be cruising into the next round following 2 goals from Sean Kennedy and one from Codi Dauti. The home side hit back thanks to Jack Duggan, Dylan Callaghan from a free kick and Patrick O'Connor. But it was the Dynamos boys who held their composure and got the winner with Kennedy's second to go into the hat for the next round. Killarney Athletic made home advantage count in Woodlawn as they were 2-0 winner at home to Ballyheigue. Harry Potts and a Tadgh Doolan penalty saw them through.

There was a Listowel Celtic side guaranteed to be in the next round as the A's were drawn against the B's and it proved a high scoring encounter with the A's winning 6-3. Devan McKenna and Conor Hogan both scored twice for the A's with Darragh Mackessey and Michael Nolan getting the other two goals. Tim Scanlon scored twice for the B's with Cian McGrath also on the mark.

Nails were bitten in a cracker between Killarney Celtic B and Asdee. It finished 3-3 all after extra time. Eric Daly scored twice and Carlos Lopes once for Asdee with their keeper Luke O'Donovan saving a penalty in normal time. Penalties certainly kept everyone on their toes as it was the odd goal in 15 that saw Celtic B through 8-7.

TUCKER KELLY 16'S CUP: The Park B got past Asdee in a game played on the Mounthawk All Weather following goals from Conor O'Brien, John Ward from the penalty spot, Aaron Ward and David Oba.

GIRLS 16 CUP SEMI-FINAL: Killarney Athletic girls booked their place in the 16's Cup final after another game that needed penalties find a winner. Ellen Coffey, Ciara Tangney and Fiona Galvin scored for Athletic and Emma O'Sullivan 2 and Ciara Cronin were the scorers for Inter Kenmare to send the game into the dreaded shoot-out. It was the Athletic girls who fared better taking the penalty shoot-out 3-0.

LEAGUE ACTION: There were a couple of League games played with St Bernard's defeating Tralee Dynamos B 5-0 to extend their lead at the top of the Killarney Plaza 15's Division 2. Jack Parker, Liam Rice, Declan O'Donoghue, Rurai Dorrian and Aaron Malik got the goals for the Saints.

Killarney Celtic defeated Castleisland 3-1 in the Tralee Trophy World 16 Premier. James Lynch put Celtic 1-0 up before Castleisland. Josh Fleming and Michael Devlin came off the bench to score one each to set up the win.

RIAN TO WEAR THE GREEN: Everyone

involved with the Schoolboys and Girls League is delighted to see Rian O'Sullivan included in the Republic of Ireland u17 squad. They face Switzerland in Waterford in two games in the coming weeks. Rian is making a big name for himself cross channel with his club Brighton.

KILLARNEY CELTIC NOTES

CELTIC PARK TO HOST U18

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

MANAGERS' MEETING: A meeting for all managers of Killarney Celtic will take place on March 5th. The meeting will give managers a chance to network, to give reviews of their season to date, to get briefings on welfare, media and club development. Attendance compulsory.

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

40TH ANNIVERSARY

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

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

RESULTS: As always, fixtures are only provisional and we advise players and supporters to confirm with managers or check our facebook page on match day for confirmation.

MUNSTER JUNIOR CUP: KILLARNEY CELTIC 1 SHANNON 0 (AET):

This was a brilliant game to watch, despite a stiff and swirling breeze, with two superb teams almost perfectly matched. Shannon probably edged the first half narrowly, while Celtic were the better side in the second, and completely dominated the last quarter of an hour as Shannon began to run out of steam – the game was played at a very high tempo all through. Celtic lost defensive linchpin Brian Spillane to injury but management and players remained calm and focused, with Gary Keane dropping back and Joe Hurley stepping seamlessly into midfield. We couldn't break through, though, and the game entered extra time. Celtic were still on top and finally made the breakthrough, Conor Randall deftly flicking a long ball from Jamie Spillane to the net for a superb goal. Shannon, buoyed by their enthusiastic and friendly supporters, battled bravely to the end but couldn't close the deficit. Best for Celtic?

Everybody. But Gary Keane, Chris O'Leary, and Peter McCarthy have to get special mention; they were awesome.

KILLARNEY CELTIC: Roy Kelliher, Conall Murphy, Fergal O'Donoghue, Chris O'Leary, Brian Spillane, Conor Randall, Stephen Hayes, Cathal O'Shea, Gary Keane, Wayne Sparling, Peter McCarthy. Subs Joe Hurley, Jamie Spillane, Stephen McCarthy, Kevin Moriarty

U16 PREMIER: KILLARNEY CELTIC 3 CASTLEISLAND 1: James Lynch put us in front before the break and Josh Fleming and Micheal Devlin came off the bench to clinch the win in the second half.

U15 KERRY CUP: KILLARNEY CELTIC B 3 ASDEE 3 (CELTIC WIN 8-7 ON PENALTIES) Adam Kissane (penalty), Jared Barton, and Lortcan Martins got our goals and we were unlucky not to win it in normal time – credit to the Asdee keeper from a brilliant save of a well-struck Tommy McGuire penalty late on. Celtic went on to win 5-4 on penalties. Best for an excellent Celtic were Tommy McGuire, Jared Barton, Matthew May, and Jack McCarthy.

U13 CUP: ST. BRENDANS PARK B 0 KILLARNEY CELTIC B 3: Erin Moloney had us leading 1-0 at the break and Ruairi Dorrian and Erin wrapped it up after the break. Harry White and Sean Michael Coffey were excellent for Celtic.

CONGRATULATIONS: To U13 player Harry White on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES: Denny Premier: Killarney Celtic at home to Mastergeeha, Friday, 7.30pm.

U16 Div One: Killarney Celtic B at home to St. Brendans Park B, Saturday, 2.30pm.

U14 Kerry Cup: Killarney Celtic B away to Castleisland, Saturday, 11.00am.

U14 Kerry Plate: Killarney Celtic B away to Fenit Samphires, Saturday, 1.30pm.

U12 Girls: Killarney Celtic at home to Inter Kenmare, Friday, 5.30pm.

U12 Premier: Killarney Celtic at home to Castleisland, Saturday, 1.00pm.

U12 Kerry Cup: Killarney Celtic B at home to St.

Brendans Park B, Saturday, 10.30pm.

U12 Kerry Cup: Killarney Celtic C at home to Tralee Dynamos, Saturday, 11.45am.

LOTTO: Numbers drawn 2, 3, 14, 20. No winner, four x match 3, Geraldine Fleming, John O'Connell, Boherbue, Cork, John Lyne, Cleeney, Tony McSweeney, College St, , €40 each. Next week's jackpot €3400, draw in Corkerys on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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

Check out

www.killarneyceltic.com

for Killarney Celtic news, match reports, or photos.

MASTERGEEHA FC

U15: Kerry Cup Mastergeeha 10 Park 1. In a good team performance the boys qualified for the next round of the cup. Paul O'Shea, Sipho O'Neill (4), Dylan Murphy (2), Conor Casey and Niall O'Connor (2) were the scorers.

PREMIER A: CAMP 2 MASTERGEEHA 1:

In this close game the seniors were unlucky not to at least get a point away on Friday night. Early in the second half the home side took the lead, however Mastergeeha equalised when Chris Egan from the penalty spot after Damien Breen was fouled. Mid way through the half the home side went ahead again but the seniors battled hard to the end with the Camp goalkeeper making some good saves and Mastergeeha hitting the crossbar twice in the closing stages.

RESERVE CUP: MASTERGEEHA 4

BALLYMAC CELTIC 2: Mastergeeha qualified for the next round of the cup with a good win at home on Sunday afternoon. Derry Ahern and Eoin Horan were the goal scorers in a good team performance.

