

FREE

"Out First Every Friday"

# KILLARNEY Outlook

To Advertise call **Des:** 087 659 3427 or **Tel:** 064 66 70000 **Email:** [killarneyoutlook@outlookmags.com](mailto:killarneyoutlook@outlookmags.com)



## Golden Chopsticks Chinese Restaurant

Mon - Sat: 3pm - 11pm | Sun: 12.30 - 11pm



Scotts Street Killarney  
(opposite Peter Mark Hair Salons)  
Tel: 064 66 22005

Gift Vouchers Available

Visit our website on [www.goldenchopstickschinese.com](http://www.goldenchopstickschinese.com)  
Check our Menu | Reserve on line with your Special Requests

### RESTAURANT SPECIAL

#### EARLY BIRD SPECIAL -

€15.00 per person

Offer 2 Courses + Rice and Chips.

Monday - Saturday: 3.00pm - 6.00pm

Sunday: 12.30pm - 6.00pm

#### SUNDAY LUNCH MENU SPECIAL

- €12.50 per person

Appetisers + Main Course + Tea or Coffee

(Including Rice or Chips).

Sunday: 12.30pm - 4.00pm

SAVE YOUR MONEY & FUEL  
with our TAKE AWAY MEGA MEAL DEALS

Free Delivery within 2 mile radius of Killarney Town

PEUGEOT RALLY DAY  
AT REEN'S CAR SALES RATHMORE  
SATURDAY 5TH APRIL 10.00 - 2.30



MEET CRAIG BREEN  
PEUGEOT RALLY ACE



IN CELEBRATION OF CRAIG BREEN'S APPEARANCE AT FEL'S POINT HOTEL  
CIRCUIT OF KERRY, WE ARE HOLDING A RALLY DAY

- Peugeot 208 T16 car
- See the new RCZ-R
- Radio Kerry Roamer live broadcast
- An original 205 T16
- The hot hatch 208 GTi
- Kids entertainment

REEN'S CAR SALES RATHMORE  
Oldchapel, Rathmore, Co. Kerry  
Tel: 064 7758150



PEUGEOT



[www.killarneyoaks.com](http://www.killarneyoaks.com)  
Muckross Road Killarney

NOW TAKING BOOKINGS FOR

## Mother's Day Lunch

To make a reservation please  
contact 064 6637600

Lunch Menu  
€25



20% off FABULOUS  
SALE



20% off all fabrics and wallpapers  
for the month of March!

#### Fabrics For All

Ballymakeera | County Cork | Ireland  
Tel: +353 (0)26 45235  
Email: [info@tffc.ie](mailto:info@tffc.ie) | Web: [www.tffc.ie](http://www.tffc.ie)

Curtains | Wallpapers | Blinds  
Bedding | Cushions | Upholstery  
Children's Rooms

ESTD 1985  
THE  
fabulous  
FABRIC  
company  
Beyond Measure



BR Insulation

T: 066 7193509  
M: 086 8633143

E: [brinsulation@hotmail.com](mailto:brinsulation@hotmail.com)  
W: [www.brinsulation.ie](http://www.brinsulation.ie)

"Your local Kerry based company"

C2 REG  
FULLY INSURED



- external wall insulation -
- cavity wall insulation -
- attic insulation -
- internal wall drying -

Save up to  
60%

## ARE YOU ONE OF THE 35,000 PEOPLE THAT READ THE BEST FREE PUBLICATION IN KERRY... THE KILLARNEY OUTLOOK

DONT MISS OUT ON COLLECTING YOUR WEEKLY EDITION OF KERRY'S BRIGHTEST AND MOST READ PUBLICATION..... THE KILLARNEY OUTLOOK. THE GLOSSY MAGAZINE IS DELIVERED TO BUSINESS OUTLETS EVERY FRIDAY AND IS SNAPPED UP WITHIN MINUTES OF DELIVERY.

### FARRANFORE

JLT Tiles  
Farranfore Garden Centre  
Londis Moriarty's  
Liam Lynch Garage

### KILLARNEY

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  
International Hotel

### 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  
Joe Vany 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  
Coyne & 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  
Hennigan's Auctioneers  
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 Ríochta 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  
Daly's Petrol Shop  
Supermac's  
Killarney Sports Centre  
Killarney Tyres  
Kerry Tool Hire  
Killarney Glass  
Maurice Prendiville  
RM Audio  
Killarney DIY  
Keogh Decorator  
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

### MUCKCROSS ROAD

Handy Stores  
Tom Spillane  
Amber Station Muckcross 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  
Muckcross House Restaurant  
Lake Hotel

### ROAD TO RATHMORE

CRL Oil  
Darby O'Gills  
Healy's Garage  
**GLENFLESK**  
Kerry Way Pub  
P.O. Filling Station  
**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'Keefe's Hardware  
Sapphire Signs  
Renault Motors  
Centra Shop  
Credit Union  
Haven Beauty Salon  
Esso Shop  
**GNEEVEGUILLA**  
Post Office McCarthy's  
Fr Kevin  
Dunnes  
O'Keefe'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  
Murphy's  
Little Pavillion (take away)  
O'Neill's Power Equipment  
P.O.

### CASTLEMAINE

Organic Store  
Cronin's Petrol Station  
Tool Hire  
Geaney's Oil  
Griffin's Bar  
Boyles Hardware  
Post Office / Shop  
Kerry Group Creamery  
Tyre Centre

### FIRIES

Shop - (Bridies)  
Pub  
The Ballinvarrig Inn  
Supermarket  
**CASTLEISLAND**  
Outlook Office.





**KCINEMAKILLARNEY**  
East Avenue Rd, Killarney, Co.Kerry .com

**Friday 28th - Thursday 3rd Apr 2014**

 <b>CAPTAIN AMERICA</b> (12A) 140m 7 Days 6:10 8:45 Sat/Sun 12:30 3:30 Late Show Fri 11:30	 <b>3D CAPTAIN AMERICA</b> (12A) 140m 7 Days 6:30 8:30 Sat/Sun 2:30 4:45	 <b>LABOR DAY</b> (12A) 120m 7 Days 6:30 9:00 Late Show Fri 11:30	 <b>MUPPETS MOST WANTED</b> (G) 105m 7 Days 6:15 8:15 Sat/Sun 12:15 2:15 4:15
 <b>THE STAG</b> (15A) 105m 7 Days 9:00 11:30 Late Show Fri 11:30	 <b>NEED FOR SPEED</b> (12A) 140m 7 Days 6:20 8:50 Late Show Fri 11:20	 <b>TINKERBELL PIRATE FAIRY</b> (G) 90m Sat/Sun 2:15 4:15	
 <b>RIDE ALONG</b> (12A) 110m Fri/Mon-Thurs 6:20	 <b>2D LEGO</b> (G) 710m Sat/Sun 12:15 2:20 4:30	 <b>FROZEN Sing-a-long</b> (G) 120m 12.05	 <b>TINKERBELL PIRATE FAIRY</b> (G) 105m 12.15

**KIDS CINE CLUB** Saturday 29th & Sunday 30th March

**FROZEN Sing-a-long** (G) 120m 12.05  
**TINKERBELL PIRATE FAIRY** (G) 105m 12.15

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

**BIG PIZZA** small price



**LARGE PIZZA WITH ANY 3 TOPPINGS**

**FOUR STAR PIZZA**

**€11.99**

**064-6630222**  
KENMARE PLACE KILLARNEY

ORDER ONLINE [www.fourstarpizza.ie](http://www.fourstarpizza.ie) Find us on Facebook Follow us on Twitter

**THE CAHERNANE HOUSE HOTEL**  
*Historic Country House*

*Now Open for the 2014 Season with new BarFood Menu*

Enter our tree lined driveway and step back in time at Cahernane House Hotel, relax in our luxurious drawing room, library, great hall or conservatory. Unwind and sample the lovingly crafted offerings on our afternoon tea or bar food menu in the Cellar bar or take a stroll in our private grounds. For the ultimate treat why not indulge in the best of Kerry fine dining in the Herbert Room restaurant.

This year we celebrate our 9th consecutive year of holding 2AA Rosette's for excellence in food as well as featuring in the Michelin Guide, Georgiana Campbell's guide to Ireland, Lucinda O'Sullivan, Conde Nast and many many more.

**THE HERBERT ROOM Restaurant**




For that special occasion, wedding or just a treat why not sample what the Herbert Room has to offer, email us directly at [theherbertroom@cahernane.com](mailto:theherbertroom@cahernane.com) or call us today on 064 66 31895 for bookings.

Muckcross Rd. Killarney | Tel 064 66 31895 | [info@cahernane.com](mailto:info@cahernane.com) | [www.cahernane.com](http://www.cahernane.com)

*Cahernane House Killarney, why Killarney was called heavens reflex*



## Aghadoe Heights HOTEL AND SPA

# Mother's Day Luxury Treats

### Unable to celebrate Mother's Day?

Join us for a Special Pre-Mother's Day Dinner on Saturday 29th March. Gourmet dinner for two with a bottle of wine.

**€99**

Quote 'Pre-Mother's Day Special' when booking.

Book now - Call **064 6631766**

or email [reservations@aghadoeheights.com](mailto:reservations@aghadoeheights.com)

Local pick up service available

### Spa Treat with Lunch

Thermal Suite Experience. Choice of Voya Facial or Massage, Mini Hand Treatment, File and Polish.

Two course Lunch.

**€160 pp**



LAKES OF KILLARNEY, KILLARNEY, COUNTY KERRY  
[www.aghadoeheights.com](http://www.aghadoeheights.com) - tel: 064 66 31766

**O'CONNOR FUELS**  
 KILLARNEY, CO. KERRY

Special Winter Offers...

FREE DELIVERY

**1 Tonne of Premium Polish Coal...**  
**40KG BAGS - ONLY €355**

**1 Tonne of Smokeless Coal...**  
**40KG BAGS - ONLY €405**

**10 bags of 40kg Cosyglow Smokeless Coal & 10 Bales of Briquettes...**  
**ONLY €209 + 3 BAGS OF FIREWOOD BLOCKS FREE**

**10 bags of 40kg Polish Coal & 10 Bales of Briquettes...**  
**ONLY €199 + 3 BAGS OF FIREWOOD BLOCKS FREE**



**10 Bags of 40Kg Premium Coal Only €144**

**m: 087-6178379 t: 064 77 50661 f: 064 77 56534**

# MARK COYNE

# TYRE SHOP

"HONEST ADVICE" "HONEST PRICE"

**FREE 4 WHEEL ALIGNMENT**  
**WHEN YOU PURCHASE 3 OR 4 TYRES**

.....

**CAR SERVICE FROM €60.00**

.....

**BRAKE PADS FITTED FROM €30.00**

Budget • Mid range • Top quality tyres!

**☎ 087 2726287 / 064 6671987**  
 UPPER ROSS ROAD (BELOW AMBER FILLING STATION)



**WE WON'T  
BE BEATEN  
ON  
PRICE**



# KITCHEN

**DISCOUNT WAREHOUSE**  
LOW COST KITCHEN SOLUTIONS

Affordable & Stylish Kitchens & Wardrobes



- Manufactured Locally
- Classic & Contemporary Kitchens
- 3D Plan & Design Service
- Supplied & Fitted



**OPENING HOURS:**

Monday- Friday 9am -5.30pm

Saturday 9am - 1pm.



Monavalley Tralee.



Unit 10 Westside, Monavalley Business Park, Tralee | Call Mike at 066-7186594  
(opposite Kingdom Crash Repair)

*Bellview Woods*  
CHILDCARE

## **FREE PRE-SCHOOL PLACES** FOR SEPTEMBER 2014

In Naíonra or Montessori 9.30am-12.30pm Monday - Friday.

All children born between 2/2/10 and 30/6/11 are entitled to Free pre-school from September 2014 under the Government Early Childhood Care and Education scheme.

**Also taking bookings for all age groups  
(3 months - 5 years) for September 2014.**

Ballydowney, Killarney.

064 6636800

Email: bellviewwoods@bestcreche.ie

**www.bestcreche.ie**





# CARTELL.IE RENEWS ITS SPONSORSHIP OF THE RALLY OF THE LAKES

Cartell.ie has announced the renewal of its sponsorship of the International Rally of the Lakes in a deal that will run for the next three years.

The new deal will ensure the financial security of one of the biggest motorsport events in Ireland.

The event will celebrate its 35th anniversary this year by welcoming crews from the European Historic Rally Championship for the second time. The May 3-4 event is also a counting round of the Clonakilty Black Pudding Irish Tarmac Rally Championship and the PlasticBags.ie Southern Four regional series.

Clerk of the course Dermot Healy said: "The Cartell.ie International Rally of the Lakes is one



JOHNNY HICKEY (RALLY OF THE LAKES), JEFF AHERNE (DIRECTOR CARTELL.IE), DERMOT HEALY (RALLY OF THE LAKES CLERK OF THE COURSE), RICHARD LAHIFF (CARTELL.IE)

of the biggest annual motorsport events in the southern half of the country and we could not stage an event of this magnitude without the generous financial support of Cartell.ie. As a team are delighted to have a company such as Cartell.ie involved with the event we have had a great relationship with them in the past. This year we are celebrating our 35th birthday and the signing of a new three year deal is a vote of confidence in the event and a huge boost for

the South West. It is estimated to be worth up to €10m to the local economy."

The organising committee has carried out its initial route survey and has promised to offer competitors and fans the best of classic rally stages that the south west can offer once the route has been signed off by Kerry and Cork County Council's and Motorsport Ireland's safety team.

## KERRY STUDENTS BRING COLOUR TO ART COMPETITION



Judging of entries in this year's 60th Texaco Children's Art Competition has commenced. Going for judging are entries received from two Kerry students – a work entitled 'Gliondar Craoi' by 12-year old Róisín Wall and 'Cool Cat' by 12-year old Patrick Dineen,

both from Knockanes National School, Killarney whose works are pictured being admired by marketing manager Bronagh Carron.

Winners will be announced in mid-April after which the top twenty-one prizewinning

entries will be placed on exhibition at the Hugh Lane Gallery on Dublin's Parnell Square where they will be seen alongside works by such renowned figures as Francis Bacon, William Orpen, Jack B. Yeats and Louis le Brocquy.

## SCHOOLS TO BENEFIT FROM FUNDING

Two primary and two secondary schools are among 21 schools in Kerry will benefit from the Summer Works Scheme 2014.

They are part of a national investment of almost €36 million in school improvements to be undertaken this summer.

The schools will receive funding to carry out small and medium scale building works across three categories of projects – gas, electrical and mechanical.

A second round of the scheme, which will cover other types of improvement works, is expected to be announced in coming weeks.

The Killarney Schools are Scoil Atha Na Mblath, Killarney, Scoil Náisiunta An Chuilleanaig, Killarney, Coláiste Bhréanainn, Killarney, St. Brigid's Secondary School, Killarney.

## HEARTBEAT MEETING

HeartBeat welcomes Cardiologist Dr. Samer Amous from the Bons Secour Hospital Tralee to their meeting this month. As well as covering general heart care Dr. Amous will talk about Hypertension and Heart Failure. There will be a question & answer session. This is a free event and all are welcome to the Serenity Centre, St. Anne's Road, Killarney at 8pm (sharp) on Monday March 31st.





# McSWEENEY ARMS HOTEL

*Lakes of Killarney*



**SUNDAY LUNCH 12.30PM - 4.30PM**



## STARTERS

Homemade Soup of the Day, Garlic Croutons

Vegetable Spring Roll, Sweet & Sour Sauce

Chicken Caesar Salad, Cos Lettuce, Croutons, Parmesan Cheese

Spicy Fish Cake, Mixed Leaves, Red Pepper Coulis



## MAINS

Chicken & Glazed Ham, Herb Stuffing, Red Wine Jus

8oz Sirloin Steak, Sauté Mushrooms, Onions, French Fries (€2 supplement)

Grilled Irish Salmon, White Wine & Grape Infusion

Roast Turkey, Glazed Ham, Potato and Vegetables

Oriental Chicken or Vegetable Stir Fry, Chili & Soya Sauce



## DESSERTS

Bread & Butter Pudding, Crème Anglaise & Fresh Cream

Apple Pie, Vanilla Ice Cream

Trio of Ice Cream, Fruit Coulis

Death by Chocolate Cake, Fresh Cream



**MAINS €12 | 2 COURSES €16 | 3 COURSE €20**

McSweeney Arms Hotel, College Street, Killarney, Co. Kerry

Tel: +353 64 6631211 • Fax: +353 64 6634553 • Email: [mcsweneeyarms@eircom.net](mailto:mcsweneeyarms@eircom.net)

Website: [www.mcsweneeyarms.ie](http://www.mcsweneeyarms.ie)



# EASTER BASKETBALL CAMP IN KILLARNEY

American basketball coach Matt Vaughn who guided St. Paul's Killarney to the All Ireland regional league title back in 1993, will return to Killarney to spearhead the club's annual basketball camp.

St. Pauls Juvenile Basketball Club will host their fourth annual Easter Basketball Camp at the Killarney Sports and Leisure Centre from Tuesday April 15th to Thursday April 17th inclusive. Coach Vaughn is just one of a number of high profile American basketball coaches who will be parting with their knowledge at the camp which has proved to be a huge success over the past few years.

Matt Vaughn was head coach in the St. Paul's club during the 1992-93 season when the senior mens team enjoyed a very impressive national cup run before clinching the regional league title in April 1993. It was a landmark victory at the time that secured national league status for the St. Paul's and Vaughn will make a welcome return to Killarney 21 years on from that success.

Teaming up with Coach Vaughn at the Easter camp will be the vastly experienced Ed Hoffman



A GROUP OF PARTICIPANTS AND COACHES AT THE ST. PAUL'S BASKETBALL CLUB EASTER CAMP IN THE KILLARNEY SPORTS AND LEISURE CENTRE LAST YEAR. INCLUDED ARE COACHES ED HOFFMAN, NIKKI TEASLEY, MIKE TEASLEY, THIBAUT PRIOU, CHRISTIAN ANON, JASON KILLEEN, MIKE HICKEY, RHEANNE O'SHEA AND MARK MORIARTY AND CLUB OFFICERS TRICIA O'SHEA AND JEAN COURTNEY. THE CAMP WILL RETURN TO KILLARNEY SPORTS AND LEISURE CENTRE FROM APRIL 15TH TO 17TH. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



THE ST. PAULS REVELLES KILLARNEY TEAM THAT WON THE IRISH BASKETBALL REGIONAL LEAGUE TITLE IN APRIL 1993. FRONT FROM LEFT ARE MIKE STACK, BRIAN CLARKE, JOEY SHEEHAN AND NIAL O'DONOGHUE, REVELLES NITE CLUB, TEAM SPONSOR. BACK FROM LEFT ARE MATT VAUGHN, COACH, SIMON O'SHEA, PAT O'CONNOR, EDWARD O'DONOGHUE, PAT O'SHEA (CAPTAIN), NIAL O'CALLAGHAN, CORMAC O'DONOGHUE, VINCE DALY AND SEAN COLEMAN, CHAIRMAN, (RIP). PICTURE: DON MACMONAGLE.

of the Notre Dame Basketball Academy who has been camp director since its inception and he will return to Killarney again for the fourth year in succession. Joining Hoffman is Shelton Hawkins, head basketball coach at Saints Peter and Paul High School in Maryland. A fourth American coach for the camp is also expected to be confirmed shortly.

