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FARRANFORE

JLT Tiles
Farranfore Garden Centre
Londis Moriarty's
Liam Lynch Garage
Murphy's Garage
Amber Centra
Carry Out Licence
Chinese Restaurant
Topaz Centra
Maher's Butchers
Kennelly's Pharmacy
Sean Taffee
I.C. Photo Ian Cronin
Killarney Garden Centre
Holy Cross Day care Centre
Dept. Tourist

INNISFALLEN MALL

O'Sullivan Bike-Shop
Horan's Fruit & Veg
Pork Shop Jones
Frame Shop
(Upstairs) Glow Beauty
Des Shop
Killarney Credit Union

PARK ROAD

Topaz Petrol Station
Tesco Petrol Shop
Tesco Supermarket
Sheehan's Butcher
Marks & Spencer's
Geraldine's Hair Salon
Horan's Fruit & Veg
Park Road Pharmacy
Hegarty's
Outlet Centre
Malton Hotel
Killarney Toning Studio

COLLEGE STREET

KDYS
GALA Bronny's
Specsavers
Sean Taffee
Dominos Pizza
South West Counselling
Fairview Guesthouse
Killarney Hardware
Fairhill Butchers
Casey Video Shop
Dungeon
Cronin's
Failte Hotel
Kerry Phone Shop
Scotts Hotel
Variety Sound
McSorley's
Ladbroke's
Dan Lenihan Bar

SCOTTS LANE

The Streat Café

Urban Optics

Torc Travel

Golden Chopsticks

Food Fayre Café

COLLEGE SQUARE / PLUNKETT STREET

Sean Leo's Auctioneers
O'Leary Electrical
White-Heather Florist
Allegro
Music Express
Joevany Leather Goods
Gallivan Auctioneers
Reens (Chemist)
Allure Hairdressers
Killarney Household Gifts
Mike's Fast Food
Tatler Jack

GLEBE LANE

Killarney Barber Shop
Continental Café (Spolgers)
Goggin's Hair Salon
Jam Café
J MAC Office
Kerry Mortgages

MAIN STREET

Town Hall
Killarney Hair Studio
Medical Hall
Euro City
Macs Restaurant
John Reidy
(Bar & sweet shop)
EBS
Coynes & Culloty
Christy's Irish Stores
MD O'Shea's
Killarney Bookshop
Sheehan's Pharmacy
Brian James
O'Grady's Newsagent
Abbey Travel

HIGH STREET

Quill's Fashion
Keane's Jewellers
Sceal Eile
Julies Barber Shop
O'Connor's Bar
Smoke House
Cronin's Butcher
Salvador's Pizza
Corkery's
Paddy Power
02 Phone Shop
Ladbroke's
Speak Easy (bar)
Eagers
JC O'Shea
B.DE Stack Jewellery Shop
Feet First
Killarney Outlook Office

Tru-Care Cleaners

Daybreak Shop (top of High Street)

Gallivan Murphy Hooper Dolan

NEW STREET

Presbytery near Bishop Palace
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Killarney Photographic
Killarney Med Centre
Pharmacy (O'Sullivan)
Kennelly's Pharmacy
Dunnes Stores
Healy's Newsagents

Sarah Jane

Jasmine Boutique

Stack O'Brien Optician

McKenzie's Coffee Shop

Subway Restaurant

Healy (DNG)

Sheila's Hairdressers

Siodori Na Riochta Jewellers

Eddie Rockets

Frank Coffee Shoes

Walsh Shoes

Gloria Jeans Coffee Shop

Phone Shop

Sherry Fitzgerald Coghlan

TESCO SHOPPING ARCADE

Euro Hair Style Salon

Dry Cleaners

CHAPEL PLACE

Physique Gym

Craft Shop

BEECH ROAD

Liam O'Connor's

Ashe's Butchers

Leaders

Horan's Health Store

WOODLAND INDUSTRIAL ESTATE

Cronin's Foodstore

Daly's Super Valu

Off Licence

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Supermac's

Killarney Sports Centre

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Killarney Glass

Maurice Prendiville

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Factory Carpet

National Tile & Bathroom Centre

Murphy's Print

Buddies

M.D.O'Shea's

Killarney Autos

Park-Lane Dry Cleaners

CORK ROAD

Killarney Heights Hotel

Bowler's Garage

Our-House.ie

MUCKROSS ROAD

Handy Stores

Tom Spillane

Amber Station Muckross rd quick

pick

Carry Out Licence

Ross Golf Course

Randles Court Hotel

Randles Nissan Garage

Doyle Shop

Brehon Hotel

Gleneagle

Victoria House Hotel

Chinese Restaurant (after

Gleneagle)

Spar (Hegarty's)

Oaks Hotel

Molly Darcy's

Muckross House Restaurant

Lake Hotel

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GLENFLESK

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BARRADUFF

Laundry Room

Hickey's Butchers

Nagles Right

Buy Shop

Takeaway

Sizzlers

O'Donoghue Shop

Murphy Motor Mitsubishi

RATHMORE

Reen's Garage Peugeot

McCarthy's Londis

O'Keeffe's Hardware

Sapphire Signs

Renault Motors

Centra Shop

Credit Union

Haven Beauty Salon

Esso Shop

GNEEVGUILLA

Post Office McCarthy's

Fr Kevin

Dunnes

O'Keeffe's

FOSSA

Tony's Shop

McCarthy's Centra

Killarney Golf Club

Golden Nugget PUB

Hotel Europe

BEAUFORT

Beaufort Bar

In-Between Pub

Carson's Supermarket

Kilgobnet Breen's Shop

O'Sullivan's Shop

MILLTOWN

Londis Top Shop

Milltown Farmer's Market (old

church)

Café Beag

O'Shea's Pub

Pharmacy

Burke's Butchers

Pharmacy

Milltown Fruit & Veg shop

Spar

Larkin's

Alma's

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Little Pavillion (take away)

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Friday 28th Feb - Thursday 6th Mar 2014

NON STOP (12A) 115m 7 Days 6:30 9:00 Late Show Fri 11:25	RISE ALONG (12A) 110m 7 Days 6:30 9:00 Late Show Fri 11:30	ROBOCOP (12A) 125m 7 Days 6:45 9:00 Fri/Sat/Sun 2:15 4:30 Sat/Sun 6:45 9:00 Late Show Fri 11:30	DALLAS BUYERS CLUB (16) 130m 7 Days 8:50 Late Show Fri 11:20
THE BOOK THIEF (12A) 140m 7 Days 6:10 8:45 Late Show Fri 11:15	PEABODY AND SHERMAN (G) 100m Sat/Sun 12:05 2:05 4:05	3D LEGO (G) 110m Sat/Sun 2:20	2D LEGO Sat/Sun 12:15 4:30
TINKERBELLE PIRATE FAIRY (G) 90m Sat/Sun 12:15 2:15 4:15	12 YEARS A SLAVE (15A) 145m Mon-Thurs 6:10	ENDLESS LOVE (12A) 110m 7 Days 6:30 Sat/Sun 2:05 4:05	

KIDS CINE CLUB Saturday 1st & Sunday 2nd March

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MOSHIE MONSTERS (G) 105m **12.10**

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INVITATION

OPEN DAY: SATURDAY 1ST MARCH 10.00AM-12NOON

Cumann
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Dr. Crokes GAA Club invites the parents in the Killarney area and their boys and girls to a special Fun Open Day in the Dr. Crokes Club, Lewis Road.

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Gabriel has a new found energy for walking and cycling

Gabriel Gallagher
from Faha, Killarney
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before



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It's not just what you eat, it's why

Gabriel never once felt like he was on a diet at Motivation. The staff in Killarney focused on his eating habits and helped him change his relationship with food to a positive one. Now after losing 4 stone, Gabriel has much more energy for the activities he always loved, like walking and cycling.

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Killarney Clinic: The Reeks Gateway, Killarney.

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Per Person
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Love your Mind and Body...

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- Tension relieving Back to Life Massage
- Rest yourself in our tranquil Relaxation Area

Subject to Availability - Offer available
Friday and Sunday in March 2014



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60min

Love your Skin...

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- Thermal Suite Heaven
- Cleansing foot ritual
- Deep facial cleanse and exfoliation
- Relaxing, calming facial massage
- Soothing gel mask with nourishing scalp massage
- Rest yourself in our tranquil relaxation area
- FREE 'Love a Scrub' facial product to take home worth €28.00

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Friday to Sunday in March 2014



€130

Per Person
90min

Find time for you...

Destress, Renew, Relax!!!

- Berry Juice and warm hand towel on arrival
- Thermal Suite Heaven
- Relaxing foot ritual
- VOYA Ocean Mix body wrap OR VOYA Restorative facial
- Complimentary express back, neck and shoulder massage
- Cocoon yourself in our tranquil Relaxation Area

Subject to availability - Offer available
in March and April

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LAUNCHING TONY HORGAN'S BOOK "THE LARK IN THE BOWER SANG SAD SONGS" AT THE MALTON HOTEL WERE COUNCILLORS TOM DOHERTY, SEAN COUNIHAN, TONY HORGAN (AUTHOR), MICHAEL GLEESON & DONAL O'GRADY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLARNEY MAN LAUNCHES HISTORIC BOOK

Killarney man Tony Horgan launched his book 'The Lark In The Bower Sang Sad Songs' on Thursday last (February 20th 2014) in the Lower Lake Room at The Malton Hotel Killarney. The book is a social history of his time growing up in Killarney during the hungry 30s and then his life in Hammersmith, London in the 1940s. Tony, has been very supportive of the Irish in London, was integral to the setting up of the Irish Cultural Centre in Hammersmith and also donated generously to the appeal to erect a Memorial to the Royal Munster Fusiliers who served in the First World War back in Killarney. He was invited to attend the opening ceremony by Michael Courtney, and he wore his father Michael Horgan's medals when the memorial was unveiled by Mary McAleese on 1st October 2009. Many of the stories and details of Killarney in the book are lost or forgotten and he has often been contacted by the general public and historians for his knowledge which is why he put pen to paper. The retail price is €12 but he sold copies on the night for €10. Apart from being a piece of social history, it also details his successes having overcome the prejudices the Irish experienced on arrival and the hardships they faced in a 'sink or swim' scenario. His dream has now been realised.



LAUNCHING TONY HORGAN'S BOOK "THE LARK IN THE BOWER SANG SAD SONGS" AT THE MALTON HOTEL WERE TONY WITH HIS FAMILY AND FRIENDS L-R WEESHIE FOGARTY, NOEL GRIMES, JOLEEN HORGAN, TONY HORGAN (AUTHOR), HANNAH O'BRIEN, ERROL CARRAPIET & EVELYN O'BRIEN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

JOAN RETIRES AS PARISH SECRETARY

Firies/Ballyhar Parish secretary Joan O'Brien recently retired from her duties after 16 years of loyal service to the parish.

On behalf of all the parishioners, Fr. Tadhg Doherty made a presentation to Joan to thank her for her outstanding service.



FUNDRAISING TABLE QUIZ AT MOLLY'S

A table quiz will be held in Molly Darcy's Bar at Muckcross Park Hotel in aid of Loughguittane National School. The family fun day out will begin at 3pm this Sunday, March 2nd. The event will ensure a fun day out for all who will attend including all

adults, children and families. As well as the table quiz, the Parents Council has also organised spot prizes and a raffle to take place on the day. And if that wasn't enough to keep the children occupied, there will be a disco held after

the quiz until 6.30pm Sunday evening. The cost for the event is only €5 for each child and €10 for each adult. All are welcome to attend and money made on the day will go to support Loughguittane National School.

VISITOR RESTRICTIONS REMAIN AT KERRY GENERAL HOSPITAL

There are visitor restrictions in place in Kerry General Hospital following the outbreak of a flu type illness and the Winter Vomiting Bug.

Visitors are asked to strictly follow the visiting times which are 2pm to 4pm & 6.30pm to 8.30pm.

Two visitors are allowed per patient with strictly no children allowed to visit; all visitors are asked to use hand gels supplied, as they enter and leave the hospital.

Out-patients, or those due for procedures are asked to attend the hospital unless they are otherwise advised.

There are exceptions to the restrictions, anyone with queries can contact 066 7184000.



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123.ie	€363.40

JP HEALY €320.00

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KILLARNEY OUTLOOK SUPPORTS DAFFODIL DAY

This year's Daffodil Day will be held on Friday March 28th and on Friday next March 7th, the Killarney and South Kerry branch will launch the annual fundraiser at a Coffee Morning at The Killarney Towers Hotel. Local politician Michael Healy-Rae TD will be on hand to launch the event. Last year, despite the appalling weather conditions the South Kerry branch raised over €33,000 which helped fund a number of services across the county.

This year's Coffee morning will commence at 10.30am until 12.30pm. All are welcome to attend the event and the support will be greatly appreciated.

This year the Killarney Outlook are coming on board to offer their support to the local branch of the Irish Cancer Society. To enable you to get your Daffodil on and to support Daffodil Day a range of Daffodil Day products will be available to purchase at the Killarney Outlook office at 30 High Street, Killarney.



MEMBERS OF THE KILLARNEY AND SOUTH KERRY BRANCH OF THE IRISH CANCER SOCIETY PICTURED AT THE KILLARNEY OUTLOOK OFFICES WHERE THEIR PRODUCTS WILL BE ON SALE. AISLING CROSBIE, EDITOR, KILLARNEY OUTLOOK PICTURED WITH COMMITTEE MEMBERS, KATHRINA BREEN, SECRETARY AND JOINT TREASURER, KATHLEEN O'SHEA, JOINT TREASURER AND EUGENE O'SULLIVAN, CHAIRMAN, KILLARNEY AND SOUTH KERRY BRANCH OF THE IRISH CANCER SOCIETY. PICTURE: LISA O'SHEA.

If you would like to offer your support why not pop into our office at 30 High Street, where you can purchase a product or even make a donation.

Products available are Daffodil Day Mug €7, Daffodil Day Pen €4, Daffodil Day Super Teddy €6, Daffodil Day 'On the Go' Travel Mug €7, Daffodil Day Tea Towel €7, Daffodil Day Note Cards €5.

With a total of €800,000 raised in Kerry to date services funded include Night Nursing, which provides extra support for the person who is ill and wishes to remain at home being cared for by their family. The National Cancer Helpline (Freefone 1800 200 700) which is a free and

confidential service staffed by specialist cancer nurses. Last year the helpline received over 17,000 enquiries with 155 of these coming from Kerry while the society also distributed almost 2,000 cancer information booklets to people concerned about cancer in Kerry. The money raised also went towards the society's financial aid programme which provides a grant to support cancer patients who are experiencing hardship due to their diagnosis. During 2013 financial aid to the value of €1,182,744 was also provided to 1,836 cancer patients across the country with €35,210 going to cancer patients in Kerry.

5K WALK RUN OR PUSH FOR KILLARNEY NATIONAL PARK

The Kerry branch of Spina Bifida Hydrocephalus association are hosting a 5k run, walk or push on Saturday 8th of March 2014 in the Killarney National Park. The official start time will commence at 11.30AM Saturday morning. This particular event is open all from the Killarney and Kerry region and will help raise much needed funds for a popular disease. Many GAA Clubs in the Cork and Kerry region are taking part and will be wearing their club colours! It promises to be a great family event, and is also a fabulous route for all outdoor, athletic enthusiasts. The registration will take place in Kerry Parents and Friends on the Port Road just opposite the National Park. Registration begins at 10am costing just €10 for seniors, €5 for juniors or a family package is available for just €20. More details on the event are available on Facebook at www.facebook.com/ksbha contact Mary on 087 7560984 or Francis on 066 9763090.

Kerry Spina Bifida & Hydrocephalus Association is a parent led association, run on a voluntary



basis. Their main aim is to assist persons who are physically or mentally disabled because they were born with Spina Bifida or Hydrocephalus. All monies raised from various events and collections are used to support our members in Kerry. They provide and contribute towards the cost of Halliwick swimming, which has been very successful and towards social group gatherings for their members. They aim to provide advice, guidance services and conferences for the medical and social needs of their members

IRELAND'S HIGHEST PUB TO REOPEN

The devastating fire that had destroyed the well known pub at the Top of Coom 18 months ago left the proprietors and community of Kilgarvan without the landmark property.

However, with the hard work and determination of Tim and Eileen Creedon, the couple plan to reopen on Friday 25th April and the local community of Kilgarvan are delighted with the news.

Publicans Tim and Eileen Creedon are the 5th generation to run the successful pub. Traditional music sessions, the Irish language and sheep shearing are among some of the much loved features of the pub.

Situated in a rural community, the Top of Coom 1045 feet above sea level sits. It's the bar "Where everywhere knows your name and proprietors Tim and Eileen will be on hand to welcome customers when they reopen their doors in April.



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KILLORGLIN RFC - UNDER 14'S ARE WEST MUNSTER LEAGUE CHAMPIONS

Killorglin Rugby Club Under 14 team are celebrating their recent win over Castleisland RFC in the U-14 West Munster League Final in Tralee after which they were crowned West Munster League Champions. There was great support on hand to cheer on the team who had in the group stages played Castleisland in Coolbane and had a relatively comfortable victory. However, a much improved Castleisland team arrived in Tralee. After a brief settling-in period, Darragh O'Connor had a scintillating run from well inside his own half to score a superb solo try in the 6th minute. Further flurries up the same wing throughout the half, unluckily, did not to bear fruit as the final pass just didn't go to hand. Killorglin were dominant, though, in both territory and possession and Paul O'Connell would have been proud of one maul, that marched about 30 yards upfield. Credit, too, goes to Castleisland for their resolute defending and they worked really hard to keep the score at Killorglin 5 Castleisland 0 at the break.

The forwards continued to dominate in the second half and were just held up short of the line on a few occasions. However, shortly into the second half a flurry of Killorglin drives at the try line saw, captain, Daire O'Sullivan cross



THE KILLORGLIN UNDER 14 RUGBY TEAM WHO WERE RECENTLY CROWNED WEST MUNSTER LEAGUE CHAMPIONS.

for the second try. The nerves seem to dissipate at this point and our lads were beginning to express themselves more. A line out went to a maul and the drive was held up just short of the line when scrum half Jack O'Shea went wide to Oisin Daly and he to David Mangan, who went over under the posts for the third try that was

to seal victory.

The Club would like to thank Tralee RFC for hosting the game. The club congratulates all the players in the squad along with their coaches, Dan, Pat and Andrew for their 100% success record in this campaign and make KRFC U-14's West Munster League Champions.

NEVEN KILLARNEY BOUND FOR COOKERY DEMONSTRATION

One of Ireland's best known and loved chefs, Neven Maguire will be hosting a cookery demonstration on Wednesday, 5th March in the Killarney Avenue Hotel and all money raised will go directly to Bru Columbanus, a charity that provides accommodation for relatives of seriously ill patients in Cork Hospitals and the Hospice, in particular relatives of sick children. Brú Columbanus consists of 26 en-suite family rooms with a supporting kitchen and lounges where families can meet other families who are in similar situations and can lend support and understanding to each other and draw on their shared experiences. All the hospitals in Cork as well as the hospice refer family members in need of accommodation to Brú Columbanus. Each day the clinical nurse manager, staff nurse or social worker contacts the hostel and so it is not possible to just pick up the phone to book a room. Brú works very closely with the various hospitals. A family's first concern is for the health of their loved ones but consideration has also got to be given to the practicalities of their time away from home, which is often a difficult and emotional time. Brú Columbanus is an independent charity and relies totally on donations and fundraising initiatives.

The popular chef will be on hand to demonstrate a number of easy to prepare home cooked



meals which are bound to suit all tastes. In addition to watching a true Master at work, each attendee will receive a recipe booklet containing a selection of delicious recipes from some of Neven's most treasured cook books. There will also be fantastic raffle on the night, with Neven kindly providing the ultimate prize - a voucher for dinner and bed & breakfast for two at his award winning MacNean House and Restaurant. Neven's Cookery Demonstrations have become renowned for the learning and fun experienced by those who attend. Whether you are an aspiring home chef, or simply want to do something different with a group of friends, this is a fantastic opportunity to see one of Ireland's finest and best-loved chefs demonstrate his skills on a live stage.

This demonstration will take place in the Killarney Avenue Hotel at 7.30pm on Wednesday 5th March. Tickets are €20 and are available by calling 021-4345754 or 087 2787074."

KERRY'S FASSBENDER UP FOR AN OSCAR

All eyes will be on the The Oscars this Sunday when it will be broadcast from the Dolby Theatre in Hollywood as Kerry born actor Michael Fassbender has been nominated for an Oscar following his role in Twelve Years a Slave. The Kerry star has been nominated in the best supporting actor category.

Currently, the Oscar nominee is playing a role in the well known Shakespeare play Macbeth. The role meant that Fassbender will be disguised behind a full grown beard for the Macbeth role.

Proud Parents Josef and Adele from Fossa are flying out to the States where they will join their daughter Catherine at the ceremony.





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MUCKROSS PARK HOTEL AWARDED A GOLD MEDAL FOR ACCOMMODATION STANDARDS

Muckross Park Hotel has been awarded a gold medal for accommodation standards by the Irish Accommodation Services Institute for a 2nd year in a row.

Sean O'Driscoll, General Manager at Muckross Park Hotel commended Accommodation Manager, Breda Moriarty & her team for their superb achievement. Mr. O'Driscoll commented "We were delighted to have won a gold award last year, but to achieve gold 2 years in a row is a great achievement and a credit to the team we have at Muckross Park Hotel".

Muckross Park Hotel was also recently listed in the Top 15 Luxury Hotels in Ireland on Tripadvisor.



BEST 5 STAR ACCOMMODATION IN IRELAND: DANIEL O'CONNOR, DEPUTY MANAGER & BREDA MORIARTY, ACCOMMODATION MANAGER WITH THE ACCOMMODATION TEAM AT MUCKROSS PARK HOTEL, KILLARNEY CELEBRATE AFTER WINNING THE SUPREME AWARD FOR BEST 5 STAR ACCOMMODATION IN IRELAND AWARDED BY THE IRISH ACCOMMODATION SERVICES INSTITUTE AT THE WEEKEND. OTHER STAFF MEMBERS INCLUDED ARE MONICA WARASIEKA, ANGELA PYZA, NURSCORT ZAHAN, BEATA DZIENIS, HALINA PASTERZ AND TOMAS KOWALSKI. PICTURE BY DON MACMONAGLE.

LUCKY COUPLE WIN THEIR WEDDING STATIONERY

Thanks to Walsh Colour Print one lucky couple has won €500 worth of wedding stationery. Killarney based couple, Colm Doyle from St. Mary's Terrace in Killarney and his fiancée, Marion Wilson from Milltown Malbay in Co. Clare entered the Outlook Publications wedding competition in the January Wedding Supplement. The couple, who met when working in the Malton Hotel will tie the knot on September 26th in Quilty in Co. Clare.

However, Colm and Marion weren't the only winners – everyone who entered the competition receives a 10% discount on orders placed for their wedding stationery with Walsh Colour Print before the 31st March 2014.