KILLARNEY ATHLETIC NOTES

RESULTS:

U15: KILLARNEY ATHLETIC 2-0

BALLYHEIGUE: In wind and driving rain our boys had to work extremely hard to gain a 2-0 victory. A goal in either half was enough to overcome a stubborn Ballyheigue outfit. Harry Potts opened the scoring but despite more clear cut chances Athletic only led by the minimum at the break. Tadhg Doolan added another in the second half from the penalty spot. Caoimhin Boyne with a man of the match performance kept things tight to see out the game.

KERRY SCHOOLBOYS/GIRLS LEAGUE

FIXTURES: Week ending 28th February 2016

Saturday 27th February:

CUP FIXTURES

Kerry Cup U12 Girls

Listowel Celtic v Killarney Athletic 2pm.

LEAGUE FIXTURES

JK Sports U12 Div.2

Killarney Athletic B v Listowel B 11-45am.

FOUNDATION SPORTS U14 PREMIER

Killarney Athletic v Killorglin A 10-30am.

TROPHY WORLD U16 DIV.1

Killarney Athletic v Killorglin 12-30pm.

DENNY PREMIER A:

Killarney Athletic v Fenit 7pm (Venue Mounthawk)

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

KILLARNEY ATHLETIC WEBSITE: Please check the website on

www.killarneyathletic.com or facebook for match reports, club information and contact details.

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

HURLING EXHIBITION BY SOUTH KERRY STARS



SOUTH KERRY U12 DEVELOPMENT SQUAD WHO SHOWCASE THEIR HURLING SKILLS AT THE FITZGERALD STADIUM, KILLARNEY ON SUNDAY LAST.

On Sunday last, an attendance of 1,612 cheered on the Kerry Senior hurlers when they met

Liam McCarthy hopefuls, Limerick in Fitzgerald Stadium, Killarney. While Kerry lost, it was an

impressive performance with them coming from 11 points to within 4 points of Limerick in the second half.

The half-time exhibition game gave players of the South Kerry U12 Development Squad a tremendous opportunity to showcase their hurling skills in front of the large crowd. This development squad is made up of hurlers from Dr. Crokes, Kenmare, Kilgarvan, Rathmore and St. Pat's. They put on a great performance in wet and windy conditions and got cheers and applause from the supporters afterwards. Well done to all the hurlers who took part. Thanks to David O'Dea, South Kerry Hurling Development Administrator and Ger McCarthy, Co. Hurling Officer for organising the half-time game and to the mentors from the various clubs for helping on the day.



JOE GEANEY KERRY LINEN SERVICES (CENTRE) PRESENTING THE KERRY LINEN SERVICES MIXED FOURSOMES FIRST PRIZE TO GER O'MEARA WITH (FRONT LEFT TO RIGHT) ARTHUR HANLEY PRESIDENT, AMY ARTHUR LADY VICE CAPTAIN, LIAM HARTNETT CAPTAIN. (BACK) EAMON AND LIZ O'CONNOR 2ND, DENIS AND CHRISTINE CARROLL BEST GROSS, DERMOT ROCHE AND URSULA DALY 3RD, DERRY AND MARY O'CONNOR 4TH AT KILLARNEY GOLF CLUB ON SUNDAY.

CASTLEROSSE GOLF CLUB

RESULTS: Competition played on Sunday 21st February 2016 12 hole Stableford, Winner; Ger Casey (18) 28 pts, Runner-up, Michael Leahy (19) 27 pts, Overall 3rd place, Gintaras Bendaravicius (20) 26 pts.

FIXTURES: Weekend competition, 12 Hole Stableford format, shotgun start at 10am on Sunday 28th February.

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

KILLARNEY GOLF CLUB

LADIES: RESULTS OF JOE GEANEY SPONSORED MIXED FOURSOME SUNDAY 21ST FEBRUARY, 2016.

1st Maureen Creedon (11) Gerard O'Meara (14) 37 pts.

2nd Elizabeth O'Connor (24) Eamon O'Connor (7) 35 pts.

3rd Ursula Daly (14) Dermot Roche (12) 33 pts (bk9).

B.G. Christine Carroll (12) Denis Carroll (5) 24 gross pts

4th Mary O'Connor (25) Derry O'Connor (10) 33 pts (bk9).

Next Sundays Competition is Club Sponsored/16 hole Stableford Team of 3 one score to count/Lackabane course.

BEAUFORT GOLF CLUB

RESULTS:

25TH FEBRUARY - THURSDAY'S OPEN SENIORS: 1st Joe McMahon, 2nd Fred Kennedy. 28th Feb. - Scramble was cancelled due to bad weather.

FUN QUIZ NIGHT: After you have voted on Friday February 26th why not join us for some fun at the clubhouse at 8pm. €40 per team of 4. Non-members welcome. If you are on your own or don't have a full team we will make up teams on the night. Proceeds go towards the purchase of a defibrillator. Phone the club to reserve a table.

ANNUAL FUNDRAISER: Good Friday, March 25th, Open 4-Ball BB, €20 per person in association with The Malton Hotel. Don't miss out, phone the club to book your time on 064-6644440.

CLUB'S WEEKEND AWAY: Details of this year's 2 night trip away on April 8th and 9th are posted on the notice board, names on the sheet early please, numbers are limited.

SYMPATHIES: Beaufort Golf Club would like to extend our sympathies to the O'Sullivan family of Beaufort Bar on the recent passing of Patrick O'Sullivan Snr.

FIXTURES: 28th February - Sunday Scramble at 10am. All fixtures are weather dependent.

We are now accepting membership for 2016 and also for our very popular Points-For-Golf membership, visit www.beaufort-golf-club.com or call the club on 064-6644440 for more details.

KILLARNEY GOLF AND FISHING CLUB

MEN'S CLUB:

JOE GEANEY/KERRY LINEN SERVICES

MIXED FOURSOMES: Club Captain Liam Hartnett, was delighted to strike his first Golf Stroke in a competition for over three months, in last weekend's "mixed foursomes" which were kindly sponsored by our long time sponsor Joe Geaney, via his Company, Kerry Linen Services. Our Club are most indebted to our sponsors, without them, we just simply could not afford to run our competitions, they are really the "life's blood" of our ability to continue to be able to provide such magnificent prizes to our competition winners and other prize recipients, Thank you Joe, and all of our other Sponsors.

The Competition was won by the pairing of Maureen Creedon and Gerard O'Meara, with a magnificent score of 37 points, they were the clear winners, and Gerard in his brief acceptance speech was magnanimous in his

praise for the condition of the course, despite the inclement weather conditions.

The other prize winners were 2nd Liz and Eamonn O'Connor with 35 points, 3rd were Ursula Daly and Dermot Roche with 33 points, they won on the better back 6 holes, and 4th were Mary and Derry O'Connor with a better back three holes than those in 5th place. Best Gross was won by Christine and Denis O'Carroll with 24 points.

Captain Liam and his partner Eimear O'Donnell returned a creditable 31 points, and in taking the weather conditions, once again, into account the turnout of some 37 couples was indeed a testament of the anxiety within our Club Members to get back out on the Course.

The next Men's Club competition will be for the "Arbutus Cup" postponed since the 26th of December last, it will be a stableford competition on Sunday next the 28th of February, entry will be via the online BRS system, time sheet will be from 8.00 a.m. to 1 p.m.

Liam wishes to extend his sincere condolences to the Families of recently deceased Club connections, firstly to the family of our former Club Captain Seanie O'Shea, to his wife Stella, and to his sons, one of whom is our long time Club Member Bernard, his daughters and all other family members.

To the family of the late Patrick "Brack" O'Sullivan from Beaufort, and to the family of the late Andrew O'Callaghan, late of St. Margaret's Road, Killarney. May they all Rest in Peace.

KILLORGLIN GOLF CLUB MENS

12 HOLE COMPETITION

KILLORGLIN GOLF CLUB 21/02/2016

1st John Carmody 27 pts.