The American coaches will also be joined by a number of well established Irish coaches and local club coaches. Club officials are still finalising the full list but those expected to be involved include former Irish senior mens coach Enda Byrt and Killarney native James Weldon who has just completed a very successful five year term with the UL Huskies in the ladies superleague and former Irish International Cormac O'Donoghue also has vast experience

in the superleague and national league.

The camp, which is open to boys and girls from 8 to 18 years of age and is not confined to members of the St. Paul's club and there is an open invitation to all basketball enthusiasts in Killarney and to members of any basketball club in Kerry and beyond. Entries will be taken on a first come first taken basis and it will be restricted to limited numbers.

Further information about the camp, application forms and sponsorship cards are available from the following contacts in St Pauls Basketball Club; Tricia O'Shea 086 6057679 and Jean Courtney : 086 1994378. Registration forms can also be collected in Killarney Sports Centre or by emailing [jeancourtney1@yahoo.com](mailto:jeancourtney1@yahoo.com)

## DON'T FORGET THE KERRY COUNTY CLEAN UP



VOLUNTEERS WORKING HARD AT LAST YEAR'S COUNTY CLEAN UP.

Just a reminder that The Kerry County Clean Up will take place on Saturday April 12th 2014. The meeting place is the Upper Car Park at Daly's Supermarket at 8am and

everyone is welcome to join. For further information contact Padraig Treacy on 087 2385600. Meanwhile the weekly litterpicking in Killarney will

recommence on Wednesday next April 2nd with all volunteers welcome to attend at 7p.m.

## PUBLIC MEETING IN GNEEVEGUILLA

A public meeting will be held on Tuesday 15th April at 8.30pm in Gneeveguilla GAA Club Rooms to discuss the possibility of providing and having access to defibrillator(s) in the Gneeveguilla area. With the removal of the second ambulance from the Killarney area and the replacement of the ambulance service in Millstreet with a response car, there is a greater need than ever to establish a community response scheme in Gneeveguilla. The meeting will be followed by a presentation of certificates to the thirty local people who successfully completed the 'Community First Responder' training programme. It is important that as many as possible come out and lend their support to ensure the viability / success of this community initiative.



# KARL HENRY

— TV FITNESS EXPERT —

FITNESS & NUTRITION BOOT CAMP WEEKEND

25<sup>TH</sup> - 27<sup>TH</sup>  
APRIL 2014

## THE IDEAL WAY TO GET IN SHAPE FOR SUMMER

**Karl Henry comes to Muckross Park Hotel  
25<sup>th</sup> - 27<sup>th</sup> April for a weekend of  
Fitness & Nutritional advice**

- Receive guidance on the right exercise and nutrition
- Exercise with Ireland's leading fitness expert
- Get the kick start to a healthier lifestyle



## COURSE TICKET

3 Days Fitness & Nutrition Programme  
including Breakfast, Lunch & Dinner.

€ 199 per person

## 2 NIGHTS PACKAGE

including 2 Nights Bed & Breakfast,  
Dinner, Lunch, 3 day Fitness & Nutrition  
Boot Camp Programme.

€ 349 per person | € 399 single occupancy

### 3-DAY PROGRAMME WITH KARL HENRY

#### Friday 25<sup>th</sup> April

- 7.00 pm Introduction and light exercise  
Receive a signed copy of Karl Henry's book
- 8.15 pm Dinner hosted by Karl Henry

#### Saturday 26<sup>th</sup> April

- 7.30 am Exercise session in Killarney National Park (Cardio)
- 9.00 am Breakfast
- 10.00 am Goal Setting
- 11.00 am Outdoor / indoor training session  
(Muscular endurance & strength)
- 1.00 pm Lunch followed by afternoon training (Flexibility)
- 7.30 pm Dinner followed by discussion on exercise & nutrition

#### Sunday 27<sup>th</sup> April

- 7.30 am Exercise session (Cardio)
- 9.00 am Breakfast
- 11.00 am Exercise session (Flexibility)



MUCKROSS PARK  
HOTEL & CLOISTERS SPA

To book call **064 662 3400**  
or email **[info@muckrosspark.com](mailto:info@muckrosspark.com)**  
**[WWW.MUCKROSSPARK.COM](http://WWW.MUCKROSSPARK.COM)**





# TIBETAN BUDDHISM COURSE FOR KILLARNEY

A unique Tibetan Buddhism course The Great Seal course with lama Ole Nydhal will take place in Killarney Avenue Hotel Killarney from 7th to 9th April 2014.

"The Great Seal" (Sanskrit Mahamudra) is considered to be the crown jewel of Buddha's teachings. When one rests at all times in the totality of the experience, what is experienced, and the act of experiencing then the goal, Mahamudra, is reached. This state, also called Enlightenment, brings forth unconditioned fearlessness, joy, and active compassion. One then acts spontaneously and effortlessly for the benefit of all.

During Mahamudra Courses, Lama Ole describes the progressive stages which lead to this state and also guides his students in various Diamond Way meditations throughout the course. There are only very few schools of Zen and Tibetan Buddhism which have succeeded in keeping these teachings alive until today.

Diamond Way Buddhism is an international non-profit network of more than 600 lay Buddhist centres of the Karma Kagyu Lineage, school of Tibetan Buddhism.

Diamond Way Buddhism represents the most widespread approach to practising Buddhism outside the traditionally Buddhist countries of today. It mainly focuses on meditation and transmission of knowledge from teacher to student, with an emphasis on personal responsibility.

The first Diamond Way Buddhist Centre in Ireland was established in Dublin in 2005. Since then the increase in membership has resulted in further groups being established in Killarney, Dingle, Cork and Sligo.

The main Irish Centre in Dublin holds a regular weekly programme of meditation and study sessions. It organises regular lectures and weekend courses with guest Buddhist teachers from around the world. Centres around Ireland



LAMA OLE NYDHAL.

also offer weekend retreats, which give the opportunity to deepen the meditational experience. Lama Ole first visited Ireland in 1977. Since then he has lectured in Dublin in Griffith College in 2007, The National College of Ireland in 2009, 2011 and 2013 and Croke Park in 2010.

**"TWIST ME AND TURN ME AND SHOW ME THE ELF. I LOOKED IN THE WATER, AND THERE SAW MYSELF"**

## BROWNIE ENROLMENT TAKES PLACE IN MUCKROSS



CELEBRATING 100 YEARS OF THE IRISH GIRL GUIDES AT MUCKROSS HOUSE AND GARDENS WHERE OVER 30 NEW RECRUITS ARE ENROLLED INTO THREE PACKS OF BROWNIES - TORC ST. MARY'S, FOSSA & LISSIVIGEEN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Brownies from Fossa, Torc St. Mary's and Lissivigeen had a magical afternoon last Sunday when they celebrated their Centenary Enrolment in Muckross Gardens in Killarney National Park.

Regional Commissioner Rosemary O'Driscoll joined

District Commissioner Elaine McCannon and Area Commissioner Susan Graham along with local leaders at the stream in Muckross to perform the enrolment of 30 Brownies. This year the Guides are celebrating 100 years in Ireland and in April almost

3,000 guides, brownies and ladybirds from around Ireland will descend on Dublin Zoo for a celebratory day out.

Following the ceremony, the group enjoyed a picnic at the Old Schoolhouse on Muckross Farm.

## WONDERFUL ENTERTAINMENT PROMISED AT ST. MARY'S

St. Mary's 2014 Concert Season continues on Monday March 31st when the Union University Singers from Jackson, Tennessee who will perform at St. Mary's Church of Ireland, Killarney at 8pm that same evening.

The Union University Singers are recognised for their outstanding performances of choral masterworks, Renaissance motets, hymn arrangements, and contemporary anthem literature. For many years, they have represented Union University in performances for major musical organisations, churches, and conventions, both at home in the USA and abroad. In recent years the Singers have toured Brazil, Germany, and England, as well as the central and western regions of the United States. The Singers represent a unique Christian university that is faith-centred in focus and evangelical by conviction. This choir of 35 students will perform a sacred spiritual repertoire with several pieces from diverse cultures.

The 35-strong choir is under the directorship of Dr. Christopher Matthews, who is Chair of the Music Department, Associate Professor of Music, and Director of Choral Activities at Union University. He teaches Music Theory and Conducting and Choral Technique and is the Director of the University Singers and Voices of Proclamation

Given the wonderful Church's acoustics and the concert programme, this promises to be another wonderful evening's entertainment!

Admission is free.





11 New Street Killarney Co Kerry  
Email : jphealyinsurances@eircom.net

Incorporating Irwin Insurances and Casey Insurances Ltd Est 1981

# Save money on Home Insurance



We offer better value and more cover than most online and direct insurers. See for yourself in these examples

Buildings sum insured €200,000  
Contents sum insured €50,000

Buildings sum insured €130,000  
Contents sum insured €23,000

Axa direct	€404.94
No nonsense	€345.69
123	€308.30
AA	€308.00
Liberty	€298.42

123	€266.45
AA	€266.00
Axa	€239.55
Liberty	€230.03
No nonsense	€211.13

**JP HEALY €295.00**

**JP HEALY €185.00**

Irish Brokers  
association



James P Healy & Co Insurances Ltd is regulated by The Central Bank of Ireland. Quotes are based upon sums insured above excluding accidental damage cover. No claims under any house insurance for the previous 6 years, detached house built in 1985 with 3 bedrooms. Policy excess of €275 and €550 for water damage claims. JP Healy quote includes Government levy and intermediary Brokerage charge. Quote is underwritten by Aviva Insurance Limited. Please contact us for your individual quote. Terms and conditions apply. Comparison quotes from websites and correct @ 17/01/2014



# THE 'REVOLUTIONARY DECADE ROADSHOW' ARRIVES IN KILLARNEY

THE SCHOOL HOUSE, MUCKROSS HOUSE 29 MARCH 2014, 10.30AM-3PM

The School of History, University College Cork, the Trustees of Muckross House, Kerry County Museum, and Kerry County Council will host the 'revolutionary decade roadshow' tomorrow, Saturday 29 March 2014, from 10.30am - 3pm at the School House, Muckross House, Killarney. The event – which is free, open to all and for which no pre-registration is required – follows on from the success of previous roadshows, which were held in Cork city and county, and which attracted international attention as a result of the discovery during them of the last known photographs of Michael Collins, taken just minutes before his death in west Cork on 22 August 1922.

The event is aimed at anyone who has an interest – whether personal or familial – in the history of the 'revolutionary decade' in modern Irish history, 1913-1923, which includes such defining events as the 1916 Rising, the First World War, and the War of Independence, and the great causes of the time, such as the labour movement and female suffrage.



PREPARING FOR 'IRELAND'S REVOLUTIONARY DECADE ROADSHOW' WHICH WILL BE HELD AT THE SCHOOLHOUSE, MUCKROSS TRADITIONAL FARMS, MUCKROSS HOUSE, KILLARNEY, ON SATURDAY 29TH MARCH 2014 FROM 10.30AM TO 3.00PM. FROM LEFT, LIZ RYAN, DOCHAS DRAMA, PATRICIA O'HARE, ARCHIVIST, MUCKROSS HOUSE, DON ROHAN, DOCHAS, MARY CAHILL, BEAN AN TI, MUCKROSS FARMS, SANDRA LEAHY, KERRY COUNTY MUSEUM, EILEEN LEHANE, BEAN AN TI, MUCKROSS FARMS, UNA COSGRAVE, KERRY COUNTY COUNCIL, HERITAGE OFFICER, MARY MURPHY, DOCHAS, PATRICIA SHERRY, DOCHAS, JOE MARTIN, DE VALERA, AND HIS SON TOMMY MARTIN, MICHAEL COLLINS. PHOTO: VALERIE O'SULLIVAN.

Anyone who has any documents (eg official correspondence, private letters, diaries, pictures, etc.), stories, artefacts from this 'revolutionary decade' – or indeed are simply

interested the events that took place during it - are invited to meet and discuss these with professional archivists and expert historians, in a friendly, informal setting.

## GARDAÍ LEND THEIR SUPPORT TO HURLING COACHING INITIATIVE



KILLARNEY GARDAÍ COME ON BOARD TO SUPPORT THE INTRODUCTION OF HURLING & CAMOGIE COACHING IN THE NATIONAL SCHOOLS IN THE AREA. BACK (FROM LEFT): JOHN LENIHAN (SOUTH KERRY JUVENILE HURLING), MICHAEL O'KEEFE (PRO, SOUTH KERRY JUVENILE HURLING), GARDIA JOHN GUEST, SUPERINTENDENT FLOR MURPHY, GARDIA BRENDAN O'DONOVAN & TIMMY HOURIGAN (COACH). FRONT (FROM LEFT): LUCAS O'SULLIVAN, SEAN COLLINS, DECLAN MCCLURE, ELAINE PARKER, LISA LENIHAN & EVE CROWLEY.

The Killarney Gardaí have come on board to support the introduction of Hurling & Camogie Coaching in the National Schools in the area. Following a very successful fundraising 'Super Draw', the South Kerry Juvenile Hurling Board are currently identifying suitable qualified part-time coaches to commence coaching in the Schools from April 1st 2014. The group are delighted that the local Gardaí have answered the call by providing some top class coaches to lend a hand

with some of the National Schools. It is a great boost for this new initiative and we sincerely thank the Gardaí for this gesture of goodwill towards the Community. On Tuesday, 1st April 2014, the South Kerry Juvenile Hurling Board are holding an official Launch Night in the Killarney Sports & Leisure Centre where Paudie Butler, former National Director of Hurling Coaching in Ireland, will be demonstrating a training session appropriate for National School students. It is hoped that all the National

Schools in the Killarney / Rathmore area will come along to see this presentation commencing at 7:00pm. There will also be the opportunity for each School to provide 3 students to participate in learning the basic skills in the training session with Paudie on the night. Teachers, parents and children are all invited to attend this introduction to Hurling Coaching in the National Schools.

## HOME FROM HOME FLAG DAY

Home from Home After School for Children with Special Needs, Ballydowney are holding their annual Flag Day this Saturday 29th March in the Killarney Town area and the Killarney Outlet Centre. All collectors will be identifiable by Home from Home t-shirts and caps. The group would appreciate your support on the day.

## PARENT FIRST COURSE FOR KILLARNEY

A 6 Week Parenting Course entitled Parenting Your Adolescent will take place at the SouthWest Counselling Centre on Lewis Road Killarney, beginning on Wednesday April 9th.

This parenting programme considers how parents connect with and build good relationships with their teenager. Through use of role-play, facilitator input, guided discussions the course aims to teach parents the skills of effective communication and conflict resolution. Issues covered on the course will include: Coping with Negative behaviour, Encouraging your child, Problem Solving, Communicating with your child, Managing your angry child, Discipline and managing conflict, Teen Sexuality and Relationships. There will be a €25 donation to take part in the course and more details can be obtained from the SouthWest Counselling Centre at

064 6636416 info@southwestcounselling.ie



College Square, Killarney  
064 66 34177

PROPERTY  
PARTNERS

GALLIVAN

WWW.PROPERTYPARTNERS.IE

IT PAYS TO LISTEN TO EXPERTS!  
Local Knowledge-Nationwide

## PROPERTIES OF THE WEEK

### EXCELLENT VALUE



#### 1 THE ORCHARD, BEAUFORT

REF 558

Guide Price €190,000

3 Bedroom Semi-detached (1,550 sq ft) Double Glazed Windows  
& Oil Fired Central Heating. Only 6 miles to Killarney.

BER C3

### BUSINESS OPPORTUNITY



TO LET

#### THE REEKS GATEWAY, KILLARNEY

Ready to go Hair Salon (720 sq ft) Contemporary Design, Treatment Room,  
Toilet Facilities, Customer Parking. Excellent opportunity with minimal outlay.

Rent On Application



*Your first car is a  
special thing...*

*We can offer special  
quotes for  
young drivers...call  
us today.*

Motor • Home • Health • Commercial/Business

Gallivan Murphy Hooper Dolan  
INSURANCES Ltd.

t: 064 66 34632 info@gmhd.ie | www.gmhd.ie

Killarney Business Centre | Upper High Street

Gallivan Murphy Hooper Dolan Insurances is regulated by The Central Bank of Ireland  
Terms and conditions apply





# LOUGH LEIN ANGLERS FISH FOR CHARITY



AT THE LAUNCH OF THE LOUGH LEIN ANGLERS ANNUAL CHARITY FLY FISHING COMPETITION AT ROSS CASTLE, KILLARNEY. THE ANNUAL EVENT WHICH IS SPONSORED BY LEE STRAND, WILL BE HELD ON SUNDAY, 27TH APRIL, 2014 ON LOUGH LEIN. THE CLUB HAS CHOSEN ST JOHN OF GOD'S CHARITY AND MACROOM COMMUNITY HOSPITAL TO BE ITS BENEFICIARIES. INCLUDED AT THE LAUNCH WERE, DENIS CRONIN, ANNE O'MAHONY, MACROOM COMMUNITY HOSPITAL, JERRY DWYER, MANAGER MILK OPERATION LEE STRAND, CORRIE O'FLAHERTY, LOUGH LEIN ANGLERS, JANE CURRAN, EILEEN BUCKLEY, JANET O'DONOGHUE, MICHAEL O'LEARY, PAT CURRAN, BERNIE BUCKLEY, DIRECTOR OF NURSING MACROOM COMMUNITY HOSPITAL, RORY O'FLAHERTY, ANGIE KISSANE, ST JOHN OF GOD'S, AND PATSY O'FLAHERTY.

PHOTO: VALERIE O'SULLIVAN

## CRP AND AED TRAINING IN BEAUFORT

Beaufort Defibrillator Group and the Michael Linehan Heartsafe Killarney Group are joining forces to hold a CRP and AED training day on Saturday 5th April 2014 in Beaufort Community Hall, 9am til 3pm.

A certificate is given on completion of the

course which costs €25 if re-certifying or €40 if new to the course. The cost includes morning coffee, lunch (kindly sponsored by the Beaufort Bar and Restaurant), pocket mask and certificate. All instructors are voluntary and any remaining funds go towards running costs.

Book early to avoid disappointment as places are limited.

For further information or to book your place contact Mary: 0872927309 /0861992401

## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address:** 2 GARDEN VALLEY, KILBREAN, KILLARNEY. ● **Ber Rating:** C3

**Agent:** Hennigan Auctioneers, 66 New St., Killarney, Co. Kerry

● **064-6634582** ● **087-2354416**

**Price Region:** €210,000

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





**REVIEW YOUR PENSION**

**DERMOTCRONIN**  
TRUSTED FINANCIAL ADVISOR

Call **064 6622775** NOW  
to arrange an appointment  
or email us on [kerrymortgagecentre@eircom.net](mailto:kerrymortgagecentre@eircom.net)

- :: Pensions :: Mortgages
- :: Life Insurance :: Investments
- :: Income Protection & Serious Illness Cover

Dermot Cronin & Kerry Mortgage Centre is regulated by the Central Bank of Ireland.