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MARION WILSON AND COLM DOYLE, WINNERS OF THE OUTLOOK PUBLICATIONS WEDDING STATIONERY GIVEAWAY PICTURED WITH KILLARNEY OUTLOOK EDITOR AISLING CROSBIE THIS WEEK. PICTURE: LISA O'SHEA.

Their friendly sales consultants are always on hand to offer help for all your requirements and will help you come up with a design that's suits you and your budget.

If you would like Further information on Walsh Colour Print contact Juliette on free phone 1800 613 111 or Email: sales@waslshcolourprint.com

ANOTHER AWARD FOR ESPA AT THE EUROPE HOTEL & RESORT

The Espa at The Europe Hotel has recently received an award to highlight their extreme excellence. The Europe Hotel took home The Spa of the Year award at the World Spa and Wellness awards which took place in Guildhall in London on

Sunday 23rd of February. The management and staff at the Espa were extremely privileged to have won this award as they were up against stiff competition from countries such as Greece, France and Germany. The

recent award among all other awards received by Espa proves the staff strive to ensure that all guests receive an unforgettable 5 star spa experience.

DUHALLOW FINAL SCÓR NA BPAISTÍ 2014

There was great success for Knocknagree National School on Sunday 23rd February as they competed in the annual Scór na bPaistí in the Edel Quinn Hall in Kanturk. The results proved that there are great talents in the Knocknagree area in categories such as Seán Nós, Ballad groups, Set Dancers and quiz teams. The successful Seán Nós dancer, Seán O'Keeffe from Gneeveguilla displayed an impressive performance and won the overall final in this section. The five member ballad group were extremely successful in their category as they came 3rd place. Siobhán McSweeney, Kelly Brosnan, Ciara Brosnan, Aisling Davies and Cathal Bradleys have made their families and friends extremely proud with this achievement. Megan O'Keeffe, Eoin Herlihy, Aisling Davies, Jim Brosnan, Michelle Brosnan, Michael McSweeney, Kelly Brosnan and Siobhán McSweeney faced tough competition in the Set Dancing category, but spirits weren't dampened as they managed to come an impressive 3rd place. Megan O'Keeffe, Dan Murphy and Ben Murphy represented Knocknagree National School making a quiz team to score an excellent 40 points, reaching 3rd place.

Another quiz group was formed by Denis O'Connor, Cian Sheehan and Jim Brosnan to represent Knocknagree GAA. The team played very well however were unlucky in their category.



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DR. CROKES PLAYER JOHNNY BUCKLEY HONoured

Dr. Crokes Player Johnny Buckley has been honoured at AIB #TheToughest club player Awards held in Croke Park on 25th February 2014: AIB, sponsor of both the GAA and Camogie Club Championships, this week honoured eleven club players from Camogie, Hurling and

Football at #TheToughest club player awards. The recipients were voted for by national and regional GAA media and the criteria focused on their overall performance in their club games throughout 2013. Johnny Buckley of Dr. Crokes picked up the Munster award after a fantastic season with

his club which saw him claim a last minute point to secure the Munster Club Championship. All four football recipients enjoyed huge success with their clubs this year, reaching the semi-final stages of the competition.

PICTURED IS JOHNNY BUCKLEY, DR. CROKES. CROKE PARK, DUBLIN.

PICTURE CREDIT: DAVID MAHER / SPORTSFILE

OPERATION TRANSFORMATION SUCCESS FOR PAUDIE

Operation Transformation leader, Paudie O' Mahoney not only slimmed down dramatically during his time on the popular RTE show but he also won the hearts of the nation with his openness and honesty.

When Paudie first appeared on Operation Transformation just eight weeks ago, he weighed in at 20 stone 5.5lbs and was looking not only to lose weight but also to change his life. Throughout the show, no challenge was too big for Paudie as he gave the show his best efforts and succeeded. Paudie's ultimate challenge was to take part and complete the

Operation Transformations 5k run and last Saturday he reached his goal much to the delight of his family and supporters.

The programme came to a conclusion on Wednesday last with a final catwalk appearance for each member to show off their new proud appearances. Emotions were running high during the final episode as the new transformed leaders hit the catwalk for one last time. In the final episode, Kerry star Paudie weighed in at 17 stone 9.5lbs. bringing his total weightloss to an amazing 2 stone 10 lbs weight loss. Well done Paudie.



PAUDIE PICTURED WITH HIS FELLOW LEADERS ON OPERATION TRANSFORMATIONS LAST SHOW.

PROPERTY OUTLOOK

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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor

HAVE YOU REVIEWED YOUR PENSION RECENTLY?

As you have probably seen or read in the news recently it is very important that everybody with an existing pension plan should review their pension **URGENTLY**. This is because you need to know what kind of funds your pension is invested in, your pension can be invested in very low risk funds to very high risk funds which means that the value of your pension can substantially reduce if the fund you are invested in falls substantially in value. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. The result of doing this is that the amount you will have in your pension plan will be substantially more in a plan with lower fees and charges. So whether you are currently contributing to a pension or not contributing to a pension that you were contributing to before it is important that your pension is reviewed now,

to discuss this you can contact Dermot Cronin at **064 66 22775** or kerrymortgagecentre@eircom.net

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LOSE WEIGHT, BE HEALTHIER AND WEALTHIER

Motivation Weight Management has recently carried out research which shows that obesity makes a huge impact on a person's emotional well being as well as affecting their finances. The recent survey has highlighted the cost of spending after losing weight to their pre weight loss spending. The results showed 85% were saving a phenomenal €2000 per year while 50% saved 3500 per year.

It is estimated that approximately one billion adults are currently overweight, with a further 475 million considered obese. The cost of overweight and obesity in the Republic of Ireland is approximately €1.13 billion and this is expected to double over the next decade.

It is common knowledge nowadays that excess weight and obesity is linked to many serious illnesses and conditions such as heart disease, diabetes, breathing difficulties, high blood pressure, increased risk of stroke and some forms of cancer.

Eileen Herlihy (44) from Tralee lost three stone

with Motivation Weight Management. Eileen reckons that she spent over €200 per month on weekly takeaway meals, junk food and frequent treats such as crisps, sweets, chocolates, biscuits and fizzy drinks. After tackling her weight and cutting out her unhealthy eating habits, Eileen has dramatically reduced her spending on treats and takeaways from €210 to €28 per month, representing a weekly saving of €42, adding up to almost €2,200 per year. On top of that, Eileen's weight loss also means she now spends less money on her grocery bills, doctor's visits and the books, pills and other products associated with the various unsuccessful yo-yo diets she has tried in the past, representing additional savings that have allowed her to cut her spending by a further €1,800 per year. Having done all the sums, Eileen reports that she is saving €3,840 per year as a direct result of her weight loss. "Before I lost the weight I had very low self-confidence – I didn't want to go out or get dressed," she says. "I am much



happier now. I have loads of new clothes to wear, I love dressing up and meeting people because they all tell me how fabulous I look. And on top of that I am making big savings on my household budget."

Clinical studies show that the Motivation programme has an 86% success rate and the company prides itself in having over 100,000 success stories. Programmes are specially designed for men, women and adolescents with any amount of weight to lose and take place through private, one-to-one consultations with experienced advisers and doctors. See www.motivation.ie for more information or to arrange a no obligation assessment consultation.

RESIDENTS ENJOY ARDSHAN GATHERING



ENJOYING THE ARDSHANAVOOLEY REUNION AT THE KILLARNEY AVENUE HOTEL WERE
L-R SUSAN MURHILL, ANNE MARIE FLEMING, COUNCILLOR SEAN COUNIHAN, DAVID FLEMING, MAUD FLEMING & GERALDINE FLEMING
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Killarney Avenue Hotel welcomed a large gathering both young and old to celebrate Killarney's longest established estate. The event took place on Saturday night and attracted current and previous residents. The gathering proved to be a complete success much to the delight of the 200 people who attended the Avenue Hotel on the night.

The organiser for the occasion, Geraldine Fleming was very pleased with the turn out on the night. In recent years, Geraldine has returned from Germany where she lived for 22 years. Once she returned to Killarney, she felt the need to make an occasion such as this to

gather to share memories of times gone by and to create more memories on the night.

The night proved that there are great talents in the estate with extremely popular football players and musicians on hand. Music on the night was provided by residents from Ardschanavooley.

Not only did the occasion reunite residents from the estate but it also helped raise money for the Oncology Ward at Kerry General Hospital with over €1,400 being raised on the night.

For more pictures see page 28.

SPRINGTIME SPA PAMPERING AT THE AGHADOE HEIGHTS HOTEL

The Spa at the Aghadoe Heights Hotel has some wonderful Springtime offers available for you to indulge in the lovely peaceful surroundings of their award winning Spa.

The 5 star Aghadoe Heights Hotel and Spa is well worth a visit during the months of March and April when you will be able to treat yourself to some great offers. On arrival you will receive berry juice and a warm hand towel followed by Thermal Suite heaven (Lacanium, Hammam, Rock Sauna, Aroma Grotto, Tropical Rain Showers, Mist Showers and Deluge Shower and Heated Loungers), relaxing foot ritual, VOYA Ocean Mix body treatment or VOYA Restorative facial and a complimentary express back, neck and shoulder massage.

Following your treatment you can avail of the peaceful relaxation area where you can enjoy fruit kebabs, sip on select herbal teas while listening to your own personal iPod.

The treatment package will last 90 minutes and for more details visit www.aghadoeheights.com or phone 064 6631766



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LACABANE GOLF COURSE TO OPEN AGAIN



LACABANE GOLF COURSE WHICH IS DUE TO REOPEN IN MAY

Plans are afoot at Killarney Golf Club to reopen the course at Lacabane.

Work has provisionally begun on the course and according to General Manager, Cormac Flannery, they hope to be open by mid May. "Depending on the conditions, full time work will begin by mid March with two full time employees working on the course", he said.

Killarney Golf Club, which has hosted the Irish Open four times, decided to close the course at the end of October 2012 in a bid to save money and safeguard the future of the club.

The reopening of the course will be a great boost to the town and will be open to members of Killarney Golf Club and also to non-members on a green fee basis from May until October.

NEW DRIVE TO PROMOTE HURLING IN SCHOOLS

The South Kerry Juvenile Hurling Board has been endeavouring to introduce Hurling Coaching to the National Schools in the greater Killarney / Rathmore area for many years. As Hurling is one of our National sports and part of our heritage and culture, the group strongly believe that the children in this area should be offered the opportunity to play this exciting and skilful game. To date, there has been very little or no hurling coaching given to these children and anything that has been done, has been too irregular and not sustained.

The SKJHB are now delighted that this is being addressed and Hurling Coaching in the National School's in the Killarney / Rathmore areas will commence from 1st April, 2014. They have now launched a Super Draw in conjunction with the National School's in the areas. O'Sullivan Cycles, Killarney have kindly sponsored a 2014 Giant Defy 4 Road Bike, valued at €749.00 for the winner of this draw which will take place on St. Patrick's Day, 17th March 2014. There will also be a prize for the card sellers.

The main benefits for each of the National Schools are as follows:

- All proceeds of this Draw will go towards the purchase of providing Hurling Coaching equipment which will be jointly owned by all the Schools.
- This Coaching Equipment will consist of new hurleys (all sizes), new helmets and sliotars.



THE IOMAINT SA SCOILEANNA SUPER DRAW LAUNCH AT THE PRESENTATION MONASTERY NATIONAL SCHOOL; (FROM LEFT) MICHAEL LENIHAN, DAVID O'SULLIVAN (O'SULLIVAN CYCLES, KILLARNEY), MICHAEL O'KEEFE (PRO SOUTH KERRY JUVENILE HURLING BOARD), JOHN LENIHAN (SOUTH KERRY JUVENILE HURLING BOARD), PADRAIC LOONEY, COLM O'SUILLEABHAIN (PRINCIPAL, PRESENTATION MONASTERY NS) & DARRAGH O'CALLAGHAN.

- All children will receive an introduction to the basic skills of hurling.
- Dedicated Coach will be assigned to your School to provide at least two 6 Week Coaching Blocks to all classes.
- Will provide Fun Go Games 7-a-side Blitzes between these Schools at designated times of the Year.

It is hoped that we will obtain 6 new Part-time Coaches to assist David O'Dea, the newly appointed South Kerry Games Development Officer for South Kerry to oversee this new initiative.

To date, the group have received great support from many of the National School's in the areas. Fundraiser cards are widely available and your support is greatly appreciated.

ANNUAL CHARITY EVENT

A family fun day out will take place on the 8th March in order to support Kerry Cork Health Link bus and Recovery Haven Kerry. Scaling the heights of Strickeen Mountain will be on the cards all 440m which is located in the Gap of Dunloe, Beaufort. Registration for the event will take place on the Saturday morning at Kate Kearney's Cottage between 11am and 12pm. Everybody is welcome to attend and refreshments will be provided after the climb.

A charity dance will take place at Kate Kearneys Cottage that night, March 8th with The Breens providing music. There will be plenty of Craic, Ceol, finger food and raffle prizes and with no entrance fee – there is no excuse not to attend. Everyone is welcome to attend and support the great cause.

RECOVERY HAVEN TO OPEN IN KILLARNEY

Recovery Haven, the Tralee based service is to extend its services into Killarney.

The voluntary organisation offers services including counselling, reflexology and yoga to cancer sufferers and their families.

The new centre will open in the Reeks Gateway in Killarney in the middle of March.



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STRONG SUPPORT AT WELLBEING FUNDRAISER

Kerry showed strong support for The Donal Walsh #Livelif Foundation when hundreds attended a health and wellbeing evening in Killarney on Thursday 20th February at the Malton Hotel in Killarney. The event was organised by The National Dairy Council and Dawn Milk with all proceeds from the €10 admission ticket and from a raffle on the night in aid of the charity.

Award-winning TV broadcaster Kathryn Thomas, associated with programmes such as Operation Transformation and The Voice of Ireland, was the master of ceremonies.

Chef Mark Doe, from Just Cooking, Fries, Killarney challenged the audience members on becoming the perfect "Domestic God or Goddess" with an entertaining cookery demonstration - including a tasting for everybody in the audience.

The audience enjoyed a lively presentation by Paula Mee, an independent dietitian and TV personality. Paula said her aim was not to lecture - but to try to encourage everyone to think of physical activity and a healthy diet as lifestyle choices which can have short term and long term benefits to how we feel and to our health. "A few small changes to your diet and lifestyle could make a really big difference," said Ms. Mee. However, she warned that a lot of misinformation exists about milk and dairy produce and advised against 'ditching dairy for weight loss'. "Fad diets are to be avoided. The only effective approach for successful weight



AT THE DONAL WALSH "DAWN" WELLBEING EVENT AT THE MALTON HOTEL WERE L-R KATHRYN THOMAS (MC), ELMA WALSH, CHEF MARK DOE, PAULA MEE (INDEPENDENT DIETITIAN) JOE O'CONNOR (FITNESS COACH) & CAROLINE O'DONOVAN (EVENT MANAGEMENT).
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

loss that lasts is to adopt a healthier lifestyle which includes a balanced diet and regular physical activity," said Ms. Mee. Fitness and Performance expert Joe O'Connor gave a solid introduction to fitness and to the principles of training. "One size does not fit all when it comes to fitness and training," said Mr. O'Connor. "Adopting a fitness regime that somebody else enjoys will not necessarily be one that you will enjoy." He suggests identifying your limiting

factors, setting goals and developing a plan to achieve those goals.

"Try to develop a routine which has a variety of components, ranging from development of muscle strength and flexibility to cardiovascular endurance. Plan definite times for your exercise, monitor your progress and remember, use it or lose it! Fitness gains achieved will be lost if the stimulus is removed."



AT THE DONAL WALSH "DAWN" WELLBEING EVENT AT THE MALTON HOTEL WERE L-R LORRAINE MOYNIHAN, LIZ MOYNIHAN & BRIDGET MOYNIHAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE DONAL WALSH "DAWN" WELLBEING EVENT AT THE MALTON HOTEL WERE L-R LAUREN KELLY, KATE KELLY & TRACY O'KEEFFE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE DONAL WALSH "DAWN" WELLBEING EVENT AT THE MALTON HOTEL WERE SISTERS EILEEN MAGEE & ASSUMPTA O'DONOGHUE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE DONAL WALSH "DAWN" WELLBEING EVENT AT THE MALTON HOTEL WERE L-R JENNIFER DOWLING, DONNA DOONAN, MARIA O'SULLIVAN & GRAINNE O'SULLIVAN.
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CHERNOBYL GROUP FUNDRAISE FOR NEW PROJECT

By Aileen O'Leary.

The Killarney Branch of the Friends of the Children have been bringing children to Killarney for the past 21 year, over 400 in total for a months holiday every July. The children are hosted by generous families in the Killarney and surroundings areas for two weeks at a time. This task has become much harder in recent years with the committee finding it increasingly difficult to find families to keep the children. The group also helped to equip, repair and carry out renovation to hospitals, schools and houses for the needy.

During their regular visits to the region, committee members have realised that the conditions in Belarus were worsening, children with intellectual and physical disabilities are living in appalling conditions with mothers who are in desperate straits. The group's work is increasingly focused on the families and the villages where the children are living, realizing as they do that the children's health benefits greatly when families and communities are supported. This support comes in the form of food on a weekly basis.

The charity also supplies dressings for leg



KILLARNEY COMMITTEE MEMBERS SHEILA GOULDING AND BETTY CROSBIE, PICTURED WITH DEACON SERGEI AND INTERPRETER JHANA DURING A VISIT TO THE REGION IN OCTOBER

and along with members of other branches met with a man who is involved in helping these families.

During the meeting, Deacon Sergei revealed that when his eldest daughter was 3 years old she was diagnosed with a malignant brain tumour. As it was a worrying and stressful time there was medical support however there was no emotional support or help for parents on how to cope with an ill child. Sergei decided to use this experience to help others who found themselves in similar situations. After sourcing a building and land Sergei carried out repairs to make the building live able in. It was opened in 2011 and is open from April to November weather permitting.

As soon as people heard about Sergei's help they approached him with problems such as drug, alcohol addiction etc. Sergei admits that 'I cannot turn anyone away'. In 2006 the hospice in Sasnovichy began, 15km from Pinsk. His main sponsors are a group in Rye, United Kingdom, this group finance 1 doctor and 2 nurses. Other funds are raised through a website from voluntary donations, as a result of talks given by Sergei himself. Sergei became a deacon in July 2013 and his dream is simple to build a multi-purpose house that would provide him and his staff with the facilities to:

1. Give counselling to children of alcoholic parents.
2. Give help and support to parents of children with life threatening illness
3. Room for children with speech and learning difficulties.

Since their first meeting the Killarney group have provided Fr. Sergei with supplies such as

surgical gloves, sudocrem, pressure relieving dressings and much needed money to help families care for their loved ones. Following a request by Fr Sergei that the group could organise help for adults and children suffering from cerebral palsy, two students are planning to travel to the region in May. Both girls are eager, and enthusiastic and are full of ideas and hope which is what is needed for this project. They will teach the parents of sick children how to help them to have a better quality of life.

Killarney Friends of the Children of Chernobyl are currently fundraising for this project and Betty can be contacted on 064-6632030.



DEACON SERGEI.

ulcers, nappies, and sudocrem to the elderly and incapacitated in the villages from which the children are brought. At present there are 7 working groups in Ireland. Not all groups bring children to Ireland as some groups have chosen to help with supplies. In December 2012 the charity became international and now has charitable status in Belarus.

Members of the Killarney Branch of the Children of Chernobyl, Betty Crosbie, Liz Griffin, Kathleen Collins, Mary O'Leary, Francis O'Toole and Sheila Goulding visited the area in 2013




THE INTERIOR OF THE BUILDING THAT THE GROUP HOPE TO RENOVATE.


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MUSICIAN LIAM O'CONNOR PERFORMING WITH THE ST BRENDAN'S COLLEGE KILLARNEY CHOIR AT THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



MUSICIAN LIAM O'CONNOR PERFORMING WITH HIS SONS CILLIAN AND OISÍN O'CONNOR AND NOREEN O'SULLIVAN AT THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



SPECIAL GUEST MICHEAL O'MUIRCHARTAIGH, MUSIC TEACHER MISH O'DONOGHUE, MUSICIAN LIAM O'CONNOR AND ST. BRENDAN'S COLLEGE PRINCIPAL SEAN COFFEY AT THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AUSTIN O'CALLAGHAN, BISHOP OF KERRY RAY BROWNE, LOU O'FLAHERTY, MIKE LEAHY, ARTHUR FITZGERALD AND HAULIE CLIFFORD AT THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



FRANK DORAN, MAX MCCARTHY, EOIN BROSANAN, NIALL O'DONOGHUE AND NIALL BROSANAN AT THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



SPECIAL GUEST MICHEAL O'MUIRCHARTAIGH WITH STUDENTS ALEX BRUGGENER, JAMES COLLINS, MARK MORIARTY AND DAVID PHELAN AT THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



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Mothers Day Special

This Mother's Day, Sunday March 30th, the award winning Spa at The Aghadoe Heights Hotel have come up with some fabulous ways to show your precious mum how valued she is. Here, are some of their favourite spa packages with mum in mind. The spa experience includes, welcome berry juice and warm hand towel on arrival, Thermal Suite heaven (Laconium, Hammam, Rock Sauna, Aroma Grotto, Tropical Rain Showers, Mist Showers and Deluge Shower and Heated Loungers), post treatment Relaxation Area where you can nibble on fruit kebabs, sip on select herbal teas and listen to your personal iPod.

I love you because...

You are an amazing Mother, I am treating you to the 'Enchanted Journey' spa package, which includes: Thermal Suite Heaven, Voya facial or Massage, Mini hand treat, File and polish and Relaxation time followed by a delicious 2-course lunch in the Heights lounge. **€160.00 per person**

You work so hard, I am treating you to the 'Relax and De-Stress' spa package that includes: Thermal Suite Heaven, Deep Tissue full body massage, Voya Marine Leaf wrap, Relaxing Scalp massage, Relaxation time. **€205.00 per person**

You are having our baby, I am treating you to the 'Mum's in Waiting' spa package that includes: Organic Refresher facial, Expectant Hydrotherm massage, Relaxation time, Wash and Style followed by a decadent Afternoon Tea in the Heights Lounge. **€180.00 per person**

We are also offering an **overnight rate** of €235 per person sharing to include full Irish breakfast, special 'Pink' themed Mother's Day Lunch on March 30th plus Mother & Daughter time in the spa including Thermal Suite experience, VOYA Foot Ritual followed by a 30min Back to Life Massage focusing on the neck and shoulder area and a 30min Voya illuminating face and eye lift followed by Relaxation Area. Spa treatments must be booked in pairs to avail of this offer. Additional Mother's Day Lunch spaces can be booked at €45 per person.

Alternatively you can treat that special lady in your life this Mothers Day with a Spa voucher from Aghadoe Heights Hotel and Spa.