WEEK 1 12 HOLE MENS SPRING LEAGUE: Leaders are Team E with a fantastic score of 69 pts.

DEERPARK PITCH & PUTT NOTES

SENIORS OUTING: The next Seniors Outing will be to Deerpark (weather permitting) on next Wednesday March 2nd 10-15 am

JOHNNY KELLY MEMORIAL: A date for the Johnny Kelly Memorial competition is expected to be finalised at next committee meeting.

BOB CASEY MEMORIAL: Kerry Co Board of PPUI has announced that the Bob Casey Memorial will be played at a later date in 2016.

GER O'CONNOR NOMINATED FOR PPUI POSITION: Best wishes from all at Deerpark is extended to our Grounds superintendent Ger O'Connor who will contest the position of Technical Officer at the National PPUI Convention in Abbeylisk this weekend. Ger has made a major contribution to the maintenance of the Deerpark Course over many seasons and if successful at convention this contribution will be continued at national level.

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PETROL OR DIESEL

ADVICE

Starting the engine will circulate the contaminated fuel and increase the risk of damage.

If you're on a petrol station forecourt, put your car into neutral and get help to push your vehicle to a safe place.

If you have driven a short distance after misfuelling, safely and legally park the vehicle, turn off the engine and call us.

If the misfuelling has gone unnoticed, the car will eventually stop.

The effect of petrol in a diesel vehicle can be very expensive.

Find out what happens if you add the wrong fuel to your car.

PETROL IN A DIESEL

This is the most common wrong fuel occurrence. Approximately 70% of calls for assistance with misfuelling to the AA are diesel vehicles having been filled with petrol. Petrol contamination of a diesel fuel system can cause the lubricating qualities of the diesel fuel to be 'washed out' and starve the moving parts of the injection system of lubricant. Depending on how long the diesel vehicle has been run on the petrol will determine any potential consequential damage. Best practice is not to start the engine as this will reduce the risk of the petrol washing the lubrication out.

ON THE FORECOURT

If you've just started putting petrol in a diesel and realised mid-way, stop. Take a note of how much you've put in. Talk to the staff at the filling station, pay for your fuel, then put your vehicle in neutral and push to a safe place until you get assistance.

FINISHED FILLING THE TANK

If you've filled up with petrol and paid but you're still on the garage forecourt, don't start the car. Go back into the filling station and explain what has happened. Put the gears in neutral and push the car to a safe place and wait for assistance.

If you've started the car, stop as soon as you can and when it's safe to do so.

SIGNS OF PETROL IN A DIESEL

If you suspect you have put the wrong fuel in, tell-tale signs may be:



AUTOPOINT MOTOR GROUP TRALEE ACCEPTING A NATIONAL AWARD FROM SIMI PRESIDENT MARK BOGGAN AT THE IRISH MOTOR INDUSTRY AWARDS CEREMONY IN THE DOUBLE TREE HILTON HOTEL DUBLIN LAST THURSDAY. PIC LEFT TO RIGHT: BRIAN HANAFIN AUTOPOINT MOTOR GROUP, SIMI PRESIDENT MARK BOGGAN, JOHN DILLON & MARTINA BURKE.

a smoky exhaust engine noisy under load difficulty starting the car especially when the engine is warm

The car might even eventually stop.

DIESEL IN A PETROL CAR

This is much harder to do and is less common to the AA than petrol in a diesel vehicle.

Approximately 30% of calls to the AA for misfuelling are where the driver has put diesel in a petrol car. This is because the diesel trigger nozzle tends to be bigger and often won't fit a petrol car.

Diesel contamination of a petrol fuel system will cause the engine to smoke excessively, misfire and cause difficulty starting. The petrol fuel filter will become contaminated with the oil base of the diesel fuel. Spark plugs will also become oiled and contaminated causing the vehicle to run rough, cut out and not restart. On some petrol vehicles the emissions controls can also become contaminated especially if the vehicle has been started and driven.

ON THE FORECOURT

If you've just started putting diesel in a petrol car and realised mid-way, stop. Take a note of how much you've put in. Tell the staff at the filling station and pay for your fuel. Put the gears in neutral, move your vehicle to a safe

place and wait for assistance.

FILLED UP WITH DIESEL

If you've filled up with diesel and paid but you're still on the garage forecourt, don't start the car. Instead, go back into the filling station and explain what has happened. Again, put the gears in neutral, move your vehicle to a safe place and wait for assistance.

If you've started the car, stop as soon as you can and when it's safe to do so.

TELL-TALE SIGNS OF THE WRONG FUEL MAY BE:

- an excessively smoking exhaust
- lack of power
- engine misfiring
- engine cut out and won't restart.



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Senior cycle subject choice is the first step on the road to college

(By Billy Ryle)



During the final two years of senior cycle, students study one of three Leaving Cert programmes, each leading to a state exam. The vast majority of students prefer the traditional Leaving Cert (LC). The Leaving Certificate Vocational Programme (LCVP) is similar to the traditional Leaving Certificate, except that students also take three Link Modules (Enterprise Education, Preparation for Work and Work Experience). The Leaving Certificate Applied (LCA) is strongly vocational, meaning that it's more job and employment focused. The subject areas are more practical than academic. This is a great option for students who may prefer not to go directly to third level when they finish school, although many continue their education along the Quality and Qualifications Ireland (QQI) Awards ladder.

Subject selection for Leaving Cert is extremely important because the subjects you choose will influence your further study and career. Give this process serious consideration and decide for yourself what senior cycle subjects will suit you best. Leaving Cert students usually take seven subjects. Mathematics, Irish and English are compulsory subjects. It's also advisable to study a modern language, as many third level colleges have a modern language as an entry requirement.

The task facing you, therefore, is to select three optional subjects – four if you decide not to take a third language. Take care that your subjects fulfil the entry requirements for your courses of interest. Many colleges also impose additional subject requirements which are course specific. For example, for entry into courses in primary teacher education, an applicant must achieve, at least, grade H5 in Higher Level Irish. While it may not be a major consideration as you plan for senior cycle, it's useful to know that a number of courses at third level utilise criteria of selection in addition to, or other than, points achieved in the Leaving Cert exam. These criteria include art portfolio, interview, audition and suitability test.

When calculating total points' score, six subjects may be used from any one sitting of the Leaving Cert exam. The potential maximum points' score in the new points' scale, which comes into effect for 2017 Leaving Cert exam candidates, is 600 or 625 if Higher Level Maths is one of the six subjects counted. Students studying the Leaving Certificate Vocational Programme (LCVP) may include the points awarded for the Link Modules as one of the six subjects used for calculating points. In the new points scale, the Link Modules on the LCVP are awarded 66 points for a Distinction (80% to 100%), 46 points for a Merit (65% to < 80%) and 28 points for a Pass (50% to < 65%).

Keep the following criteria of subject selection in mind when making your choice. Firstly, if you have a flair for – a special ability in, an aptitude for – a particular subject and a reasonable level of interest in that subject, you will derive tremendous personal satisfaction from studying that subject, irrespective of career considerations.

Secondly, take note of the subjects in which you are achieving good grades. The Leaving Cert exam is a test of achievement. Grades and points determine entry to higher education. There is little benefit to you in taking a subject which you find difficult and are unlikely to do well in. Be aware that the points' potential at higher (H) level is far greater than at ordinary (O) level. For example, in the new points' scale, H3 is worth 77 points while O3 is worth only 37 points. Study as many of your subjects at higher level as you can cope with.

Thirdly, select subjects you are interested in because you will obviously work harder at those. Of all the variables that determine success at school, at college and in your career, interest is the most critical. It's highly probable that the subjects that interest you at school will have a major influence on your college course choices in two years' time.