**HENNIGAN**  
Auctioneers

**WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE**

**DROMCARBIN, GLENFLESK**

**BRILLIANT VALUE! BRILLIANT VALUE! BRILLIANT VALUE!**

Magnificent located Bungalow with stunning mountain views set close to the banks of the Salmon Rich Owneycree River is the ideal family residence just 0.75 miles off the main Killarney/Cork Road and just 5.5 miles from Killarney Town. The private electric gated entrance, landscaped gardens, paved patio area, separate garage and kennel further enhances this fine property. **BER Rating: C2**

**Reduced Price: €215,000**



Hennigan Auctioneers urgently require properties all areas to sell to rent  
**NO SALE NO FEE NO LET NO FEE**

**Hennigan Auctioneers 66 New St., Killarney t| 064 6634582 m| 087 2354416 www.daft.ie/hennigan**



**MONEY MATTERS.....**

By Dermot Cronin,  
**Financial Advisor**



**INVESTMENTS**

Interest rates for deposits in banks and building societies are very low at the moment and have not been this low in a long time. Another problem for people looking for good interest rates is that as well as interest rates being low is that DIRT tax is 41% and since the 1st January this year a PRSI levy of 4% can also be applied. The effective tax rate on interest earned on savings can be as high as 45% as both the new higher rate of Deposit Interest Retention Tax (DIRT) tax and the PRSI levy on unearned income have both come into force since Jan 1. If you invested €20000 over 12 months at 2.50%, taking into account DIRT tax and the levy you may only get €275 after DIRT tax and the PRSI levy. Because these returns are so poor people are looking for alternative investments. Thankfully there are other investment options available to you.

Investment providers have introduced many different types of products because of the very low returns on deposit type accounts and it is very important that people know about all these products before deciding on what products suit them best. A mixture of different type of investments may be the best way to spread your investments rather than having all your eggs in one basket.

For more information or to make an appointment to discuss the above contact Dermot Cronin APA, at **064 6622775** or **087 2893649**.



**SEAN LEO O'SULLIVAN**

Killarney, Co. Kerry - [www.myhome.ie](http://www.myhome.ie)  
087 2024772 | 064 6633207

**19 FIRIES CLOSE, FIRIES, CO. KERRY**

**NEW TO THE MARKET**



3 Bed (1 En-Suite) Semi-Detached Property. Situated in the heart of Furies Village, within a short stroll of shops, crèches, National School, Church etc. Well maintained property in good decorative condition. OFCH & double glazed windows throughout. Good sized back garden with 2 No. storage sheds. Large green area to the front. Ideal family home.

**PRICE GUIDE: €135,000 (Open to Offers)**

**71 CASTLE FALLS, ROSS ROAD, KILLARNEY**

**SALE AGREED**

**Similar Type Properties Required**



For enquiries please contact **Jacqueline O'Sullivan**  
**064 6633207 or 087 2024772**



# SURVIVAL IS KEY AS KILLARNEY NATIONAL PARK BATTENS DOWN FOR WINTER IN TV3'S 'THE PARK'

The second episode sees an eerie silence descend on Killarney National Park as we fall into winter. The episode looks at one of the most spectacular human interventions in recent years - the attempt to re-introduce white tailed eagles.

The breeding season for the Atlantic salmon brings vibrant life back to the waterways of the park as the programme explores their journey upstream.

'The Park' episode 3 airs Sunday 30th March 2014 at 8pm on TV3.

Filmed over a two-year period, this epic four-part series opens up the world of wonder that resides within Ireland's oldest National Park in Killarney - a living archive of some of our most precious scenery, plants and wildlife.

The series is narrated by Irish environmentalist, writer and broadcaster, Dick Warner and is sponsored by the Europe Hotel & Resort in Killarney.



## KERRY FIRMS INVITED TO EXPLORE THEIR FINANCING OPTIONS AT UPCOMING BUSINESS SEMINAR



**SOUTH KERRY SKILLNET**

ManagementWorks, in association with South Kerry Skillnet, Rural Food Skillnet and South West Gnó Skillnet, is hosting a free business seminar for business owners, managers and sole traders in Kerry on Thursday 3rd April 2014 on the topic "Financing Your Business - Know Your Options".

The seminar includes

contributions from a range of SME finance experts and will provide answers to some of the most common questions that arise, e.g., How can I finance the growth of my business? If I go to the banks for credit, what are they looking for? If the bank says no, what are my options? Are there any tax incentives for people to invest in my business?

What makes my business an attractive investment (for me, my family, my bank, outside investors, etc.)? Where can I go for help in understanding my requirements and securing finance for my business?

The seminar takes place in the Brehon Hotel, Killarney, from 6.00pm to 8.30pm on Thursday 3rd April 2014. Attendance is free of charge but places are limited so pre-registration is required. To register or to find out more, visit the ManagementWorks website at [www.managementworks.ie](http://www.managementworks.ie) or call Alma on 01 2079630.

## DRIVING TESTS RESCHEDULED

The Road Safety Authority (RSA) wishes to advise customers scheduled for a driving test next Wednesday afternoon, 2 April 2014 that their tests will need to be rescheduled. This is due to industrial action being taken by IMPACT, the Union that represents driver testers.

Customers who are due to take their test that day are being notified of the disruption and plans are in place to reschedule their tests, at no cost, as quickly as possible at times that are convenient for them.

## PAUL GALVIN TO WED

FORMER Kerry GAA star Paul Galvin has proposed to his girlfriend Louise Duffy during a trip to New York.

The couple have been dating for over two years and live together in Dublin.

Louise is a DJ with Todayfm and is set to take over the lunchtime show from Monday next while Paul operates his own website [www.thisispaulgalvin.com](http://www.thisispaulgalvin.com)



## Stop Smoking,

No Stress, No Craving, No Weight Gain,

## Lose Weight

Easily & Naturally

*Hypnosis is the answer*

Anxiety, Stress, Fears, Phobias, Worry & Tension, Depression, Insomnia, Stop Smoking, Lose weight, Sport, Blushing, Panic Attacks, IBS, Calmness, Relaxation, & Confidence, etc.



*the Louis Eyres therapy*  
DHP, IAPH, GHR,

**One of Ireland's most  
successful hypnotherapists**

*With over 25 years experience*

Louis will be holding a private clinic

**Manor West Hotel, Tralee**

Wednesday, 2nd April

**Gleneagle Hotel, Killarney**

Thursday, 3rd April

All sessions will be on an individual basis

For appointment **Tel: 087 2937155**

*Hypnosis Explained*

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

**Sherry  
FitzGerald  
Coghlan**

## NEW TO MARKET

**LOO BRIDGE, GLENFLESK,  
CO. KERRY**



**PRICE REDUCED:** Four bedroom house with adjoining commercial unit. The property consists of two interconnected buildings, incorporating a two storey traditional residence. The property is in excellent decorative order and the four bedroom residence has been refurbished to a high standard.

**Price Region: €125,000**

**ROSE COTTAGE,  
BALLYGAMBOON,  
CASTLEMAINE, CO. KERRY**

Quaint two bedroom refurbished cottage on 0.53 acre site, 3kms from Castlemaine Village with countryside views. Ideal for first time buyer or as country home retreat in the heart of Kerry, convenient to Tralee, Killarney, Kerry Airport and the Dingle Peninsula.

**Price Region: €90,000**



95 New Street, Killarney, Co. Kerry t: 064-6631892 f: 064-6634652

m: 087 2668591 e: info@sfc.ie w: [www.sherryfitz.ie](http://www.sherryfitz.ie) & [www.myhome.ie](http://www.myhome.ie)

# PADDY O'KEEFE

**SUPERMARKET & GENERAL STORE**

Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195 | Fax: 064 66 43105

**CAT CLUB 6PK TINS  
ONLY €4.00**



**2 x 10KG BAGS  
KERR PINKS  
ONLY €8.00**



**LARGE SELECTION OF AGRI  
HARDWARE SUCH AS:**

Gates, Steel, Galvanised, Corry & Concrete Piping, Stakes & Fencing, Timber & plastic Posts, Calf Slats etc.



**Rolly Tractors, Bicycles,  
Go Karts & Toys for little  
Girls & little Boys**



**TOPLINE WHITE  
MATT EMULSION**

**ONLY**

**€16.99**



**New Dulux paint machine 1000's of colours**

## EXTENDING? RENOVATING? ATTIC CONVERSION?



Book your **ONE HOUR CLINIC** in **YOUR HOME** at **YOUR CONVENIENCE**

We provide **inspiration, advice** & **sketch ideas** for your home project.

Avoid badly planned extensions and costly mistakes.

**FEE  
€75**

Call now for a **NO OBLIGATION DESIGN CLINIC 066 714 3604**

[www.architectsdesignclinic.com](http://www.architectsdesignclinic.com) | Oliver Daly Architects, 6 Church St, Castleisland

# SARAH JAYNE

**LINGERIE NIGHTWEAR SWIMWEAR LEISUREWEAR**

**Exciting New Lines  
NOW IN STORE**

**Professional  
Measuring  
Service Available**



25 New Street, Killarney, Co. Kerry | Tel: 064 66 33224

**GIFT VOUCHERS AVAILABLE**



# GO-AHEAD FOR BALLYHAR CHURCH CAR PARK

The closely knit community of Ballyhar were delighted this week with the news that they are to get their long awaited car park at their local parish church.

Following the donation of a site free of charge by a local land owner, the committee plan to turn the sod on the development early next month.

The Ballyhar Community Development Group have worked tirelessly over the past two years for the purposes of developing the much needed car park.

The group were awarded funding from North and East Kerry Development to the sum of €109,387 and received a further €10,000 from St. Brendan's Trust.

The 13 member committee will continue to raise the surplus of approximately €30,000 locally through a variety of fundraisers and welcome ideas from residents of the parish.



DESMOND O'CONNOR, FR. TADHG O'DOCHARTAIGH, DERMOT O'MAHONY, BRENDAN CRONIN, KIERAN O'MAHONY, TOMMIE FINNEGAN (CONTRACTOR), JOHN HICKEY (PROJECT MANAGER OF HICKEY DESIGN), TOM O'MAHONY, PATRICK O'CONNOR.

# PLANNING LODGED FOR THE NATIONAL SPORTS AND ADVENTURE CENTRE IN KILLARNEY



MEMBERS OF THE KERRY STARS WHO WILL BE ABLE TO AVAIL OF THE PROPOSED CENTRE.

A planning application for the €10 million National Sports and Adventure Centre in Killarney, County Kerry, has been lodged with Killarney Town Council with a decision is expected in the coming months.

The centre is the first of its type in Ireland and fully adapted to support people with physical and intellectual disabilities and will primarily serve as home to the Kerry Stars Special Olympics Club.

Situated on a 4.7 acres site at Ballydribeen, adjacent to the Legion GAA and Killarney Celtic grounds, the centre is designed to the highest international standards and will be

seeking support for finance by fundraising and corporate backing. The Ring of Kerry Charity Cycle has already pledged financial support for both the Kerry Stars Club and the National Sports and Adventure Centre.

Planned facilities include a fully-adapted and seated indoor sports arena, gym, indoor soccer pitch, bowling alley, adventure course, car parks, cafe and restaurant, performance area, offices and several primary health support rooms and recreation rooms.

It will also provide work placement, training and employment for people with physical and intellectual disability, as well as providing

counselling, speech and language and occupational therapy services.

The ethos of the centre is to promote activities and bring life-changing experiences by developing physical fitness, self-confidence, and inclusion with the ethos of everyone being equal and a place for all.

Success for the project would lead to a significant boost to sport and adventure tourism in Kerry, as well as offering world-class facilities for local, national and international visitors of all ages and abilities. A study has already been carried out and the majority of the country's main disability groups and national sporting organisations are fully behind the project.

According to CEO, Paudie Healy,

"The National Sports and Adventure Centre is designed as home to the Kerry Stars Club and a facility that will be instrumental in bringing about life-changing experiences for people with physical and intellectual disabilities, in the areas of sport, leisure, social inclusion, work training and placement, employment where possible and specialist health supports all integrated with everyone who uses the facility " Mr Healy said.

"The vision is to construct a centre that will promote physical fitness, courage, better skills, self confidence, independence, joy, personal development and inclusion for all. Above all, we want to create a home that is big enough to thrive, yet small enough to care."





Proudly Presents

*An Amateur production by arrangement with The Really Useful Group*



# JESUS CHRIST SUPER STAR


*by Tim Rice  
and Andrew Lloyd Webber*

1st, 2nd & 3rd April 2014  
at the INEC, Killarney

Performances 8pm sharp

*Directed by Oliver Hurley | Musical Direction by Noel Lennon*

**Tickets available at INEC Box Office  
064 6671555 and [Ticketmaster.ie](http://Ticketmaster.ie)**

[mail@killarneymusicalsociety.com](mailto:mail@killarneymusicalsociety.com) | [www.killarneymusicalsociety.com](http://www.killarneymusicalsociety.com) |  Killarney Musical Society



## HSE HEALTH AWARENESS EVENING A GREAT SUCCESS

Health Awareness Evening which took place on Monday night last was a great success. Information stands covering a wide range of HSE services available in the Killarney Catchment area, National screening services, MABS, Citizens Information, Credit Union, Kerry Education Board and many community organisations met with visitors to the evening. There was also advice on a number of topics and services Physiotherapists, Dieticians, Public Health Nursing, Speech and Language therapy etc Free Blood pressure and blood sugar testing took place and there was a Healthy Cooking demonstration. The night was organised by the HSE Killarney Primary Care Teams, in association with Heartbeat.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R CLLR MICHAEL GLEESON, KATHLEEN MCCARTHY, JAMES O'CONNOR & PAT CRONIN.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R MAUREEN & PAT MALONE AND HANNAH O'SULLIVAN.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE MARY O'BRIEN, TOM DOONA & KATHLEEN GRIFFIN.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R TARA CONWAY, NORA MAHONY, CLLR CATHAL WALSH & BRIDGET MCCARTHY.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R SARA PEDEN, DONIE CLIFFORD & ANN CLIFFORD.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R SIOBHAN O'BRIEN, SARAH DOWLING & LEONIE MURPHY.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R SUNITA SHARMA, SEAN SHARMA & EIBHLIN NI CHATHAIN.



**NEW YEAR NEW YOU**  
**KERRY**  
**MARTIAL ARTS SCHOOL**  
 Instructor | Jason Moriarty 6th Dan

**KICK BOXING - FITNESS**  
 (NO CONTACT WORKOUT)


For Adults & Teens  
 Killarney - Tues & Thurs.  
 8.30pm to 9.30pm

**TAEKWON - DO**  
 (KIDS)

TEENS & ADULTS  
 Age 5 yrs and upwards

Killarney - Tues & Thurs.  
 Killorglin - Wednesday.  
 Milltown - Wednesday.

**Contact Jason for class times**  
**Tel: 086 3152590**  
**Email: JasonJaymoriarty@Yahoo.ie**

 Find us on Facebook

**NEW BUSINESS NOW OPEN**

**Aura Thai Massage**


*Authentic Thai Massage*  
 By Pimm Culloty

*Special Opening Offer:*  
 1 Hour Massage only €35



- Relieves mental stress
- Tense Muscles
- Body Aches
- Increase blood circulation

E: pimmpat@gmail.com  
 T: 087-2939580 / 087-7721440  
 COOLCORCORAN, KILLARNEY, Co. KERRY



**Advanced Chiropractic & Xray Clinic**

Please call us for an appointment: **064 66 36835**

**Expert care for all physical injuries | Specialist in the treatment of:**

- :: Back Pain :: Neck Pain :: Headache :: Sciatica :: Disc Injuries :: Pinched Nerve
- :: Whip lash :: Arthritis :: Postural Pain :: Muscle Spasm :: Joint Pain :: Scoliosis :: Leg Pain ( Hip, Knee , Ankle, Foot) :: Arm Pain ( Shoulder, Elbow, Wrist, Hand)

**FOOT & ANKLE CLINIC CERTIFIED ORTHOTIC PROVIDERS!**  
 Gaitscan precision computer foot analysis system

**SPORTS INJURY ALL SPORT RELATED INJURIES TREATED**  
 Overuse, strained muscles, sprained ligaments, rehabilitation and sport optimization through improved biomechanics.

**Therapeutic Ultrasound Machine**  
 For the treatment of shoulder, elbow, knee and ankle problems etc.

**X-RAY SERVICE AVAILABLE**  
 For your safety it is important to make sure your chiropractor is registered with the Chiropractic Association of Ireland.

**PARK CLINIC MEDICAL & WELLNESS CENTRE** Park Road, Killarney, Co. Kerry. (Above Daly's Supervalu in Killarney.)

:: Dr. Lyndsey O'Leary BSc Hons Chiro DC MCAI  
 e: tasminf1@gmail.com www.killarneychiropractic.com

**Members of the Chiropractic Association of Ireland VHI and Laya Healthcare Approved**





# ACTIVE FLAG FOR TAHILLA SCHOOL

Scoil Eoin, Tahilla, Sneem has just been awarded The Active School Flag (ASF) and its arrival was greeted with great excitement. The ASF is an initiative by the Department of Education and Skills to recognise schools that strive to achieve a physical educated and physically active school community. Work on the project began in the school in September when various activities were introduced.

A Breaktime Buddies rota was established. A list of popular playground games were organised and played each day.

Lunch time leagues were organised, covering a variety of sports/games. Football and Basketball have been enjoyed to date, as well as a basketball shoot-off and a soccer World Cup challenge. Indoor and Outdoor circuits have also been developed to add variety to the children's activities.

Swimming lessons took place at The Parknasilla Resort pool and the pupils also enjoyed gymnastics, irish dancing, yoga and football.

A Running Circuit in the school ground was completed during lunch break twice a week. A record was kept by the teachers of the distance ran by each student and this was tallied at the end of each month. Prizes were awarded for the most distance covered and effort made.



**SCOIL EOIN TAHILLA WHO RECEIVED THEIR ACTIVE FLAG RECENTLY.** FRONT ROW: JESSICA JUKESS, JASMINE DURKIN, HEATHER O'SHEA, ENYA SCHMIDT, GEARÓID HALLISSEY, MARISSA KOOL, EIBHLIN MULLINS O'BRIEN.

MIDDLE ROW: ALEC MULCAHY, LORRAINE HALLISSEY, LEON O'SULLIVAN, DERINDA HALLISSEY, SERENA O'SULLIVAN, MICHAEL O'CONNOR, CHRIS WALLACE, COLIN HALLISSEY, MELANIE SCHMIDT, RONAN O'CONNOR, ELLA ALLISON, LIQIN HOURIHAN.

BACK ROW: JOHANNA GALVIN PRINCIPAL, FR. LIAM LOVELL, DECLAN O'SULLIVAN GAA COACH, MARY MCCARTHY TEACHER, AMY O'SULLIVAN, RUTH KINGERLEE TEACHER. PHOTO: LISA O'SHEA.

Skipping and hula hooping were encouraged and older pupils teach younger pupils skipping rhymes and help them master hula hooping.

Whole school hill walks were organised by the Parents Association together with the teachers,

and the participation level was excellent. All this activity went towards the school attaining the Active School Flag and the plan is to keep it going to keep fit.

## GARDA WARNING OVER BOGUS MAN



Killarney Gardai are alerting the public about a Garda impersonator who is in the Killarney area.

On Tuesday last, March 25th at 2.50pm approx a male aged in his late 20's early 30's knocked on the door of a house in the Countess Road area of Killarney. The male stated that he was a Detective Garda from Killarney. He went on to say that there had been a number

of burglaries in the area and he enquired if there was any cash, jewellery or valuables in the house. The occupant of the house stated that she had only one €50 note in the house, the man then requested to see the note as he wanted to take

down the serial number. The occupant became suspicious and asked this male had he a pen to write it down. The male then stated that he would have to take the €50 note away and photograph it, the occupant declined to hand over the note and the male left a few minutes later without stealing anything.

Killarney Garda station

have release the following description of the man:

He is aged in his late 20's or early 30's, he has mousey brown coloured fair hair, both sides of his head were tightly shaven, he is 6'2 in height, broad shoulders but slim build, clean shaven and well dressed and he wore a beige coloured suit. He spoke with an Irish accent, he left on foot towards the Park Road.