For full details on all treatments and offers please visit **www.aghadoeheights.com** or phone **064 6631766**

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LAUNCH OF TWO MILE SCHOOL WEB SITE

Two Mile N.S has recently launched its own website. This launch represents the culmination of hard work by the teachers and pupils over the last couple of months. Much of the children's impressive art work has made its way onto the site. It is hoped that the children will continue to put their work up for all to

see. A good friend of the school, Ms. Sheila O'Donoghue volunteered to help out with the project. Sheila has two nieces and a nephew attending the school so she had a very genuine and close connection with the project from the beginning. Sheila worked very closely with the teachers

and pupils in putting together a memorable record of school life over recent years. The school intends to update our web site frequently. Thanks especially to our parents Committee who have provided the financial resources to bring this about.



PUPILS AT TWO MILE SCHOOL AT THE LAUNCH OF THEIR NEW WEBSITE.



SHEILA O'DONOGHUE RECEIVES A PRESENTATION FROM STAFF, PUPILS AND PARENTS PICTURED AT THE LAUNCH OF THE NEW WEBSITE.



THE ST BRENDAN'S COLLEGE KILLARNEY CHOIR WITH SCHOOL PRINCIPAL SEAN COFFEY, MUSIC TEACHERS EMER DEVANE AND MISHA O'DONOGHUE AND MICHEAL O'MUIRCHARTAIGH BEFORE THE LIAM O'CONNOR CONCERT IN ST BRENDAN'S COLLEGE CHAPEL ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

KDYS RECEIVE ANONYMOUS DONATION

Staff at the Killarney branch of KDYS were delighted last week when they received an anonymous donation of €1000 to support their services. The donations were handed into the Franciscan Friary in Killarney where they passed the donations to the KDYS. The two donations consisted of €500 each and will go a long way in the support of the branch.

The Kerry Diocesan Youth Service completely depend on voluntary contributions like this particular case as well as their fundraising events. The funds that the KDYS raise and receive help to keep their youth clubs and cafés running. KDYS CEO Tim O'Donoghue was extremely thankful for the donations as recent years meant that the youth services were severely struggling to maintain its youth cafés. These donations followed on from a very successful church gate collection in December of 2013.

The Kerry Diocesan Youth Services provides a service to the needs of children, young people and their families in the Kerry area. The areas that they specify in are drug projects and youth diversion. They help to educate the youth in a range of different areas.



STUDENT AWARDS CEREMONY

The County Final of the Kerry County Enterprise Boards' Annual Student Enterprise Awards will be held on the Wednesday 5th March at The Solas Building, Institute Of Technology, Tralee. Over 50 mini-companies set up by local Second level schools will participate in the competition. The competition promotes the development of innovation, idea development,

business structure, sourcing of finance, marketing/sales and the presentation of a formal business plan. A wide array of trading projects will be presented gear bags, story books, wrist bands and locker organisers. The students progress through the establishment of a mini company which trades over a period of a number of months. Prizes will be awarded at Junior,

Intermediate and Senior level. There will be special awards for best idea and most innovative project. The winners of the County Student Enterprise Awards go forward to the National Finals to be held in Croke Park on 2 April, 2014. The most enterprising school will receive the Cantillon Perpetual Cup, a prestigious new award for the best school.

Citizens Information

Know Your Rights:

MEDICAL CARDS FOR OVER-70S

QUESTION

I am 72 years of age and I think I may be eligible for a medical card. How much income can I have and still qualify?

ANSWER

To qualify for a medical card from the Health Service Executive (HSE), your weekly income must be below a certain figure. The assessment of a couple for medical card purposes is based on the age of the older person.

Since 1 January 2014, the weekly income guidelines for medical cards for people aged over 70 have changed. The gross income limit for the over-70s medical card is €500 (was €600) for a single person and €900 (was €1,200) for couples.

Your total income is taken into account in the means test. There are no standard deductions allowable, for example, for income tax. Pensions, earnings, interest from capital and all other sources of income are included.

Savings or similar investments of up to €36,000 for a single person and €72,000 for a couple are disregarded. A notional rate of interest is applied by the HSE to the balance. Alternatively, the HSE will apply the actual rate if you provide a certificate of interest paid on savings in the last full calendar year. Property will not be assessed in the means test unless it is generating a rental income.

If your income is above the limit for a medical card, you may be eligible for a GP visit card. To qualify for it, your gross weekly income must not be over €700 for a single person or €1,400 for a couple. A GP visit card allows you to visit your family doctor for free.

If your income is over the above limits, you can still apply for the ordinary medical card or the GP visit card on hardship grounds, for example, if you would have difficulty meeting significant ongoing medical expenses without it.

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, Castleisland 0761 07 7790, Caherdiveen 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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ENJOYING THE ARDSHANAVOOLEY REUNION AT THE KILLARNEY AVENUE HOTEL WERE BACK ROW L-R TERESA QUILLIGAN, BRIDGET O'BRIEN, NOREEN SPARLING. FRONT ROW L-R TERESA O'BRIEN & EILEEN HARRINGTON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE ARDSHANAVOOLEY REUNION AT THE KILLARNEY AVENUE HOTEL WERE L-R GER BROSNAN, JIMMY FLEMING & PADDY O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE ARDSHANAVOOLEY REUNION AT THE KILLARNEY AVENUE HOTEL WERE L-R JOAN MANGAN, MARY MOYNIHAN-FOGARTY, CLAIRE LOONEY, KATIE LOONEY & BARRY KELLEHER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE ARDSHANAVOOLEY REUNION AT THE KILLARNEY AVENUE HOTEL WERE L-R CHRISTINA O'GRADY, MARION BROSNAN, MIKE BROSNAN, CONNIE MCCARTHY, DENIS MCCARTHY & PAUDIE MANGAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE ARDSHANAVOOLEY REUNION AT THE KILLARNEY AVENUE HOTEL WERE L-R J BREDIA DOONA, JULIA O'GRADY, HUGH O'SULLIVAN, PHIL LEANE & CARLA O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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AN TAOISEACH ENDA KENNY IS ENTERTAINED BY MC FOR THE NIGHT MICHAEL ROSNEY FROM KILLEN HOUSE HOTEL AT THE IRISH HOTELS FEDERATION CONFERENCE IN THE KNIGHTSBROOK HOTEL, IN TRIM COUNTY MEATH THIS WEEK. PICTURE BY DON MACMONAGLE.



CONOR HENNIGAN OF THE MALTON HOTEL, KILLARNEY IS CONGRATULATED BY AN TAOISEACH ENDA KENNY ON HIS ELECTION AS VICE-PRESIDENT OF THE IHF AT THE IRISH HOTELS FEDERATION CONFERENCE IN THE KNIGHTSBROOK HOTEL, IN TRIM COUNTY MEATH THIS WEEK. ALSO IN PICTURE IS EDEL McNALLY, WIFE OF THE CURRENT PRESIDENT STEPHEN McNALLY. PICTURE BY DON MACMONAGLE.



KERRY HOTELIERS, TOM RANGLES, RANGLES COURT HOTEL, KILLARNEY, SEAN O'DRISCOLL, MUCKROSS PARK HOTEL AND BERNADETTE RANGLES, THE DROMHALL HOTEL, KILLARNEY PICTURED AT THE IRISH HOTELS FEDERATION CONFERENCE IN THE KNIGHTSBROOK HOTEL, IN THE KNIGHTSBROOK HOTEL IN TRIM COUNTY MEATH ON MONDAY. PICTURE BY DON MACMONAGLE.



CONFERENCE AND MEETING BOOKERS FROM THROUGHOUT IRELAND ENJOYING A FAMILIARISATION TRIP IN KILLARNEY HOSTED BY KILLARNEY CONVENTION CENTRE. PICTURED AT THE BREHON, IS PATRICK O'DONOGHUE, MD, 1ST LEFT, BRIAN BOWLER, CENTRE, GENERAL MANAGER BREHON HOTEL, CLIO O'GARA, BUSINESS DEVELOPMENT DIRECTOR, GLENEAGLE HOTEL GROUP AND KILLARNEY CONVENTION CENTRE, ANN SHANAHAN, 3RD ROW FROM FRONT AND 2ND RIGHT, CORPORATE SALES MANAGER FOR KILLARNEY CONVENTION CENTRE, LORRAINE SALMON, BREHON HOTEL. PHOTO: VALERIE O'SULLIVAN.



AT A EURO BRIDGE CLUB FUNCTION IN THE MALTON HOTEL WERE FRONT FROM LEFT, ANNE LOONEY, MARY O'CONNOR, MIRIAM D'ARCY, CHRISTY LEHANE, CHAIRMAN OF THE KERRY FRIENDS OF MOTOR NUCERONE, ACCEPTING A CHEQUE FROM PHIL LYNCH, EURO BRIDGE CLUB PRESIDENT, FINOLA SPILLANE, PATSY HANLEY AND ANN O'SHEA. BACK FROM LEFT ARE MARJORIE BARTON, BREDIA WALSHE, CELINE SLATTERY, GER MCSWEENEY, MELA BURKE, PAULINE LYNE, HARRY MILNER, MAUREEN LYNE, ANNE CHUTE, PHYLLIS O'REGAN, BRIDIE BROSAN, LYNDIA O'CONNOR, JOAN LENIHAN AND MARY TRANT.

PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

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CALL FOR COMMUNITY COUNCIL FOR KILLARNEY VALLEY



Fianna Fáil candidate for the Killarney electoral, John O'Shea is calling for the establishment of a Killarney Valley Community Council to replace the recently abolished Killarney Town Council.

"It is vital that Killarney has some formal council that would represent the concerns and interests of the people of the Killarney Valley." "This Community Council would include representatives from the civic and voluntary sectors as well as sporting and cultural bodies. This would ensure that a broad cross section of the community would be represented and compensate for the loss of Killarney Town Council" says John O'Shea.

CAHILL CALLS FOR SUPPORT FOR POST OFFICE NETWORK



Councillor Michael Cahill has called on the Minister for Communications, Energy & Natural Resources and the Government to support the Post Office Network. The Killorglin Councillor who raised the matter at this month's meeting of Kerry County Council said that up to 500 Post Offices will close in Ireland between now and 2017, if action is not taken immediately. Councillor Cahill said if the proposal to remove all Social Welfare payments from Post Offices is followed through and transferred to the Banks, that it will finish Rural Ireland and in particular

small towns and villages. The Independent Councillor said Post Offices employ up to 3,000 and the impact of this proposal will be devastating for small towns and villages. The Killorglin Councillor said the Irish Government should take into consideration as an example the UK model, whereby 12 years ago they introduced subvention. The Independent Councillor said in 2013 the UK Government paid £210 million pounds sterling resulting in a £49 million after tax profit and but for the subvention this would have resulted in an after tax loss of £161 million. This proves the UK model has failed and the Post Office Network in the UK is still in serious trouble despite subvention stated Councillor Cahill. The Killorglin Councillor said community life revolves around the local Post Office and if it goes so will local businesses such as the local shop and pub, etc. This will take the life and soul out of communities in Kerry if it goes through stated the Mid Kerry Councillor. This Government should be supporting and allotting additional services to Post Offices and not jeopardising their future stated Cllr. Cahill. Councillor Cahill said all Kerry TD's should support the Private Members Motion of which Deputy Fleming is a member and signatory. Councillor Sean Counihan supported Councillor Cahill's proposal.

CLOSING DATE FOR 2014 SPORTS CAPITAL PROGRAMME

Labour Senator Marie Moloney, wishes to remind local clubs and sporting organisations that the closing date for funding under the 2014 Sports Capital Programme is fast approaching.

The 2014 round of sports capital funding will allocate €40million to local sports clubs to improve and develop facilities such as changing rooms, pitches and floodlights, as well as providing funding for regional facilities. "The application process for grants has changed, and is now carried out through a new online registration system.

"Clubs and sporting organisations had to register online by the 07th of February, however, the deadline for completed applications is today February 28th. Clubs and

sporting organisations should ensure that their application is completed by this date".



RURAL KERRY IS UNDER ATTACK FROM THIS GOVERNMENT

- Niall Kelleher (Fianna Fail)



Rural Kerry is under attack from the Government, according to Fianna Fail candidate Niall Kelleher, who has raised concerns about what he has described as ongoing attacks on rural Ireland and rural Kerry.

His comments come on the back of alarming reports about the future of rural Post Offices. Niall Kelleher has stated that Post Offices throughout rural Kerry could face closure, if the proposals from the Government go ahead. "It is alarming that Minister Pat Rabbitte continues with his plans to move towards electronic payments and the use of bank accounts" said Niall Kelleher.

According to Niall Kelleher "I am shocked and concerned with what the Government is proposing with regard to Post Offices. If the Government succeed with their proposals, we could see almost every post office across Ireland lose up to a third of its income. This will be as a direct result of the removal of social welfare payments, leaving many of these business unsustainable. We need to be vigilant about what is happening, as An Post appear to be trying to partner with the global supermarket chain Tesco, to provide the new post and pay partnership."

"All of us know that for many people, the weekly visit to the local Post Office may be the only social outing for many people in Kerry. I will continue to fight for the preservation of as many services as is possible for rural parts of Kerry. We need to unite to oppose any draconian steps that further hurt rural Ireland."

"This latest development has followed the Governments closure of rural Garda Stations in Kerry and has the potential be a further slap in the face to hard pressed families of Kerry. The only thing that I can conclude is that rural Kerry is under sustained attack from this Government" concluded Niall Kelleher.



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Brendan Cronin**
Independent

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Anne has served at local level on the following committees, Chair of Kerry County Joint Policing Committee, Kerry County Enterprise Board, Roads and Transportation Strategic Policy K.C.C., Kerry County Rural Water, Kerry Education and Training Board, Kerry Airport PLC Board, Governing Body I.T.T.

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JOHN O'SHEA

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BEAUFORT NEWS

PIONEER NEWS: Details of Short-Term Pledge for Lent is available at www.pioneerassociation.ie or the Local Pioneer Centre at 064-6644319

BEAUFORT COMMUNITY GAMES: Congratulations to Jack O'Connor who plays for Killorglin. His team has qualified through to the final 16 in the School boys National Cup. He has scored many a goal for Beaufort community games soccer teams. Best of Luck Jack in the next round.

Thanks to everyone who contributed to our recent church gate collection. Your support and generosity is very much appreciated. Swimming Coaching for Community Games will begin 7th March. Anyone interested should contact Cathrena at 0876479284.

Draughts training continues every Saturday from 5-6 pm in the GAA club rooms

BEAUFORT TIDY TOWNS: Sustainable Living and Resource Efficiency workshop series now in it's 4th week and lots of lessons and tips on saving money while being kind to the environment have been learned. This weeks workshop in on "Water Conservation" and will be held on Wednesday, 26 February 2014 at 7.30pm in the G.A.A. clubrooms. Booking essential and some spaces available.



BEAUFORTU13 TEAM WHO COMPETED IN COMMUNITY GAMES SOCCER RECENTLY JACK O'CONNOR, JACK O'LEARY, NIAL CAREY, SEAN O'BRIEN, ETHAN COFFEY, OISIN CRONIN, SIMON COFFEY & KIERAN DENNEHY. THANKS TO THEIR TRAINERS EAMONN KISSANE & DONAL O'CONNOR.

Call Rose on 0872470211 to book your place.

WEEKLY CLEANUP 2014: We are back in action with our weekly cleanups from 10am on Saturday, 01 March 2014. Our focus for this cleanup is power washing footpaths and re-sanding along pathway at Tomies Close.

Beautiful plan developed to erect an Ogham Stone and raised flower beds that will transform this corner. Please come out and help us for an hour!

FOSSA NOTES With Gene Moriarty

FOSSA GAA: Fossa Lotto: 23/02/2014

Numbers drawn: 1, 7, 20, and 23. Jackpot €5,250. No Jackpot Winner. 5 x €40 consolation prizes: James O'Shea, Dromin; Martin Crowley, c/o John O'Neill; David Brooks, Lackabane Village; Nuala McDonnell, Dept of Justice; Mike Russell, Gortroe. New Jackpot: €5,400. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, McCarthy's Centra Shop, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night March 1st 2014 at the Golden Nugget Fossa at 11p.m.

SENIORS: Fossa senior footballers got their season back on track on Sunday last with a 1-12 to 1-10 victory over Kenmare. The back round 1 game v Firies takes place at the old Fossa Sportsfield on Sunday next March 2nd at 12:00noon.

SOCIAL ACTIVITIES: Running group continues on Monday and Wednesday nights at 8:30pm.

LADIES FOOTBALL: Table Quiz in aid of Fossa Ladies Club at the Golden Nugget Bar and Restaurant, Fossa on this Friday night February 28th at 8pm. We would urge all parishioners young and old to come along and take part.

MONTHLY MEETING: The March meeting of Fossa GAA club takes place on Thursday night March 6th at 8:00pm.

SCOR: East Kerry Scor Sinsear took place at Fossa Community Hall on Saturday last. Fossa qualified for the County final in the Ceol Uirlise. Our ceolteori were Ronnie Moore, Amy Moriarty, William O'Sullivan, Mike Kelliher, and Tadgh Buckley. We also took part in the Leiriu with a sketch called "Lost Contact". The actors were Eileen Lucey, Mary Kelliher, Mike Sheehan, Gene Moriarty, Frances Healy, Mike Griffin, Theresa Kissane, and Fiona Whelton. The County final of Scor Sinsear takes place at Fossa Community Centre on Saturday March 15th at 6pm.

MEMBERSHIP: Membership is now due and should be submitted to registrar Gene Moriarty. Family membership is €60, adult/senior player is €30, and youth/juvenile is €15.

SYMPATHY: Sympathy is extended to James O'Shea and family of Dromin on the death of James' father Mickey Joe of Shanara lower Kilgobnet.

ATHLETICS: Gneeveguilla AC will hold athletics training at the Old Fossa Sportsfield on this Saturday March 1st at 2:00pm.

FOSSA/TWO MILE COMHALTAS: Adult set dancing classes at Fossa Community Centre each Tuesday, beginners at 8pm improvers and advanced at 9pm. Dont forget Ceili on Sunday March 16th 3pm-6pm.

ASTROTURF ALL WEATHER PITCH: All



THOMAS MURPHY, GORTREAGH, FOSSA WHO GRADUATED FROM DCU, DUBLIN WITH A BSC IN CHEMICAL AND PHARMACEUTICAL SCIENCES.

weather pitch at Fossa National School. Opening hrs, Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

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Mobile: 086 3049422
Email: marie.moloney@oir.ie



Michael Healy-Rae T.D.

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River Island Hotel
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Killorglin Clinic
Jim Shea's Vintage Bar
2nd Monday of every Month at 7.00pm

Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night

Kilgarvan Clinic
Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

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

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GLENFLESK NEWS WITH DONAL KELLY

EAST KERRY SENIOR LEAGUE: The super league game was postponed again last weekend due to the weather conditions. At the time of writing the senior team, sponsored by Molly Darcys, is due to play Gneevguilla this weekend.

MINOR COUNTY LEAGUE: The Glenflesk minor team, get their county league campaign underway this weekend when they are away to St Patricks Blennerville on Saturday 1st of March.

GLENFLESK GAA LOTTO: The next Glenflesk GAA club lotto draw will be held on Sunday the 2nd of March 2014, in John Dan's, Jackpot: €2,200. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea 085 1741219 or Denis O'Donoghue at 087 2257915.

31 CARD DRIVE: The cards continue each Friday night in St. Agatha's community hall, Glenflesk at 8:15pm, with great prizes and a warm welcome on offer.

CUL CAMP – JULY 7 – 11: Another date for your diary! The GAA Cul Camp for juvenile boys and girls takes place in Glenflesk this year between July 7th and 11th.

RAMBLING HOUSE RETURNS: Don't forget that the Rambling House returns to Glenflesk GAA Community Hall this Saturday night (1st of March 2014), from 8pm to 11pm. So whether you're a local or from further afield, a musician or a dancer or just someone who likes traditional entertainment the Glenflesk folk have a warm welcome awaiting you on Saturday night. Further information is available from Neily Moynihan on 087-9831655 or Derry Healy on 087-2707899.

BARRADUFF ROAD RACE AND FUN RUN: The Barraduff Community Field Organisation are organising a unique 7km road race/fun run at 12:30 this Sunday March 2nd in Barraduff Village. This event is open to runners and walkers of all abilities. Registration will take place in the Corner House bar in Barraduff village from 11am: Adults €10 and Children €5. All categories catered for. Everyone welcome.

RAHEEN NS – PARENTING ADVICE: On Friday 7th March Raheen N.S. will host an evening with Joan Barrett who a the Parenting Coach. Joan will give tips and hints for parents of all children from Tots to Teens. Admission is €5 including light refreshments. Any queries contact Joan Warren 087 9447727.

RAHEEN NS: Congratulations to Bernadine Roche who had the winning lotto number 13 on Saturday 22nd February. Don't forget next Bingo Saturday 29th March at 8pm.

IRISH LANGUAGE WEEKEND: This weekend Conradh na Gaeilge are hosting a number of events in the Killarney Heights Hotel. On Friday night at 8pm Michael O'Gliasain (Comhairleoir Aitiuil) will formally open the event to be followed by a night of traditional Irish music, while on Saturday night there is dinner at 8:30pm followed by a ceili with a special appearance by the biddies. This should be a great weekend of ceol agus craic, and a chance to speak our native language in a relaxed setting. Tar isteach, beidh faillte romhat.

SYMPATHY: On the death of Brendan O'Leary (Mastergeeha), sympathy is extended to his wife Una, family, relatives and friends. Ar dheis De go raibh a anam.

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Sunday.

SPA NEWS

SCÓR: Congratulations to our Senior Scór competitors in the recitation and leiriú categories who won at the East Kerry Final. Spa also shared Best Overall Club with Kilcummin.

Recitation: Ray O'Sullivan, **Leiriú:** Ray O'Sullivan, Cathy O'Sullivan, Ann Marie Nelligan, Conor Kerrins and Brian Mangan.

Scór na nÓg: Best wishes and safe travelling to all our competitors who travel to Castlebar this weekend to compete in the All Ireland Scór na nÓg final on Saturday March 1st.

Tráth na gCeisteanna competition takes place in GMIT in Castlebar at 12 noon. Kerry will be represented by our Spa team of Niamh Clifford, Thomas Fleming, Michael Aherne and James Lynch. The main Scór program begins at 3.00pm in T.F Hotel where Munster will be represented in Recitation by our own Allison Fitzmartin and in set dancing by our team of Anna O'Connor, Aine Brosnan, Rachel Moynihan, Erin Holland, Eoin O'Donoghue, Kianan O'Doherty, Liam Spillane and Gary O'Sullivan. Subs Katie Cronin and Michael Aherne.

LOTTO RESULTS: No winner in the Heights.

Numbers Drawn 1, 8, 23, 25. **LUCKY DIPS:** Patrick O'Sullivan, Ballyspillane. Dano Coffey, c/o Dan Linehans. Marie Devane, Mastergeeha. John Falvey c/o Liebherr. €8400 next week in Darbys.

GAELTACHT SCHOLARSHIPS: Students wishing to make application for Gaeltacht Scholarships are advised to contact East Kerry Board Secretary Peggy Horan or Co Committee Cultural Officer Leona Twiss.