Fourthly, it's essential for you to be aware of subjects that are required for any particular career interests you may have. Each college has a system of general and specific entry requirements which you must satisfy before you are considered for a place in a particular course. For example, as and from 2017, the minimum general entry requirements for UCC are 2H5 and 4H7/O6. A pass in a laboratory science subject in the Leaving Cert exam is a specific entry requirement for a degree course in Nursing.

The task facing you, therefore, is to select, after due consideration, a subject grouping that will satisfy the four criteria of Flair (aptitude), Achievement, Interest and Required. It may help you to remember that you need to make a FAIR choice of subjects. Study the information carefully, give careful consideration to your subject choice, think about your course options and the related careers. In the end choose wisely as this is the first step on your path to college.

Billy Ryle is a Career Guidance Counsellor & freelance writer



Citizens Information

Know Your Rights: TRAINING SUPPORT GRANTS

QUESTION

I'm getting Jobseeker's Allowance and am really interested in working with food. I found a café near me that is willing to offer me a job. They have asked me to do a food safety (HACCP) course first but I can't afford the course fee. Is there any help with this?

ANSWER

You should talk to your Department of Social Protection (DSP) case officer about a Training Support Grant. This scheme can give you quick access to short-term training that will help you take up a work opportunity.

Your DSP case officer can approve a grant under this scheme where:

- A training need is identified that is not provided by DSP directly or any other State provider and is not available quickly or in a suitable location.
- The intervention identified is linked to both the activation needs of the jobseeker and labour market conditions.
- The intervention is part of the agreed personal progression or action plan to enter or re-enterwork.
- They are satisfied that you have provided reasonable evidence or grounds of need (for example, in the form of a job offer or of a potential job offer) or an identified skill gap or a requirement to maintain or achieve accreditation (for example, safe pass, driving licences, HACCP, security industry permits).

You can get funding of up to €500 a year under the scheme. (However the maximum contribution that can be approved and paid for essential driver training is €250.)

You need to provide a quotation from the training provider. Generally the grant is paid after you have finished the programme, done the relevant assessments and achieved certification.

Further information is available from the Citizens Information Centre below.

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

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

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

GNEEVEGUILLA GAA RAMBLING HOUSE

DVD: Can be purchased now at Teach Losagain Rathmore at €12.

GNEEVEGUILLA GAA SOCIAL: Will be held in the Community Centre on February 27th. Music on the night by The Kelts. Limited tickets available.

SCÓR NA BPAISTÍ: Is on Friday 11th March at 4pm in the Racecourse, Ross Road, Killarney.

RECENT CHURCH GATE COLLECTION: The Samaritans wish to thank all who contributed so generously to the Christmas collection in Gneeveguilla. It raised €1035. This will help the Samaritans in their exceptional work as they provide confidential, non-judgemental emotional support, 24 hours a day 365 days of the year for those experiencing feeling of distress anxiety or despair. Samaritans are contactable at 066 71 22566.

SLIABH LUACHRA COMHALTAS:

Congratulations to Mark O'Leary bringing home Gold in the U13 English Singing Competition from the Munster Ceol an Gheimhridh competitions on the 14th of February in Dromcollogher. We are very proud of you Mark, keep up the good work!! Full results of these competitions can be seen on www.kerrycomhaltas.ie Best wishes to all taking part in the Sult na nOg Competitions next weekend, in both the set dancing and Music Competitions. Have a very enjoyable day!

RATHMORE COMMUNITY CENTRE ANNUAL

45 CARD DRIVE: Continue every Wednesday night of lent 9pm. All welcome

RATHMORE LADIES: FOOTBALL: Rathmore Ladies Social will place on Saturday the 27th of February in the Killarney Avenue Hotel at 8.30pm. Tickets are €20 and can be bought from club members or at the Wash Basket.

DARTS EXHIBITION: A Fundraising night for Rathmore Ladies GAA will be held in the Bridge Bar on the 19th of March at 8pm. Special Guest Andy (The Hammer) Hamilton will be there on the night as well as an auction and a raffle. Please support our girls. All welcome! Contact

Emma 0879004101

SYMPATHY: To the family and friends of Patrick (Pa Paul) Herlihy, Mountfalvey, Scartaglen, of Bridie O'Brien (née Coffey), Lower Shinnagh, Rathmore, and Eileen Murphy (née Buckley) Maglin View, Ballincollig, Cork / Headford, Kerry and Din Joe Crowley, Birdhill Lodge, Birdhill, Tipperary / Rathmore, who deaths were last week May they all rest in peace,

NEED AN EXCUSE TO DO A SPRING CLEAN: Rathmore Ravens Basketball Club are holding a used clothing collection on March 24th 2015 (venue and time tbc). Accepted items include re-usable clothes, paired shoes, bed linen, towels, curtains, belts and soft toys. Your support is much appreciated.

PIETA HOUSE: Joan Freeman of Pieta House will give a talk on Suicide Awareness on Monday 7th March in Boherbue Hall at 8.00p.m. All welcome

NOTES: Anyone's has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817. Before 6pm. Sunday.

FOSSA NOTES

LOTTO: 21st February 2016. Numbers drawn were 2, 7, 10, 14. There was no jackpot winner. Next weeks jackpot will be €5,700. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

MEMBERSHIP: Club membership is now due and the rates for 2016 are as follows, family membership, which includes both parents and all their children up to minor age, stays at €60.00, adult remains at €30.00, while youth/

student is €15.00. Anyone who wishes to pay can contact Registrar, Gene Moriarty or any club officer.

SCÓR NA BPÁISTE: Scór na bPáiste will be held some time in March, children from 5th and 6th classes living in Fossa parish who are interested in taking part should contact Scór Officer Theresa Kissane 087 6816169 immediately.

JUNIOR SET DANCING: Set dancing classes continue on Friday evenings in Fossa Community Centre, beginners 6.15 - 7pm, advanced from 7 - 8 pm, further details Norita

087 742 4468.

SENIOR SET DANCING: Continues on Tuesday nights 9 - 10.30pm in Fossa Community Centre, all welcome further details Catherine 087 679 9330.

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

LOTTO: Results for Sunday, 21st February for Jackpot of €3,000. Numbers drawn: 15, 19, 25, 26. No Jackpot winner. Consolation Prizes: €80 Mary Murphy, Cullina. Next Draw for a Jackpot of €3,200 will be held in Inn Between Bar on Sunday, March 6th.

MEMBERSHIP AND REGISTRATION BEAUFORT GAA CLUB MEMBERSHIP:

For 2016 is now due. Family membership is €50 which includes one adult gym membership. Adult Club only €30. Player over 18 years is €50 which includes gym membership. Gym entry card/Fob is €10. Forms available from Patie Hartnett at 087 2515311. Members are entitled to free entry to home Co League games, draw for All Ireland tickets if Kerry is in final and use of gym for above price.

BEAUFORT SENIOR LADIES: sponsored by The Inn Between had their first outing on Saturday last in the Paidi O'Se Tournament. They played Naomh Aban, Ballyvourney but lost out on a score line of Beaufort 1-7 to Naomh Aban 4-7. Beaufort led at half time by a point but Naomh Aban took over for a lot of the

2nd half as they seem to have more work done than Beaufort on the field. The Ladies County Leagues will begin the middle of March.

BEAUFORT MINORS: Sponsored by Harpoon Connect began their Division 2 County League campaign with a good win over Dingle in Beaufort on Saturday.

BEAUFORT U21S: Hosted Milltown/Castlemaine in the Mid Kerry Championship on Sunday 21st February. Weather conditions were tough with strong winds and plenty of rain. The final score on the day was Beaufort 1-16 to Milltown/Castlemaine 1-8.

REFEREES FOR FEILE (LADIES FOOTBALL) Training new referees is especially vital this year with Feile taking place in the County.