Gardai are appealing to people if anyone calls to their door stating that they are a Detective Garda to always ask for identification.

The Gardai would like to know if this man called to any other houses in the Killarney area and would like to hear from anyone who saw this male on Tuesday to contact them at Killarney Garda Station on (064) 6671

## THE GLENEAGLE CONCERT BAND ANNUAL CHARITY CONCERT

Music lovers are in for a real treat as The Gleneagle Concert Band tune up for their annual charity concert which will take place in The Gleneagle Hotel on Sunday, April 6 at 7.30pm.

All proceeds from the concert will be donated to the Cork/Kerry branch of the Irish MS Association and the band Music Education Youth Programme instrument fund.

The concert will cater for all musical tastes with the band performing military marches, classical music, jazz numbers, film music and vocal hits along with various solo items. Guest artists will be the renowned Killarney Musical Society chorus.

Tickets are priced at €12 for adults and €8 for children/OAP and are available from members of the band and the Killarney Musical Association, the Cork Kerry Branch of the Irish MS Association, the INEC Box Office and tickets will also be available at the door on the night.

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958** or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



**SUITS**  
**SELECT**

Unit 2, Manor Park, Manor West, Tralee

Tel: 066 7192102 (Next to The Street Cafe) 

**Suit**

**Shirt**

**Tie**

**Shoes**

**Belt**

ALL FOR

**€175\***

**SUITS**  
**SELECT**

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

*\*FOR ONE MONTH ONLY*

**FINAL WEEK OF MARCH MADNESS**

**Paraffin**  
STORE.

Manor West & Abbey Court, Tralee

Get the  
**Paraffin**  
**look** for  
**under €60**

**NEW**  
FOR CONFIRMATION  
2014 WE HAVE  
ADDED A NEW  
**YOUTHS'**  
**SECTION**  
IN-STORE

Find us on  
facebook.

**CHECK OUT OUR NEW COLLECTION NOW!**



# KILLARNEY ST. PATRICK'S DAY PARADE PRIZES 2014

**Best Overall** (Sean O'Keeffe Memorial Trophy). Kerry Stars Special Olympics Club.  
**Best Interpretation of Theme** (Michael Courtney Memorial Trophy). Raheen National School.  
**Best Sporting Entry** (Killer O'Callaghan Memorial Trophy). Killarney Celtic Football Club.  
**Best International Entry** Fr. F. Francis P. Duffy. Post – American Legion.  
**Best Commercial**. Seamus Weldon.  
**Best Cultural**, Kilcummin G.A.A.  
**Best Presentation**, Bellview Woods Childcare.  
**Best Sports Club**. SPA GAA.  
**Best Voluntary Group**. Kerry Friends of Motor Neurone.  
**Best Community Group**. Raheen Community Playgroup.  
**Best School Group**. Muckross Community Playgroup.  
**Best Marching Group**. Killarney District Girl Guides.  
**Best Marching Band**. Gleneagle Band.  
**Best Individual Entry**. Jimmy



A GROUP OF PRIZEWINNERS AT THE KILLARNEY ST. PATRICK'S DAY PARADE AWARDS IN THE INTERNATIONAL HOTEL, KILLARNEY ON WEDNESDAY NIGHT. INCLUDED ARE CLLR MICHAEL GLEESON, DEPUTY MAYOR OF KILLARNEY, CLLR DONAL GRADY, PARADE COMMITTEE CHAIRMAN, KILLARNEY TOWN CLERK MICHAEL O'LEARY, CLLR CATHAL WALSH AND CLLR TOM DOHERTY PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

Brosnan (man with dog).

**Best Children's Group**. Killarney Martial Arts Academy.

**Best National School**. Barraduff National School.

**Best New Entry**. Vintage Radiant Showband.

**Most Entertaining Entry**. Killarney Legion GAA Club.

**Best Community Support Group**.

Killarney Men's Shed Project.

**Best Heritage Display**. Irish Vintage Engine Tractor Association.

**Best Activity Group**. Flares Gymnastics & Cheerleaders Killarney.

## SUPPORT DAFFODIL DAY IN KILLARNEY TODAY



LISSIVIGEEN NATIONAL SCHOOL ARE LENDING THEIR SUPPORT TO THE IRISH CANCER SOCIETY FOR DAFFODIL DAY AND PUPILS FROM 4TH, 5TH AND 6TH CLASS ALL HELPED TO WRAP THE DAFFODILS IN THE IRISH CANCER SOCIETY PAPER.

Daffodil Day is today Friday 28th March.

The Irish Cancer Society, are encouraging people in Kerry to help the fight against cancer and support Daffodil Day this year and all funds raised on

Daffodil Day will go directly to fund the work of the Society across research, advocacy, services and free nationwide care. Over 4,000 volunteers will be on the streets and in shopping centres in towns

around the country, and in Kerry, selling fresh daffodils and daffodil pins aiming to raise €3.45 million.



MARTHA HEALY FROM LORETO ROAD, KILLARNEY AND SEAN WALSH FROM WATERFALL, BALLINCOLLIG, CORK WHO WERE MARRIED ON FEBRUARY 14TH LAST IN ST. MARY'S CATHEDRAL, KILLARNEY. THE COUPLE HELD THEIR RECEPTION IN THE MALTON HOTEL.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**  
 First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News



## T. CRONIN & SONS



### THIS WEEKS SPECIALS

*2lb Lean Beef Mince*  
*Only €3.99*

*6 Beef Burgers & 6 Buns*  
*only €5.99*

*Farm fresh Duck eggs*  
*available*

9 High Street, Killarney t: 064 66 31181 f: 064 66 37387

## Lela THAI SPA

087 280 3351

1 - 2 Main St., Killarney

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

email: [lonapat@eircom.net](mailto:lonapat@eircom.net)

Time for you...



MASSAGE FACIALS NAILS BODY SCRUB

### MARCH SPECIALS

Foot Spa & Mini Pedicure (90min)

Normal: €75 - Now: €69

Body Exfoliate & Balinese Massage (120min)

Normal: €89 - Now: €82

Back Energy & Aromatherapy Face Massage (90min)

Normal: €74 - Now: €70

Gift Vouchers Available

## Star Seafoods Ltd

High Street, Killarney

064 6633607 | 6641755 | 087 9063351

Our Fish Shop is Open 6 days a week from 9am-4pm  
Saturday 9am-2.30pm

We are located in the lane opposite to Keanes Jewellers



We Supply a fine variety of Fresh Local Catch  
Seafood on a Daily Basis.

- All Fish can be Boned & Filleted to your liking •

Make the most of your  
Fish Dish by picking up our  
**FREE Recipe Book.**  
Now available in our shop.



## ATLANTIC OILS

CALL THE HOTLINE NOW

Phone: 064 6622184

John Nolan: 086 8194000

[info@atlanticoils.com](mailto:info@atlanticoils.com)

Delivering in your Area 6 Days a week

VERY COMPETITIVE PRICES ON:

- KEROSENE
- AGRI-DIESEL
- AUTO-DIESEL
- UNLEADED PETROL
- PLASTIC OIL TANKS

• Castrol

LUBRICATING OILS

ALL MAJOR CARDS ACCEPTED





# LORETO N.S. HAVE THE GIFT OF THE GAB

BY LORETO NS DEBATING TEAM

We began our long journey of debating in September after we had trials in our class to be on the debating team. On the 12th of Nov 2013, the Loreto debating team of Eimear Beazley, Ciara Randles, Aisling Reidy, Zena Shine, Áine O'Connor and Filip Korzec took part in the first round of the Kerry Primary Debating Competition, in the Teachers Centre Tralee. In the first round we met Kilflynn N.S. We were opposing the motion "That Homework is a waste of time" and subsequently met Ardferf N.S (the reigning All Ireland champions), and then Kiltallagh N.S, to advance to the county final. We came up against Ardferf N.S. again on Monday 16th Dec 2013 in the County Final. We were opposing the motion "Beauty Pageants help children with their self esteem". After the debate the adjudicators announced "It was extremely close, but Loreto has just shaded it". We were county champions. To top it off Ciara won the award for Best Speaker. We returned to school in triumph. We had success again in the Munster semi final and went on to contest the Munster Final on March 3rd last. Our opposition was Ballinacarriga N.S. the Cork champions. We brought supporters from 4th 5th and 6th class. They had helped us along our journey with practice debates. We were opposing the motion that "Charity begins at home, here in Ireland". There was a



LORETO SCHOOL DEBATING TEAM PICTURED WITH THEIR PRINCIPAL MARY O'SULLIVAN.

very high standard of debating. Unfortunately on this occasion the motion was carried and Ballinacarriga were the winners. However we were delighted that Aisling Reidy won the award for best speaker. We were presented with beautiful trophies as runners up in Munster and really enjoyed our journey to success. We would like to thank our parents for their support and for driving us to all the venues. We would also like to thank our fellow students for providing us with challenging practice debates. Beidh lá eile againn.

Mary O'Sullivan Principal and class teacher said "the children worked so hard to achieve this – they were totally dedicated – giving of their time and effort – great credit is due to them. The other children helped by providing practice debates every step of the way, and all of the children benefited. The experience increased their self confidence and will always stand to them. We are very proud of them.

## THE SEM GOES SKIING



SEM BOYS ON THE AUSTRIAN SLOPES.

On the 8th March 20 Transition Year students from St Brendan's College went on a one week ski trip to Ehrwald in Austria. The students were accompanied by 2 of their teachers, Mr PJ Lucey and Ms Karen Rice. Mr Lucey said: "As it happened they were the only ones on the plane going out to Cork so this was their first "private jet" experience."

The students quickly got to grips with the skiing receiving 4 hours ski instruction per day. By the end of the week they were all skiing black slopes. Some of the students who were on the trip gave the following endorsements: Brian Moynihan said "the ski holiday exceeded all expectations" Mike Pierce: "it was the holiday of a lifetime" Feargal O'Donoghue: "it was

the best week of his life" Creagh Courtney " we were all skiing in T shirts as the temperatures were between 15 and 18 degrees." Ciarán Sheehan " to be skiing in such a beautiful place was absolutely awesome". The school also have a group of 8 students heading to Shanghai in April for two weeks of study at the University there.



THREE IT, TRALEE STUDENTS, KATE SAYERS FROM LISTOWEL, OWEN DORAN FROM CASTELDERMOT, CO. KILDARE AND SEAN DALY FROM GNEEVIGUILLA, HAVE BEEN NAMED WINNERS OF THE ENGINEERS WEEK THIRD LEVEL CHALLENGE.

Articles for inclusion in  
**Youth Zone** can be

emailed to  
**editorial@outlookmags.com**



*Seodóiri Na Ríochta*  
KINGDOM JEWELLERS

**RETAIL JEWELLERS :: GOLD & SILVER JEWELLERY  
MANUFACTURER & REPAIRS**

*Seodóiri Na Ríochta*

**JEWELLERY REPAIR SPECIALISTS  
BESPOKE WEDDING RINGS  
COMPLETE VALUATION SERVICE • FULLY INSURED**  
(All work carried out on the premises)

**WE BUY GOLD FOR CASH!!**

Proprietors:: Angela & Stephen Donnelly  
Telephone & Fax :: 064 66 36388  
:: 10 New Street :: Killarney :: Co. Kerry

# Kerry Hypnosis Clinic

Email: irishhypnosiskerry@gmail.com

## Quit Smoking

95% Success, No Cravings, No weight Gain  
"Off the cigarettes over a year, thanks to juli, so happy it's easy with hypnosis" Noreen O' Connor

## Lose Weight


Tired of diets that don't work?  
Lose weight Easily & Permanently  
Virtual Gastic Band now Available.

"Hypnosis changed my whole life, my outlook, the way I feel, I have lost 6.5 stone in 8 months" J Houlihan, Kerry

## Fears/Phobias Panic Attacks

Generally 2 to 3 sessions to completely remove.  
"I thank God every day I went to Juli, I feel fantastic after hypnosis, I know longer need medication for panic or anxiety" K McCarthy, Kerry

- Depression
- Study Improvement
- Social Anxiety
- Blushing
- Sleep Problems-
- Exam Anxiety
- General Anxiety
- Drugs
- Self Esteem
- Self Confidence
- Alcohol Problems
- Many More

**EMPOWER YOURSELF, DO IT NOW!**  
Phone 086 8337733  
Clinic Location Dingle + Tralee 

# Killarney Massage Therapy Centre

## Hot Stone Massage & Sports Fusion Massage Now Available



Unique to KMTC Sports Fusion Massage utilizing traditional sports techniques and where appropriate incorporating hot and cold basalt stones to tackle trigger points, release tension and reduce inflammation. Feel your muscle tension melt away.

**Offering Advanced Clinical Massage for the Effective Treatment of:**

Neck and Shoulder Pain | Low Back Pain | Sciatica | Piriformis Syndrome Headaches | Leg and Foot Pain and Many More Muscular Issues.

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

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

# Mattresses & more

Call Fred on 066-7194846



Do You Have Sleepless nights?  
A squeaky mattress?  
A mattress which is over 7 years old?  
A need for a new mattress?  
Maybe Its time to visit Fred...

**Mattresses From €100-€1,500 Fred has an option for you.**

New Wardrobes Now On Display

Now Open Office Furniture Showroom

Lots Business Centre Listowel Rd Tralee



## UNEMPLOYED CAN APPLY FOR POLLING CLERK POSITIONS

**Statement From Cllr. Sean Counihan**



I am delighted to see unemployed people being afforded the opportunity to apply for Position of Polling Clerk.

I had the following motion calling for such action and I'm glad to see it being implemented.

- A minimum of 20% of polling stations positions are to be allocated to unemployed people;
- A more transparent recruitment system which gives unemployed people an equal opportunity to access these positions to be put in place;
- Such a system to be widely publicised so that unemployed people are made aware of how to register their interest in these positions;
- A recruitment processes that positively encourages and welcomes applications for unemployed people.

Applications for positions relating to the elections can be made to the returning officer:

**Padraig Burke**  
**Circuit Court Office**  
**The Courts Service**  
**Floor 2, Centre Point**  
**John Joe Sheehy Road**  
**Tralee**  
**Email: PadraigBurke@courts.ie**

References may be required to be submitted with applications.

More information is available by contacting INOU's Welfare Rights Information Service on 01 8560088 should you have any queries in relation to how or if such work may affect current payments

## HEALY RAE QUESTIONS SPENDING

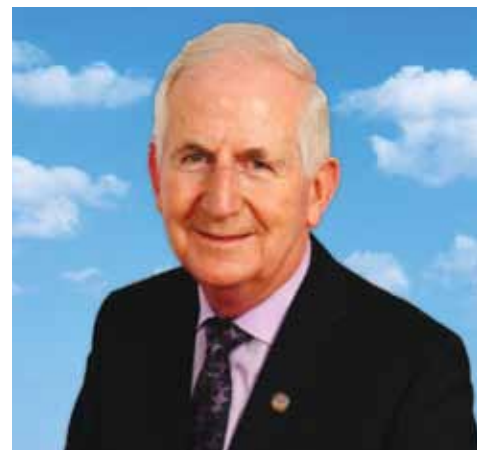


Michael Healy-Rae recently asked the Minister for Social Protection how much money her Department has spent on external consultants and service providers since she took office. The reply that she gave was that she has spent 34.8 million. She stated this despite the fact that last February she told Fianna Fail that she had spent 20.6 million since May 2011. There is approximately 15 million of a difference in answering the same question.

*"Surely the Minister has a lot of explaining to do with regard to this matter and, if she has not purposely misled the Dail, she certainly has to make a statement clarifying the correct position as this type of behaviour from a Government Minister is not acceptable."*

**- Michael Healy-Rae TD**

## KILLARNEY HOUSE AND GARDENS RESTORATION



The contract for the next phase of Killarney House and Gardens Restoration has been awarded Ned O'Shea & Sons Ltd, Tralee at a cost €1.1 million.

According to Cathal P. Walsh, it will protect the jobs of 10 to 15 people. Work will begin in the next few days. The overall project will restore the house and gardens and create a visitor centre and will make a significant contribution to heritage and tourism.

## KILLARNEY'S BUSINESS SEASON IS IN FULL SWING

Killarney's business season is in full swing as the town bids farewell to the 75th Fianna Fail party Ard Fheis and prepares for the next in a series of large scale conferences.

Killarney Convention Centre, with its headquarters at the INEC, welcomed 3,000 delegates across the weekend for the Ard Fheis. The first of a number of conferences scheduled for 2014, upcoming events include the PSEU, Mandate, Impact and CWU conferences.

*"Business tourism is the way forward for Killarney, it extends the parameters of the visitor season and guarantees year round investment and employment for our town,"* says Patrick O'Donoghue, Managing Director of Killarney Convention Centre.

*"While Killarney has traditionally been viewed as the holiday capital of Ireland, it is now also the conference capital. After all, Killarney ticks all the right boxes; best in class meeting facilities equipped with the very best technology infrastructure, quality accommodation in abundance and a cultural and heritage experience that sets us apart from any other*

*destination in Ireland."*

This was the third time Fianna Fáil, held their Ard Fheis in Killarney, while Labour and Sinn Féin have also held their conferences in the picturesque town.



AT THE FIANNA FAIL ARD FHEIS WERE LOCAL LADIES PROMOTING GO KERRY.IE L-R MARGARET O'REGAN, LOUISE LANGAN & MARY WALSH. PICTURE MARIE CARROLL-O'SULLIVAN

## SERVICES FOR KILLARNEY TOWN

John O'Shea, FF Candidate for the Killarney Electoral Area is calling on Kerry County Council to keep a core staff in the Killarney Town Hall (town centre) to provide essential services for the people of Killarney and the catchment area. He is also calling on Kerry County Council to engage with the business community with regard to the intentions of what staffing levels and services re to be provided before the town council is gone. This is most important when you see the amount of rates collected by the council in Killarney.

As of last weekend the staff have not been told of their deployment and this is not good enough.



# VOTE NO. 1

## COUNCILLOR JOHN JOE CULLOTY

Local Election Candidate for Killarney/Castleisland Area




**'A Strong Reliable Voice Working For You'**

- Member of Regional Health Forum South
- Board Member of North & East Kerry Development
- Member of Housing & Social Support Strategic Policy Committee
- Member of Local Traveller Accommodation Consultative Committee
- Member of Kerry Joint Policing Committee
- Chairman of Health & Safety Committee of North & East Kerry Development

087 130 8000

clrrjculloty@eircom.net

John Joe Culloty @clrrjculloty

# NEW CANDIDATE

# NEW IDEAS



**FIANNA Fáil**  
THE REPUBLICAN PARTY

KILLARNEY / CASTLEISLAND


## VOTE No.1 NIAL KELLEHER

**ADVICE CENTRE**  
available to meet locally in confidence anytime.

087 6694 101  
www.niallkelleher.ie  
/Niallkelleher4KCC  
1 The Stables, Barraduff, Killarney, Co Kerry  
Tangerine Management, KTI Centre, Deerpark, Killarney, Kerry

064 6694 101  
vote@niallkelleher.ie  
@niallkelleher


## PROGRESS WITH DIGNITY



As many communities are under severe pressure due to unemployment and emigration, I request Water Ireland to refrain from imposing a Standing Charge / water Usage Charge on Sporting Clubs, Community Halls and First and Second level Schools.