Any member wishing to apply for a sports scholarship at the IT Tralee, applications are available from Club Secretary on 087 6332773 and the deadline for applications is Friday March 7th 2014

The Heights Hotel Killarney will host an Irish Language programme of events this weekend from Thursday February 27th to Sunday March 2nd, Irish Music will be available in the Hotel on Friday and Saturday nights with a local Biddy Dance on Saturday night. All Welcome.

ROAD IMPROVEMENTS: The current prolonged of inclement weather has certainly taken it's toll on the local roads structures

including the stretch of roadway from the N22 to the Landfill at Coolcaslagh, Councillor Michael Gleeson has been informed that as a condition of planning for the Industrial Units in that area the developer has commenced drainage works on the site and resurfacing will be completed shortly.

SYMPATHY: Is extended to Miriam Long a member of the teaching staff Lissivigeen NS on the recent death of her mother. May She Rest In Peace

KEEP UP TO DATE: To keep up to date with our news, events and fixtures, be sure to check out our Facebook Page, twitter @gaa_spa or contact the Secretary on 087 6332773 or Coiste na nÓg Secretary on 087 1385612. Contact pro.spa.kerry@gaa.ie if you want items to be included into

SPORTS HALL AND MEETING ROOMS: Are available for hire. For availability and bookings contact Eileen on 087 6577312 after 6pm

LISTRY NOTES with Cathriona Doody O'Connor

COMPUTER COURSES: Listry Community Council Ltd in conjunction with Irish Rural Link are offering Computer Classes on Internet and Email skills in Listry Community Centre for four Wednesday mornings from 10am-12noon beginning on Wednesday February 26th. It is also hoped to organise a Certified Fetec Level 3

Course in conjunction with K.E.T.B. This course will also commence on Wednesday February 26th at 12 noon (12 noon - 2pm) if sufficient numbers are available. If interested in either of these courses please contact Joan immediately on 0867944494.

BINGO: The next Bingo Session will be held in Listry Community Centre on Wednesday 26th March 2014 at 8pm.

FUNRAISING BINGO: The parent association of Faha national school are holding a bingo night on Friday 7th March 2014 at Listry community centre at 8pm.



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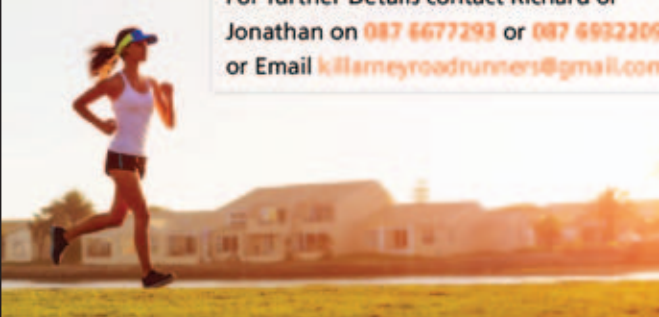



KILLARNEY ROAD RUNNERS

OUR AIM: whether you are a new or experienced participant, is to encourage you to improve your overall fitness levels by joining our running group. We welcome all participants and encourage and support your efforts in achieving your goals from the running sessions. It is the new social fitness scene challenging and supporting your efforts and more importantly helping you to make new friends.

We're having an **Open Night** on **Tuesday 4th of March** for new and experienced runners at 6:30pm in Elverys Sports. There will be a talk on runners and nutrition and anyone who wants to sign up to the group can do so on the night.

For further Details contact Richard or Jonathan on 087 6677293 or 087 6922209 or Email killarneyroadrunners@gmail.com



WIN EXCLUSIVE VIP TICKETS TO THE KERRY FASHION WEEK FASHION SHOW

COURTESY OF TRALEE OUTLOOK, SLIABH LUACHRA OUTLOOK AND KILLARNEY OUTLOOK

International designer Don O'Neill will be exclusively showing his new Spring THEIA couture collection at the Kerry Fashion Week Show in the Malton Hotel, Killarney on Friday 7th March.

*Tralee Outlook, Sliabh Luachra Outlook and Killarney Outlook, in association with Kerry Fashion Week, are offering readers the chance to **win a top prize of two front row tickets plus pre show dinner in the Malton Bar at the Malton Hotel, Killarney plus the opportunity to meet, chat and have photographs taken with Don O'Neill, a native of Ballyheigue. The Second Prize is two tickets to the show.***

To be in with a chance to win these great prizes answer the following question and send it to The Tralee Outlook/Sliabh Luachra Outlook, Outlook Magazines, Walsh Colour Print, Castleisland, Co. Kerry or The Killarney Outlook, 30 High Street, Killarney, Co. Kerry before 12 noon on Monday March 3rd.

Question: Where is Don O'Neill from?

Answer: _____
Name: _____
Address: _____
Email: _____
Telephone: _____



International Designer
DON O'NEILL



RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

SCOIL PHOBAIL SLIABH LUACHRA 4 MILE

ROAD RACE: Run, jog, or walk. In aid of Kerry Lifeline and Killarney Search and Rescue this Saturday March 1st at 12:00. Entry fee: students €5, adults €10. Registration: Scoil Phobail Sliabh Luachra school gym from 11:00. Refreshments after in school gym. Race organised by scoil Phonail Sliabh student council & Gneeveguilla AC.

RATHMORE COMMUNITY COUNCIL:

Are to hold a Public Meeting on Monday March 10th at 9pm. At community centre. And all public representative and local election candidates are invited. The poor street lighting needed to be upgraded, and pedestrians crossing needed, in town. And much more.

RATHMORE LADIES FOOTBALL:

Senior Ladies Training has resumed at the AstroTurf on Tuesdays from 6pm to 7pm and on Fridays from 8pm to 9pm. The Ladies Football Club was formed in 1993 by Nora O'Connor, Ann Hickey, Mary C. O'Keeffe and John Cahill and is 21 years in existence. This year we are having a Social on Friday 28th February in The Killarney Avenue Hotel. Tickets €18.00 each for sale at The Washbasket.

GNEEVEGUILLA GAA SOCIAL:

Will be held in the Castle Heights on Sunday March 16th. Tickets cost €25 and Music by Country Roads on the night. Tickets available from Dave McAuliffe 087 7440096 between 7 and 9pm.

CHURCH GATE COLLECTION: Will be held on March 1st & 2nd.

GAA NATIONAL CLUB DRAW: Top prizes, trip to Australia, All Ireland tickets and trip to New York for Paddy's Day, tickets on sale by Club members cost only €10.

DANÚ PRE-SCHOOL: Will hold an Information Day on Monday 3rd March from 1-2pm for the new children starting in September 2014. Parents & children are welcome.

SHRONE NATIONAL SCHOOL: Friday March 28th is Daffodil Day. On Sunday March 23rd at 2pm you are invited to participate in a walk to mark this event. The walk will begin at Shrone N.S. and we will walk to the City. The walk is free but donations for the Irish Cancer Society will be welcomed. All are welcome to come and join in the fun!

RATHMORE COMMUNITY CENTRE: Annual 45 Card Drive, 7 Wednesdays of Lent. Beginning March 5th at 9 pm.



RATHMORE/GNEEVEGUILLA COMMUNITY GAMES U13 INDOOR SOCCER TEAM. BACK ROW L-R CIAN DINEEN, ALAN DINEEN, SHANE WARREN, IAN O'CONNOR. FRONT ROW L-R DONAGH FITZGEARLD, JAMES DARMODY, DAN MURPHY, CATHAL RYAN.

WELL DONE TO U-13 INDOOR SOCCER TEAM WHO TOOK PART IN LAST SUNDAY'S COMPETITION IN LISTOWEL. THEY WON TWO GAMES AGAINST, BROSNA AND MOYVANE, DREW WITH ROCK ST, AND LOST ONE TO BALLYDUFF. THEY PLAYED THEIR HEARTS OUT AND WERE A LITTLE UNLUCKY ON THE DAY. WE WOULD LIKE TO THANK ALSO MIKE KELLY, MIKE DINEEN AND PAUL DARMODY WHO TRAINED THE BOYS IN THE WEEKS LEADING UP, AND TO THE PARENTS WHO GAVE GREAT SUPPORT ON THE DAY.

SLIABH LUACHRA DRAMA GROUP: Due to popular demand Sliabh Luachra Drama Group; will stage two final performances of "Wake in the West" in the Heritage Centre Scartaglin on Monday 3rd & Tuesday 4th of March. For bookings please phone 087 2434000.

SYMPATHY: To family and friends of the late Brendan O'Leary, Mastergeeha, Kilcummin, Killarney, whose death occurred recently. May he Rest in Peace.

RATHMORE GAA CLUB: Lotto Results (17/02/2014) Numbers drawn: 8, 13, 14, 25; No jackpot winner this week. Play online at www.localotto.ie/rathmoregaa for next draws of €4,800. Consolation prizes €40 O'Keeffe's XL Gift Voucher - Sean Moynihan c/o LocalLotto.ie (Yearly Ticket); €40 - Keith & Lisa Reen, Rathbeg, Rathmore; €40 - Teresa Crowley, Gortnaglough; €40 - Sheila Reen, Station Road, Rathmore; €40 D O'Donohue, Headford, Killarney. This weeks lotto is sponsored by The Washbasket, Rathmore.

KEANE COUNTY MINOR LEAGUE DIV 3A:

Rathmore V Keel/Listry. Venue: TBC.

Date: Saturday 1st March 2014. Time: TBC,

EAST KERRY LEAGUE DIV 1 ROUND 3: Clash between Rathmore and Scartaglin has been CALLED OFF last weekend.

DUHALLOW FINAL SCÓR NA BPAISTÍ 2014:

Congratulations, after an outstanding performance by Seán O'Keeffe Gneeveguilla he won the Duhallow Final in the Sean-Nós section. The Set Dancers also came in 3rd place; this was a great achievement as they faced stiff competition in this category. A members of the set Megan O'keeffe, Gneeveguilla. Knocknagree National School Quiz team came in 3rd place with an excellent score of 40 points. The team included Megan O'keeffe, Gneeveguilla,

ANYONE HAS ANY INFORMATION THEY LIKE TO ADD TO THE NOTES: Please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00pm on Thursday.

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Date	Time	Streets
Monday 17th March 2014	10am to 5pm	College Street College Square Plunkett Street Kenmare Place (from junction at Plaza Hotel to Plunkett Street junction) Main Street High Street New Street (from Market Cross to Beech Road junction)

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Cléireach an Baile
Town Clerk

Gerard O'Brien
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- 1st PRIZE for Male Wheelie
- 1st PRIZE for Female Wheelie
- 1st & 2nd PRIZE for Families who finish together



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KILCUMMIN

SYMPATHY: Sympathy is extended to the family of Brendan O'Leary, Lyreatough who died recently. May he rest in peace.

KILLARNEY BRANCH CHILDREN OF CHERNOBYL: Wanted host family for 2 children for 2 weeks in July. Please contact Betty Crosbie 064-6632030 or Mary O'Leary 087-9608020.

FUNKY SHOES: Míle Buíochas to all who attended and contributed to the Funky Shoes night in aid of the Donal #Walsh Liveline foundation recently. A total of €1350 was raised and has gone to Console to furnish teen rooms in their counselling centres and to Kerry Kare 4 Kids to help the families of children with long-term or terminal illness. Thanks for your generosity.

MUNSTER FLEADH ACCOMMODATION: The Munster Fleadh Cheoil takes place in Killarney from July 14th to July 20th next. We are at the moment putting together a list of B&Bs in the area to send to people who make enquiries. If you would like to have your B&B included in this list please send details (name, address, phone number, email address, web-site address, if you have one, and approx... distance from town) to: munster.fleadh.accommodation@gmail.

com or ring Eoin Ó Carra on 087-6155253

RAMBLING HOUSE: Rambling house will take place on Saturday March 1st at Glenflesk Parish Hall from 8-11pm. Singers, dancers, musicians, storytellers all welcome.

I.C.A: MONTHLY MEETING OF THE GUILD The Monthly Meeting of the Guild will be held on Wednesday 5th March at 8pm in the Rural Development Office. A Guest Speaker will attend.

GAA NOTES: Conradh Na Gaeilge Ard fheis from February 28th to March 2nd in Killarney Heights Hotel. Contact Ristead on 087 6394362.

CO. MINOR LEAGUE: Kilcummin v Kenmare/Kilgarvan on Saturday March 8th. Membership is now due for renewal. Please contact any executive member.

JUVENILE GAA: GAA FIRST AID / CPR / AED GAA First Aid / Cpr / Aed Course in the Clubhouse March 6th at 7pm sharp, limited places names/enquiries to Joanne Brosnan 0894583207.

JUVENILE GAA REGISTRATION: Please register your child/children for this season by March 15. Forms available from Eoghan

Moriarty 086 8302432 or Joanne Brosnan 089 4583207.

GAA REFEREES COURSE: A course is available to all club members in Tralee on March 18, 20, 25 & 27. Closing date March 1st. Contact Joanne Brosnan on 089 4583207.

GUM SHIELDS: All members should please note that the wearing of gum shields at training and during matches is mandatory.

CHURCH GATE COLLECTION: Coiste na nÓg would like to thank everyone who contributed to our church gate collection last weekend.

SCOR SINSEAR: Well done to all who competed in the competition on Saturday evening last. The club were represented in 4 items on the evening, recitation, ballad group, novelty act & set dancing. Well done to the set dancing group and the ballad group who are now through to the County Final of the Competition. The County Final will take place on Saturday 15th March in Fossa Community Centre. Question time 4pm, Scor programme at 6pm. Best of luck to competitors and mentors. Kilcummin were also awarded joint overall winners with Spa on the night.

GAA GAME OF THE WEEK



LIEBHERR THROUGH TO ALL IRELAND FINAL

LIEBHERR CONTAINER CRANES 1-9

NORTHERN IRELAND FIRE SERVICE 0-6

Liebherr Container Cranes(LCC) Football Team made the long Trip to Jordans town, Belfast on Saturday last to Play the Northern Ireland Fire Service in The All-Ireland Inter firm Semi-Final. Liebherr started with a Luke Quinn point inside the first minute. Exchanges were robust for the next nine minutes before a swift Liebherr attack was finished to the net by team captain Declan O'Sullivan. A Patrick Curtin point soon after was to be his final contribution as he took a heavy challenge while taking his score. Liebherr with a point from centre back Padraig O'Connor and a Declan O'Sullivan free left them ahead 1-4 to 0-0 with 18mins gone on the clock. Northern Ireland Fire Service(N.I.F.S) had their first score after 19mins of play. Liebherr responded with an Eamonn John O'Donoghue point before N.I.F.S put their 2nd point on the board in the 22nd minute. Donal Murphy increased Liebherr's lead with a point in the 25th minute. N.I.F.S closed the first half scoring with two unanswered points to leave the score at halftime 1-6 to 0-4 in Liebherr's Favour. Declan O'Sullivan got Liebherr off to a perfect



THE LIEBHERR TEAM WHO ARE THROUGH TO THE FINAL OF THE ALL IRELAND INTER FIRM COMPETITION.

start with a point 2mins it to the 2nd half. N.I.F.S response was quick with points in the 40th and 42nd minute. Declan O'Sullivan with a free increased Liebherr's lead leaving the score 1-8 to 0-6 with 45mins played. Despite numerous chances for both sides the next and final score of the game came in the 59th min ,a pointed free courtesy of Declan O'Sullivan.

Liebherr Team:
David Moloney, Darragh Twomey, Mike Moloney, Adrian Lynch, Luke Quinn, Padraig O'Connor, Niall Lynch, Michael O'Sullivan, Eamon John O'Donoghue, Michael Shaughnessy, Declan O'Sullivan (Capt),

Anthony Kennedy, Eoin Lawlor, Patrick Curtin, Donal Murphy.

Subs: Denis O'Neill for Patrick Curtin(Inj) 20mins, Daniel O'Keeffe for Darragh Twomey (inj) 50 min's, Morgan O'Donoghue for Donal Murphy & Ritchie O'Connor for Michael O'Sullivan 52mins, Kevin Courtney for Adrian Lynch 59mins... Adrian O'Connell, Cormac Johnson, Mark Dennehy, Dermot O'Sullivan, Sean Murphy, Ciaran O'Mahony, Mikey Fitzgerald, Daragh Reen.

Calling All BUDDING ARTISTS



Outlook Publications would like to give you the opportunity to design a poster under the theme **St. Patrick's Day**. The competition is open to all school going children and entries must be posted into Outlook Publications, Walsh Colour Print, Tralee Rd., Castleisland, by noon on Friday March 7th.

3 winners will be selected and the winning poster will be distributed to various shops and businesses around their town wishing everyone a **HAPPY ST. PATRICK'S DAY**

The winning entrants will also receive a €100 Gift Token from one of the following:
Killarney Sports & Leisure Complex, Playdium (Tralee) and Crag Caves (Castleisland).

Terms & Conditions apply. All entries must be accompanied by Name ; Address ; Contact Number & Age.



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E-mail: greengoldagri@eircom.net

NEW YEAR NEW YOGA CLASSES

Hatha Flow - Tuesday 4th March at 8pm
Men's Beginner's Yoga - Tuesday 4th March at 6.30pm
Gentle Yoga - Wednesday 5th March at 6.30pm

At The Travel Inn, Fossa

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GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON HEDGING

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

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

1. The type of soil you have
2. How exposed the garden is, i.e. what direction it is facing
3. The eventual height and width the hedge will be
4. Does it need to be evergreen

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

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BREAK FREE FROM EMOTIONAL EATING!

What is it about food that makes it so important to turn to when we are not experiencing life as we want it to be? Along with many other emotional "coping" behaviours such as drinking too much, over working, spending too much or any other addictive behaviour that we indulge in, food seems to be the drug of choice in the western world. And whilst it may seem one of the more innocuous behaviours there are millions of people who are living their lives feeling not good enough, out of control, deeply unhappy or simply not believing that they are allowed to be who they are or are entitled to follow their dreams. Like any other "emotionally addictive" behaviour, food takes the edge off life. It can numb your feelings, push tomorrow away, give you reasons why you can't do something and keep you stuck in an endless cycle that revolves around what you are (or aren't) eating!

If you are struggling with food in any way one of the key things to become aware of is that emotional eating has a hugely important message for you. It is pointing you somewhere. The key is to discover where and then take baby steps in that direction! The secret is that when you liberate yourself from emotional eating, you claim the life you were meant to live!

If you have struggled with food in any way you may like to explore and learn more in my one-day workshop called "What are you hungry for?" on Saturday 29th March (10 – 4.00pm) at the Meadowslands Hotel. Please call for more details!

066 9766374 | life_coachingunlimited@yahoo.ie





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GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com



EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

RESULTS: East Kerry Senior League Round 3

Division 1: Spa 0-12 Gneeveguilla 0-10

Division 2: Firies 1-07 Listry 1-07

Fossa 1-12 Kenmare 1-10

FIXTURES: East Kerry Senior League Round 4

Division 1 Section A: Kilcummin V Legion, Dr Crokes V Rathmore, Scartaglen bye.

Division 1 Section B: Cordal V Gneeveguilla Currow V Spa, Glenflesk bye.

Division 2 Round 1: Fossa V Firies

Listry V Kenmare.

EAST KERRY SENIOR LEAGUE: The East Kerry Senior League, sponsored by Frank Doran Safeguard Security, continued with round 3 last Sunday. In Division 1, Spa picked up their first 2 points in the League when they ran out winners on a 2 point margin against visitors Gneeveguilla. Two games were conceded in Division 1. Dr Crokes conceded to Legion and Scartaglen to Rathmore. A third Division 1 fixture (Glenflesk V Cordal) was postponed due to the pitch being unplayable. Division 1 continues on Sunday with round 4. We wish Spa's Mike Murphy a speedy recovery.

In Division 2, Fossa won their game against visitors Kenmare and Firies and Listry ended on equal scores. There are two round 1 back games to be played in Division 2. The top two teams meet in the Division 2 league final and with two teams on equal league points, (Fossa and Kenmare), Listry having one league point advantage and Firies a point behind, the teams have everything to play for in their back game. The fixtures are Listry V Kenmare and Fossa V Firies. Both games on Sunday, 2 March at noon. First named team has home venue.

DIVISION 1:

SPA 0-12 GNEEVEGUILLA 0-10

Last Sunday, Spa hosted Gneeveguilla in round 3 of the East Kerry Senior League, sponsored by Frank Doran, Safeguard Security. Spa took an early lead with points from Mike O'Donoghue (5) and Cormac Cronin before Paudie O'Connor, Eamon Herlihy (2) and Mike Murphy (3) scores left the sides level 0-6 each at the break. The teams were evenly matched in the second half, with John Falvey and Mike O'Donoghue exchanging points with Ger Moynihan (3). Late scores from Paul Russell and John Paul Brosnan closed out the game. Wishing Mike Murphy (Spa) a speedy recovery. **Spa:** James Devane, Michael Finnegan, Matt Moynihan, Paul Russell (0-1), Mike Murphy, Shane Lynch, Eoin Cronin, Andrew Garnett, Ivor Flynn, Shane Fenton, Mike O'Donoghue (0-9), Ryan O'Carroll, Cormac Cronin (0-1), John Falvey (0-1), Bryan Russell. Subs Aidan Cahill, Jamie Spillane, Craig Hickey.

Gneeveguilla: Ger O'Sullivan, Timmy O'Leary, John Sheehan, Kevin Coughlan, Philip Cremin,



LISTRY U-12 EAST KERRY LEAGUE CHAMPIONS 2013. KERRY SENIOR FOOTBALLER AIDAN O MAHONY PRESENTED MEDALS TO THE VICTORIOUS LISTRY U-12 BOYS AND GIRLS ON SATURDAY 22ND FEBRUARY IN THE CLUBROOMS IN FAHA. THIS WAS A GREAT FINISH TO A GREAT YEAR, U-12 COACH JEREMY WRENN COMPLIMENTED ALL THE PLAYERS AND AIDAN O MAHONY TOLD THE KIDS TO PRACTICE ON THEIR WEAK SIDE AND ALWAYS LISTEN TO THE COACHES. THE GREAT PARENTS OF LISTRY WERE THANKED FOR SUPPORTING THE KIDS AND WE ALL HAD A GOOD EVENING. BACK LEFT TO RIGHT: MAIREAD LEHANE, AILEEN O'LEARY, JEREMY WRENN COACH, JOSEPH COURTNEY, AIDAN O'MAHONY KERRY FOOTBALLER, MICHEAL BUCKLEY, JACK O'LEARY, JOHN JOE TANGNEY PRESIDENT LISTRY GAA CLUB, KILLIAN BRODERICK, RONAN BUCHANAN, SEAMUS GILES, RUAIRI MURPHY. FRONT LEFT TO RIGHT: EOIN O'DONNELL, CIARA TANGNEY, MICHEAL KEANE, AARON O'DONOGHUE, JAMES O'DOWD, AARON O'SHEA.

Paudie Connor (0-1), Pdraig O'Sullivan, John Paul Brosnan (0-1), Don Murphy, Mike Murphy (0-3), Fergus McAuliffe, Donal Murphy, Donie O'Connor, Ger Moynihan (0-3), Eamon Herlihy (0-2). Subs - Sean O'Connor, Aonghus O'Leary, DJ Murphy. Referee: John Dineen (Fossa).