Dates for clubs to get new Refs organised: Level one (Tutor Sinead McHugh) Will take place on 27th Feb, 5th March and 6th March to qualify to be a Full Referee, it will take place Killarney venue as we hope clubs in the greater Killarney, East Kerry and South Kerry areas in particular will send people. We are struggling for referees at present and it is vital we recruit some

more. Please return names of participants by Wednesday 24th February at the latest. Anyone interested contact

Susan 087- 1276677

I Any photographs, publications, songs, stories, video or audio recordings (which can be digitized for safe keeping) or anything pertaining to Beaufort's history would be gratefully appreciated and as I said last week will be scanned and returned promptly. Beaufort Ballad Sheet Collection being prepared at the moment ... more anon.

Beaufort Historical Archive, Cartlann Staire Lios a' Phúcha. Thomas O' Sullivan - 0879807122 - kerryonwalking@gmail.com

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

KILCUMMIN NEWS

COMHALTAS 1916 COMMEMORATION:

We will be holding our 1916 commemoration event which will involve an enactment by our younger members on Sunday 3rd April in Kilcummin Recreational Hall at 3pm to 5.30pm. Our Easter raffle will be held on this night also. All welcome.

VOLUNTEERS: Kerry Comhaltas are requesting volunteers to help with their street collection for Fleadh Cheoil Ciarraí on Saturday 16th April in Tralee town. Please contact Marguerite (Branch Secretary) on 086 081 0208 if you can help out.

BRANCH MEETING: Our next branch meeting has been re-scheduled to Tuesday 1st March at 8.30pm in Kilcummin Rural Development Office. All welcome.

TIME FOR A NEW CHALLENGE: Are you interested in becoming a Facilitator with ACCORD Catholic Marriage care Service, Ireland's leading provider of marriage preparation courses? Would you like to share your positive married experience with engaged couples preparing for their married life together? Information Night-April 5th 2016. Contact Killarney Accord 064-6632644/085 8729613 email accordkillarney@eircom.net

I.C.A.: The monthly meeting of the Guild will be held on Wednesday 2nd March at 8pm in the Rural Development Office. Conor Doolan will give a talk on the 1916 Centenary.

NOEL MCCARTHY ANNUAL TABLE QUIZ

The Noel McCarthy Annual Table Quiz will take place on Monday February 29th in the GAA Bar at 8.30pm. Tables of four €40. All monies raised will go to the Oncology Dep. Kerry General Hospital. Please support.

KILCUMMIN GAA COMMUNITY GAMES

Thanks to all who contributed to our Church-gate collection last weekend. These funds allow us to pay our affiliation and entry fees for all events during the year.

And what a great start Kilcummin Community

Games are off to for 2016 after a weekend of unprecedented success in the music and singing events. Keel was the venue on Saturday evening for the music competitions and in the solo-music U12 Olwyn Evans, playing the concertina, performed brilliantly to claim third place and the County bronze medal. Next up was our U12 music group and here the team of Julieanne Friel, Olwyn Evans, Ewan Evans, Michael Healy, Liam Kerrisk & Ryan McGurl performed a slide and a highland and their note - perfect renditions saw the team awarded first place and the Gold medals from the nine entrants in this category. This group now goes forward to the All-Ireland finals in Athlone in August and many thanks to Grania Evans for her time and dedication in preparing the team. In the U16 solo-music Kilcummin were represented by Kirill Healy on tin-whistle and a magnificent performance saw Kirill awarded third place and the bronze medal. The final event of the evening in Keel was the U16 group-music and here the parish was represented by Shauna O'Leary, Clare Stagg, Liam Randles, Kirill Healy and Brandon Griffin and their superb performance of a jig and a reel saw Kilcummin take the gold medals again in a field of nine entries. A big thank you to Stephen O'Leary who trained this group. Abbeydorney was then the venue on Sunday for the singing competitions where Kilcummin were represented in three categories. In the U12 solo-singing Amy Sexton did superbly well in a very strong field while in the U16 solo-singing Shauna O'Leary put in an excellent performance to take fourth place and was awarded the certificate. However, it was the Kilcummin U12 singing group who swept to glory and their rendition of "We go together" from the musical Grease caught the attention of all present and they were duly awarded the Gold medals in a hotly-contested event. So heartiest congratulations to Clare Culhane, Ruth Doyle, Julieanna Friel, Molly O'Connor,

Amy Sexton and Kayla Shine on this great achievement and many thanks to Lillie Foley for her generous time in preparing the team. So Kilcummin now have three groups heading to the National finals in August in Athlone and a special thank-you to Marie O'Leary for the time she has dedicated to all these events over many weeks. Finally anyone interested in competing in the Quiz event - over 10 and U14 at 31st July 2016 -please contact any member of the committee before Sunday February 28th.

FÉILE 2016: In keeping with the spirit of Féile 2016 and the participation of our under 14 team in the national event Kilcummin Juvenile GAA Club are looking for host families to accommodate our visiting club on Friday 24th, Saturday 25th June. Families would be hosting 2 players. Club members interested might please contact 087 9181973 for further information.

AWARDS NIGHT: Last Saturday night Kilcummin honoured its volunteers and players for their considerable efforts in 2015.

Club Person of the year Seanie O'Leary. Senior player James Devane. Junior player Eric O'Connor and Tommy Cooper. Merit Awards Dara Lehane, Tom O'Connor and Brid Fleming. Ladies Senior Player of the Year Ashling O'Donoghue. Honoured for winning All Ireland medals (Kerry u-16). Laura Teahan and Katie Maher. Ladies team were also presented with their Co League winners medals.

PINK NIGHT: Don't forget This Saturday night Feb 27th is fundraising night in Kilcummin GAA Club in aid of the Kerry/Cork Link bus. Music by the Dineen Brothers, Spot prizes and refreshments. Come along support a good cause and enjoy the fun.

MASTERGEEHA FC LOTTO: There was no winner on Friday 19th February 2016. Numbers drawn were 2,6,9,24.

GLENFLESK NEWS

GLENFLESK SENIORS: Sponsored by the Jarveys Rest. Our seniors play Gneeveguilla in the East Kerry super league Sunday February 28th at 12.00pm

ST BRENDANS: The Sem take on HS Clonmel this Saturday February 27th at 2pm in Mallow in the Corn Ui Mhuiri final. Our own Daniel O'Brien captains the team from center back and youngster Christopher O'Donoghue has been impressing in the No. 3 jersey while Lee O'Donoghue has been one of the Sem's standout players so far. Best of luck to the three lads Saturday.

GLENFLESK LOTTO: Glenflesk GAA Lotto draw was held on Tuesday the 16th of February 2016, in The Kerry Way. Jackpot: €9,000. Numbers drawn: 4, 10, 14, 16. No Winner. Next draw will be held on Monday February 29th in John Dan's, Jackpot €9,200.

RAHEEN COMMUNITY PLAYGROUP: The Playgroup committee will not be holding a table quiz this year and would like to take this opportunity to thank John O'Donoghue and Nora Hickey who facilitated the table quiz every year, to John Dan's Bar for accomodating us and to all who supported our quiz nights

down through the years!!

SYMPATHY: Sympathy is extended to the family of Din Joe Crowley who passed away recently, one of Rathmores greatest ever players. Ar dheis Dé go raibh a anam. Sympathy is extended to the family of Bridie O'Brien who passed away recently. Ar dheis Dé go raibh a hanam.

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

MILLTOWN NOTES

PUBLIC MEETING: Please note that a Public Meeting is to be held regarding an action plan for Milltown for the future. This important meeting is to be held in Nagle Rice Community Centre and Sports Complex on Monday 7th March at 7.30 pm. All members of the

community are being requested to attend. Please come along and have a say on the future direction of Milltown.