## Vótáil Uimhir 1 GLEESON MICHAEL

Please Vote No 1 Gleeson Michael



Ár mBuíochas

T 064 6632767 087 2130973  
michaelgleesonkta@eircom.net



**FIANNA Fáil**  
THE REPUBLICAN PARTY

Worked for more than 30 years as a voluntary community activist  
Now want to bring my work ethic & vision for Killarney Area to Kerry Co. Co.  
You can contact me @

## 087 2348824

Email: john.osheaff@gmail.com  
Mobile: 087 2348824  
Twitter: @JohnOSheaFF  
Facebook: /JohnosheaFF

## JOHN O'SHEA

KILLARNEY CANDIDATE





A strong fresh and experienced

## INDEPENDENT COMMUNITY CANDIDATE

## CLLR. TOM DOHERTY

22 ST. ANNE'S ROAD, KILLARNEY  
Tel: 087 2942260  
Email: tomkillarney@yahoo.ie

Listening to you and working for you







MICHEAL MARTIN SPEAKING AT THE FIANNA FAIR AND FHEIS AT THE INEC. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 480

## FLEMING WELCOMES PIER FUNDING

Kerry TD Tom Fleming has welcomed funding for the repair of public owned piers, harbours and slipways damaged during the winter storms.

The Independent TD said these grants will address some of the damage caused during the recent storms. Deputy Fleming said there is a need for major investment in our piers and harbours infrastructure.

Kerry County Council

Local Aids to Navigation €19,350

Kilmakilogue Pier €18,675

Tahilla Pier €5,850

Blackwater Pier €675

Cuan Pier €2,700

Coonanna Pier €1,125

Cooscrome Pier €7,650

Fenit Pier €7,740

Knightstown Pier 6,750

Dromatoor Pier €7,650

Bunnavalla Pier €4,500

Dunquin Pier 27,000

Brandon Pier €4,500

Total Kerry Co. Co. €114,165



## TOM DOHERTY CALLS FOR CLARITY ON WATER CHARGES

Cllr. Tom Doherty is calling on Irish Water and the Minister for the Environment to come clean on the details of domestic water charges.

It is now well over a year since the valuable assets of our Local Authorities were

handed over to Bord Gais. There has been millions of euro spent on consultants fees but we the consumers still do not know how much we will have to pay for domestic water. Nor indeed do we have any indication of how much

water will be allocated to each household free of charge. Cllr. Doherty is also questioning the sale of Bord Gais and therefore the control and ownership of our Irish water supply.

**Michael Healy-Rae T.D.**  
**Will Attend Scotts Hotel every Saturday at 3.00pm**  
**Castleisland Clinic**  
**River Island Hotel**  
 3rd Monday of every month 6.30pm & the last Friday of every month 9.30pm  
**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

Office No.: 064 66 32467  
 Mobile: 087 2461678  
 e: Michael.Healy-Rae@oireachtas.ie  
 Danny Healy-Rae MCC: 087 2316055  
 Johnny Healy-Rae MCC: 087 2354793

**Senator Marie Moloney**

Full-time Constituency Office open at Conroy Hall, Park Road, Killarney Mon to Fri 9.30am to 5.30pm.  
 Advice Clinic every Saturday morning from 10.00am.  
 Regular Clinics throughout the Constituency - ring for details.  
 Contact Office: 064 6632034  
 Mobile: 086 3049422  
 Email: marie.moloney@oir.ie

AN ACTIVE COUNCILLOR

**VOTE NO. 1**  
**ANNE MCELLISTRIM M.C.C.**  
 FOR CASTLEISLAND / KILLARNEY ELECTORAL AREA

**FIANNA FAIR**  
 THE REPUBLICAN PARTY

CHOOSE  
**ANNE MCELLISTRIM**


COMHAIRLEOIR  
 GNÍOMHACH

Anne McEllistrim a new and young councillor for your area with ten years experience as a member of Kerry Council and having previously represented parts of this new electoral area.  
 Educated at Maynooth University with a degree B.A. Arts, Higher Diploma in Education. Fourth generation of McEllistrim in politics, granddaughter of Tommy Mac commander of republican forces who fought at Headford Junction and at Ballybrack, two incidents of note in the fight for Irish Freedom.  
 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.

For a strong active, honest and reliable representation for your area, Choose Ann McEllistrim, M.C.C.

Contact me at 086 8628451 or e-mail: annemcellistrim@eircom.net.





**Cllr  
Brendan  
Cronin**  
*Independent*

**VOTE NO. 1**

*'An experienced independent  
voice on Kerry County Council'*

Ballyhar, Killarney, Co. Kerry  
Tel/Fax: **064-6633534**  
Mobile: **087-2069657**  
Email: [cllrbrendan.cronin@kerrycoco.ie](mailto:cllrbrendan.cronin@kerrycoco.ie)

*Honesty, Integrity,  
Fair Representation for all*

Killarney Municipal District  
**VOTE NUMBER 1**  
**Counihan Sean**

I am a sitting County Councillor and Killarney Town Councillor. I have served as Chairman and Mayor of Killarney Town Council and have chaired the Town's Industrial, Honours and Twinning committees.



With 15 years experience in local politics and a lifetime of involvement in community, sporting and voluntary organisations I am a dedicated and tenacious public representative.

Now more than ever, the Killarney, East Kerry and Castleisland Electoral Area needs a committed advocate for local people and the services and facilities they need and deserve. I am a tireless campaigner for fairness and equality and I am a committed voice for hard working families, those on the margins, and a strong advocate for local services and facilities.




**VOTE NUMBER 1**  
**Counihan Sean**  
Tel: 087 7606392 | Email: [counihansean@gmail.com](mailto:counihansean@gmail.com)

**Vote No. 1**  
**Cllr. CATHAL  
WALSHE**  
on May 23rd local elections

Vote 2 and 3 in order of preference for Cllr. John Sheahan and Cllr. Bobby O'Connell my party colleagues.

- Has 100% attendance at all council meetings since being elected in 2009.
- Most proactive councillor with local issues brought to the council chambers.
- Community activist.
- Very involved in many local charitable fundraising projects including Ring of Kerry charity Cycle as P.R.O.
- Priorities if elected, Disability Issues, Local services, Tourism, Environment.



**FINE GAEIL**

19 Woodlawn Park, Killarney, Co. Kerry.  
Tel: 064 663 2609 Mobile: 086 106 7752  
Email: [cathalpwalshe@gmail.com](mailto:cathalpwalshe@gmail.com)

**Vote No. 1 John  
BUCKLEY**



*A New Voice - For  
Positive Change*  
Killarney Electoral Area



Contact: **086 843 5028**  
Email: [buckleyjohn99@gmail.com](mailto:buckleyjohn99@gmail.com)

 **Putting Ireland First**  
Ag Cur Éireann Chun Chinn

**Liadh NÍ RIADA**  
South Constituency

**Vote Liadh Ní Riada for Europe**







ARTISTE/SONG WRITER, BRIAN KENNEDY WHO PERFORMED TO A PACKED HOUSE AT MUCKROSS SCHOOL HOUSE, KILLARNEY ON SATURDAY NIGHT, WITH LIZ RYAN, LEFT AND MAJELLA MANGAN, MUCKROSS SCHOOL HOUSE. PHOTO: VALERIE O'SULLIVAN.



ARTISTE BRIAN KENNEDY WHO PERFORMED TO A PACKED HOUSE AT MUCKROSS SCHOOL HOUSE, KILLARNEY ON SATURDAY NIGHT, WITH SARAH KATE DOYLE. PHOTO: VALERIE O'SULLIVAN.



GAVIN O'DONOGHUE, THE SPEAKEASY, SECOND FROM LEFT, PRESENTS FIRST PRIZE TO OVERALL WINNER JOHN O'LEARY AFTER THE DR CROKES GAA CLUB GOLF SOCIETY OUTING SPONSORED BY THE SPEAKEASY AT O'MAHONY'S POINT, KILLARNEY ON SATURDAY. ALSO SEATED ARE TOM LOONEY, PRESIDENT, LEFT, AND DENIS COLEMAN, CAPTAIN. BACK FROM LEFT ARE MALACHY WALSH, NIAL O'MARA, DER BROSNAN, SEAN BROSNAN AND KARL McMAHON. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



ARTISTE/SONG WRITER, BRIAN KENNEDY WHO PERFORMED TO A PACKED HOUSE AT MUCKROSS SCHOOL HOUSE, KILLARNEY ON SATURDAY NIGHT, WITH LINDA MAHONY. PHOTO: VALERIE O'SULLIVAN.



LEARNING THROUGH FUN IS A PROGRAMME FOR CHILDREN OF PRESCHOOL AGE AND THEIR PARENTS/ GRANDPARENTS. IT WAS ORGANISED AND FACILITATED BY RUTI LACHS AS PART OF HER MASTERS DEGREE IN COMMUNITY MUSIC. IT TOOK PLACE IN HOLY CROSS MERCY PRESCHOOL IN KILLARNEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PARTICIPANTS WHO CONTRIBUTED TO THE BEALOIDEAS CHIARRAI KERRY WAY, PHASE 1, FOLKLORE PROJECT, AT KATE KEARNEY'S COTTAGE, KILLARNEY, IN ASSOCIATION WITH, ACTIVEME (BRIAN COAKLEY), BEALOIDEAS CHIARRAI (KERRY FOLKLORE), KERRY GROUP AND SOUTH KERRY DEVELOPMENT PARTNERSHIP (SKDP) FROM LEFT, SHEILA 'SONNY' O'SULLIVAN, THE BLACK VALLEY, JOHN FOLEY, BRIDIA VALLEY, DERMOT O'DONOGHUE, KILLARNEY BOAT TOURS, SUSAN TANGNEY, THE BLACK VALLEY YOUTH HOSTEL.

THE PROJECT AIMS TO ENHANCE THE EXPERIENCE OF THOSE USING THE KERRY WAY THROUGH INCORPORATING THE FOLKLORE AND HERITAGE OF THE ROUTE INTO THEIR JOURNEY THROUGH THE MOST MODERN COMMUNICATION METHODS SUCH AS PHONE APPS AND WEBSITE. IT WILL IDENTIFY THE POINTS OF INTEREST WITH GPS, VIDEO, AUDIO, PHOTOGRAPHY AND SUMMARY INFORMATION ALONG A ONE STAGE OF THE KERRY WAY AND WILL FORM A TEMPLATE FOR FUTURE STAGES OF THE WALK. PHOTO: VALERIE O'SULLIVAN.

If you have a  
picture you would like to publish.

Email to:  
[editorial@outlookmags.com](mailto:editorial@outlookmags.com)



## GARDENING OUTLOOK



with John O'Sullivan

### FOCUS ON CONIFERS

For colour all year round you can't go wrong with conifers and there are a lot of different types to choose from.

When choosing a conifer there are usually classified under four sections.

Dwarf which will grown from 1.5ft to 15 ft. Medium 12ft to 50ft. Tall – anything over 50ft and finally ground cover or prostrate growing from about 2ft in height to a spread of anything from 2ft to 6ft.

When choosing a dwarf conifer it is very important to remember that it can mean two things. It may describe a slow growing variety which will grow to about 2 to 3 ft after 10 to 12 years or it may mean that it will grow to its maximum height in a quicker time frame.

An ideal dwarf conifer to choose is Juniperus Communis Compressa which will not grow more than 2 to 3 ft which makes it ideal for a rockery.

There is also a big choice when it comes to medium conifers. So remember before you choose find out the mature height and spreads.

Medium Conifers are ideal for shrub beds as they will give you a good focal point and colour all year round whether it is green, gold or blue-grey.

Tall conifers speak for themselves and are ideal for a large garden.

Prostrate conifers are ideal for ground cover but make sure to remember that there are different varieties, dwarf, medium and large.

Conifers are also ideal for centerpieces in pots and containers.

*Next week I will focus on Climbers.*

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



**Keeps the Drafts out & the Heat locked in**

**Supreme**  
foam insulation  
Supreme perfection

**Contact Denis**  
087 2946807  
or 066 9793936

Rathmore Co. Kerry  
email: info@supremefoaminsulation.net  
www.supremefoaminsulation.net

**4 Paws Boarding Kennells**

## GROOMING

\*FETAC Certified Groomer\*

tel: 026 41742 | mob: 087 9850656  
email: teresa4paws@hotmail.com

Mountcross, Clondrohid, Macroom.  
(3 miles from Macroom on Millstreet Road)




Clonabagh Jewellers

**CLEARY'S** Find us on Facebook

# CLEARY'S

JEWELLERS KILLARNEY



*Free Gift*

With every  
**MOTHERS DAY**  
Jewellery Purchase of over €50

24 Main St., Killarney. | t: 064 66 32720

## JOHN CRONIN FENCING CONTRACTOR

- ALL TYPES OF FENCING SUPPLIED & FITTED
- ALL TYPES OF GATES SUPPLIED & FITTED
- WIDE RANGE OF FENCING MATERIALS AVAILABLE FOR SALE FROM OUR YARD

**tel: 087 2202417**

## Killarney Marquees

Michael O'Donoghue | Killarney Co. Kerry  
**087 9226306**

*Catering for all your special occasions...*



**We also provide:**

- Flooring
- Lighting
- Accessories
- Heating
- Tables & Chairs

**Bouncing Castles also Available**



## BEAUFORT NEWS

By David Doyle

**COMMUNITY GAMES:** Boys U12 Outdoor Soccer Trials continue this Sunday 30th March, at 5 pm in Beaufort GAA Pitch. Community Games Soccer Competition takes place on Sunday 13th April in Mastergeeha Soccer Pitch.

**ATHLETICS:** Well done to Fiona Doyle got a gold medal in the u 14 800 m All Ireland indoor championship which was held in Athlone last weekend. Fiona also competed in the high jump competition and her sister Aoife competed on the u17 shot putt. They were both outside the medals in these events.

ENJOYING THE BRIAN KENNEDY CONCERT AT MUCKROSS SCHOOL HOUSE, KILLARNEY ON SATURDAY NIGHT, CONOR AND MARIE HICKEY, SIOBHAN AND PETER KEANE. PHOTO: VALERIE O'SULLIVAN



## FOSSA NOTES

By Gene Moriarty

**FOSSA GAA:** Fossa Lotto 23/03/2014: Numbers Drawn: 1,4,11 and 22. Jackpot: €3,300 No Jackpot Winner. Consolation Prizes 5x€40: Theresa Doherty, 9 Arbutus Grove; Catherina McCarthy, c/o Dept of Justice; Bridann Cronin, c/o Niall; Cathal Fleming, Curragh Aghadoe; Danny Lyons, Dromduhig Killarney. New Jackpot: €3,450. Tickets on sale at the usual outlets, at the club grounds on Sunday mornings at juvenile training, and from club members and players. Next draw takes place on Sunday night March 30th 2014 at the Golden Nugget Fossa at 11p.m.

**FIXTURES:** Saturday March 29th Scor na bPaiste County semi final at Foilmore 4:00pm Sunday March 30th Seniors play Cordal at Cordal throw in at 2pm in the Credit Union County League Division 4. Sunday March 30th Girls Under 14 play Na Gaeil at Fossa throw in at 5pm in the Educate.ie County League Division 1. Monday March 31st Boys Under 16 play Scart/Cordal at Fossa throw in at 6pm in the East Kerry Region League. Tuesday April 1st Juniors play Kilcummin at Fossa throw in at 6:30pm in the East Kerry Junior League.

**MONTHLY MEETING:** Next monthly meeting takes place on Thursday week April 3rd.

**SENIORS:** Our seniors got off to a winning start in the County League with 2-09 to 0-14 victory over Knocknagashel at Fossa on Sunday last. Our next game is against Cordal in Cordal on Sunday next throw in at 2:00pm.

**MINORS:** Our minors made it 3 out of 3 with a 4-17 to 3-09 victory over Currow at Currow on Sunday. Paudie Clifford scored 2-08 of the Fossa total having already contributed 0-04 to the senior's victory over Knocknagashel.

**COISTE NA NOG:** Spa proved too strong for our Under 16s on Saturday last winning the opening East Kerry region league on a scoreline of 6-13 to 2-07. Our next opponents are Scartaglin/Cordal who come to Fossa on Monday evening next March 31st, throw in at 6:00pm.

**LADIES FOOTBALL:** In their second outing of the County League Division 4 Fossa senior ladies lost to Dingle at Dingle by 6-04 to 4-03

on Sunday morning last. Next game is against Glenflesk at Fossa on April 13th. Under 14s begin their county league Division 1 with a home game v Na Gaeil on this Sunday March 30th throw in at 5pm.

**MEMBERSHIP:** Membership now due. Family membership has been reduced to €60.00 for 2014, adult remains at €30.00, while youth/student has been increased to €15.00. All players have to be registered before they play or train. All members for 2014 must have their membership paid by this Monday March 31st. Gene Moriarty will be available to take membership at the clubhouse 12.00 noon to 1:00pm on Sunday and again at the Lotto at the Golden Nugget this Sunday night.

**SYMPATHY:** Sympathy is extended to the wife and family of Brendan Walshe, of Countess Road Killarney, President of East Kerry Board GAA, may he rest in peace.

**SCÓR:** East Kerry finals of Scór na bPáiste were held in Fossa Community Centre on Saturday. The audience was treated to a fine afternoon's entertainment as the national school children of the district went on stage to showcase their talents. Well done to all those who competed. With the new format now in place first up was the Question Time, six teams took part. Representing Fossa were Aideen Ní Mhurchú, Sarah O'Neill, Saoirse Bennett, Aoife Kissane and sub Sophie Vousden. Though the girls didn't secure a place in the medals they finished very strong. Thanks to Tomás O'Mhurchú for his help in preparing the team. Next on stage for the host club was Saoirse Bennett in Solo Singing. Saoirse gave a beautiful performance of "Scorn not Simplicity" finishing in third place. Thanks to Linda O'Donoghue for her help in preparing Saoirse. Our next competitors were in the Instrumental Music category, they were Ellen Sheehan, Naoise Buckley, Sarah O'Neill, Joe Cahillane and Aoife Kissane. The group gave an excellent performance of a reel and a jig to come away with second place. They are all students of Killarney School of Music and huge thanks to Tadhg Buckley for his help and time in getting them stage-ready. Next up for

Fossa were our Léiriú group of Sarah O'Neill, Saoirse Bennett, Sophie Vousden, Aoife Doody, Tova Buckley, Aoife Kissane, Ellen Sheehan and Scarlet O'Reilly. The girls depicted a bed-time story about "Tír na nÓg" and were delighted when they were announced as winners in this category. Thanks to Courtney White and Theresa Kissane for their time and help in preparing the girls for this. Back to singing again, this time it was time for the Ballad Group entries to hit the high notes. On stage for Fossa in this entry we had Aoife Doody, Ellen Sheehan, Sarah O'Neill, Rachel Casey and Saoirse Bennett. The girls performed two lovely ballads and won themselves third place. A huge thanks to Linda O'Donoghue here again for her time and help with the girls. The final competition of the evening was the Set Dancing. Fossa were represented here by Sophie Vousden, Fiona Dineen, Sarah Sheehan, Aoife Kissane, Jodie Sheehan, Scarlet O'Reilly, Maeve Bellew and Saoirse Bennett. The girls gave a great display and really enjoyed their time on stage. Thanks to Norita Cronin for preparing the girls and as some of them are very new to dancing both she and them did an excellent job! Very well done to all our competitors, ye represented your club and parish in a manner ye can be very proud of.

**FOSSA YOUTH CLUB:** Meeting re Youth Club will be held on this Tuesday April 1st at 8:30pm in Fossa School Hall. Parents of teenagers wishing to join Fossa Youth Club are invited to attend.