DIVISION 2: FOSSA 1-12 KENMARE 1-10

Fossa put their season back on track with a 1-12 to 1-10 victory over Kenmare at the old Fossa field in Round 3 of the East Kerry Superleague on Sunday last. Both teams were short a number of regulars and at half time the sides were level at 0-05 for each team. Kenmare went 3 ahead when Dara O'Shea pounced for a well taken opportunistic goal, in the 14th minute of the second half. In an exciting nail biting finish, Fossa clawed their way back with three points to equalise, on a scoreline of Kenmare 1-09 Fossa 0-12, with 3 minutes remaining. Then Fossa's Lorcan Daly blasted a great goal to the Kenmare net. Although Kenmare laid siege to the Fossa goal in the closing minutes, the resolute Fossa rear guard held out for a 2 point victory. The Round 1 back games Fossa v Firies and Listry v Kenmare take on added significance this weekend.

Referee: Tom Moriarty (Legion).

FIRIES 1-7 LISTRY 1-7: Firies hosted Listry last Sunday in round 3 East Kerry Senior League game. In the first half, Listry played with the wind and took the lead but Firies hit back with a goal by Sean Burke to go into the lead. Sean Lehane replied with a goal for Listry to leave a half time score Firies 1-2, Listry 1-5. Firies, playing with the wind, had the better of the second half and the highlight of this half was the free taking of William Courtney. The game ended in a draw, on a scoreline of 1-7 a piece.

Referee: Denis O'Sullivan (Scartaglen).

EOGHAN RUADH TRAINING: Eoghan

Ruadh U16 players have now completed all seven Core Sessions in Gneeveguilla hall. Numbers attending the sessions were excellent with all players showing improvement. Thanks to all Eoghan Ruadh Coaching Officers for their assistance in promoting the event. Dan Cahalane [Templenoe] was a fantastic instructor supporting and encouraging all players throughout. Tim Murphy [Gneeveguilla] provided fantastic support to East Kerry GDA Vince Cooper over the last seven weeks.

BEAUFORT GAA NEWS

MEMBERSHIP: It is the time of year again for Annual Membership to be paid. Rates are as follows: Family Membership €50 which covers all children under 18 and 1 adult has use of the gym. €50 senior player. €30 individual membership of the club only. Reduced rate for actively retired and there is also gym membership for only €50. The Registrar is Patie Hartnett 087 2515311 or Bridget 087 9975737

SENIORS: Our Seniors sponsored by Maurice Foley of MF Decorating had their first outing of the year in the 1st Round of the Mid-Kerry League on Sunday last. Beaufort conceded home venue due to the pitch been unplayable. In a low scoring first half Milltown-Castlemaine led at half-time 0-5 to 0-3 with Beaufort's scores coming from frees. They had their fair share of possession but did not finish well. The 2nd half saw the home side race into a 5 point lead but Beaufort gradually cut the lead to the bare minimum in the final 10 mins. Mike Moriarty in goals proved again why he is a top class keeper with a fine point blank save. They had 3 points from play and 3 from frees-the introduction of Edwin Kelliher saw him score 2 points in quick succession, the other came from Fergal Hallissey. Beaufort had the chance



GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com

to take a point from the game but Fergal was well wide with a late free. It is great to see Patch and Giggs O'Sullivan and Jeremiah O'Sullivan back home and playing again. **Team:** Mike Moriarty, Michael John O'Connor, Gerard Hartnett, Patch O'Sullivan, James O'Reilly, James Coffey, Sean Fogarty, Fergal Hallissey (0-6, 5f), Cathal O'Reilly, Padraig O'Sullivan, Giggs O'Sullivan, Eanna O'Malley, Francis Courtney (0-1f), Jason Foley. Subs: Edwin Kelliher (0-2), Padraig Hartnett, Jeremiah O'Sullivan, Conor Breen, Shane O'Sullivan, Darren O'Sullivan, Gary Tangney, Conor Joy.

Their next game in the Mid Kerry League is away to Keel on Sunday next at 2pm.

MINORS: Our Minors sponsored by Melvin of Carsons Daybreak have their first County League game at home on Saturday next against Desmonds at 4pm.

LOTTO: Lotto results of Sunday, 23rd February for jackpot of €3,200. Numbers drawn: 6, 8, 13, 21. No jackpot winner. Consolation Prizes - €80 Bridie Joy, Cooleenig. €50 - Doreen Fleming, Cooleenig, Margaret Sweeney, Cappaganeen, Christy Doona, Ballymalis. Next draw for a jackpot of €3,400 will be held in the Inn Between Bar on Sunday, 9th March. Tickets available from usual sellers, shops and bars. Anyone interested in signing up for €50 annual ticket or set up a standing order can contact our treasurer Padraig O'Sullivan on 0872866011 or any member of the Club Executive.

REFEREES COURSE: A Referees Course has been organised by Coiste na nOg starting on 18th March for 4 nights. They are Tuesday 18th, Thursday 20th, Tuesday 25th and Thursday 27th March at a Tralee venue to be confirmed. If any Club Members are interested in attending this course, please contact Bridget Hartnett as soon as possible on 087 9975737

SPA GAA NEWS

COISTE NA NOG:

UNDERAGE TRAINING TIMES.

Friday: U-10 boys 6-7pm, U-12 boys 7-8pm, U-12 girls 8-9pm.

Saturday: U6, U8 & U-10 girls 10.30-11.30am, U-6 & U-8 boys 3.15-4.15pm.

Sunday: U-16 boys 9am, U-14 boys 7.30-8.30pm.

Please note time changes of Friday night training and the later time of u6/u8 training on Saturday. Queries Chairperson Coiste na nOg John O'Donoghue 087 9403517. Everyone must be registered before they play and wear mouthguards for the 2014 season.

LADIES FOOTBALL: All players up to and including minor MUST wear a mouthguard in ladies football. This is a new rule and anyone found not wearing one will not be covered by injury fund or allowed to play. Everyone must be registered before they play by March 1st.

EAST KERRY SENIOR LEAGUE

SPA 0-12 GNEEVGUILLA 0-10

The Spa seniors earned their first win of the year last Sunday at home to Gneevguilla in the second round of the Super league. The players were very positive in their approach to the game. They all played with a good attitude and work rate. There are still a number of issues to be worked on but with hard work and dedication we hope the year ahead will be a good one. First half points by Michael Stam O'Donoghue and Cormac Cronin ensured the sides were all square at six points a piece half time. In windy conditions both teams tried hard. It was great to see Aidan Cahill return to the playing pitch after a long absence. John Falvey, Mike Stam and Paul Russell added second half points to grab the victory for Spa. It was important to get a win at home but there is still a lot of work to be done. Best wishes to Bryan Russell and Mike Murphy who picked up injuries on the day.

Spa team: J. Devane, M. Finnegan, M. Moynihan, P. Russell (0-01), M. Murphy, S. Lynch (capt.), E. Cronin, I. Flynn, A. Garnett, S. Fenton, M. O'Donoghue (0-09), R. O'Carroll, C. Cronin (0-01), J. Falvey (0-01), B. Russell. Subs: A. Cahill for B. Russell, J. Spillane for R. O'Carroll, Craig Hickey for M. Murphy.

THE SEM TEAM: Commiserations to the St Brendan's team who were defeated by Pobalscoil Corca Dhuibhne in last weekend's Corn Ui Mhuire Munster semi-final. Well done to all the Spa players on the Sem panel - Liam Kearney, Shane Cronin, Kevin O'Sullivan, Corey Doyle, Ciaran Spillane, Michael Foley, Evan Cronin, Aidan Shepherd, Aidan Mulvaney and Michael McCarthy.

UPCOMING FIXTURES:

Senior East Kerry League: Spa away to Currow on Sunday March 2nd at 12 noon.

Minor County League Division 1: March 1st - Spa v An Ghaeltacht; March 8th - Spa v Dr Crokes; March 15th - Kerins O'Rahillys v Spa; April 4th - Spa v Austin Stacks; April 11th - Daingean Uí Chúis v Spa

U16 East Kerry Division 3: March 15th Spa v Kilgarvan/Tousist at 4pm; March 22nd Fossa v Spa at 4pm; March 31st Dr. Crokes B v Spa at 6pm; April 7th Spa v Listry/Keel at 6pm; April 14th Cordal/Scartaglin v Spa at 6pm

LISTRY GAA

EAST KERRY LEAGUE FIRIES V LISTRY.

This east Kerry league Div 2 game played in Farranfore ended in a draw 1-7 apiece. Both teams started without many regulars and the game was slow to start with the first score not coming until the 8th minute when Damien Clifford opened the scoring for Listry. The first quarter was even enough with the score at 2 points each after 15 minutes. Shortly after this Firies scored a goal from corner forward Sean Burke. Listry were dominating the play at this stage but kicked 6 wide's as well as some bad passing options when attacking. However they then scored a goal from Sean Lehane on

the 24th minute and followed up with 2 points from frees by Damien Clifford. Listry led at half time 1-5 to 1-2. Listry extended their lead with a point from Kieran Murphy after the restart but Firies then came into the game scoring 4 points without reply. 3 of these points came from frees from William Courtney and 1 from play by Colm O'Shea to leave the sides level. Listry through a John Foley point went back into the lead but a point from Firies with the last kick of the game gave Firies a share of the spoils. Listry now play Kenmare this weekend in the last round of this league. Check with officers for time and venue.

LISTRY WEEKLY LOTTO Results February 23rd 2014. Winning Numbers 8, 14, 18, 24.

Jackpot €5,150 Not Won. 1 x €100 Lily Mai & Luke Clifford. 2 x €50 Keith Hobbins, Coolroe, Dara Tangney, Ballymalis. 2 x €25 Donal Cronin, Ballytrasna, Nicola McCarthy, Ballytrasna. Draw Entrant Mags O'Connell, Ballymalis. Jackpot next week 2nd March €5,300.

MEETING: March monthly meeting changed from Monday 3rd March to Monday 10th March at 9pm.

SENIOR EK SUPER LEAGUE FIXTURES

2014: Division 2. Round 1 - Listry v Kenmare which was postponed will now be played Sunday 2nd March at 12 noon.

RESULTS: The Mid Kerry U21 semi-final played in Keel last Sunday went to extra time, and ended in a result of Keel/Listry 6 points Laune Rangers 8 points.

SIX BOOK READING CHALLENGE:

Killarney Library, together with Killarney Adult Literacy & Basic Education Centre (Kerry ETB), is facilitating a Six Book Reading Challenge for adults with reading/learning difficulties. This will be launched at Killarney Library as part of World Book Day celebrations at 2pm on Thursday March 6th, 2014. Free admission. All welcome.

LEGION NEWS

UNDERAGE ACADEMY: Yes folks, its back and bigger and better than ever. This coming Saturday sees the return of the clubs underage academy at 10.30am in our club grounds in Derreen. As always all boys and girls from under 6 to under 10 are most welcome. We are looking forward to seeing all the young players from last year again and we are especially hoping to see new faces this year, all new members welcome. The coaching sessions will run from now into the early summer with all our coaches being fully qualified. Teas and coffee will be available for parents. New members should bring their birth cert with them for registration.

CLUB SHOP: To coincide with the Saturday morning sessions, club merchandise will be available at our club shop at our clubhouse every Saturday morning from 10.30am to 12 noon. Other opening times will be announced shortly.

SIGERSON CUP: Brian Kelly and Shaun Keane

GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com



followed a strong club tradition of winning Sigerson Cup medals last Saturday in Belfast when defeating University of Jordanstown. Previous winners include, Shauns Dad John, Alan O'Neill, Sean Hegarty, Donie Murphy, John Trant and Jackie Lyne.

COLM COOPER: The club would like to wish Colm Cooper all the best in his recovery from the injury sustained in the All Ireland semi final last week.

MEMBERSHIP: Club membership is now due and needs to be paid as soon as possible to club registrar Marie O'Sullivan

SYMPATHY: The club sends its deep sympathy to the family of the late Brendan O'Leary, Mastergeeha, brother of club member John and his wife Maura [Reen] and uncle of members Niamh and Conor.

FIXTURES: Minors get their season underway this weekend with a home fixture v Milltown/Castlemaine in 1st round of the county league, great to see a return to team management of Frankie Walsh who has taken on the minor team for the season.

Senior team are due to play Kilcummin on Sunday in Kilcummin in the East Kerry League

NEW ARRIVALS: Congratulations to Sandra and Tommy Evans who welcomed baby Millie into the world last weekend, a little sister to TJ and a niece to KJ.

LOTTO: Lotto results for Sunday 23 February, numbers drawn 3, 19, 21, 24. No jackpot winner. Next weeks jackpot €9000.

DR CROKES NEWS

LOTTO: Draw took place in the Jack C's on Sunday last. The jackpot of €6000 was not won.

FIXTURES: EK Super League; on Sunday, 2nd March, we have home advantage against Rathmore. Throw-in; 12 noon. Please support.

OPEN DAY: Our Saturday Morning Academy returns this Saturday March 1st with a very exciting Open Day. Plenty fun and games guaranteed. We always welcome new boys and girls of any age. Just come to Lewis Road any Saturday from 10:00am to 12 noon.

JUVENILE FOOTBALL: The U12 Footballers continue their preparation for the season on Mondays 4:00pm to 5:00pm and on Thursday from 5:00pm to 6:15pm. Don't forget your mouth-guards!! Our U14's & U16's are well down the road of pre-season work and will begin challenge games quiet shortly. If you have any enquiries regarding any age group, please feel free to contact our Coaching Officer; John O'Shea (087-2488768).

REFEREE'S COURSE: A Refereeing Course will be run by Coiste na nÓg Chiarrai on the following dates; 18th, 20th, 25th & 27th March (Tuesday and Thursday evenings). They will take place in Tralee with the venue to be confirmed. Please contact a club officer before the deadline for registration; 5:00pm, Monday 3rd March.

CONRADH NA GAEILGE: The Irish



CORCA DHUIBHNE CELEBRATING AFTER THEIR VICTORY AGAINST BLESSINGTON LADIES IN THE INTERMEDIATE LADIES FINAL AT THE PHONEWATCH COMÓRTAS PEILE PÁIDÍ Ó SE GAEILG FOOTBALL TOURNAMENT WHICH TOOK PLACE ALL OVER THE DINGLE PENINSULA LAST WEEKEND.
PICTURE PADDY WHITE.

Language Weekend starts this Thursday, 27th February, at 9:00pm in the Killarney Heights Hotel with a talk by Séamus Ó Máille. There will be Irish Music on Friday night with Micheál Ó Glasáin in attendance. Doors open at 8:00pm. Our own tAth. Tomás Ó Luanaigh will be the after breakfast speaker on Saturday morning. At 2:00pm on Saturday, several Gael-scoileanna will play 9-a-side games at Dr. Crokes GAA Club in Lewis Road. Finally, the Beaufort Biddies will be special guests on Saturday night and Tim Ó Sé agus a chairde will be the musicians on both nights. Entry is free of charge.

KERRY SPORTS STAR AWARDS 2013: There was an attendance of over 500 at the event where Colm Cooper received the Gaelic Footballer of the Year Award and the Dr. Crokes Senior Football team won Team of the Year. We extend our thanks to all those who nominated both recipients and to the judges for choosing us in what were very talented fields.

GAA NATIONAL CLUB DRAW: Tickets (€10) are available for the GAA National Club Draw. There are great prizes on offer and all proceeds from ticket sales benefit our club. Draw takes place on St. Patrick's Day, 2014. Please support.

MEMBERSHIP 2014: Club registration for the year 2014 is now due.

BEST WISHES: To Colm Cooper who underwent successful surgery on Friday last. Best wishes to Colm on the road to recovery.

MID KERRY GAA NEWS

U21 SEMI FINAL CHAMPIONSHIP: Laune Rangers advanced to the final after defeating regining U21 Champions Keel/Listry after extra time final score there Laune Rangers 0-08 Keel/Listry 0-06. Final between Glenbeigh/Glencar/Cromane & Laune Rangers will be confirmed later

SENIOR LEAGUE: Round 1 got underway with one game as Glenbeigh/Glencar's & Laune Rangers fell victim to waterlogged pitches so had to be cancelled. However Miltown/Castlemaine game with Beaufort went ahead, final score there Miltown/Castlemaine took the 2pts final score Miltown/Castlemaine 0-10 to Beauforts 0-09. Round 2 goes ahead this Sunday 2nd March Keel home to Beaufort.

Miltown/Castlemaine host Glenbeigh/Glencar Cromane entertain Laune Rangers, all games 2pm. Please note that all times dates and venues are correct at time of press.

GAA LADIES ROUND UP

Kerry ladies face Cork in what will be a Munster Champions v All Ireland Champions in the next round of the Tesco Home Grown National League series. Both teams will be obviously looking for wins to solidify their hopes of reaching semi finals, especially after both teams have suffered defeat in their recent league games. Cork were defeated by Monaghan while Kerry were defeated by Dublin. However both teams on those respective days were without key players. Cork have experienced performers despite the recent retirements of Elaine Harte & Juliet Murphy. Kerry will still be without the services of experienced defender Caroline Kelly due to injury & also Aoife Lyons who is also unavailable. Expect this to be a tight encounter & with weather conditions playing a part in this stage of the season victory here could go either way. Game is scheduled for 2 pm, with venue TBC later in the week, details on website, Facebook & Twitter. With the recent bad weather & facilities affected, the Rhyno Quality Feeds County League will be commencing on 16th March. The decision was taken at the February county board meeting as clubs expressed concerns. There will be some interesting clashes across all divisions to keep an eye on throughout the league. Congratulations to Corca Dhuibhne who won the Intermediate title in the Paidi O Se tournament, competing for the first time. It was their first title in this grade & marks their return to competitive adult grade football. They beat Blessington of Wicklow in the final in Páirc An Aisaigh Dingle; final score line of 4-7 to 2-5, inspired by 15 year old Eilis Kavanagh from Lispolie and Katie Muircheartaigh from Feothanach up front. In fact young Eilis Kavanagh was awarded Joint Female Player of the Tournament with Cora Staunton, a great feat to be sharing the award with such a figure. Aisling Fenton Capt of Corca Dhuibhne accepted the cup on behalf of her team.



KILLARNEY SOUTH COMMUNITY GAMES NOTES

CHURCH GATE COLLECTION: The annual church gate collection was held in town recently. The committee wishes to thank all those who gave generously at the gates. The amount collected was distributed amongst the three regions of community games in Killarney and will go in some way towards the cost of operating the club for the forthcoming year. Basketball. We are currently recruiting for the under 13 boys team which will play in the county blitz in early April. Anyone who is interested is urged to contact Killarney south at the email address given below.

CROSS COUNTRY, COUNTY TEAM EVENT: All those interested in cross country running both on teams and individual level should make contact as qualifiers for the county team are coming up in the next few months

PROJECT COMPETITION: The following are the team (minimum of 2 maximum of 4 participants) project titles for 2014. Under 11: present a project on your county, outlining some of the defining features of the county, its history and any other relevant or pertinent information, ie images, OR Endangered animals of the world, a project based on a species of your choice. The under 13 title is "The role of the internet", The under 16 project is "Research and discuss the influence pop music and the culture surrounding it has on young people", present a project based on the above statement. For further information on the project competition please email amgcommerce@gmail.com.

FACEBOOK: Please follow Killarney South Community games on Facebook for all new updates, pictures and reports. All electronic queries can be forwarded to killarneysouthcommunitygames@gmail.com. Telephone enquiries to Noreen Cooper 087 674 6189.

KILLARNEY COUGARS BC JUVENILES NEWS

U11 Boys

KILLARNEY COUGARS 24 ST BRENDANS TRALEE 20

Cougars hosted St Brendans Tralee at the Pres Gym on Wednesday last and a very exciting game produced a home win for the Cougars. There was little between the sides throughout the game but Cougars did hold a slight edge at the end of each quarter. Cougars led 14 10 at halftime with Tommy Bowler impressing with some good scores for the Cougars. Cougars struggled through the third quarter but stayed ahead by a basket in a competitive quarter. Cougars were put under a lot of pressure by the visitors in the final quarter but held on with a couple of late baskets by Rossa Bellew and Daire Murphy ensuring the Cougars just about secured the points in a close finish.

U12 Boys

KILLARNEY COUGARS 41 TRALEE TIGERS 18

Cougars great form in the league continued with a very good team performance to stay top of the league. Cougars led thanks to a very impressive first quarter to lead by 10 points with good baskets by Joe Cahillane. The second quarter was more competitive with Tigers fighting hard but Cougars strong defence helped maintain the lead at half time. The second half was competitive but Cougars early dominance saw them well ahead on the scoreboard despite a strong second half showing by the Tigers, the Cougars secured the all important points on this occasion to stay in contention for league which looks like it will be decided in the final round of games in March. Best for Cougars on this occasion were Joe Cahillane, Sean O'Brien, Colm Talbot and Armenas Kremenskas.

U16 Girls

KILLARNEY COUGARS 25 ST BRIDGETS CURROW 40

Cougars met league leaders Currow at the Pres and the visitors took the points with a strong finish in the final quarter. Cougars trailed by five points at halftime and were struggling for scores against a tough Currow defence. Cougars battled hard to the end but could not get a much needed run of scores in the final quarter. Cougars will have to regroup quickly and be ready for a playoff game to stay in contention for honours. Best for Cougars were Katie Talbot, Claire O'Brien and Abigail Graham

FIXTURES: March 1st. Senior Cup

Womens Final:

Killarney Cougars v Kcymys 4 pm Pres Gym.

Boys U12

Tralee Tigers v Killarney Cougars 10am Tralee.

A full list of the latest fixtures is available on the club website www.killarneycougars.com

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of lotto on 21st February, numbers drawn were 3, 4, 10 and 12. €50 to yearly ticket holder Eamonn Bowler, €50 each to Padraig O'Sullivan Tournonaugh, €40 each to Elaine Cronin Caherbarnagh, Tadhgie Murphy Newquarter, Sinead Warren Gneeveguilla, Sellers prize Tom Joe O'Donoghue. Bonus not won, numbers were 12, 16, 18 and 19. Next week we draw €7,200, €1,000 bonus plus dips.

5K WINTER SERIES RESULTS: On Saturday February 22nd the third and final leg of the winter series was held in the Demense, Killarney and ran off very smoothly. A big thank you to all who helped with this series, it was not the easiest to do with weather playing havoc with the fixture from the start. Fair play to all runners helpers and everybody who helped in any way, thanks again.

RESULTS WERE AS FOLLOWS: Ed Murphy was 2nd in the senior men category, Matthew Collins 2nd in Junior section, Robert Purcell 7th

in Junior section, David O'Keeffe 3rd Junior, Kevin Griffin 1st O50, Ted Feehan 2nd O70, Catherine Kiely 2nd Senior ladies, Jane Sheehan 2nd O50 ladies, Catherine Daly 1st U16 ladies.

WELL DONE: To Kevin Griffin who won O50 at Adare 10k on Sunday.