JOKER 3: Joker 3 fundraiser weekly draw in aid of Nagle-Rice CC Milltown was held in Knightlys last Sunday and jackpot of €6800 was not

won. Joan Fleming won €100 with Eileen Roche and Denis Tangney winning €25 each. Down to 28 cards next Sunday February 28th with jackpot increasing to €7000 and draw in Karl J's. Thank you for your continued support.

SouthWest Counselling Centre

BARRIERS TO SUCCESS



Do you ever feel that you have more potential that you are realising? Perhaps it seems as if your plans never come to fruition – or you sabotage your own success. Perhaps you lack confidence in your own abilities and doubt your

capacity for success. Do you tend to procrastinate or find your great ideas never see the light of day? Then it may well be that you are creating your own psychological barriers to success?

Many of us carry around limiting beliefs and negative habits which hinder our success. These beliefs and behaviours are sometimes so well developed that we don't even realise they are there – and when we do, we don't have the skills or tools to overcome them. Typical barriers to success include: Fear of success and/or fear of failure, low self-esteem, negative thinking, reluctance to seek help, negative past experiences that continue to create emotional blocks, difficulties relating to others, depression, self-doubt and/or lack of self-belief.

However we pay the price for these negative thoughts and self-doubts.

Bring to mind something that you've been wanting to do – and write it down on a sheet of paper. Now think of all of the reasons that stop you from doing this – and write these down. Next review the list and cross off those that are simply not real or true (it may be helpful to enlist the help of a friend here).

Now look at the negative beliefs on your list that can be substituted with something more positive. The brain cannot hold two contradictory beliefs simultaneously – thus try replacing a negative belief (e.g. *I could never go to college*) with a more positive one (*I have the ability to go to college*). Better still, write the positive affirmation in the present tense as if it is already happening (*I am studying in College and loving every minute of it*). Write down your affirmations and put them on your desk or bathroom mirror, repeating them as often as possible. Notice when self-doubts crop up.

When self-doubts and limiting beliefs sneak in – do a reality check and ask yourself 'Is there a rational reason to believe them?' If so, what can you do to change this? Is there something practical we can do to? Sometimes our doubts and negative self-beliefs are rooted in earlier life experiences or childhood traumas. If this is the case, perhaps you could seek the help of a counsellor or coach to overcome these.

Next week we will continue to look at our own personal Psychological Barriers to Success and discuss ways in which these can be overcome.

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



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

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EARNED INCOME TAX CREDIT: Since January 2016, as a self-employed trader you may claim a new Earned Income tax credit of €550.

You must keep accounts which record:

- All purchases and sales of goods and services and
- All amounts received and all amounts paid out

You must keep supporting records of the above such as invoices, bank and building society statements and receipts. You may claim certain business expenses against tax as well as your contributions to your personal pension.

Under the Start Up Refunds for Entrepreneurs (SURE) scheme you may be entitled to a refund of PAYE income tax that you paid over the 6 years before the year in which you invest in starting a business.

You must register for Value Added Tax (VAT) if your annual turnover exceeds or is likely to exceed the following annual limits: €75,000 in respect of the supply of goods or €37,500 in respect of the supply of services.

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ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



THIS WEEK: THE ONES TO WATCH

Emmerdale

It's all go in the Dales this week as Chrissie Sugden discovers a family secret, Sam Dingle gets shot and Megan Sharma goes into labour.

Tuesday: Chrissie learns something about her families past, is Lawrence really her father? Robert is planning that could hinder Aaron's case.

Thursday Ep 1: Chrissie digs up the past while Megan gets a surprise.

Thursday Ep 2: The stakes are high for Megan as she's alone in the woods and in labour. Meanwhile, Joanie has shot Sam, is he dead?

Eastenders

There are make up's, break up's and a blast from the past for the residents of Albert Square as Whitney Dean receives her matching orders, Denise Fox is falling deeper for jailed ex-husband and Jack Branning makes a shock return.

Monday: Whitney is devastated by Lee's actions as she moves back in with Sonia.

Tuesday: Jack makes a shock return to the square, how will Ronnie react?

Thursday: Ronnie is confused by her feelings, will she give Jack a second chance? Lucas works his magic on Denise and Jordon.

Red Rock

Sins of the past return to haunt two residents of Red Rock as Liam Reid desperately tries to protect his daughter Rachel Reid while Bridget Kiely struggles to pay off a debt.

Wednesday: Liam is full sure that Rachel has started seeing Brian again, how can he protect his daughter from this predator? Bridget tries to settle her loan.

Thursday: Bridget places all her money on a horse. Will the odds be in her favour?

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AL GRANT IN CONCERT

All you lovers of Country Music have a treat in store this Saturday night (27th February) when Al Grant will present The Jim Reeves Story in narration and song at the Gleneagle Hotel, Killarney. The Show begins at 8.30pm and special guest will be Isla Grant. Readers please check with the INEC Box Office (064) 667 1555 before you begin your journey to make sure tickets will be available at the door.

THE SEASON OF SPRING

The following is a poem showing the wonders of Spring through a child's eyes, written by 7 year old Max Elliot Browne who is a pupil at Kilcummin National School.

I would like to congratulate Max Elliot on his wonderful gift for poetry and to sincerely thank the reader of my Ramblings who sent the poem to me for publication:

Spring

*Spring is coming soon,
Grass is green and flowers bloom,
Birds returning from the South,
Bees are buzzing all about,
Leaves are budding everywhere,
Spring, Spring is finally here.*

FAIRTRADE FORTNIGHT 29TH FEBRUARY – 13TH MARCH

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With Fairtrade the power to change the world every day is in your pocket. With one simple purchase you can get farmers a better deal. And that means they can make their own decisions, better control their futures and lead

the dignified life everyone deserves.

UPDATE ON NUNS EVICTION FROM LAST WEEK

A few weeks ago it came to light that two San Francisco-based nuns, whose lives are almost entirely devoted to feeding the homeless and selling baked good to live, were facing eviction as their rent had suddenly been hiked by about \$2,000 a month. They were in the process of fighting the eviction but did not feel particularly good about their prospects. Under a recent deal, the nuns of the Fraternite Notre Dame Mary of Nazareth Soup Kitchen at 54 Turk St. can stay for a year at their current rent. And the landlord won't try to evict them. The man who made it happen was famed-motivational speaker, Tony Robbins who flew in for a Bay Area engagement and headed for the soup kitchen after reading of the nuns' plight and handed them a check for \$25,000. Mr. Robbins' check was just phase one of a business plan. The next step, he said, is to find a more permanent place. The third is to market their pastries to get a steadier income. Mr. Robbins has risen up from very little and become very successful, and dedicates a considerable amount of energy and resources to helping others less fortunate than himself, for many decades now.

QUOTE

"A bite of fair Trade chocolate means a lot to farmers in the South. It opens the doors to development and gives children access to healthcare, education, and a decent standard of living."

— K. Ohemeng-Tinyase, Managing Director of Kuapa Kokoo cocoa cooperative, Ghana.

ON THIS DATE – 26TH FEBRUARY

1732 - 1st Mass celebrated in 1st American Catholic Church, St Joseph's, Philadelphia.

1802 - Victor Hugo (d.1885), French novelist and poet, was born in Besancon.

1832 - Polish constitution abolished by Tsar Nicholas I.

1895 - Michael Owens of Toledo, Ohio, patented a glass-blowing machine.

1907 - Royal Oil and Shell merged to form British Petroleum (BP).

1914 - HMHS Britannic, sister to the Titanic, launched at Harland & Wolff Shipyard, Belfast.

1915 - The 1st flame-thrower was used by the Germans at Malancourt, Argonnen.

1919 - U.S. Congress formed Grand Canyon National Park in Arizona.