**ATHLETICS:** Gneeveguilla AC will hold Athletics training at the Old Fossa Sportsfield on the first Saturday of every month. The next session takes place on Saturday week April 5th at 2pm. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

**FOSSA NOTES:** If anybody has any item they would like included in the notes, please email information to Gene Moriarty at beniska@utvinternet.com Please forward information on or before Sunday at 10:30am.





**2 CHARLES STREET,  
LISTOWEL, CO. KERRY**  
Telephone: (068) 23975  
Email: peter@ibike.ie  
www.ibike.ie

**FREE BIKE FIT** with new bike sales  
Lightweight wheels and components  
Large selection of clothing and footwear  
*All bikes serviced and repaired*

**SUPPLIER OF CYCLE TO WORK SCHEME  
SAVE UP TO 52% ON YOUR BIKE**

**NEW 2014 BIKES NEW IN STOCK**

**FORME LONGCLIFFE 5.0 €595**  
**LAPIERRE AUDACIO 200 €775**  
**CANNONDALE CAAD 8 €800**  
**FONDRIEST TF3 105 GROUPSET €2750**  
**FONDRIEST TF2 FRAMESET €2699**  
**FONDRIEST TF3 FRAMESET €1699**





















# Belieffit

## FITNESS STUDIO

*Killarneys Newest Fitness Revolution*

### CLASSES

**Anti Gravity Yoga** (only Class in Kerry)  
**TRX & Kettlebells**  
**CrossFit** (only gym in Killarney)  
**Women On Weights**  
*and many more...*

**Also Offering**

- Pre Summer Body Shred Packages
- Bride & Groom Packages
- Personal Training
- HITT PT

Call for enquiries or bookings  
on **087 7925354**  
or **087 4198013** [www.facebook.com/belieffit](http://www.facebook.com/belieffit)

**ONE FREE CLASS WITH THIS VOUCHER**  
Valid until 5th April.

Find us on Facebook  Follow Us On Twitter 




YOUR COMPLETE NETWORK & IT SERVICE

## ISLANDcomputers

**COURT YARD HOUSE - LEWIS ROAD - KILLARNEY**  
**TEL (064) 66 70 800 FAX (064) 66 70 803**

VOICE & DATA STRUCTURED NETWORKS :: VOICE & TELEPHONE SYSTEMS  
MAINTENANCE & TECHNICAL SUPPORT  
SERVER, SECURITY & STORAGE :: HARD/SOFTWARE SOLUTION PROVIDER  
MICROSOFT, COMPTIA & CISCO CERTIFIED

**WWW.ISLANDCOMPUTERS.IE**



## Galvin Physiotherapy Clinic

21 Clover Lane | College St. | Killarney | Co. Kerry  
Tel. 064 66 23100 | Fax. 064 66 23111  
Email: info@galvinphysiotherapy.ie | Web: www.galvinphysiotherapy.ie

- Manual Therapy
- Sports Injuries
- Biomechanical Assessment

- Dry-needling
- Orthotics



**Jimmy Galvin** MISCSP MCSP  
Chartered Physiotherapist  
Approved by all major Health insurance providers.



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

**FIONN FITZGERALD SPORTS SCIENTIST**  
*Pursuing a MSc. Sports Performance*  
*Bsc (Hons) Sport and Exercise Science*

- Supervised Injury Rehabilitation
- Performance Development Sessions
- Sports Consultancy



- Maximise Performance
- Gym & Field Sessions
- Individual & Group Sessions



## SPA NEWS

**LOTTO RESULTS:** No winner drawn in Jimmy Briens. Numbers Drawn 1 7 11 5 Lucky Dips: Kay Doona c/o Brendan Cronin, Damien and Denise Fenton Crosstown, Noel Parker Aughachareen, Jim Bob O'Brien Countess Road. Next week biggest Jackpot yet €9,200 in Royal Hotel.

**CLOTHES COLLECTION:** Time to declutter your wardrobe. Collecting clothes any condition (clean), bags, books (not school books) and cuddly toys. Contact Anne Holland 0857780883.

**MARK YOUR CALENDER LILY OF KILLARNEY:** Will be held this year at an earlier date May 30th in Killarney Heights Hotel

**TIERNABOUL NATIONAL SCHOOL:** School is collecting mobile phones to raise funds for Down Syndrome Ireland. All



THE LATE TIM KELLY RECEIVED A SPECIAL PRESENTATION ON BEHALF OF THE STAFF OF ST FINAN'S HOSPITAL ON THE OCCASION OF HIS RETIREMENT FROM THE HOSPITAL IN 1992. L:R: AIDAN KELLY, MARY KELLY, TIM KELLY RIP AND DONIE DOODY. SEE PAGE 45.



AT THE HSE HEALTH EVENING AT THE KILLARNEY HEIGHTS HOTEL WERE L-R LIZ TANGNEY, EDELE DALY & CATHERINE LYONS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

phone donations will be greatly appreciated. Please ensure SIM has been removed. Drop off to school or to the clubhouse. Contact Conor Gleeson 087 2565142

**WEDDINGS:** Congrats to the following who were married recently Imelda Healy Upper Lissivigeen to Sean Leane Kilcummin, Ronan Corcoran Upper Lissivigeen to Miriam Lyne Knockeenduff.

**SPA 31 CHAMPIONSHIP OF KERRY FINAL AT DARBY O'GILL'S ON THIS FRIDAY 28TH MARCH 7PM.** On this Friday night some of the finest exponents of the game of 31 will assemble at Darby O'Gill's Lissivigeen to decide the destination of the honours for 2014. Since it was initiated away back in 1972 by a group of Spa 31 enthusiasts including Frank Moynihan this annual event has grown in popularity over the intervening 42 years and as well as serving as a most lucrative fund raiser for the local GAA club has now become part of the recently inaugurated National GAA Social Initiative Project as an off season programme of social activity for club members many of whom have been retired from the playing fields for some

years. Spa's contribution to this project has received favourable recognition in Croke Park and has been honoured by way of a specially inscribed certificate in 2012. Much credit is due to the many fine club members who continued to organise this annual event over those 40 years and those to the fore in the organisation of this season's event were Paddy O'Keeffe, Paddy B Lynch, Johnny Batt Cronin and Dave Herlihy, the message from the organisers is to be in the Darby O'Gill's at 7pm sharp to enable play to commence and have the final completed prior to midnight.

**TIMMY FLEMING HONoured BY LAUNE RANGERS:** A special word of congratulations to our minor manager Timmy Fleming who has been honoured as a member of his former club Laune Rangers in their best 15 for the period 1963 to 2013, Timmy a stalwart in all grades with club and county has been a wonderful servant to the GAA in Spa since his arrival in Muckross and currently has moulded a very fine minor team who have been successful in East Kerry and county competitions.

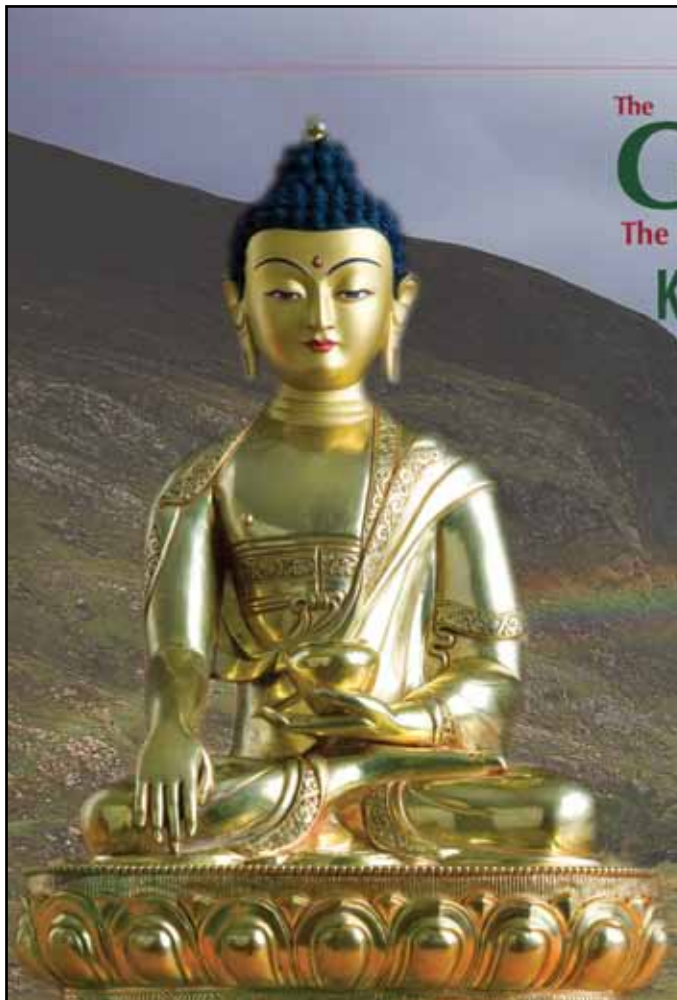


MS. ELAINE NI SHE, LEFT IN HER RED RALLY JACKET, WHO RECENTLY APPEARED ON TG4'S 'GLIONDAR' SPEAKING 'AS GAEILGE' AND FILMED TAKING PART IN THE RALLY OF THE LAKES. MS. NI SHE'S 1ST CLASS STUDENTS AT LISSIVIGEEN NS WERE THEN INSPIRED TO RECREATE A VEHICLE OF THEIR CHOICE. STUDENTS ARE PICTURED HERE WITH THEIR COLOURFUL MODELS, THEIR TEACHER MS. NI SHE (LEFT) AND PRINCIPAL MIKE McAUUFFE (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ARTISTE/SONG WRITER, BRIAN KENNEDY WHO PERFORMED TO A PACKED HOUSE AT MUCKROSS SCHOOL HOUSE, KILLARNEY ON SATURDAY NIGHT, WITH SHEILA RYAN, LEFT AND VALERIE O'CARROLL. PHOTO: VALERIE O'SULLIVAN.





DIAMOND WAY BUDDHISM  
KARMA KAGYU LINEAGE

## The Great Seal

The crown jewel of Buddhas teachings

### Killarney Avenue Hotel

## 7<sup>th</sup> - 9<sup>th</sup> April 2014

Monday 7<sup>th</sup>  
8:30<sup>am</sup> Introduction to Buddhism  
Lecture - Lama Ole Nydahl

Tuesday 8<sup>th</sup>  
10:00<sup>am</sup> International Teachers Q&A's  
- Zsuzsa Koszegi - Erik Behrends  
- Ewa Kazmierczak - Kristian Zacho


3:00<sup>pm</sup> Great Seal  
Lecture - Lama Ole Nydahl

8:30<sup>pm</sup> Great Seal  
Lecture - Lama Ole Nydahl

Wednesday 9<sup>th</sup>  
10:00<sup>am</sup> Great Seal  
Lecture + Q&A's - Lama Ole Nydahl

Explanations of the Great Seal given by

### Lama Ole Nydahl



Lama Ole Nydahl is one of the few Westerners fully qualified as a Lama and a meditation teacher in the Karma Kagyu Buddhist tradition. His depth of knowledge and dynamic teachings inspire thousands of people worldwide. Though Lama Ole has given teachings in Ireland many times since 2007, this is the first time on Irish Soil that he will give the teachings on the Great Seal.

The Great Seal ("Mahamudra" in Sanskrit) is considered to be the crown jewel of Buddha's teachings as transmitted in the Kagyu tradition. Including basis, way and goal, it brings about the direct experience of mind's enlightened nature. Lama Ole Nydahl will give his contemporary commentary on the Great Seal Wishes, a classic Mahamudra text composed by the Third Karmapa, Rangjung Dorje.



For more info visit: [www.diamondway.ie](http://www.diamondway.ie)

## CASH BUSINESS AVAILABLE

**Evening Work Only**  
Can be operated alongside existing work,  
Would suit someone living in or near Killarney.  
This Business can be taken over without investment.



Contact:  
**086 1938618**



## EMMAUS COUNSELLING SERVICES

Professional & Confidential Counselling  
Specializing in Adolescent Counselling

**SIOBHÁN BROWNE, BA, Cert.**  
39 Main Street (1st Floor), Castleisland, Co. Kerry.  
Tel: 087 1733393  
Email: [siobhanbrowne.emmaus@yahoo.ie](mailto:siobhanbrowne.emmaus@yahoo.ie)  
Website: [emmauscounsellingkerry.com](http://emmauscounsellingkerry.com)

*Journeying with you to find peace in your life*

## KNOCKADERRY National School

Farranfore Village  
(turn at the Pedestrian Crossing)

## OPEN EVENING

Friday April 4th  
6.30pm to 7.30pm

**Excellent Pupil / Teacher Ratio**



Tel: 066 9764729  
e-mail: [knockaderryns.ias@eircom.net](mailto:knockaderryns.ias@eircom.net)



## KILCUMMIN NEWS



AFTER THE FIRST ANNIVERSARY MASS OF THE LATE KATIE DUGGAN, BISHOP RAY BROWNE PRESENTED HER FAMILY WITH A RECOGNITION OF SERVICE CERTIFICATE, OF THREE GENERATIONS OF SERVICE, GIVING 70 YEARS OF DEDICATION TO KILCUMMIN CHURCH. PICTURED HERE AT KILCUMMIN PARISH HALL ARE L-R BRENDAN DUGGAN, ANDREW DUGGAN, HANNAH DUGGAN, BISHOP RAY BROWNE, FR. JOE BEGLEY, DENIS DUGGAN & MARY DUGGAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

**ICA:** The Annual General Meeting of the Guild will be held on Wednesday, 2nd April at 8pm in the Rural Development Office. A representative for O'Callaghan's Tours will attend. All ladies welcome.

**KILCUMMIN HOSPICE WALK:** The organisation committee would like to thank all those who took part in last year's walk, which raised €3,861 for the Palliative Care Unit in Tralee. This year the good Friday Walk (April 18th) will leave from the Recreation Hall at 10.30am. Again there will be a choice of the longer 10km loop or a shorter one of 6km (approx). There will be refreshments in the hall after the walk. This is a very enjoyable Community Event. 155 people took part last year. Please come along and support. A meeting of the Organising Committee will be held in the Recreation Hall on Wednesday April 2nd at 8.30pm. New helpers very welcome.

**KILCUMMIN N.S.:** Sixth Class pupils have created animated e-cards to celebrate Birthdays, First Holy Communions, Confirmations and Easter. 'Thank you' cards and 'Congratulation' cards are also available to purchase. These special cards are now available to order from Kilcummin National School. If you would like to purchase an e-card for somebody please pick up an order form from the Post Office, Rural Development Office or the school. Orders are now being taken: one e-card costs €2 or five e-cards for €5. Customers are invited to drop their order forms into the school, the Rural Development Office or the post office. Order

forms can also be given to pupils in the school. The closing date for e-card orders is Friday 11th April 2014. Sixth Class in Kilcummin N.S. wish to thank the people of the parish for their support. **INVITATION TO BUSINESS LAUNCH AT KILCUMMIN N.S.:** Sixth Class pupils in Kilcummin National School wish to invite parents, relatives and members of the local community to attend the official launch of their animated e-card business, as part of the Junior Entrepreneur Programme. The launch will take place on Wednesday, 2nd April at 2pm in the Recreational Hall, Kilcummin. Pupils will display samples of their cards. Orders can be made on the day. Light refreshments will be served. Tá fáilte roimh chách!

**COMHALTAS:** Kilcummin Comhaltas Branch will be holding its Annual Easter Raffle on Sunday 13th April at 9pm in the GAA Klub Bar. Hamper Prizes, Spot Prizes, Entertainment and Finger Food. Raffle cards (€2 per line) are now

available from Comhaltas members, Kilcummin Post Office and will also be available on the night. All Welcome.

**THE NEXT SUNDAY MUSIC SESSION** will be held on the 6th April from 2.30pm to 5pm in the Recreational Hall. All Welcome.

**MEETING:** Kilcummin Comhaltas Branch Meeting will be held on Tuesday April 8th at 8pm in the Rural Development Office. All welcome.

**SCOIL FONN SLOW AIR AND SINGING WORKSHOP** will be held on Sat 5th April in the IT Tralee from 11.30am to 3.30pm. All age groups welcome.

**MEMBERSHIP REMINDER:** This is the last week to become a member of Kilcummin Comhaltas Branch. Please contact Mags O Sullivan (087) 7799341 or Timmy Lane (086) 0587047 to register and pay your membership.

## RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

**HOLLYMOUNT NS RATHMORE:** Are hosting a Daffodil Day/ Coffee Morning in aid of Irish Cancer Society on this Friday 28th March 10am-12pm. Free health talk, blood pressure and BMI Monitoring will be available on the day. Come join us for a 9 and home baking. Please support.

**PANTO DVDS ON SALE** -"Robinson Crusoe Copies of the recent PANTO DVDS ON SALE -"Robinson Crusoe Copies of the recent panto which was staged in Rathmore recently are now available to buy. This two and a half hour presentation showcases the very best of local talent and is ideal as a gift or simply to enjoy. The double disk DVD is beautifully packaged and is available through Michael O Mahony by phoning 0876676817 at a cost of €12.00. DVDs of previous pantomimes are also available on request

**BINGO:** Raheen National School! When? Saturday 29th March at 8pm. Jackpot in play!!! Admission: Adults €10 Children €5. Tea, sweet cake and a chat at the interval.!!!

**THANKS:** Thank You to all who gave so generously at the South Kerry Parkinson's Support Group Church gate Collection in Rathmore, Shrone & Gneeveguilla and thank you to the Gate Collectors. From: Gracie

McCrae, President  
064 7758837 & Michael John Moynihan.

**COFFEE MORNING AND CAKE SALE** in St. Joseph's Day Care Centre, Rathmore, 9 a.m. to 12.30 p.m. on Friday 28th March, 2014.

Anyone willing to do baking, donate cakes, daffodils or help in any way would be greatly appreciated. We would ask people to make a special effort, as all help & support is needed now more than ever to show solidarity & support for people & their families affected by cancer. Any enquiries, please call 064 77 58588 **RATHMORE GAA CLUB:** East Kerry U21 Championship Final (Result) Rathmore 1-9 Dr Crokes 0-11

**LOTTO RESULTS** (17/03/2014) Numbers drawn: 10, 18, 23, 26; No jackpot winner this week. Play online at [www.localotto.ie/rathmoregaa](http://www.localotto.ie/rathmoregaa) for next draws of €5,600. Consolation prizes €40 O'Keeffes XL Gift Voucher - John and Aileen Cronin, Tureenamult, Gneeveguilla (Yearly Ticket); €40 - Patrick Moriarty, Muckross, Killarney; €40 - Tim Mahony, Freemount; €40 - Denis Moynihan, Shinnagh; €40 - Patrick Moriarty, Muckross, Killarney. This week's lotto is sponsored by The Star Bar, Rathmore.

Eastern Region U16 Football League (Result):

Rathmore 3-08 Gneeveguilla 2-05  
Lee Strand County U14 Hurling Div2 (Result): Rathmore 1-01 Ballyduff 5-07 Credit Union Co League Div1 (Result): Rathmore 1-12 Kilcummin 3-12

**GNEEVEGUILLA LADIES GAA** Committee are holding a fashion show on Thursday April 3rd. Doors open at 8.00pm, show at 8.30pm. Cheese & wine reception on arrival. Many shops attending. Prize for 'Best Dressed Lady/Gent' sponsored by Jasmin Tralee & Killarney. Lots of spots prizes. All proceeds go towards the field development. A great night's entertainment assured.