MASTERS CROSS COUNTRY CHAMPIONSHIPS: Held in Dunboyne Co Meath, Robert Purcell ran well in the O45 category. A special congrats to Marie McCarthy Farranfore / Maine Valley who won the overall masters race.

A word of gratitude to Michael Culloty and Cynthia Daly who did the coaching course in C.I.T on Saturday last.

ROAD RACE: All roads lead to Rathmore this Saturday for the 4 mile road race. Promoted by the Transition year students in Scoil Phobail Sliabh Luachra led by their teacher Catherine Kiely, this should be a classic. Note the starting time 12 noon. Entries in the school gym from 11am.

CLUB AGM: Was held on Wednesday night last, the following officers were elected; President Marie O'Keeffe, Chairman Paddy O'Donoghue, Vice Chairman Mike Dineen, Secretary / Treasurer Tom Joe O'Donoghue, Assistant Secretary Shelia O'Donoghue & Nora Flynn, Assistant Treasurer Mary O'Sullivan, PRO Cynthia Daly, Registrars Joan Warren, Linda Kennelly & Celene O'Connor, Child Protection Officers: Mary O'Sullivan, Eugene O'Callaghan and Joan Warren, Team manager for Ladies National League Elaine Cronin, Team manager for mens National League Ed Murphy.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES

ART U8, U10, U12 & U14: The art competition will be held in Listowel on Saturday 1st, boys and girls from this area will be representing us in all age categories. Good luck to all who will be taking part from the area.

HANDWRITING U10: The Handwriting competition will also be held in Listowel on Saturday March 1st Caoimhe Guerin Crowley will be representing this area in the girls section and Danny Hickey will be representing the area in the boys section. We wish Caoimhe and Danny the best of luck.

U10 GIRLS INDOOR SOCCER: On Sunday next March 2nd the U10 girls indoor soccer team along with coaches Owen O'Leary and Mags Fitzgerald will travel to Mountcoal to partake in this competition, team members are as follows: Delia Foley, Saoirse Casey, Michelle Cronin, Roisin Brosnan, Chloe McCathy, Laura Phelan, Orla Cremin, Tara O'Leary. We wish the team and managers the best of luck again this is the first time our area has taken part in this competition.

SWIMMING: Names are currently being taken of children who are interested in swimming in the community games competition please



contact Aeneas (087) 6577167 or
Cynthia (086) 0818606

FIRIES COMMUNITY GAMES

With Carmel Sheahan

ART & HANDWRITING: Thank you to all the children who entered the art and handwriting competitions. Hope you all enjoyed the drawing and writing. Community Games is all about participation and learning new skills so well done to everyone. We had a very large entry. Thank you to the judges who had the difficult task of picking the qualifiers.

Results for the boys U10 handwriting competition are 1st Conall O'Mahony, 2nd James Horgan, 3rd Luke Costello, 4th Colin Callaghan. In the girls handwriting 1st Maeve Coleman, 2nd Katie O'Leary, 3rd Laoise O'Connor, 4th Helen O'Connor. It is only 1st boy and 1st girl who go forward to represent Furies on March 1st in Listowel Convent. Art has been judged but results not available at time of print so these results will follow next week.

BASKETBALL U13 GIRLS: (over 10) trials will take place in Farranfore Hall on Monday between 5 - 6 pm so all girls within the above age category are welcome to attend. The competition will take place on March 22nd at 10.00am in Castleisland. There will also be basketball for mixed team U11 and trials for this team will be arranged at a later date as this competition will be held on 21st April.

TAG RUGBY U11 AND TAG RUGBY U14: Thanks to Tom Campbell who trained these teams last year. Tom is available to train teams again this year. Dates and times of training will be arranged. This is a fun, non contact sport. It is a mixed team so boys and girls are welcome to join. If anyone is interested in joining please contact Frances Murphy on 086 8931538 as we need to assess if we can make up teams before commencing training. Even if you have never played this sport you may still enter as full training will be given.

QUIZ U14: This is a mixed quiz team. The competition takes place on 11th April. Any children over 10 and U14 before 31st July are welcome to attend local competition to make up a team. This competition will take place shortly. Awaiting confirmation of availability of hall but please check with any Community Games Committee member in meantime and this will also be advertised through schools and newsletter.

WORKMEN'S ROWING CLUB

AGM: of the Workmen's Rowing Club, was held in The Killarney Avenue Hotel, on Friday night. Club Chairman opened the AGM with a minute silence to our beloved Treasurer, Brendan Heffernan, who passed away in September 2013. Timmy spoke of The willingness and generosity of the Heffernan family, towards the members of Workmen's RC, always including his friends and members as part of their family. The Heffernan family will always be in the

hearts and minds of our Club. Brendan's loss is immense, and we hope they will know that Brendan will always be treasured and much loved, and never forgotten.

The incoming Officers for 2014 are: Presidents: Mary Moynihan, Bernie Sweeney, Chairman: Timmy Moynihan, Secretary: Kieran Counihan, Treasurer: Pauline O'Brien, PRO: Valerie O'Sullivan, Head Coach: Mikey Joe Burns, Club Captain: Pat Doherty, Safety Officer: Anthony McCarthy, Child Welfare Officer: Tomás Murphy and Karen MacCurtain, Registrar: Mary Moynihan, Committee: Mike Sweeney, Mike Quirke, Hanna Majella O'Donoghue, Anthony McCarthy, Mags Greene, Sylvie Bartlett, Dervla Ireland.

CONGRATULATIONS: To our Secretary Kieran Counihan, who was nominated for the Rentokil Kerry Sports Star Awards, on Friday night at the Malton Hotel. It was a huge honour for the Club, with over 30 Rowing Clubs in the County. We were very proud. The Award went to David Hussey, Portmagee RC, probably the best Ambassador for Rowing in Ireland today. Training continues at the usual times. stay tuned for weather updates. The days are getting longer which will hopefully mean, we'll be back on the Lake more often. That's if we will ever see the road down to Reen Pier again.

COMMERCIAL ROWING CLUB

EST 1886 "DOWN MEMORY LANE"

With John Kelly

The 1906 Killarney Regatta which was held on a course from Briceen Bridge to Innisfallen Island on Tuesday 8th August 1906 attracted a huge attendance to the town. At the previous regatta committee meeting a letter was read from Mr Thompson Superintendent of the Great Southern & Western Railway Company stating that he was arranging a special train from Tralee to Killarney for the occasion and the fare would be one Shilling. He was announcing the travel arrangements by special posters a supply of which he would send the committee on receipt from the printers, the committee decided to send "The Killarney Bellman" to Tralee to further advertise the regatta as well as the fact that entertainment would be provided by the Butter Exchange Band and also a display of Fireworks

The Commercial crew which competed in the Senior Sixes race was Dermot O'Meara, M O'Brien, J Dugdale, P Fleming, D O'Connor, Jn O'Brien, The organising committee were Chairman J Loughnan, Messrs Hewson, J. Murray, J Hayes, C Talbot, J. M Reidy, Tim Courtney, E J O'Driscoll, J A Brooka, JJ McCarthy, JJ Maher.

COMMERCIAL RC ARE CURRENTLY INVITING NEW MEMBERS: To become

involved with the clubs newly developed rowing and training facilities at Ross Castle. Contact Jimmy Doyle 064 66 39856, D J O'Riordan 064 66 31743, Henry Clifton 064 66 32252, John Kelly 064 66 32698, John

Joe Healy 064-6643136

KILLORGLIN ROWING CLUB

SPORT AWARDS 2013: Great night was had by the rowing supporters and the Management of Killorglin Club at the 2013 Sport Awards at Malton Hotel Killarney last Friday. Monika Dukarska was the winner of the Olympic style rowing category, with coastal rowing being also acknowledged, as a standalone category. Big congratulations to Monika for winning the award and her unquestionable dedication to rowing. Also, big thanks to Mary B Teahan, the Irish Drains for sponsoring the award.

NEWRY TRIALS: Monika was a sole representative of Killorglin Rowing Club at the third trials for the National Team in Newry. Monika had an outstanding performance, finishing second overall in the Women's Heavyweights category. This puts Monika in a very strong position this season to represent Ireland at the International regattas. The conditions on both days were challenging with strong tail wind. The races were held over 5 kilometers on the Newry Canal. Last assessment is being held on the 28-30th of March, where crews for Senior Worlds will be selected. Best of luck Monika!

CORK HOR: Cork Head of the River is rescheduled to Saturday, the 8th of March. Killorglin athletes will take to the water that weekend, followed by the Galway Head of the River on the 15th of March.

KILLORGLIN ROWING CLUB MONTHLY

DRAW: Please support Killorglin Rowing Club monthly draw. The fee is only €2 a week. Simply e-mail killorglinrowingclub@gmail.com with intention to sign up and we e-mail you a form to fill in. Once that's completed we will do the rest. Your support is greatly appreciated.

TRAINING: Training continues at the Boat House Monday to Thursday 6pm-8pm for Juniors and 8pm-10pm for Seniors. E-mail killorglinrowingclub@gmail.com for a training schedule or text 087-2930461 for more details. New and old members welcome! All Ireland Coastal Rowing Championships are returning to Waterville in 2014, let's begin the training!

MILLTOWN/LISTRY COMMUNITY GAMES

CHURCH GATE COLLECTION: Our annual Church Gate Collection was held at both Listry and Milltown Churches last weekend. We collected a total of €442.62 for which we are very grateful.

QUIZ: We held our local quiz last Wednesday evening and after a very enjoyable contest, a panel of 6 emerged to contest the Co. Final in April. Panel: Mark O'Brien, David Murphy, Tom Keane, Darragh O'Donoghue, Paudie Horgan, Ciara O'Mahony. Training is being organised for the children and will start shortly. Thanks to all who helped out.

ART: The winners in our local Art competition



are as follows: Girls section: U8 1. Aileen O'Brien, 2. Lily Kate Clifford, 3. Caoimhe O'Sullivan, 4. Sarah Fitzgerald.

U10 1. Jemma Walsh, 2. Maura Burke, 3. Hannah Willoughby, 4. Luisne Corcoran.

U12 1. Caoimhe O'Donoghue Flynn, 2. Caoimhe Burke, 3. Patrycja Diebler, 4. Niamh Dinham.

U14 1. Ciara O'Mahony 2. Mairead Lehane, 3. Abigail Gallagher, 4. Rebecca O'Connell.

U16 1. Sophie Hyland. Boys section:

U8 1. Sean O'Brien, 2. Pdraig O'Sullivan, 3. Paddy Tangney, 4. Jakub Baran.

U10 1. Kevin O'Callaghan, 2. Cian Spillane, 3. Mason Courtney 4. Edward O'Sullivan.

U12 1. Cillian Burke, 2. Oisín Quirke, 3. Billy Joel Pagayonan, 4. Patrick O'Sullivan.

U14 1. Adam Clarke, 2. Michael O'Sullivan, 3. Dylan McCarthy.

Please note that only 1st and 2nd in each age group in Art competition are eligible to travel to the Co. Finals in Presentation Convent, Listowel next Saturday March 1st at 12.30 pm.

HANDWRITING: The winners in our local Handwriting U10 competition were as follows: Girls Section: 1. Caoimhe O'Brien 2. Sara Data 3. Aoife Poff 4. Maura Burke. Boys Section: 1. Brendan Casey 2. Cian Spillane 2. Liam Roche 4. Luca Kelly.

Please note that only 1st in Handwriting competition is eligible to travel to the Co. Finals in Presentation Convent, Listowel next Saturday March 1st at 11.30 am.

Please note that all parents/contact names of those eligible to travel in both Art and Handwriting competitions will get a text to confirm details and a local contact name will be provided in case assistance is required. Thanks again to all the children who entered and those who helped to co-ordinate both competitions.

INDOOR SOCCER: Best of luck to our U13 girls who compete in the Kerry finals in Listowel next Sunday March 2nd.

KILLARNEY RUGBY CLUB NEWS

This weekend is the very last chance to contribute to the fund needed to qualify for Capital Grant assistance. We are very close to the target and one final push will do it. Please pass on any leads or promises to Liam McGuire asap. Sincerest thanks to Liam who has driven this project all the way often without too much help. Thanks too to Diarmuid Leen who has been fantastic in bringing in funds from all quarters. There are more who have been doing good work but only a handful. Many people may be willing to help at a future date. Please take note of any intentions or promises and pass it on to committee. Thanks to all who have generously given. Thanks also to a quorum of people who tore into the fundraising in a big way and have been excellent in gathering funds and asking people for help.

MUNSTER JUNIOR CHALLENGE CUP – 1ST ROUND: KILLARNEY 15 SUNDAY'S

WELL 12: Played in showery and difficult conditions a very interesting game was served up by two sides not giving an inch. Like England v Ireland the day before, this was always a one score decider. To their credit the underdogs shaded it in the end and the home crowd were a great help, especially as it went into extra-time. The Well started better and used their experience out wide and opened the scoring after 10 minutes of play. Signs were ominous with the conversion and the score 7 – 0. The home side battled for everything and were unlucky not to have opened the scoring with a penalty from Paudie but losing his footing in the poor ground did not help. So it remained at the break. Killarney made a series of errors after the restart and paid the price conceding a second try which was unconverted to lead 12 – 0. Killarney got a good field position and some good kicking out of hand gained territory, and Paudie Sheahan who played superbly, made a half break and the man in form Damien Carroll latched on to the pass and touched down under the posts. Game on! Handling was more difficult and ball on ground led to more penalties for either side. Some good scrummaging enable Killarney to pin Sunday's Well deep and it was Paudie who again broke the cover to tie up the match. Unfortunately the kick did not prevail and it went to extra time at 12 all. The extra-time was a tough affair and Killarney rued more missed kicks but with the last kick of the match Paudie's attention to detail in his kicking paid off and he slotted the penalty to take the spoils. This was a total squad performance with the forwards playing out of their skins against seasoned opposition. Paudie was a stand-out man of the match but great credit to all. They can look forward to the visit of beloved Castleisland in the League next Sunday at Dirreen at 2:30pm and more of the same great support would be very welcome.

U14S: KILLARNEY RFC – 19 LISTOWEL RFC – 34 Six tries to three just about sums up this West Munster Cup Quarter Final. Conditions were purely for mud larks which Killarney certainly are not. Were they a race horse they would have been scratched from the entry sheet. However conditions were the same for both sides and a physically stronger Listowel team were better able to cope with the energy sapping boggy surface. They struck first with a try in the corner to which Killarney responded immediately courtesy of Sean Cahill who bagged all Killarney's three tries. It was nip and tuck for most of the first half with both sides swapping scores in an equal exchange. At halftime the visitors led 17-12 and Killarney looked set fair for a strong second period. This view was enhanced when Killarney struck immediately on the resumption again through Sean Cahill whose try was converted by Cathal O'Shea leaving Killarney in the ascendancy 19 points to 17. Alas from here on it was downhill as the Listowel pack moved Killarney backwards and strong forward running yielded them three more tries. The game concluded on

a scoreline of 34 – 19 in favour of the visitors. That Killarney should exit the Season's premier competition in such a tame fashion against a team that they had previously beaten, is disappointing. No fault however lies to hat-trick scorer Sean Cahill and the outstanding Stephen McKenna who once again displayed his all-round rugby credentials. Killarney must now pick themselves up as there is still plenty of rugby to play this Season commencing with an away fixture to Highfield this Saturday. Unless otherwise advised players should be in attendance at the ESB car park for a 9.30am departure. Bus fare €5 and bring something for Shop Stop.

MINIS: In what has become an all too familiar situation the Listowel blitz that we were to attend on Saturday last was abandoned due to waterlogged pitches, (It is intended to re-schedule this event but Heaven knows when!!) so once again we availed of the Gym in St Brendan's college for the U7 & U8 squads, and the all-weather pitches at Fossa NS, for the U10 & U12 squads, although playing on grass would be better, these facilities have been terrific and many thanks to both schools for helping us out. The U12 squad were to travel to Mallow for a pan Munster blitz, this too was postponed, again we do not know when it will take place but please watch this space.

RAFFLE: If anyone wishes to enter the raffle for a pair of Heineken Cup tickets for Munsters quarter final against Toulouse in early April, please ask any committee member or any of our hundred and twenty mini players!! Thanks to those who have already sold tickets and keep up the good work to those who are now doing so.

Mini Rugby Queries Tom 087/2657994.

UNDER 18S: Many thanks to Killarney Oaks, the Courtney family and all supporters who attended the quiz last Friday night. It was a good show and the proceeds go towards bringing the U18s squad to Swansea and Llanelli in Wales this weekend. The squad left this morning. Well done to Feargal Courtney for his quizmaster talents, a nice few bob was raised and it will help the financial burdens of those travelling. These young lads have played great stuff all season and it is vital for the club's future that we try to hold on to young players. Thanks to the coaches giving up their time to bring the lads on a great rugby experience to the heart of rugby in Wales.

Club Draw – tickets on sale from all members for 2 priceless Heineken Cup tickets Munster V Toulouse - €5 each or €20 for book of five. Thanks to the Avenue Hotel for accommodating a large gathering for Saturday's clash between Ireland and England. It wasn't our best display but we are still hopeful of the remaining fixtures that we can win the Championship on scores and perhaps points. Great fare put up for the masses gathered. There also was a crowd in the Kube for the match which was great. Apologies for any confusion on the day.

MASTERGEEHA FC

U13 KERRY CUP

PARK 2 MASTERGEEHA 3. In this game the boys started well and went a goal ahead after 10 minutes when Paul O'Shea scored directly from a corner. Just before the break Mastergeeha doubled their lead when Dillon Murphy finished well. In the second half the boys continued to play the better soccer and went three up when Paul O'Shea scored again. In the closing stages the Park pulled two back but Mastergeeha held out thanks to some good defending and a good save from Keith O'Leary near the end.

U17 MASTERGEEHA 2 FENIT 2. At home Saturday afternoon Mastergeeha took the lead when Tommy Sheehan finished well following a pass from Keiran O'Connor. However the visitors equalised in the 35th minute. In the second half both sides created chances but the visitors took the lead when they were awarded and scored a penalty in the 60th minute. After this Mastergeeha pushed forward and were rewarded in the 75th minute when a Sean Twomey free kick was headed to the net by Paul O'Connor. Both sides had chances near the end with Tadhg O'Mahoney going closest for Mastergeeha.

PREMIER B MASTERGEEHA 5 FENIT 0. On Sunday afternoon the seniors had a good victory in the league. In an even opening half Tadhg Ahern saved a penalty for Mastergeeha while at the other end Corey Mitchell converted from the spot after Chris Egan was fouled. In the second half Mastergeeha were the better side and pushed on with Ricky Fleming scoring three and Colm Lenihan getting the other. Overall a good team performance and a deserved victory.

MASTERGEEHA F.C. LOTTO: There was no winner on Sunday 23rd February. Numbers drawn were 4, 12, 19 & 21. Consolation prizes were €100 Timmy Looney, 80ak Hill, Ballydribeen; €60 Robert Casey, Glounonea, Kilcummin; €30 Dermot O'Sullivan, Ballydunlea, Kilcummin; €30 Patrick O'Sullivan, Lr Dromulton, Currow; €30 Darby Mangan, Knocknahoe, Killarney. Draw every Friday night in The Village Inn, Kilcummin. Jackpot now €9,750.

SYMPATHY: The club would like to extend sympathy and our sincerest condolence to the O'Leary Family of Lyreatough and Mastergeeha, on the death of Brendan O'Leary. May he rest in peace.

KILLARNEY ATHLETIC A.F.C.

NOTES

FIXTURES: Kerry Schoolboys/Girls League
Saturday 1st March 2014.

JK Sports Under 12 Premier

Killarney Athletic v Listowel A 12.00 noon.

Foundation Under 14 Division 1

Killarney Athletic A v Killorglin A 10.30am

Trophy World Under 16 Premier

Killarney Athletic A v Fenit 12.00 noon.

Trophy World Under 16 Division 1

Inter Kenmare v Killarney Athletic B 10.30am.

RESULTS

Under 15 Kerry Cup

KILLARNEY ATHLETIC 1

KILLARNEY CELTIC B 0

Despite missing nearly 16 players between both squads, the team narrowly defeated cross town rivals Killarney Celtic. The boys in blue started strong and had numerous chances through Blake Bolster who was tremendous in the first half, constantly being fouled with his tricky pace. From one of these free kicks, Mark Fitzgerald scored direct from 35 yards to leave the score the bare minimum at half time. Into the second half, Celtic pushed on looking for the equaliser but Athletics defence were well up for everything coming at them and the influential Nelu O'Doherty in goals ensuring another clean sheet. Celtic striker got a penalty late on despite the player being offside and admitting he dived but Nelu ensured that Athletic advance to the next round with a great penalty save. Well done boys.

Under 13 Kerry Cup

KILLARNEY ATHLETIC 4

KILLORGLIN B 1

A solid squad performance with goals from Keith Suter, Danny Cronin, Tadhg Doolan yet again and super sub David Moriarty.

TRAINING TIMES:

Tuesday: Under 14 7.00pm – 8.00pm Fossa astro turf.

Senior 8.00pm – 9.00pm Fossa astro turf.

Wednesday: Girls 6.00pm – 7.00pm.

Under 13 7.00pm - 8.00pm Fossa astro turf.

Thursday: Under 15 6.00pm – 7.00pm Fossa astro turf.
Under 16 7.00pm – 8.00pm Fossa astro turf.

Friday: Under 11 and 12 3.45p, – 5.45pm.

Senior 7.00pm – 8.00pm Fossa astro turf.

Academy under 6-10 5.00pm – 6.30pm Fossa astro turf.

CONDOLENCES: The club wish to offer their condolences to the O'Leary family of Mastergeeha on the death of Brendan. May he rest in peace.

CONTACT: If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com.

SCHOOL BOY/GIRL SOCCER

Killorglin go Into the West and Win!!

NATIONAL CUP:

13's Last 16: Mervue United 1-2 Killorglin.

16's Last 32: Killarney Celtic 0-1 Villa.

KERRY CUPS:

13's Cup Round 1: Killarney Athletic 4-1 Killorglin B. Fenit 6-1 Kingdom Boys B. Park B 2-3 Mastergeeha.

Round 2: Killarney Celtic B 6-0 Asdee.

Inter Kenmare 0-1 Listowel Celtic A.

Listowel Celtic C 1-0 St Bernards.

Killarney Celtic C 0-7 Park.

15's Round 1: Inter Kenmare 0-8 Kingdom Boys.

Killorglin 2-0 Killarney Athletic B.

Killarney Athletic A 1-0 Killarney Celtic B.

Castlemaine 0-4 Listowel Celtic A.

Ballyhar 6-4 Park A.

Tucker Kelly's 16's: Castleisland 6-1 Killarney Celtic B.

LEAGUE: Daly's Supervalu 13 Premier:

Kingdom Boys 0-6 Killarney Celtic A.

13 Div 2:

Camp – Killarney Celtic C

Tralee Trophy World 16 Premier:

Killarney Celtic 2-0 Fenit

GIRLS: 12's: Killarney Celtic 1-0 Killarney Athletic.