1923 - Italian nationalist and fascists merged (blue-shirts & black-shirts).

1935 - Adolf Hitler ordered the Luftwaffe to be re-formed, violating the provisions of the Treaty of Versailles.

INTERNATIONAL FRIENDSHIP WEEK

FEBRUARY 21ST – 27TH

Friends are an important part of most people's lives. A good friend might be someone who provides support when times are tough, or someone you can rely on to celebrate a special moment with you.

Friends might come and go, they might make you laugh and cry, but most importantly of all, they love you for who you are.

It doesn't matter what a person looks like or what kind of clothes they wear. It's what's on the inside that counts and your friends should know that about you.

Likewise, having friend's means you've a responsibility to be there for them too, even when the going gets tough.

- If your friend is going through a tough time, write them a letter or a poem showing how special they are to you. Remind them that no matter how tough things get, you'll be there for them because that's what friendship is about.

- if you can't physically be with your friend when they need you, send them an email, chat to them online or make a quick phone call to show you're thinking about them.

Supporting a friend through tough periods can put pressure on you, and it can help to talk to someone about it. This might be a teacher, counsellor, family member or another adult.

There's only so much you can do for a friend going through serious problems. You can't fix everything, so if professional help is necessary, encourage your friend to seek it out.

THE LOVE OFFERED BY THIS DOG APPLIES TO EVERY DOG IF THEY GET A CHANCE

The love of my life came to me when I least expected her, before I knew I needed her. I was single and happily child free, but on a visit to my sister and her family, my little nephew wanted to stop at a yard sale and pet the free puppies. Grace came home with me at 7 weeks old and spent the next 13 1/2 years teaching me how to live and love.

A gentleman from Texas wrote about his dog

Jack, and how he thought he was the one being of service by adopting Jack. My story is similar: Grace found me at my bottom, which continued for another two years before I was finally able to get sober. Grace loved me when there was nothing lovable about me, when I had no redeeming qualities. She brought me back into the light, and gave me courage when I was afraid. She taught me how to nurture, how to love, how to give of myself without expectation. She helped fill the gaping hole in my soul that is my constant companion.

She welcomed her litter mate Ginger into our family, who my sister had adopted from the same yard sale but who came to live with Grace and I eight months later. With their puppy eyes leading the way, a world opened up to me that I had shut myself away from for so long. Then came Peanut, followed by Stanley, and our little family of five was perfect and complete.

I lost Ginger, and then Stanley, and on August 28, 2015, I had to say goodbye to my Grace. She would have hung on for me far past that day, but my selfishness has been tempered through the years, and she loved more in her 13 1/2 years than most people do in a lifetime. She was my touchstone, my talisman, my true north, and I am lost without her.

350 words is not enough to describe a life. My beautiful, precious Grace saved me, and I will count the days until I am with her again.

Jody B. Kansas City.

CREDIT CARDS FOR MONOPOLY

For its upcoming Monopoly Ultimate Banking, a modernized version of the classic real estate and free market-themed board game, the toy company has eliminated Monopoly's colourful wads of cash. Instead, players will scan personal credit cards with a small battery-operated ATM, which will automatically keep track of their cash on hand.

The tiny electronic bookkeeper will also be used to purchase properties, pay debts for landing on opponents' properties, and exchange money for Chance drawings through the use of scannable bar codes on each of the cards. To use it, players swipe their credit cards, followed by the corresponding property or play card, and the machine deducts or pays off money in accordance with the rules.

8 REASONS WHY SPIDERS ARE ONE OF THE MOST UNDERRATED ANIMALS ON THE PLANET

Physically, spiders aren't what many would consider angelic creatures. It could be the amount of eyes spiders have. It could be the amount of legs or it could be the way that they move. Maybe it's some awkward amalgamation of the just-mentioned, as well as any other skewed fact floating around out

there. Whatever the exact reason, for years now spiders have been looked at by some humans with fear.

Don't get me wrong: arachnophobia (the fear of spiders) is a very real thing. In no way am I trying to say that it isn't, or that those that suffer from it should for some reason feel ashamed.

In celebration of Save a Spider Day (March 12th), what I hope this list says — what I hope this list proves — is that spiders aren't just something to be screamed at, or squished beneath boot heels, but something to be respected, and even admired.

Myth: On average, us humans swallow eight spiders per year while we're sleeping.

Truth: While we can't say that it has never happened before, the number in this myth is absurd. The only reason a spider would be remotely interested in climbing into bed with you is in search of bed bugs. Not convinced yet? Check out this article further debunking this myth.

1. Spiders Are Ingenious Hunters - Some spiders pounce on their prey. Some ensnare their prey in a web of silk. Some dig trap doors into the dirt and let their pray fall into a very similar ball of silk. And others? There are many others that have their own individual way of hunting — their own techniques, their own schemes, etc.

2. They Call Earth Home - The exact number of spider species is unknown. But, as of 2014, 45,000 different species had been identified. And they span across the planet.

Each continent, even each region, has spiders specific to it. For example, tarantulas — one of the most versatile spiders when it comes to climate — can be found in all continents, save for Antarctica.

3. They Steer Us Clear of Famine - You wouldn't believe how crucial spiders are to organic farms. THEY EAT BUGS. LOTS OF BUGS. They eat insects and other pests who have been proven to be quite detrimental to crops. If they don't eat, we don't eat.

4. The Strength of Silk - Ounce for ounce — silk is actually stronger than steel. And spiders have plenty of it. They also have plenty of uses for it, including prey capture and immobilisation, but also for reproduction, dispersal, and also as nourishment on occasion — on slow hunting days, they'll nibble on their own silk. It can be used as an "alarm line" rather than to capture prey. Or, in the event that a spider wanders too far from its shelter, they could be keeping a line of silk in which they follow back home.

Myth: Daddy-longlegs are a type of spider.

Truth: Yes, they are arachnids, but they are not spiders. Daddy-longlegs, otherwise known as Leatherjackets, have one body section, two eyes, a segmented abdomen, and produce neither silk or venom. Spiders, on the other hand, have two body sections, (typically) eight eyes, an unsegmented abdomen, silk and venom.

5. They Have Superpowers - Some jumping spiders have the ability to de-focus their vision. Meaning: they sense distance by comparing a blurry image to a clear image. It

all lies with the colour green. The comparison that they're able to create helps them gauge distances before pouncing on their prey (farther distance = blurry, while nearby = clear, for example). But why green? Well, the why may not be easy to answer. But they noticeably suffer in judgment when under red light.

6. Spiders actually have water-repellent hair that not only can keep them dry, but prevents them from drowning. Those same hairs can capture air bubbles that the spider can take beneath the surface of the water. It's also what allows them to float!

7. Some Species of Spiders Are Deserving of An Oscar - Over 100 species of spiders commit to the craft of acting to catch their prey. Through evolution, they're able to appear like ants, both to evade certain predators, and to help them catch, well, ants

8. They Have Personality - The majority of spiders live in solitude. They hunt alone. They eat alone. Some spiders will even try to eat each other if they cross paths. Yet, there are 25 species of spiders that live in a much more social atmosphere, where, as studies have shown, the spiders can take on different sorts of roles.


CUNNING CARNIVOROUS PLANTS CATCH MORE PREY BY LETTING SOME GO

Pitcher plants that typically grow in acidic and nutrient-poor soils, have developed the ability to eat insects and other small prey to supplement their diets. *Nepenthes* grow modified leaf structures which form a saucer cup with a slippery rim lined with visual or edible bait. When an insect approaches to investigate the reward, they slip off the rim and into the cup which is usually filled with a viscoelastic fluid. Unable to escape, the prey is slowly digested and absorbed by the plant.

However, observers of the *Nepenthes rafflesiana*, found in Borneo, discovered that the effectiveness of some traps is dependent on the weather. The rim (known as the peristome) is only slippery when wet from rain or increased humidity, but stays dry during the day allowing ants—a staple prey—to freely come and go.