**CHARITY DANCE:** in aid of Friends of Leukaemia Patients Cork, Brú Columbanus and Friends of Leukaemia Trust. Friday 11th April 9pm. Darby O Gills Hotel. Music by Happy Hearts, followed by DJ Don. Loads of great spot prizes and free entry into draw for 2 Garth Brooks tickets. Tickets €10.

**NOTES :** If anyone has any information they would like to add to the notes, please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00pm on Sunday.





**APACHE  
PIZZA**

## PIZZA CHEF REQUIRED

**IMMEDIATE START  
WEEKEND & EVENING WORK  
INVOLVED  
FULL TIME POSITION  
EXPERIENCE IS REQUIRED**



**EMAIL YOUR CV TO  
CASTLEISLAND@APACHE.IE**

**APPLICATIONS IN WRITING TO  
APACHE PIZZA, CHURCH STREET,  
CASTLEISLAND, CO. KERRY.**

## PRESCHOOL ROOM LEADER REQUIRED

-  **Cordal Community Preschool, Kilmurry N.S., Cordal, Castleisland requires a Preschool Room Leader for 20hrs a week (mornings).**
-  **Minimum Qualification FETAC Level 6 Major Award in Childcare with at least 3 years experience**
-  **Please send letter of application and CV to Chairperson of Cordal Community Preschool, Kilmurry N.S., Cordal, Castleisland, Co. Kerry or email to [cordalafterschool@gmail.com](mailto:cordalafterschool@gmail.com) by Wednesday 2nd April, 2014.**

This childcare project is funded by the Irish Government and Part financed by the European Union structural funds under the National development plan 2007-2013.



*For all your printing requirements*



**walsh  
COLOUR PRINT**


**FREEPHONE: 1800 613 111**

**EMAIL: [sales@walshcolourprint.com](mailto:sales@walshcolourprint.com)**

## FULL TIME OFFICE PERSON REQUIRED IN THE RATHMORE AREA.

**REQUIREMENTS :**

- Previous experience in General Office Administration/bookkeeping
- Ability to prepare and file Revenue returns online
- Confident to work on own initiative



**APPLY IN WRITING TO THE FOLLOWING P.O. BOX NO 1314,  
WALSH COLOUR PRINT, TRALEE RD, CASTLEISLAND**

## Don't Forget

That  
The Clocks Go  
**Forward**  
**1 Hour**  
**March 30th at**  
**1am**



**SPRING FORWARD**  
**MOVE YOUR CLOCKS  
ONE HOUR FORWARD  
IN THE SPRING**



**Experienced Contract Cleaners wanted**  
for an immediate start in Castleisland.  
**10 hours per week contract.**  
Experience at contract cleaning is necessary.  
Please contact Tim on:  
**087 250 4027**  
between 9am - 2pm.



## VOLUNTEER SUPPORT VITAL TO YOUNG PEOPLE

Young people and a group of dedicated volunteers have just completed an eight week Paired Reading Programme in KDYS Killarney Youthreach. The programme started on the 24th January 2014 and involved 8 volunteers from the local community helping a young person with their reading practise. The method involves a volunteer and a young person, reading together in a group setting.

The Paired Reading Programme is used in many primary and secondary schools, but this is the first time it has been used by the KDYS in Killarney Youthreach. The main benefits for the young people are that it increases a young person's reading skills, interpersonal skills, confidence and self-esteem. The volunteers also benefit from this experience by gaining an understanding of young people in need of support, as well as being personally rewarding as the volunteer also feels a great sense of achievement and community wellbeing watching a young person improve their reading skills week on week.

The programme highlights the vital role volunteers play in supporting young people



PICTURED ARE VOLUNTEERS CLAUDIA WHITE, FRANCES ROWLAND, MARY SHEEHAN, ANNA PAPA-MURPHY, MARY FARRELL, MARY O'CONNELL, JOANNA O'SULLIVAN, ALONG JOHN ADAMS AND LINDA MURPHY OF KDYS YOUTHREACH AND THE GROUP OF YOUNG PEOPLE INVOLVED IN THE PROGRAMME.

across the county. The KDYS currently support 50 youth clubs which are run solely by volunteers providing a huge benefit to their communities. The charity also runs multiple

extra support programmes like the paired reading programme that see volunteers make a huge difference in a young person's life.

## HUGE IT TRALEE MAJORITY CHOOSES TO REMAIN AFFILIATED WITH USI

95% of voting students in IT Tralee have chosen to remain affiliated to USI (Union of Students' in Ireland). With a total valid poll of 376 votes, 357 students voted 'Yes' to affiliation, with just 19 opposing and 4 spoilt votes.

This result will see IT Tralee Students' Union, which represents IT Tralee North and South

Campuses remain affiliated with USI. This maintains the USI membership of every single Institute of Technology student in the country. Today, IT Tralee students also voted 95% in support of Marriage Equality.

The result has been welcomed by USI President Joe O'Connor:

"I am delighted at the overwhelming support shown by IT Tralee students today for remaining affiliated to USI. This ensures that every Institute of Technology student in the country remains a member of USI.



FOLLOWING THE SUCCESS OF THEIR VALENTINE'S MASTERCLASS AT THE RIVERSIDE HOTEL, A SECOND ONE WAS HELD TO CELEBRATE ALL THINGS SPRING. THOSE WHO ATTENDED THE NIGHT WERE GIVEN A MASTERCLASS IN COOKING BY HEAD CHEF CYRILLE DURAND AND HIS TEAM. THEY INCLUDED FIONA O'DWYER, AINE O'SULLIVAN, KAREN COAKLEY, MARIE CARROLL, NIKI MCCARTHY, ELAINE DOYLE, VINCENT COAKLEY



LAUNCHING THE KILCUMMIN GAA CLUB RAMBLING HOUSE WHICH WILL TAKE PLACE ON FRIDAY 4TH APRIL AT THE CLUBHOUSE ARE FROM LEFT: MICHEAL MCGURL, MARIE O'LEARY, KATHLEEN O'SULLIVAN AND PAT O'SULLIVAN. BACK FROM LEFT: TOM O'CONNOR, WILLIE FLEMING, CLUB CHAIRMAN AND EOGHAIN MORIARTY JUVENILE CLUB CHAIRMAN.

### Killarney Outlook...

First with the stories that matter!

If you've got a story or an event you would like us to highlight...

Editor: Aisling 086 0400 958 or Email: editorial@outlookmags.com





## INVITATION to **FREE** BUSINESS SEMINAR

# FINANCING YOUR BUSINESS – KNOW YOUR OPTIONS

**Brehon Hotel, Killarney | Thu 3<sup>rd</sup> April 2014 | 18:00-20:30**

### PROGRAMME

**Growing your business - financing for growth** | *Billy O'Connor, Discovery Partnership*

**Bank financing: what do the banks require?** | *Peter Walley, Discovery Partnership*

**Bank loan refused? – What's next?** | *Paul Kerr, Credit Review Office*

**Exploring new options - Microfinance Ireland** | *Lorna Coleman, Microfinance Ireland*

**Employment Incentive & Investment Scheme** | *Marcus Treacy, OCKT Accountants*

**Private equity – Improving your investment potential** | *Wayne Murphy, SELR8R*

**Building financial capabilities in SMEs** | *Niamh Desmond, ManagementWorks*

**Followed by Questions & Answers**

**REGISTER online TODAY at [www.managementworks.ie](http://www.managementworks.ie)**

(or call Alma at ManagementWorks on 01 2079630)

*This FREE business seminar is hosted by **ManagementWorks**, in association with **South Kerry Skillnet**, **Rural Food Skillnet** and **Southwest Gno Skillnet**.*



## CLASSIFIEDS

### - BUSINESS ONLY -

**COST:** Up to 10 words €10 • 10 - 20 words €20  
\*\*\*\* No More than 20 words \*\*\*\*

**DEADLINE IS WEDNESDAY AT 5pm**  
Ring **064 6670000**

Email: **killarneyoutlook@outlookmags.com**  
or Post to The Killarney Outlook,  
30 High St., Killarney

ADVERTS WILL NOT BE INCLUDED  
UNTIL PAID FOR IN FULL

## CHILDMINDER AVAILABLE

Child-minder available in own home in Kilcummin. Qualified, experienced, registered and insured. References available on request. Full days or flexible hours offered.

Call **Tina: 089 4748008**

7158 ED 13

## PROFESSIONAL TUTORING

Adult reading help. Evening study help. Give your child a head start. Professional Tutoring in reading, spelling, english and mathematics. All ages.

Call: **087 2979912 for free evaluation.**  
**Confidentiality assured.**

7211 ED14

## REMOVAL SERVICE

Household, Office, Local, Nationwide. Deliveries anytime 7 days a week. Also, all kinds of clear-outs etc.

Call: **087 2600407 or 064 66 31979**

7208 ED13

## HOUSE AND GARDEN MAINTENANCE

From landscaping to maintenance, trees and shrubs cut, mowing etc. House maintenance, interior and exterior. Painting, gutters, lofts etc. Friendly reliable service

Call: **085 270 9642**

6739 ED13

## DENTAL NURSE / RECEPTIONIST REQUIRED

To cover maternity leave. Part - time hours. Experience preferred but not essential.

Please apply with C.V to box number:

**2304 The Killarney Outlook**  
**30 High Street Killarney.**

ED13

## HOUSE FOR RENT IN THE MILLTOWN VILLAGE AREA

4 bed with built in wardrobes & 1 ensuite, sitting room with open fire, fitted kitchen & dining area, semi detached BER B3 rating, gas CH, furnished, timber & tiled floors throughout, recently refurbished, enclosed rear garden available €500 per month

Call: **066 976 5577**

## CLASSIFIEDS

### - STRICTLY PRIVATE -

**COST:** Up to 20 words €5

\*\*\*\* No More than 20 words \*\*\*\*

**DEADLINE IS WEDNESDAY AT 5pm**  
Ring **064 6670000**

Email: **killarneyoutlook@outlookmags.com**  
or Post to The Killarney Outlook,  
30 High St., Killarney

ADVERTS WILL NOT BE INCLUDED  
UNTIL PAID FOR IN FULL

7180 ED13

## FOR SALE

Excellent quality well packed square bales of June hay. Large green bales. Killarney Area.

Call: **087 2258756**

7209 ED13

## FOR SALE

Round bales of chopped silage.

Call: **086 1632 398**

7200 ED13

## FOR SALE

Top Quality Top Soil For Sale..

Call **Mike: 087 980 8517**

7205 ED13

## FREE TO GOOD HOMES.

Lab - Collie / Collie Pups. 8 weeks old.

Call: **087 - 9041019 (6pm - 8pm)**

7212 ED13

## WANTED.

Room for rent, in exchange I'll take care of your garden and house.

Call: **089 4569265**

6743 ED13

## TO LET

2 bed town house, fully furnished, all mod cons, solid fuel stove. €625pm. Located around the corner from cinema.

Call: **086 0680351**

6742 ED13

## TO LET

Cosy 3 bedroomed cottage, recently refurbished, Gneeveguilla area.

Call: **087 2076552 / 086 3228011**

## SOUTHWEST COUNSELLING CENTRE, KILLARNEY

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

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

## AVAILABLE

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

Call: **Ian 087 6304241.**

7210 ED14

## MAN AVAILABLE FOR OUTDOOR WORK

**Full garden maintenance.** Cleaning and farm help. Comprehensive insurance. No work too small, - own transport.

Call: **086 - 898 6037**

ED 22

## MASSIVE FURNITURE SALE

www.ardfertfurniture.com. 20,000 sq ft showrooms.

BEDS BEDS, Top quality. Ireland's lowest prices.

Call: **066 7184361**

10502

## SOUL MATES

Love is all there is! Find that special person. For friendship and romance with like minded people in a safe, secure & trusted environment.

Call: **087 9216302 / 087 7720250**

7199 ED 13



**DEADLINE EVERY WEDNESDAY 5PM**

ADVERTISEMENTS MUST BE CLEARLY WRITTEN

# CLASSIFIEDS

NAME	_____
ADDRESS	_____ _____ _____
ADVERT DETAILS	_____ _____ _____ _____ _____

IS AD FOR BUSINESS

☐

OR PRIVATE

☐

NUMBER OF  
WEEKS  
(PLEASE TICK)

☐



**Robertino's**  
**The Med Restaurant**  
An authentic Mediterranean experience

**OPENING HOURS**  
Sat & Sun: 2pm till late  
Mon - Fri: 4pm till late

with full a La Carte,  
Early Bird & Specials.

High Street, Killarney, County Kerry.  
T: 064 66 34966 F: 064 66 35273  
E: info@themed.ie  
W: www.robertinosrestaurant.com

**Salvadors Restaurant**

9 High Street, Killarney, Co. Kerry  
t: 064 66 32816 :: f: 064 66 35273  
www.salvadorskillarney.com

Where Everybody feels at home!!

**ANY TAKEAWAY PIZZA €10**

Early Bird  
Kids Menu  
Fully Licensed



**SCÉAL ÉILE Restaurant**  
Killarney, Co. Kerry Tel: 064 6635066

**EVERY DAY Mon - Sun**

**2 Course lunch only €11.95**

Homemade Veg Soup  
Choice of **Main Courses**  
or try any of our  
many **Desserts** or **Pastries**.

Call for reservation: **064 66 35066**



## RECIPES OF THE WEEK

### FAMILY FISH PIE

This fish pie is a great way to get fish into your diet and experts recommend that we eat 2 portions of fish a week.

#### Ingredients - Serves 4 Adults

- 675g / 1½lb of filleted cod
- Juice of ½ a lemon
- 275ml / ½ pint of semi-skimmed milk
- 1 dessertspoon of plain flour
- Salt and pepper to taste
- 1 medium onion, finely chopped
- 150ml / ¼ pint of water
- 25g / 1 oz. of margarine
- 8 medium potatoes, cooked and mashed

#### Method

1. Remove the skin from the fish and cut into 4 pieces.
2. Place in a saucepan with onion and lemon juice.
3. Add the water and milk.
4. Cover and cook gently for 10 minutes.
5. Drain the fish, saving the stock.
6. Melt the margarine in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball.
7. Remove from heat and add the fish stock gradually.
8. Bring to the boil, reduce heat and cook for another 2 minutes.
9. Grease a pie dish and add a little sauce.
10. Place fish in the dish and cover with remaining sauce.
11. Spoon the mashed potatoes around the edge.
12. Brown under the grill or in the oven.



### KIWI, GRAPE AND APPLE SMOOTHIE

Smoothies are a fantastic way to pack fruit into your diet. By investing in a good quality hand blender or liquidiser you can make them at home to your own exact taste.

#### Ingredients - Serves 4 Adults

- 6 kiwis
- 300g / 10½ oz. of green seedless grapes - around 60 grapes
- 6 ice-cubes
- Water to dilute smoothie to your desired consistency
- 1 medium sized apple

#### Method

1. Wash hands and the fruit before beginning.
2. On a chopping board peel the kiwis using a vegetable knife. Then chop in half - if the white part running down the centre of the kiwi seems quite hard then carefully take it out using the knife and discard, chop the remainder into small pieces.
3. Chop the apple into small cubes.
4. Add the chopped kiwis and the grapes and blend until the mixture is smooth. Add the apple and the ice cubes into the blender then blend until no large pieces are present.
5. Pour into glasses and serve straight away.



#### Serving Suggestions

Try this delicious and healthy smoothie with pineapple (fresh or tinned in own juice) instead of apple, for an extra exotic touch. To finish off get some coloured straws - green if you can find them - and use a kiwi slice for decoration! Every day's a good day get those greens in! Getting the kids involved in cooking is a great idea; they are much more likely to eat foods that they have prepared themselves. Learning good habits from an early age will mean there is less chance of them being fussy eaters in later life!

Fully Licensed Restaurant & Bar

**Treyvand's**

Specialising in International Cuisine

Treat your Mum this  
**Mothers Day**

Sunday Lunch €22.95 | 12 - 5pm

RESERVATIONS ESSENTIAL

 Find us on Facebook

Reservations: **064 66 33062**

62 High Street, Killarney Fax: 064 66 22793



**MAREENA'S & SIMPLY FOOD**

NOW OPEN 6 DAYS A WEEK  
TUE - SAT: LUNCH & DINNER  
SUNDAY: ALL DAY

NOW TAKING RESERVATIONS  
FOR MOTHERS DAY.

EAST AVENUE ROAD, KILLARNEY, CO. KERRY  
064 66 37787  
www.mareenassimplyfood.com







## DR. CROKES GAA CLUB NOTES

**MEMBERSHIP 2014:** Club registration for the year 2014 is now due. Deadline is the 31st March. Registration will take place in the clubhouse on Sat. 29th: 10:00am - 12:00pm. Alternatively, you can contact Frances on 086-3895230.

**LOTTO:** Draw took place in Jack C's on Sunday last. Numbers drawn: 8, 15, 16, 24. The jackpot of €7200 was not won. Match 3, 7 winners received €60. Next week's jackpot is €7500. Draw will take place in the Speakeasy.

**FIXTURES:** Snr Lge. Div 1: Away vs. Finuge, Sun. 30th March, 2pm. Snr Lge. Div 5: Away vs. Kilgarvan, Sun. 30th March, 2pm. U16 EK Lge. Div 1: Home vs. Rathmore, Mon. 31st March, 6pm. U16 EK Lge. Div 3: Home vs. Spa, Mon. 31st March, 6pm. Please support.

**RESULTS:** Snr Lge. Div 5: Dr. Crokes 'B' 1-12, Valentia 1-11. Snr Ladies Lge: Dr. Crokes 4-09, Southern Gaels 'B' 1-02. U16 EK Lge. Div 1: Dr. Crokes 5-10, Legion 1-06.

**SENIOR LADIES:** The senior ladies had another successful day out last Saturday when they defeated Southern Gaels B on a scoreline of 4-09 to 1-02. The girls will take on Dromid in the next round of the league. If anyone would like to take up football, the ladies welcome new players. Training takes place every Friday evening at 6:00pm.

**SENIOR HURLING:** Training is well under-way for the 2014 season and takes place every Monday, Wednesday & Friday at 8:00pm. New hurlers always welcome.

**SATURDAY MORNING ACADEMY:** Our Saturday morning hurling & football academies continue this weekend: Hurling from 10:00am to 10:40am, followed by football 10:45am to 12 noon. Both codes are supervised by qualified coaches and all equipment is provided.

**COISTE NA NOG - FOOTBALL:** U12 footballers continue their preparation for the season on Tuesdays and Thursdays from 5:00pm to 6:15pm. The U12 girls train on Mondays 4:30pm - 5:45pm and also on Thursdays with the U14 & U16 girls from 6:00pm to 7:15pm. New players welcome. Don't forget your mouth-guards!!

**COISTE NA NOG - HURLING:** The U12, U14 & U16 hurlers continue training for this season on Friday evenings from 6:00pm - 7:15pm. New players welcome.

**SCOR NA BPAISTI:** Congratulations & a sincere thanks to all our young members who took part in the Bord Chiarrai Thoir Scor na bPaisti in Fossa on Saturday last. Trath na gCeisteanna: Mary Oliver, Jamie Muldoon, Darragh O'Callaghan & Cillian Hickey. Amhranaíocht Aonair: Fiona Galvin. Aithriseorieacht/Scealaíocht: Treasa O'Sullivan. Rince Seit: Peter O'Shea, Treasa O'Sullivan, Cillian Hickey, Sinead Oliver, Aoife O'Brien, Leanne Kearns, Cian McMahon & Mary Oliver.

Also, thanks to their coaches; Jackie Looney (Quiz), Hannah O'Donoghue (Dancing) & to all the parents for their support.