13's: Killarney Celtic 2-3 Listowel Celtic.

REPORTS: NATIONAL CUP:

13's Last 16:

MERVUE UNITED 1-2 KILLORGLIN AFC:

Mervue United spoiled the possibility of an all Kerry Last 16 clash when they defeated Killarney Celtic 2-0. That meant that Killorglin had to make the long trip to Galway city looking for a place in the Last 8. As expected the home side started the brightest and it took a great save by Alex O'Connor following a corner to keep the sides level. This spurred Killorglin on and when Eoin Clifford played a defence splitting through ball Dylan O'Neill did the rest to give the Kerry side the lead. They looked to push home their advantage and Gar Hassett was just too high with lob and Jack O'Connor had his shot saved while the Killorglin defence were doing very well at the other end. Killorglin turned and were playing with the wind but it was the home side who levelled three minutes into the second half. Sean Corcoran made a last ditch tackle and keeper O'Connor made another good save as the game looked to be swinging Mervue's way. But this Killorglin side are a handful going forward and Killian Burke set up Gar Hassett who delightfully chipped the keeper.

Mervue were now throwing everything at Killorglin and when O'Connor was chipped Ronan O'Shea put his body on the line as he slid along the All Weather to clear the ball. Mervue had one last chance from a corner but Roan Moriarty headed off the line and sent Killorglin into the last 8 for the first time in their history.

Next up is a home quarter final against either Clonmel Town or Gorey Rangers in what will be a huge day for the club.

15's Last 32: KILLARNEY CELTIC 0-1 VILLA

(WATERFORD): From early on this always looked like being a game where there would only be 1 goal between the sides. Celtic were mostly restricted to long range efforts with Mike Potts, Cian Gammell and David Clifford all going close. Villa were also struggling to get an clear cut opportunities with Irish u15 International Jason Malumphy pulling the strings. Whichever side lost would look back at a number of decisions that didn't go their way and unfortunately it was the home side that had to do that. The only goal of the game came deep into injury time when Villa won a free on the left. Kilgannon swung it in and from a bunch of players jumping the ball ended up in the Celtic net. They will be disappointed not to have defended the late free kick and the game ended a few minutes later.

KERRY CUPS: 13's Cup: There was action in

Round 1 and 2 of the 13's Cup with the winners of the second round progressing to the Last 8. Killarney Athletic, Fenit and Mastergeeha are a round away from that after they won their first round ties. Killarney Athletic were 4-1 winners at home to Killorglin B thanks to goals from Keith Suter, Danny Cronin, Tadgh Doolan and sub David Moriarty who makes a habit of scoring off the bench. Athletic will face Camp away in Round 2. Fenit had a hat trick from Cian Donnellan, two from Jack Falvey and one from Kevin McElliggott in a 6-1 win over Kingdom Boys B. Fenit now face the Kingdom Boys A team in Round 2. Mastergeeha looked to be cruising into Round 2 as they went 3-0 up away to Park B. Paul O'Shea got 2 and Dillon Murphy the other for the Kilbreen side. But no Park team gives up easily and the B's pulled 2 back thanks to Josh Horgan and Mark Dziedziuch but couldn't find the equaliser. **Round 2:** The Park A are the first team into the Last 8 as they played on Thursday night. James Sheehan hit 3, Alfie Christie 2 and Leon Shambala and Fergal O'Brien one each in their win over Killarney Celtic C. Killarney Celtic B joined them as they proved to be too strong for Asdee. Evan Lyne had a big day hitting 5 with 2 coming from David Cantillon and one from Connie Cremin. There was only one goal in the Inter Kenmare versus Listowel Celtic A game and it the away side that got it. Brendan O'Neill hit the winner to see Listowel Celtic in the next round. Their club-mates in the C team emulated them by also progressing 1-0. Goal machine Sean McGrath was on target.

15's Cup: Places in the Last 8 of the 15's Cup were up for grabs in the 15's Cup. Kingdom Boys were too strong for Inter Kenmare and had a wide spread of scorers. Dan Goggin, Diarmuid O'Connor, Podge Looney, Ryan O'Neill and Pdraig Roche all got onto the score-sheet. Killorglin went through 2-0 as they got past Killorglin B while took just one goal to see Killarney Athletic A get past Killarney Celtic B. Mark Fitzgerald hit the winner from 35 yards to wrap up the win. Castlemaine travelled to Listowel to take on Celtic A but it was the home side that took the spoils. Conor Kennelly, Adam Cronin, Daniel Sheehan and Gary Carey all hit one each. Camp were too strong for Asdee and are into the hat for the next round thanks to a Joe Saunders hat trick and one each from Jimmy Grady and Cillian Henry. The Ballyhar Park A game was a goal-fest with the home side winning 6-4. David O'Sullivan scored twice while Cemin Sheedy, Niall O'Donoghue, Cian Callaghan and Pdraig O'Mahony were the goal scorers for the Kilbreen side while Lee Brown hit 3 and Conor Lowe the other for the side.

Tucker Kelly's 16 Cup's: Castleisland join Mastergeeha in the Last 8 of the Tucker Kelly 16's Cup. They beat Killarney Celtic C with goals from John McMahon 4, Jason Cremin and Michael Brown.

LEAGUE ROUNDUP: On Wednesday Killarney Celtic 16's got the points from Fenit to continue to lead the Division. On Saturday in the Daly's Supervalu 13 Premier Killarney Celtic were too strong for Kingdom Boys and are now 7 wins from 7. Ryan Kelliher,

Patrick Darcy, Mike Lenihan and keeper Mark Kelliher all scored with the latter getting his goal from the penalty spot.

GIRLS: In the 12's Girls a 1-0 win by Killarney Celtic over neighbours Athletic means that the title will be decide between the two Celtic's who have to face each other twice. In the win Shauna O'Donoghue got the only goal. The 13's game between Killarney Celtic and Listowel Celtic was cracker with the visitors just getting the better of the home side by the odd goal in 5. Kate Murphy and Kate McCarthy scored for Killarney Celtic but two from Aoife Horgan and one from Mairead Keane gave Listowel Celtic the points.

KILLARNEY CELTIC NOTES

Killarney Celtic FC expresses its deepest sympathy to the family of Brendan O'Leary Mastergeeha who recently passed away. To his wife Una, his mother Nonie, his sisters Theresa and Noreen, brothers Pats, John and David and extended family our sympathy.

OSCAR TRAYNOR CUP: Kerry, with Karl McMahon on the line and John McDonough, Brian Spillane, David Hayes, Gary Keane, Peter McCarthy, Gintarus Paketuras, Rob Watson, Jamie Spillane and Roy Kelliher all on the squad deated United Church League 4-2 last Sunday, with Gintarus (2) and Peter among the goalscorers.

RESULTS: Ladies League: Killarney Celtic away to Listowel Celtic, Sunday, 12.30pm.

U17 League: Killarney Celtic away to Castlegregory, Saturday, 2.30pm.

U16 Kerry Cup:

CASTLEISLAND 6

KILLARNEY CELTIC C 0

Castleisland were the better side and deserved their win, but Celtic gave it everything and could leave the field with their heads high.

U15 National Cup:

KILLARNEY CELTIC 0 VILLA 1

Celtic tried hard, with Michael Potts, Cian Gammell and David Clifford all going close, but a late Villa goal ended our great cup run.

U15 Kerry Cup:

KILLARNEY ATHLETIC A 1 KILLARNEY CELTIC B 0

This was a great performance by Celtic as we pushed our derby rivals all the way to the wire, but Athletic got through for the winner.

U13 Premier: KINGDOM BOYS 0 KILLARNEY CELTIC 7

Ryan Kelliher (4), Patrick Darcy, Mike Lenihan and keeper Mark Kelliher (penalty) all scored, with the excellent James Darmody and Neil O'Shea providing a lot of ammunition.

U13 Girls: KILLARNEY CELTIC 2 LISTOWEL CELTIC 3

The girls played superbly, as indeed did our opponents, and this was a great game for spectators. Killarney Celtic had a lot of possession and scored through Kate McCarthy and Kate Murphy, but Listowel won out by the odd goal in five.

U13 Kerry Cup:

KILLARNEY CELTIC B 7 ASDEE 0

Evan Lyne had a big day hitting 5 with 2 coming from David Cantillon and one from Connie Cremin. To Asdee's credit, they battled hard all the way to the finish.

U12 Girls:

KILLARNEY CELTIC 1 KILLARNEY ATHLETIC 0

This win means that the title will be decided between ourselves and Listowel, who have to face each other twice. In the game Shauna O'Donoghue got the only goal.

FIXTURES:

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

Ladies League: Killarney Celtic away to Listowel Celtic, Sunday, 2.30pm.

U17 League: Killarney Celtic at home to Castlegregory, Saturday, 2.30pm.

U14 Premier: Killarney Celtic away to Listowel Celtic, Saturday, 12 noon.

U14 Div One: Killarney Celtic B at home to Killarney Celtic C, Saturday, 2.00pm

U14 Girls: Killarney Celtic at home to Listowel Celtic, Saturday, 1.30pm.

U12 Premier: Killarney Celtic at home to Kingdom Boys, TBC.

U12 Girls: Killarney Celtic away to Listowel Celtic, Saturday, 1.30pm

Please note that all of these fixtures may be subject to change. Players and parents are advised to stay in touch with team managements.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5.30pm-6.30pm at the Club Vitae Leisure Centre in the Quality Hotel. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729.

There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 15, 16, 17, 21. No winner, one x match 3, Dio Buckley, Rockfield, Faha, €150. Next week's jackpot €5000, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We all saw the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738.

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.

BEAUFORT GOLF CLUB (MEN'S BRANCH)

RESULTS: Sunday 23rd February: Scramble was cancelled due to bad weather.

Sunday 2nd March 2014, Captains Drive, meet in clubhouse at 10am, Drive-in 10.30am.

FRIDAY 7TH MARCH 2014: A fun night table quiz will be held in the clubhouse at 7.30pm (Teams of 4 €40) all proceeds to Junior golf. Finger food served. To book a table contact Timmy on 086 0522506.

MURPHYS GOLF SOCIETY

RESULTS: 22nd February, O'Mahonys Point.

Mike Casey: 13 Handicap 39 points.

Pat Carroll: 13 Handicap 39 points.

Vincent O'Doherty: 25 Handicap 38 points.

Paul Corridan: 15 Handicap 35 points.

Jonathan Casey: 11 Handicap 35 points.

Niall O'Meara: 12 Handicap 33 points.

Front Nine:

Anthony Walsh: 18 Handicap 20 points

Back Nine:

Brendan Keogh: 7 Handicap 17 points.

DEERPARK PITCH & PUTT NOTES

By John Kelly

The winners of Sunday morning's two Ball Scramble were Betty O'Brien and St John Kelliher with a Nett score of 38pts.

Weather permitting there will be a further competition this Sunday morning 10am adults and juveniles €3, it is envisaged that this will double as a qualifier for the Bob Casey competition over the following weeks. Deerpark and Gleneagle on March 9th and Tralee and Castleisland on March 16th.

NEW ROLE FOR JASON O'CONNOR:

Heartiest congratulations to Deerpark's long serving secretary and PRO Jason O'Connor who fought off stiff opposition in his election as National Public Relations and Communications Officer at the National Pitch & Putt convention at Portlaoise on Saturday, Jason will no doubt carry the best wishes of all at Deerpark in his new role for which he is well qualified.

MOTIONS: The following rule changes were adopted at Saturday's National convention

(1) From January 2015 all Pitch & Putt players will be entitled to register for an increase in their handicap in the month of January.

(2) Juveniles aged 15 years will be entitled to obtain a provisional handicap and which will entitle them to participate in their home club competitions. This provisional handicap will be used to assess their ability prior to being granted a full official handicap at age of 16 years and which will entitle them to participate in all adult competitions at championship level. All players under the age of 18 years will be obliged to have a Parental Guardian form completed annually.

(3) Winter season will run from October 1st to last day in February each year.

DAMIAN STEPS DOWN AS JUVENILE OFFICER: A special word of thanks is extended to Damian Fleming who has stepped down

from his role as Juvenile officer and this position will be filled shortly.

MEMBERSHIP RENEWAL: It's that time of year when membership for 2014 is due for renewal. The club is pleased to announce that the rates for this season will remain the same, adults €110, family €200, OAP €50, Juvenile €80 and Students €90. Registration for PPUI is included in those rates. There is a special offer available at present of 10% on all memberships which will expire on March 17th. We urge all members be they current or new to pay their membership as soon as possible so as to avoid the disappointment of not being registered to play in a particular competition (it takes one week to get registered), subscriptions for the season will be taken up on this Saturday 1st March from 1.30pm until 2pm, Sunday March 2nd from 11.30am until 12noon and on Wednesday evening March 5th at 5.15pm. Further info can be obtained by ringing either Colm O'Dowd at 087 7673742 or Sean Kelly 086 0508686.

SENIORS OUTING ON MARCH 4TH: The next Seniors Outing is scheduled for the Gleneagle course on Tuesday March 4th 10-30am.

GLENEAGLE PITCH & PUTT

By John O'Halloran

Last Sunday we had a singles strokeplay competition and the winners were 1st Trevor Shine, 2nd Mick Long and gross Daniel Shine.

This Sunday we will have a 36 hole v-par singles competition, one draw at 9.45am.

Next Wednesday we will hold the county seniors competition, draw at 10.30am.

ROSS GC, KILLARNEY, GENTS CLUB

By John Ivory

FIXTURES: Our golfing fixtures have been the victim of the recent poor weather and it has caused havoc with our plans, however we are hoping for an improvement during this week.

QUIZ NIGHT ON FEBRUARY 28TH: We will hold our club team fundraising quiz on Friday night in the Killarney Oaks at 8.30pm.

All members are urged to support this fundraiser and to bring along a team of family and friends. Team of four will cost €40.

Sunday March 2nd - The 2014 Captains, Mary Cronin and Aidan O'Connor and President Ambrose O'Donovan will hold their Drive-in at noon and we will also hold a 10 hole mixed scramble on the day. There will be two shotgun starts at 9.30am and 12.30pm. The entry sheet is now available so please add your name to it before 3.30pm on Saturday as the draw for playing partners takes place then.

SPRING LEAGUE: The entry sheet for the M D O'Shea Spring League is now available in the clubhouse so please get your name on it as soon as possible as it will fill up quickly.

MARCH 6TH - LONG DRIVE EVENING: Our club professional, Mark Heinemann is hosting a Long Drive evening on Thursday March 6th at the Swing Studio, Mill Rd in aid of the club team funds from 7.30pm to 9.30pm. This is a long drive competition and you will also learn

how to gain 20 more yards in three easy steps. The cost is €5 each, refreshment included. To book your place, please call the clubhouse on 064 6631125.

ROSS LADIES GOLF CLUB NOTES

Sunday March 2nd Lady Captain Mary Cronin's, Captain Aidan O'Connor's and President Ambrose O'Donovan's Drive In will take place. This competition is kindly sponsored by Fexco Prize Bonds. Two shot gun starts 9.30am and 12.30pm. Entry sheet in the club house. Names to be entered by 2.30pm on Saturday 1st. Professional Mark Heinemann will hold an open night on March 6th 7.30pm-9.30pm at his Accademy. Details of same can be obtained at the club house. Sunday March 9th club sponsored 9 hole competition. Sunday March 16th 18 hole club sponsored competition. Monday March 17th, St. Patrick's Day 10 hole mixed scramble. Name to be entered by Saturday 16th 4.30pm. Sunday March 23rd 18 hole competition, sponsored by Elizabeth Kelliher and Eileen Fleming.

KENMARE GOLF CLUB

By Mike Murphy

RESULTS: GENTS: Singles Sford:

1st Dave Burke [9] 31pts.

2nd David Kelly [19] 31pts.

FIXTURE: 2nd Round of District League.

KILLORGLIN GOLF CLUB

066 9761979.

12 hole competition stableford.

Sunday February 23rd.

1st J J Tangney (18) 30pts. 2nd Liam O Leary (16) 27pts.

FIXTURES: 12 hole competitions continues. After round 2 of Spring League, Team X lead the field with 130pts, followed by Team K & M on 128 and Team J with 127 Team H 126 and Team G 125. One good score could get your team into the final so get out there this week and play for that 65 plus that will qualify your team for the final. The Club outing will this year be to Dooks on Saturday March 29th. Tee times apply and sheet will be in the shop. The Bianconi weekend away will take place this year on 12,13th playing Fota on Saturday and Waterrock on Sunday and staying in the Middleton Park Hotel. Remember the Irish Open will be played in Fota this year so why not come along and play it before the best golfers in the world get out there. A sheet for this will be in the shop and there will be great interest, so if you want to go, then get your name down as soon as possible. The cost will be €150 for 2 rounds of golf and accommodation.

RING OF KERRY GOLF CLUB

RESULTS: 2-Person Better Ball

1st: Mick O'Brien & Eugene O'Sullivan 38pts.

2nd: Paul Sutton & Dave Burke 35pts.

FIXTURES: March 1st & 2nd: 2-Person Better Ball over 18 Holes

Open event: €20 for visitors

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RECIPE OPERATION TRANSFORMATION

LUNCH - BUTTERNUT SQUASH AND COCONUT CURRY

- 100g of quinoa
- 1 vegetable stock cube dissolved into 300mls of boiling water
- 1 tablespoon of rapeseed oil
- 2 carrots, peeled & chopped
- 350g of butternut squash, peeled, deseeded & chopped
- 200g of raw green beans
- 2 tablespoons of curry paste
- 200mls can of light coconut milk
- 80g of corn

Method:

Pour vegetable stock into a pot and bring to the boil.
 Add the quinoa and then turn down heat and simmer for 20 minutes or until light and fluffy.
 Heat oil in a wok.
 Add the carrot, butternut squash, beans and curry paste.
 Stir-fry for 2 minutes.
 Stir in the coconut milk and corn.
 Simmer for 15 - 20 minutes until sauce begins to thicken and vegetables soften.
 Serve curry with side portion of quinoa.



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Health Matters.... With Dr. Michael O'Doherty

THE BENEFITS OF STOPPING SMOKING

Stopping smoking can make a big difference to your health and lifestyle. It is never too late to stop smoking to greatly benefit your health.

What are the health benefits of stopping smoking?

The benefits begin straight away.

You reduce your risk of getting serious disease no matter what age you give up. However, the sooner you stop, the greater the reduction in your risk. In fact, researchers have found that if you stop smoking before the age of 50 your risk of dying is virtually reduced that of a non-smoker. Even if you give up after the age of 60, your risk of dying at any given age is reduced by about 39% compared to a person who carries on smoking.

IF YOU STOP SMOKING YOU:

Reduce the risk of getting serious smoking-related diseases such as heart disease, cancers, chronic obstructive pulmonary disease (COPD) and peripheral vascular disease.

Reduce the risk of getting various other conditions which, although not life-threatening, can cause unpleasant problems. For example: impotence (erection problems), fertility problems, optic neuropathy (a condition affecting the nerve supplying the eye), cataracts, macular degeneration (a breakdown of tissue at the back of the eye), psoriasis, gum disease, tooth loss, osteoporosis and Raynaud's phenomenon (fingers going white or blue when exposed to cold).

Reduce the risk of pregnancy complications if you are pregnant.

Timeline of health benefits after stopping smoking ...

After ...	Health Benefit ...
72 hours	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
1 month	Skin appearance improves, owing to improved skin perfusion.
3-9 months	Cough, wheezing, and breathing problems improve and lung function increases by up to 10%.
1 year	Risk of a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to about half that of a smoker.
15 years	Risk of heart attack falls to the same level that it would be for someone who has never smoked.

OTHER BENEFITS OF STOPPING SMOKING

These include:

- Your breath won't smell any more of stale tobacco.
- The smell of stale tobacco will also go from your clothes, hair, and home.
- Foods and drinks taste and smell much better.
- Finances improve. You will save well over €3500 per year if you smoked 20 a day.
- Better rates of insurance policies.
- You are likely to feel good about yourself.

How can I stop smoking?

About 2 in 3 smokers want to stop smoking. Some people can give up easily. Willpower and determination are the most important aspects when giving up smoking. However, nicotine is a drug of addiction and many people find giving up a struggle. Help is available. GPs, practice nurses, or pharmacists can provide information, encouragement, and tips on stopping smoking.

Various medicines can increase your chance of quitting.

Medicines include: - nicotine replacement therapy (NRT) which comes as gums, sprays, patches, tablets, lozenges, and inhalers.

- Also, medicines called bupropion (trade name 'Zyban') and - varenicline (trade name 'Champix') can help.

Dr Michael O'Doherty

Dr. Michael O'Doherty,
General Practitioner
and Occupational Health Specialist
The Killarney Medical Centre,
47 New Street, Killarney.
t: 064-6620628.

Treat yourself this Pancake Tuesday

SEAFOOD PANCAKE



Ingredients:

For the Pancakes

- 4oz/115g plain flour
- Pinch salt
- 1 egg
- 300ml milk
- 1 tsp melted butter plus melted butter for cooking

For the Filling

- 1½ tbsp all purpose/plain flour
- 1½ tbsp butter
- 250 ml milk
- Pinch salt and pepper
- 225g cooked skinless salmon fillet
- 120g prawns
- 120g mushrooms, cleaned and finely sliced
- 1 tbsp fresh dill, finely chopped
- Garnish
- 2 tbsp grated cheddar cheese

Preparation:

Pancake Recipe

1. Sieve the flour into a large baking bowl, add the salt. Make a well in the centre of the flour and add the eggs and beat well until smooth and lump free.
2. Add half the milk and the tsp of butter, beat well. Add the remaining milk and stir.
3. Leave the batter to rest for 15 minutes.
4. Lightly grease a 9" pancake or frying pan with a little melted butter, heat until very hot and add in batter to evenly and thinly coat the base of the pan. Cook until set and lightly golden. Flip over and cook on the other side for approx 30 seconds.
5. Remove the pancake from the pan, place on a sheet of kitchen paper and keep warm. Continue as above until all the batter is used up.

Filling

Place the flour and butter into a large saucepan. Over a low heat stir the butter and flour until the butter has melted and the flour is incorporated. Add a pinch of salt and pepper and continue stirring for 2 minutes.

1. Turn the heat up to medium and add the milk in one go and whisk furiously until all a smooth sauce is formed. Continue stirring until the sauce is thickened and glossy (about 5 minutes) If the sauce is very thick add a little more milk. The sauce should be thick but still runny. Remove from the heat.
2. Break the salmon fillet into large flakes and carefully stir into the sauce, followed by the prawns, mushrooms and dill. Return to a gentle heat and warm through.
3. Place a pancake onto the worktop, put a quarter of the seafood sauce mixture into the centre of the pancake and spread in a long line from one end to the other. Fold the opposite edge of the pancake over the filling then roll the pancake into a thick sausage shape. Place the pancake into an approx 7" x 9" ovenproof baking dish. Repeat with the remaining 3 pancakes.
4. Sprinkle the cheese over and bake in the preheated oven for 20 minutes or until the cheese is melted but not browned. Serve immediately with green vegetables or a salad.