Ants typically send scouts out to search for food. When they find a source, like the nectar produced by a pitcher plant, they return to the colony to recruit others to help them harvest it. If *N. rafflesiana* captured every scout, the steady trickle of ants would be random and infrequent, but by allowing some scouts to escape and return with friends, the plant is able to lure greater numbers in at once.

Younger *N. rafflesiana* plants with fewer pitchers tend to rely on the "slow and steady" method of capture, maintaining a constantly slippery surface.



A WORD OF VICTORY

Welcome back dear reader over the many years I've been ministering to people with all types of physical, financial and mental needs I would ask them a question – "where will you go when you die?" It is a day that we will all face. When they get over the shock the usual reply is "well I'd hope to go to Heaven". I'd then ask them on what grounds do they expect to get into Heaven – the answer is always the same – "I'm a good person". They would then name out certain qualities they possess that they feel will merit them everlasting life. Then I'd ask if they are quite sure that this will be enough and the answer would always be "well no-one can be sure, we can only hope". You see, their assumption is performance based. Yet when Jesus was addressed as 'Good Teacher' the Lord rebuked that one saying "why do you call me good, no-one is good but God alone" (Mark 10:18). Friend, God is not impressed with our performances. No-one can be good enough on our own efforts to enter into everlasting life, so God had to provide a way for us to be sure of where we will spend eternity. Jesus said "I am the Way, the Truth and the Life, no-one comes to the Father except through me" (John 14:6). The message is this: Jesus laid down everything He had in Heaven and volunteered to become a human being just like us. He was tempted by the Devil with every type of temptation we are subject to, yet He never sinned. And finally when hanging on that Cross a sinless victim, all our sins and the penalties due to us for them, were put on Jesus. He bore the full wrath of God on Himself in order to set us free. So when we believe this truth God the Father accepts us as perfect. He judges us after the way Jesus lived His life - that's how we can be sure of where we'll end up for eternity. More next week....

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

SERENITY Memorial Cards

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CHOOSE FROM OUR LARGE RANGE OF SAMPLE CARDS

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NOVENA TO SAINT MARTHA

O St. Martha, I resort to thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through there great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One Our Father and three Hail Marys, and a lighted candle every Tuesday and the above prayer made known with the intention of spreading devotion to St. Martha. In thanksgiving. **B.X.**

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

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

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked. Three Our Father, three Hail Mary and three Glory Be. St. Jude pray for us and all who invoke your aid. Amen.

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted). **M.M.**

THE MIRACLE PRAYER

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must e said for three days and after that the request will be granted and the prayer must be published immediately.

ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles...the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and you will receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted.

GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

1ST ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

PADDY TURNER

**Mangerton House,
Upper Lewis Road, Killarney
Who died on 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.

On this the first anniversary of Paddy's death, thank you to all who attended the removal and funeral, sent mass cards, floral tributes and sympathised. Many thanks to the wide circle of friends and acquaintances that Paddy cherished throughout the years. Your kindness, support and friendship meant so much to Paddy. The respect the people of Killarney showed as they bid farewell at the funeral, would have put a smile on Paddy's face. Special thanks to the cavalcade of bikers who escorted Paddy, he would be so proud, and to all who contributed to his final farewell.

To all he visited daily, may God reward you for being that 'Special Friend'. To the Palliative Care Team, and Dr. Kavanagh, who made it possible for Paddy to venture out each day and to all the Care Team in the Kerry Mental Health Services who cared for Paddy throughout the years.

To his friends in Mangerton House and Mews.

Many thanks to Fr. Jim Lenihan who officiated at the Removal, Funeral mass and grave side.

To Tim, Mary and Mike O'Shea Funeral Directors for their professionalism.

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of sincere gratitude and deep appreciation.

The Holy Sacrifice of the Mass will be offered for your intentions.



**Anniversary Mass Thursday 3rd March
at 6.15pm in St. Mary's Cathedral.
Ar dheis De go raibh a anam.**

1ST ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

PAUL O'CONNOR

**'Anfield House', 9 Roseville Avenue,
Who died on 5th March, 2015**

On the first anniversary of Paul's death, his wife Joan and children Jack and Áine, on behalf of his extended family would like to especially thank our friends and neighbours for their support.

Thanks to all who sympathised with us.
Thanks to all who attended the Rosary, removal and funeral Mass.

We offer special thanks to Dr. Jack Geaney and the team at Cahernane Medical Centre. Our thanks also goes to Dr. Sultan and his team at Kerry General Hospital.

Thanks to Fr. Niall Howard and Fr. Simon Twomey who officiated at the funeral Mass.

We value greatly the kindness of Mary and Mike O'Shea Undertakers. Thanks to all those who took part in the guard of honour.

Please accept this acknowledgment as a token of our appreciation.
The Holy Sacrifice has been offered for your intentions.



GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

NOVENA TO THE SACRED HEART

Sacred Heart, Our Lady and Padre Pio a thousand thanks. And to all of the Saints for favours received.

1ST ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

MARGARET O'RIORDAN

**Inch, Kilcummin, Killarney
Who died on 1st March, 2015**

As we lovingly remember our beloved mother Margaret, we her family wish to express our sincere gratitude to all who sympathised with us on our sad loss. Thanks to all those who attended the Rosary, removal, funeral Mass and burial.

Thanks also to those who sent Mass cards, enrolments, letters of sympathy, flowers and to those who donated to Palliative Care. We would like to thank our friends and neighbours who gave us great support during this sad time. We are extremely grateful to her home help, Dr. Laura Malone & staff, doctors, nurses and staff of Kerry General Hospital and to Mary O'Brien & staff of Heather Lee Nursing Home for their great care and kindness to Margaret. Our heartfelt thanks and appreciation to her Public Health and Palliative Care Nurses. Special thanks to Sr. Scholastica for saying the Rosary, to Fr. Joe Begley and Fr. Kevin McNamara, who celebrated Margaret's funeral Mass, to Maura Reen & Organist for the beautiful singing and music and to Siobhan McSweeney, Sacristan.

Thanks to the Kilcummin Day Care members & staff for providing guard of honour. Finally thanks to Mary & Michael O'Shea & staff of O'Shea's Undertakers for their compassion and professionalism. As it is not possible to thank everyone individually please accept this acknowledgement as a token of our appreciation.

The holy Sacrifice of the Mass will be offered for your intentions.



**First Anniversary Mass on Sunday,
6th March, 11.15 in
Kilcummin Parish Church.**

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. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanksgiving for favours received.

1ST ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

MARGARET O'RIORDAN

**Inch, Kilcummin, Killarney
Who died on 1st March, 2015**

We hold you close within
our hearts,
And there you shall remain,
To walk with us through
out our lives,
Until we meet again.
So rest in peace Dear
loved one
And thanks for all you've
done,
We pray that God has
given you,
The crown you've
truly won.



**Loved and remembered always by
your loving Family**

4TH ANNIVERSARY



In Loving Memory of a wonderful wife
and mother

CHRISTINE SHEAHAN

**45 High Street, Killarney
Who died on 2nd March 2012**

These special memories of you
will always bring a smile,
If only we could have you back
just for a little while.
Then we could sit and talk again,
Just like we used to do.
Mom you always meant so very much
and always will do too.
The fact you're no longer there
will always cause us pain,
But you're forever in our hearts
until we meet again.



**Always loved and remembered
by husband Peter and
all the Family.**



INVITATION

Open Day: Saturday 5th March 10am-12noon

LEWIS ROAD KILLARNEY

Dr. Crokes GAA Club invites the Parents in the Killarney Area and their Boys and Girls to the **2016 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.



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.**

www.drcrokes.com