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A LOOK AT HYBRID CARS

Hybrid cars are becoming more widely available and more popular these days and with good reason too. They're a more eco-friendly car than petrol or diesel only vehicles and there's great scope to save on fuel bills.

A hybrid car refers to any vehicle that combines two or more sources of power. While there are quite a few options, most hybrid cars combine an electric motor with an internal combustion engine. Hybrid cars are capable of being driven on electronic propulsion alone for a material part of their normal driving cycle.

Hybrid cars and the environment:

▲ Hybrid cars burn less fossil fuels than traditional cars and therefore emit less toxic by products and greenhouse gases than traditional petrol or diesel fuelled vehicles.

▲ Hybrid cars also generate less engine noise than petrol or diesel powered cars. When switched onto electric power mode hybrid vehicles are virtually silent.

HYBRID CARS AND FUEL EFFICIENCY

Whilst hybrid cars are generally more expensive to buy than a petrol or diesel engine car, savings can be made in terms of fuel economy as they burn less fuel per mile driven. Just how



much fuel you can save driving a hybrid car will depend on your driving patterns and overall driving style. For example if you do a lot of city driving you are likely to save more on fuel consumption compared with a normal petrol or diesel fuelled vehicle.

Getting the most out of your hybrid car:

Drive slowly - the faster your driving the more aerodynamic drag your car will experience. Keeping your driving speed down can really increase your vehicle's mileage.

Drive smoothly - if you stop the car sharply, the electric motor's energy will be decreased more than if you gradually slow the car down before stopping.

Drive at a constant speed - you use energy when driving every time your car speeds up -

and that energy is wasted when you slow the car down. You can maximize your fuel usage when driving through maintaining a constant driving speed.

HYBRID CARS AND MOTOR TAX

Normal petrol or diesel vehicles are subjected to vehicle registration tax in accordance with their CO2 emissions.

CAR INSURANCE ADVANTAGES

Many car insurance companies will provide a 10% discount for hybrid vehicle owners. Primarily because those who drive hybrids are seen to be responsible drivers less likely to be involved in a car accident and therefore will be less likely to submit a motor insurance claim. As a result they will often receive a more competitive motor insurance quote.

TIPS ON IDENTIFYING POTHOLE DAMAGE

Identifying and minimising pothole damage

Tips on identifying pothole damage:

- The front end of your vehicle dips when you brake.
- You can feel your vehicle roll or sway while turning.
- Upon acceleration the rear of the vehicle squats.
- On rougher, winding roads you can feel an abnormal bounce or slide.
- In general your vehicle feels like it's sitting a

little lower at the front or the rear.

- If you stop suddenly you experience a loss of directional control.
- Visible damage such as rusting or dents.

To keep pothole damage to a minimum AA Motor Insurance offers the following advice:

Minimising Pothole damage

- Maintain full air pressure in all tyres, as per the manufacturer's guidelines. This will help to provide a cushion between pothole and the rim of your tyre.
- Keep your eyes peeled for potholes by leaving plenty of space between yourself and

the vehicle in front. Never ever swerve to avoid a pothole without checking surrounding traffic.

- If you're not in a position to avoid the pothole, slow down. Hitting it at speed will increase the chance of damage to tyres, wheels, shocks, struts or springs.

- Hold the steering wheel firmly to avoid losing control.

- Don't break when directly over a pothole. This causes the car's weight to shift to the front of the wheel and can increase damage from the impact.

- Be wary of potholes filled with water, they may be deeper than they look!

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ŠKODA Octavia Combi Elegance 1.6D	2012	48,750	Red
ŠKODA Octavia Ambition 1.6 Diesel	2012	72,000	Metallic Silver
ŠKODA Octavia Ambition 1.6 Diesel	2011	88,334	Metallic Grey
ŠKODA Octavia Elegance 1.9 Diesel	2010	90,000	Metallic Black
ŠKODA Superb Eleg GRTEC2.0 Diesel	2013	45,000	Metallic Purple
ŠKODA Superb Combi Elegance 2.0 D	2012	38,900	Black
ŠKODA Superb Greenline 1.9D	2010	85,000	Metallic Red
ŠKODA Superb Elegance 2.0 D	2012	45,000	Metallic Black
ŠKODA Yeti Ambition 1.6 Diesel	2011	33,000	Metallic Grey
ŠKODA Yeti Urban 2.0 Diesel	2013	33,868	Metallic Grey
ŠKODA Yeti Elegance GL 1.6 Diesel	2012	46,400	Metallic Blue

MAKE/MODEL	YEAR	MILEAGE	COLOUR
ŠKODA Octavia Ambition 1.9 Diesel	2009	164,000	Metallic Green
ŠKODA Octavia Elegance 1.6 Diesel	2011	102,000	Metallic Black
ŠKODA Yeti Ambition 2.0 Diesel	2011	37,000	Metallic Brown
ŠKODA Yeti Experience 2.0 Diesel	2012	60,000	Metallic Brown
ŠKODA Yeti Ambition GL1.6 Diesel	2011	96,000	Metallic Beige
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Kia Picanto Petrol	2012	14,000	Red
Opel Zafira Club 1.7 Diesel	2010	87,470	Silver
Toyota Avensis 1.6 Petrol	2008	165,000	Grey
Toyota Yaris NG 1.0 Petrol	2008	55,000	Blue
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5 MYTHS ABOUT PERSONAL HYGIENE:

Washing your hands. Brushing your teeth. Shampooing your hair. They're so engrained into our daily routine we barely give them a second thought. But should we?

1. Myth: Public Toilets Should Be Avoided at All Costs.

Reality: They're not nearly as dangerous as many people think. There are certainly germs living on public toilet seats, but the odds of actually getting sick from those germs is very, very small. For one thing, your body's skin is a natural defence against scary disease-causing germs if they even live long enough to infect you.

2. Myth: You Need to Wash Your Hair Every Day.

Reality: A nice, hot shower is just what many of us need to wake up in the morning or wind down at night. But should you really be washing your hair every day? Probably not. Though how often you wash your hair depends on a number of factors, including the type of hair you have, the health of your scalp, and how long or processed it is, almost none of us need to lather up our locks every single day. That's because shampoo strips your hair of its natural oils; it will also make your hair more difficult to style and, ultimately, lead to more damage.

Skip the daily shampooing. If your hair and scalp get too oily between washes, a dry shampoo or baby powder will absorb all that excess oil.

3. Myth: Your Dentist Can't Tell If You Don't Floss.

Reality: Slacking on your oral hygiene routine? Your dentist can tell, and it's not merely a matter of flossing really well before your appointment. That's because gums that aren't flossed regularly will bleed when you're in the chair; plaque build-up will, over time, lead to cavities and gum disease. You're not outsmarting anyone by only reaching for the floss before a clean-up, and you're only hurting your oral health.

4. Myth: The More You Brush Your Hair, The Healthier It'll Be.

Reality: It does help prevent tangles and distribute healthy oils. But over-brushing your hair will not improve its condition, it'll actually make it more prone breakage and fraying. That's not to say you shouldn't brush your hair at all, of course.

5. Myth: Hand Sanitizer is the Ultimate Defence Against Germs.

Reality: Want to avoid getting sick? Skip the hand sanitizer

and wash with plain old soap and water. Even with a hand sanitizer containing more than 60 percent alcohol is only slightly better than soap and water. The United States Food and Drug Administration (FDA) is also concerned that overuse of hand sanitizer will have dire consequences in the long term. Notably, that these germs will develop a resistance to the stuff. In the end, if you're worried about germs, it's far more effective to make sure you're washing your hands correctly than it is to use antibacterial soap.

REINDEER WITH GLOW IN THE DARK ANTLERS:

Finland, has begun spraying Reindeers antlers with glow-in-the-dark fluorescent dye in an attempt to prevent traffic accidents. Last year alone, more than 4,000 reindeer in Finland were killed in car accidents.

The reflective spray is an alternative to previously attempted solutions such as reflective tape, which the reindeer rip off once applied.

The need is particularly pressing during winter months, when northern Finland plunges into a prolonged darkness (called the polar night) that can last up to 18 hours a day.

The pilot program is tiny at present with the dye being tested on the antlers of just 20 of the 200,000 reindeer that roam Lapland's forests. If found to be effective the spray will be used on reindeer of all ages.

The region attracts thousands of tourists from around the world, especially during Christmastime, as Lapland claims to be the home of Santa Claus.

AN IRISH WOMAN WHO LIVED AS A MAN IN THE US CIVIL WAR:

Jennie Rodgers, a hero of the American Civil War, was born in Clougherhead, Co. Louth in 1843 and immigrated to the US as a young girl. Not much is known about her early years, but on August 6, 1862 she enlisted with the 95th Illinois Infantry under the name of Albert Cashier.

She was not the only one. Estimates say at least 400 women soldiers fought on the two sides of the conflict – some fighting for patriotism, some to be with their husbands or brothers, others to earn a steady income and, if they survived, a pension. Options available to poor, single women at the time were very limited.

Many younger boys lied about their ages in order to join up so it would have been easy to write off Ms. Rodgers' small stature and smooth face to youth. There is no record of Cashier's comrades ever questioning his sex. Cashier excelled as a soldier, serving straight through until August 17, 1865 and taking part in over 40 battles and skirmishes. When captured at Vicksburg she managed to escape by stealing the guard's gun and outrunning the soldiers who pursued her. In a later battle, she braved open enemy fire just to climb a tree and re-attach her company's flag, which had been taken down.

After the war, Ms. Rodgers continued to live as Cashier for close to 50 years, settling in a town in Illinois. Unable to read or write, as a man she was able to secure a variety of jobs, including farm labourer, handyman, and, later, chauffeur to State Senator Ira Lish. While under Lish's employment, she was hit by car, badly injuring her leg. The doctor who treated her discovered her secret, but agreed to keep it safe.

By 1911 she was living in the Soldier's and Sailor's home in Quincy, IL where, by some accounts, a few staff members knew of her sex but kept it secret. Suffering from dementia, in 1913 she was moved to the Watertown State Hospital for the Insane. Following her death on October 11, 1915 she was buried in her Civil War uniform and under a tombstone that read "Albert D.J. Cashier, Co. G 95th Inf."

THE STORY BEHIND M&M'S:

In the 1930s, Forrest Mars noticed that soldiers in the Spanish Civil War were eating chocolate pellets coated with hard tempered chocolate to prevent them from melting in high temperatures. In 1941, Mars patented this idea and began producing M&M's in New Jersey.

The name stood for the surnames of himself and Bruce Murrie, the son of Hershey's president, who owned 20% in the company and helped produce the chocolate. Originally the candies were produced solely for American soldiers fighting in World War II and came in a cardboard tube. In 1948, at the end of the war, they were made available to the public.

QUOTE FOR THE WEEK:

Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world - Albert Einstein

ON THIS DATE – 28TH FEBRUARY:

1784 - The Methodist Church was founded by John Wesley.

1820 - Birth of John Tenniel, British artist remembered for illustrating Alice in Wonderland.

1884 - Seán MacDiarmada, Irish Freedom Fighter, was born in Kiltyclogher, Co. Leitrim

1938 - Alice Taylor, writer, was born near Newmarket, Co. Cork

1961 - Birth in Clones, Co. Monaghan of Barry McGuigan, "the Clones Cyclone", world featherweight boxing champion (WBA) 1985-86

1973 - General election in the Republic led to a Fine Gael-Labour coalition government; Liam Cosgrave became Taoiseach

2001 - Economic disaster was threatened after the first case of foot and mouth disease for 60 years was confirmed in South Armagh

2001 - Dublin Zoo and Fota Island in Cork were closed as a preventive measure designed to protect any animals that may be susceptible to foot and mouth disease

2003 - Soldiers added razor wire to Shannon Airport's perimeter fences as the army and gardai braced for trouble at anti-war protests

2011 - Negotiators from Fine Gael sat down with Labour representatives in round one of talks to form a coalition government.. Both sides accepted they were under pressure from Europe to strike a deal by the end of the week.

WELL DONE:

The Shembe Church in South Africa (Nazareth Baptist Church), a traditionalist Zulu church has more than five million members and tens of thousands of the faithful flock to a special service every January in Durban, where older men move to the rhythmic sound of drumbeats and low trumpets and perform a trance-like dance to worship God.

But participants must wear the colourful ceremonial dress, which includes a loin cloth of monkey tails, a leopard skin belt, elaborate headgear with ostrich feathers and above all a cape of leopard skin slung across their naked chests.

Leopard skins are a symbol of pride and royalty in the Shembe religion, which was founded a century ago in the country's eastern KwaZulu-Natal region with roots in Christianity and Zulu customs.

However, with the big cat populations threatened by loss of habitat and poaching, Shembe leaders have backed a cheaper and predator-friendly alternative that still upholds tradition as the striking spotted pelts around the dancers' chests are slowly being swapped for synthetic faux fur -- thanks to a pact between conservationists and church leaders.

Listed as "near threatened" by the IUCN Red List of Threatened Species, it is believed leopards number between 5,000 and 7,000 in South Africa today despite the fact that no official figures exist.

About 10% of members' furs are now estimated to be fake, since

the church threw its weight behind the initiative, a spokesman for the church said that up to 70% of dancers will have given up real skins within two years and later, synthetic loin cloths, bracelets and belts will follow.

VISITING LOS ANGELES ANYTIME SOON?

Los Angeles, with its sprawling suburbs and spiderweb of freeways, is only 116 Miles / 186 Km and takes approx.1 hour 52 minutes by car to the Tehachapi Range in Southern California - but the contrast is so great that it might as well be another planet.

Mountains and deserts merge into grasslands and savannahs. A mother bobcat may build her den in the dense chaparral or teach her cubs to stalk prey in an evergreen forest. The strange shape of a Mojave Joshua tree stands in the shadow of the blue oak of the Sierras. During the day, coastal horned lizards soak up the sun, at night rare burrowing owls take flight and the howl of coyotes echoes through the canyons.

But now the fast and furious development of urban sprawl threatens the future of this incredible stretch of land. Residential housing doesn't just gobble up land, it tears apart vital migration corridors that rare and endangered species depend on for survival.

DOES CHOCOLATE REALLY HURT DOGS?

If your doggy companion is more family member than pet, you may be in the habit of sharing the foods your family loves with him. Although some people foods are fine in moderation, this is definitely not the case with chocolate. Stimulants in chocolate can lead to vomiting, diarrhoea, agitation and life-threatening elevated heart rates or seizures, depending on their weight and how much they eat and it is one of the most common causes of canine poisoning.

The darker the chocolate, the more toxic it is. For a 20-pound dog, 9 ounces of milk chocolate can cause seizures, but it takes only 1.5 ounces of baker's chocolate.

Seizures due to toxicity don't stop unless you treat them, so head to your veterinarian if you come home to find your dog vomiting repeatedly and extremely agitated, and certainly if the pet is unconscious and its limbs are shaking.

Unlike cats, dogs like sweets. So it's best to keep chocolate stored away and off countertops, which are no match for a motivated climber.

CUSTODY BATTLES:

A fifth of separating couples found deciding who gets the dog 'as stressful' as who should get the children, a survey has revealed. More and more dog owners are considering signing prenuptial agreements in order to avoid custodial battles as their four-legged friends outlive the average marriage or relationship.

With January being the most popular month for divorce, families rarely think about the impact on their pet, charity Dogs Trust warned.

It found a quarter of couples believed their dog would be the most important thing for them if they split up.

Nearly a third said they would consider signing a pre-nup, a legally binding document outlining what would happen to the dog if they were to split up.

However more and more warring couples are ending up in courts fighting over access rights to the dogs and even demanding pet maintenance to look after their pampered pooch.

But for some dogs neither side want them and the Dogs Trust alone cared for nearly 400 abandoned pets over the past three years due to breakups.

The charity's CEO Clarissa Baldwin said: 'It's heartbreaking to think that, on top of everything a family goes through in a divorce or separation, their beloved pet has be drawn into the battle.

'Sadly in some cases the change in circumstances makes it impossible for the dog to stay with either of his previous owners and subsequently our statistics show there has been a consistent three year increase in this problem from 2011.

'After going on a mini-break together and then sharing a home it looks like couples see the natural next step as owning a dog together.

'However, with a dog's life lasting longer than the average marriage it is becoming all too common for the dog to then end up in the care of rehoming centres like Dogs Trust.

'Dogs are not like expensive jewellery or fixtures and fittings and cannot be divided as easily.

'After all 'a Dog is for Life' and the cost of looking after one - as a couple and independently - needs to be considered before bringing one into your family to avoid having to give it up should the unthinkable happen down the line.'

Divorce lawyers have also reported a surge in cases involving bitter disputes over the custody of dogs.

When custody is given, its crucial owners can manage the financial implications of caring for a dog, whether that's independently or with a pet maintenance agreement to avoid having to abandon it for financial reasons in the future.

FINALLY THIS WEEK:

Austrian Hans Steininger was famed for having the world's longest beard: 4.5ft (nearly 1.4m) long.

But one day in 1567 there was a fire in his home town of Braunau.

In his haste to escape the he forgot to roll up his beard (which he used to stuff into a leather pouch).

He tripped over it, broke his neck, and died.





SouthWest Counselling Centre

Thinking about Feelings

When someone comes along to counselling and begins to talk about what is troubling them, one of the difficulties that sometimes emerges is their sense of having feelings that are 'bad' or 'wrong'. Perhaps they have been experiencing feelings of anger, or frustration, or maybe sadness, or regret. They may see such feelings as negative or self-pitying, and not compatible with being a good and kind and positive person. They wish these feelings would just go away. But, however much they try to wish them away, the feelings stubbornly persist. So then they experience shame and anxiety about having what they see as such negative feelings, and this shame and anxiety gets added to the mix, and just makes everything worse.

Counselling can offer us time and space in which we can talk about, and think about, all the different aspects of our emotional life, without using labels like positive or negative, right or wrong, good or bad. Instead, the counsellor provides a non-judgemental relationship, in which all aspects of our emotional experience can be heard and thought about. If we can slow things down a bit, begin to make sense of our feelings, and see them as an unsurprising response to aspects of our life experience, they are much less likely to cause us anxiety.

Gradually, we become more able to manage our feelings and get on with our lives, instead of our feelings managing us, perhaps by making us anxious or irritable or unconfident or withdrawn. We learn to accept that, if we face difficult and challenging situations in the future then, naturally, we are bound to experience difficult and challenging feelings within ourselves. And when we have to bear particularly difficult circumstances or events in our lives, there is no shame in seeking support to work through our feelings about them.

A counsellor is able to sustain an open and accepting attitude to another person's feelings, without anxiety getting in the way, because, through their own training and personal development, they accept that having emotional responses to life's events is a part of what it is to be human. Perhaps then, the more accepting and tolerant we can be towards our own emotional life, the more kindly and accepting we are able to be towards the feelings of others.

SouthWest Counselling Centre provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**.
Kerry LifeLine provides **FREE** counselling to individuals who are feeling suicidal or have been bereaved by suicide.
To make an appointment call **064 66 36416**.
info@southwestcounselling.ie / **info@kerrylifeline.com**

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

TACKLING CHILDHOOD OBESITY



Replacing Sugary Drinks

Sugary drinks, which include fizzy drinks, squashes, cordials and juice drinks are linked with excess weight in children.

TIPS

- If your family loves soft drinks or other sweetened drinks, reduce them gradually.
- Start by adding plenty of water to cordials and squashes.
- Add extra water each time to squashes and cordials to reduce your child's taste for sweetness.
- Keep sweetened drinks for the weekend.
- Make water freely available between meals.
- Water is tastier when it's cold:
- Put a jug of water in the fridge
- Add a slice of lime, lemon or orange to give it flavour and colour.
- Use bendy or coloured straws to make water more fun for younger children

Encouraging more sleep

Children who don't get enough sleep may be at increased risk of becoming overweight.

TIPS

- Regular bedtime routine can help children get the right amount of sleep.
- Encourage children to be active in the evenings to tire them out.
- Finish eating 2 or 3 hours before bedtime.
- Create a sleep-friendly environment that is dark, quiet, comfortable and cool.
- Keep your child's bedroom a TV-free zone and get them to charge their phones and other devices downstairs.
- The recommended hours of sleep per night are:
- 11 hours for under 5 year olds
- 10 hours+ for over 5 year olds
- 9 hours for over 10 year olds.
- Make bedrooms a tech-free zone.

2ND ANNIVERSARY

In Loving Memory of



Christine Sheahan

45 High Street, Killarney

Silent thoughts of times together hold memories which will last forever.

Sadly Missed by
Husband Peter, Son Seamus,
Daughters Katherine, Eileen,
Anne and families

**Anniversary Mass on
March 10th at 6.15pm
at St Marys Cathedral**

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. In thanksgiving.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

A.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..

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory. Thank you for mercy towards me and mine.

This prayer must be said for three days, after three days the favour will be granted.

PRAYER TO ST. JOSEPH

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of god, I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, Our Lord. So that, having engaged here below your heavenly power, I may offer you my thanksgiving and homage to the most loving of Fathers. O, St. Joseph, I never weary contemplating you, and Jesus asleep in our arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls pray for me. this prayer was found in the fiftieth year of Our Lord and Saviour Jesus Chris. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Who ever shall read his prayer or hear it or keep it about themselves, shall never die a sudden death, or be drowned, nor shall be burned in any fire or shall be overpowered in battle. Say for nine mornings for anything you desire. It has never been known to fail, so be sure you really want what you ask for. In thanks for request granted.

PRAYER TO THE VIRGIN MARY NEVER KNOW TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother 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 be said for three days and after that the request will be granted and the prayer must be published immediately.

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention here).

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. Thanksgiving for favour received and promised publication.

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

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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.

THANKS GIVING

Sacred Heart of Jesus and Our Blessed Lady, a thousand thank you for everything and all the Saints and Souls.

THANKS GIVING

Grateful thanks to the Sacred Heart, Our Lady of Lourdes, St Padre, St Clare and St Michael the Archangel for many favours received.

B.O.M.

NOVENA TO THE SACRED HEART

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

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle.

Pray, whether you believe or not. Publish on the 9th day.

May the Sacred Heart of Jesus be praised, adored & glorified today and always.

Request will be granted no matter how impossible it may seem.

Publication must be promised.

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory. Thank you for mercy towards me and mine. This prayer must be said for three days, after three days the favour will be granted.

M.M.

HOLY WATER - A MEANS OF SPIRITUAL WEALTH

HOLY WATER is a sacramental that remits venial sin, because of the blessing attached to it, Holy Church strongly urges its use upon Her Children, especially when dangers threaten, such as fire, storms, sickness and other calamities.

Every Catholic home should have always in it a supply of Holy Water.

WE DO NOT TAKE ADVANTAGE OF THE BENEFITS DERIVED FROM HOLY WATER.

LET US CULTIVATE ITS USE.

UNTOLD Spiritual Wealth is concentrated in a tiny drop of blessed water.

AND WE GIVE IT SO LITTLE THOUGHT. **M.M.**

THANKS GIVING

Sacred Heart of Jesus, Padre Pio and Our Blessed Lady, a thousand thank you for everything and all the Saints and Souls.

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