**MASTERS GOLF CHALLENGE:** It's that time of year again. The Masters is the first golf fundraiser of the year. Entry Cards are available at the usual sources. Please support.

**CLUB QUARTERLY MEETING:** Will take place at the clubhouse on Monday 31st March at 7:30pm.

**SYMPATHY:** To the family of Brendan Walshe (East Kerry Board) and to the Kelly family on the passing of Tim.

## EAST KERRY NOTES

By Áine Ní Shúilleabháin

**EAST KERRY SENIOR LEAGUE:** The East Kerry Senior League, sponsored by Frank Doran Safeguard Security, Division 1 Final between Legion and Glenflesk has been fixed for Saturday the 5th April. Venue and Time to be confirmed.

**EAST KERRY JUNIOR LEAGUE:** The East Kerry Junior League, sponsored by Patrick Doyle Haulage, kicks off at 6.30pm on Tuesday the 1 April. First round fixtures are Division 1 Gneeveguilla V Dr Crokes, Legion V Glenflesk. Division 2, which is 13/15 a side, are Rathmore V Spa, Fossa V Kilcummin. The rules of the 2014 competition are as follows: The East Kerry Junior league to comprise of two divisions. The top team in each division play in the final. Second and third placed teams play in the semi final. The following players are not eligible to play in the East Kerry Junior league: Players on the first fifteen of the last O'Donoghue Cup game of the previous year. Players on the first fifteen submitted for the current year and sanctioned; Players on the first fifteen in the senior county championship of previous year.

**EAST KERRY SCÓR NA BPAISTI FINALS:** Fossa Community Centre was the venue last Saturday, 22 March 2014, for the East Kerry Scór na bPaisti Finals. Bean a Tí, Bríd Kissane, from Fossa for what proved to be a very entertaining afternoon. Competition started at 12 noon, with Question time. This was closely contested by 6 teams, one from each of the following clubs: Rathmore, Spa, Glenflesk, Fossa, Kilcummin, Dr Crokes and Kilcummin came out winners after a tie breaker between 3 clubs. Kilcummin proceed straight to the county finals of question time on the 13th April in the Tintean theatre in Ballybunnion.

After the exciting Question time competition, the large audience was treated to a display of the great talent that abounds in East Kerry. Competition was close, with entries from 8 clubs - Rathmore, Glenflesk, Fossa, Kilcummin, Dr Crokes, Furies and Spa. The judges had a very difficult task choosing the winners, who were as follows: Figure dancing - Glenflesk, Solo Singing - Kilcummin, Recitation - Furies, Instrumental Music - Spa, Leiriú - Fossa, Ballad Group - Glenflesk, Set Dancing - Kilcummin. Well done to all the competitors and best of

luck to the winners, who proceed to the county semi finals next Saturday, the 29th March in Foilmore, starting at 4pm.

**MUNSTER SCÓR SINSEAR GOOD WISHES:** Best wishes to East Kerry Competitors in the Scór Sinsear Munster Finals next Sunday, 30 March in University of Limerick. These are Glenflesk - Figure dancing; Spa - Recitation; Kilcummin Ballad Group and Set dancing.

**EAST KERRY PRIMARY SCHOOLS**

**MINI-SEVENS:** East Kerry Primary Schools Mini-Sevens took place last week, over 2 days (Wednesday and Thursday). Dr Crokes club grounds was an ideal venue to stage the competition. Twenty-four boys teams took part. The standard of football was excellent throughout with all teams showing up well. In the final, Presentation Monastery NS defeated a spirited Holy Family Rathmore NS in a close battle to claim the East Kerry title.

The girls competition took place on Thursday in difficult playing conditions. Twenty-three girls teams took part. All players showed great spirit and determination in performing to such high standards. Fossa NS girls secured the East Kerry title with a hard fought victory over a well drilled Knockaderry NS team. Many thanks to Sean Coffey (Principal of St Brendans College) for his assistance in running the event and Der Brosnan (Dr Crokes) for the use of the excellent facilities. Best of luck to Presentation Monastery NS and Fossa NS in the county final on Friday the 28th of March.

**EAST KERRY COISTE NA NÓG**

**DELEGATES MEETING:** The next delegates meeting of East Kerry Coiste na nÓg, takes place on Tuesday the 1st April, in Legion clubhouse, starting at 8pm.

**SYMPATHY:** All in East Kerry were greatly saddened at the recent passing away of our esteemed President, Brendan Walsh, and we extend sympathy to his wife Mary, Daughter Sinéad, Son Cathal, family relatives and friends. Brendan served as both Chairman and Secretary of his beloved club, Glenflesk. He also served as a most progressive East Kerry Board Chairman for 14 years from 1965 to 1979. On stepping down from the Chair in 1979, he was elected Vice President and served as President from 2002. He has given over 50 years service to the Board. During that time he led many improvements, setting up the competitions structure for the Board and was a major motivator for the setting up of the East Kerry Coiste na nÓg. Brendan pioneered the very successful "Tops of the Clubs" variety competitions. His innovative and un blinkered thinking and his desire to modernise the Boards activities and administration earned him the respect of all. He worked assiduously and the District Senior Team had great success winning three county championships in 1968, 1969 and 1970 and also winning the inaugural All Ireland Club Championship in 1971. Whist living and working in Killarney his roots always remained firmly entrenched in this native





club, Glenflesk. The esteem in which he is held and the outstanding contributions made by Brendan through the decades, were recognised by the East Kerry Board when he was presented with the 2011 East Kerry Hall of Fame Award. He always enjoyed attending the O'Donoghue Cup draw, the final itself and the post match receptions. He will be greatly missed. Ar dheis Dé go raibh a anam dílis

## LEGION GAA CLUB NOTES

By KEVIN GRIFFIN

**SENIOR COUNTY LEAGUE:** The 2014 county league division 2 got underway last Sunday as we hosted newly promoted Listry at Derreen. With first half score being at a premium it was the visiting side that were looking the more threatening and with seconds left in the opening half and Listry leading 0-04 v 0-03, a Listry free kick was well flicked to the net to leave us deservedly trailing by 4 pts at the short whistle. Legion definitely raised their game somewhat in the second half but with Listris Gary O'Sullivan still controlling the midfield sector, it took a couple of well taken goals from Tom Moriarty to set the platform for this victory, eventually winning on a 2-08 v 1-06 scoreline. Referee Tom Lynch left the game flow freely and consequently all the scores from both sides except one point came from open play.

**SYMPATHY:** The club would like to send its sincere sympathy to the family of Brendan Walsh who passed away last week, a minutes silence was held before the senior league game in his memory.

**LOTTO:** There was a "lotto" joy for James Twomey last week when he scooped the clubs jackpot on Tuesday 18 March worth €9,400. His winning numbers of 1, 3, 10, 23 were sold to him by Paudie Lynch. Congrats James and enjoy. Lotto for Sunday 23 March, jackpot not won, numbers drawn were 6, 12, 16, 20 match 3 winners Pat Moynihan, Mike Lucey Muckcross, Grace O'Sullivan St. Olivers Ballycasheen, Joyce Trant, Junior Finnegan. Next weeks jackpot is €3200.

**MEMBERSHIP:** The final day for paying membership is next Saturday and club Registrar Marie O'Sullivan will be at the clubhouse to accept payment from 10.30am til noon.

Only those who have paid by then will receive their official GAA card from Croke Park and also be able to gain access to all home senior County League games. Players who have not paid will not be eligible to play for insurance reasons so please try to make off Marie this week. Membership rates are as follows Adult €35, Couple €50, Family €70, senior player €65 [incl. insurance], college student €40.

**SHOP:** Club merchandise is available every Saturday morning from 10.30 til noon, to coincide with the Saturday morning underage academy.

**U-16 EAST KERRY LEAGUE:** Our u16 side were well beaten by neighbours Dr Crokes 1-06

v 5-10 last Sunday in Derreen.

**FIXTURES:** Senior county league away to Desmonds on Sunday at 2pm.

Juniors home to Glenflesk Tuesday 1st April.

U16 away to Gneeveguilla Monday 31st March.

**HURLING:** Hurling for boys and girls from age 8 upwards is being held indoors in the Community College every Wednesday evening from 7.45pm to 8.30pm, all are welcome.

## LISTRY NEWS

By Paula Courtney

**LISTRY WEEKLY LOTTO:** Results 23rd March 2014. Winning Numbers 14, 15, 17, 18 Jackpot €5,750. Not Won.

1 x €100, Kathleen Giles, Rosnacarton.

2 x €50, Betty McCarthy, The Dawn.

Martin Kelly, Rockfield.

2 x €25, Caroline O'Sullivan, Listry.

Patrick Broderick, Kilbonane.

Draw Entrant, Nora Lyne, Cleeney.

Jackpot next week 30th March, €5,900.

**MONTHLY CLUB MEETING:** In the clubrooms Faha on Monday 7th April at 9pm.

**COUNTY LEAGUE DIV 2. ROUND 1 RESULT** Sunday March 23rd.

**LEGION 2-8 LISTRY 1-6.**

Listry started life in Div 2 of the county league with an away game to Legion in Direen. Legion are one of the favourites to top this division and return to div 1 and as such Listry were expected to be easily defeated but it was Listry who were disappointed with the result of this game as they matched their opponents all the way and in fact Legion did not lead this game until the 43rd minute. Some more pressure from Listry failed to narrow the margin and Legion ran out winners 2-8 to 1-6. Listry can feel very happy with this display but at this level they have to convert possession to the score board.

**GAME POSTPONED:** County League Div 2 game Listry v Gneeveguilla due to take place next Sunday, 30th March will now be postponed until the week after, Sunday 6th April.

**COMHALTAS CIARRAI ANNUAL CHURCH GATE COLLECTION:** Will be on next weekend at Listry & Milltown Churches. This is for the running of the County Fleadh which will be held in Caherciveen, between 17th June – 22nd June 2014.

## SPA NOTES

**COISTE NA NOG:** Spa U6 & U8 boys training times have changed to an earlier time 11.30am-12.45pm each Saturday.

**U16 CO. LEAGUE:** In what was a good team performance overall our U16 had a comprehensive win over Fossa on Saturday evening last in Fossa. Next game v Dr Crokes on Monday 31st March at 6pm.

**SENIOR COUNTY LEAGUE DIVISION 2**

**SPA: 1-14 LAUNE RANGERS: 1-14**

Last Sunday saw the resumption of all senior county leagues throughout the county. Spa

were given a tough task in their first game as they faced Laune Rangers in Killorglin. It is widely known that every point in division two is precious. Hence, the Spa players and management were relieved to get off the mark and claim a share of the spoils. Spa do not have a huge number of players but there is a belief and a positive attitude amongst all the panel that certainly stood to them today. Great credit due to all the panel.

**SENIOR LADIES COUNTY LEAGUE**

**SPA 5.14 DROMID 2-4:**

Senior ladies had another impressive win on their second outing of the county league. Down a few regulars but the young players were superb and really stepped up. Marie Lynch was outstanding in goals with her excellent long accurate kick outs and pulling off great saves. Alma O'Mahony scored a hat trick and was in superb form scoring 3-4 altogether. Mags Cronin and Camie O'Shea were also on form both scoring 1-2 each. Claire Moynihan and Niamh Kearney picked up any loose ball in the forward and each converted scores. The defense Laura Herlihy, Sinead Cronin and Saoirse Holland were all solid on the day too down in South Kerry.

**UPCOMING FIXTURES:** Senior Co. League Rd 2 - Spa v Kenmare in Spa at 2pm on Sunday March 30th. U16 East Kerry League Div 3 Dr. Crokes B v Spa at 6pm on Monday March 31st. East Kerry Junior League commences on April 1st away to Rathmore at 6.30pm.

U14 Girls March 30th home to Furies at 5pm.

**CONGRATULATIONS:** To Spa minor player Dan O'Donoghue and his school team Colaiste Ghobnatan, Ballyvourney, who beat Ballinamore CS by 1-8 to 0-9 in the Schools C All Ireland Final last weekend. All Ireland Final v Ardree of Louth is on April 5th and best wishes to Dan and his school in the Final

**SCOR: SCÓR NA BPAISTÍ:** Congratulations to our Instrumental Music group who won in the East Kerry Final last week. They progress to the Co. semi final which takes place in Foilmore on Saturday 29th March at 4.00pm. Well done also to the set dancing team representing Spa Ladies Football who were placed 2nd. Unfortunately there was no joy this time for our **SENIOR SCÓR:** Best of luck to Ray O'Sullivan (Recitation) in the Munster final in U.L in Limerick on Sunday 30th March.

**SYMPATHY:** Sympathy is extended to the relative of the following who died during the week, Tim Kelly Ardaneaning, Paddy Cronin Woodford Manor and Brendan Walsh Countess Road.

**TIM KELLY - A FINE SPORTSMAN:** Who made a major contribution to Spa Muckcross Community Games and Athletic club.

A native of Sheheree Killarney Tim made his sporting debut as a juvenile oarsman with Fleck Vale rowing club and under the tutelage of his uncle the late Miah O Callaghan turned in many fine performances with this club. During a period in the famed Rugby Nursery





Blackrock College he lined out regularly as an outhalf in Leinster Colleges competitions and on commencing employment as a Psychiatric Nurse in St Finan's Hospital he continued to play rugby with Killarney before transferring to the Gaelic code with the Hospital football team and also won races at the local regatta with Finans as well as appearing regularly with the Hospital in Tops of The Town talent shows.

On coming to reside in Ardeaning he fully immersed himself in the affairs of the Spa - Muckross Community Games and Athletic clubs and in his role as chairman was one of a number of other fine officers presided over the affairs of the club in one of it's most successful eras when athletes from the area were a dominant force not alone in the county but also at National level. In the 1983 season Spa - Muckross annexed a record 29 Gold Medals at the National finals in Mosney. Sympathy is extended to his wife Mary & family.

**THE LATE PADDY CRONIN:** Paddy Cronin a native of Reaboy in the heartland of Sliabh Luacra renowned as the home of Irish Music and Gaelic Culture has been recognised as one of the country's finest exponents of Irish music, as were many members of his family. Paddy emigrated from Reaboy in 1949 to reside in Boston for a period of 40 years and during the period that he was domiciled in that city he played with many of Ireland's finest musicians and played a major part in the promotion and preservation of gaelic culture. Sympathy is extended to his sister Cathy O'Donoghue Tiernaboul, as well as the O'Sullivan family Knocknahoe and extended relatives.

**BRENDAN WALSH - A HUGE CONTRIBUTION TO THE GAA IN EAST KERRY.** A native of Glenflesk Brendan occupied the position of East Kerry Board chairman for a record period of 14 years and with our own Denis Fenton as secretary made a major contribution to the re-organisation of the affairs of the Board in the area of the development of the competitions, in an era when East Kerry won five senior county championship titles as well as the inaugural All-Ireland club championship in 1971. Both Brendan and Denis were also to the fore in the organisation of talents competitions including the successful Tops of the Clubs and Scor Sympathy is extended to his wife Mary & family The memories of Tim Kelly, Paddy Cronin and Brendan Walsh will live long in the annals of sport and gaelic culture in East Kerry. May They Rest in Peace.

## BEAUFORT GAA NOTES

By Nora Hallissey

**LOTTO:** Lotto results of Sunday, 23rd March for jackpot of €3,600. Numbers drawn: 3, 7, 17, 19. No jackpot winner. Consolation Prizes €80 Paul O'Neill, Deelish Park. €50 Seamus and Eileen Rooney, Beaufort, Brendan O'Sullivan, Gortbee, Eanna O'Malley, Beaufort. Next draw for jackpot of €3,800 will be held in Beaufort Bar on Sunday, 9th April.

**HEALTHY CLUB PROJECT:** Under Healthy Club Project, gym instructor, Denis will be present in Gym each Tuesday in March from 6.15 to 7pm for induction and advice. As the Club is nominated under this Project there will be more activities organised in the foreseeable future. Anyone interested in getting involved in this Project should contact Bridget 087 9975737. This is a Community Project so we would love to see people from the wider community coming on board.

**SENIORS:** Beaufort Seniors began their Division 4 County League campaign with a win when they defeated Ballyduff in Beaufort on Sunday. Their next game is away to Ballylongford in the County League next Sunday at 2.00pm.

**U-16S:** Our U-16s sponsored by Killarney Credit Union had their 2nd win in the Eastern Region League on Sunday morning when they defeated Kenmare in Beaufort. Their next game is at home to Kilcummin at 6.00pm. on Monday next. **MINORS:** Beaufort Minors lost their unbeaten run in the County League when they travelled to Annascaul to play Annascaul/Lispole in a back game on Saturday.

## KILCUMMIN GAA NOTES

**GAA GOLF SOCIETY:** First outing of 2014 took place last Saturday in Ross Golf Club. 19 people participated and the winning team were Eugene Kennedy, Breda Duggan and Donal Donnelly

**MINOR CO LEAGUE:** Rathmore v Kilcummin Wed 26th at 7.30 in Rathmore.

**NATIONAL CLUB DRAW:** Kilcummin GAA club would like to acknowledge the great support received from parishioners during the recent fund raiser which has enabled us to seal the purchase of extra playing facilities from St Brendan's Trust. This will be a great facility and benefit for generations to come. Unfortunately we had no winners in the draw itself which was made on St Patricks Day.

**CONGRATULATIONS:** Congratulations to former club secretary Martina O'Riordan who married Kieran O'Sullivan and former player Sean Leane who married Imelda Healy in Kilcummin last week-end.

**SENIOR CO LEAGUE DIV 1:** Kilcummin continue their Co League campaign against Dingle on Sunday next at home at 2pm.

**CO LEAGUE DIV 1 ROUND 1:**

**RATHMORE 1-12 KILCUMMIN 3-12.** Kilcummin made a very encouraging start to this years campaign with a good win over Rathmore on Sunday last. This was an entertaining and competitive encounter and featured some great scores and wholehearted commitment.

**JUVENILE GAA:** Girls Under 12 GAA training begins at 6.30pm on Wednesday March 26th. Please wear gum shields as they are compulsory this year. First game will be on April 1st. New players always welcome or if you played before and stopped we would be delighted to see you

back. For more info call Donal on 0879697171  
**KILCUMMIN GAA CLUB RAMBLING HOUSE:** Tea, craic, brack and raffle. Admission Free - Friday 4th April from 8pm at the clubhouse. All welcome.

**JUVENILE GAA EASTER CAMP:** This year's Easter Camp will run from the 14th to the 16th April. The cost will be €20 for one child, €35 for two children and €50 for three children. Further details of starting times etc; will be published later on the club website, press and Parish Newsletter.

**INDOOR HURLING/CAMOGIE:** Indoor Hurling/Camogie every Wednesday at 7.30pm in the community college for all children aged 5 to 10 years.

**SCÓR NA BPÁISTE:** Congratulations to Scór Officer Aileen Moriarty and her team for taking the best overall category in this year's final of the East Kerry Scór na bPáiste. As well as taking the best overall category all of Kilcummin's teams represented the club very well. The county semi-final will be held on Saturday 29th March in Foilmore at 4pm. Well done again to everyone involved.

**SCOR NA BPAISTI:** The East Kerry final of the competition was held on Saturday last in Fossa. Kilcummin were well represented on the day taking part in 7 items. The afternoon opened with the quiz, Kilcummin scored very highly in a rounds. It was then brought to a tie breaker between ourselves, Rathmore and Glenflesk. After the first round Kilcummin emerged as out right winners. Well done to their ever committed mentor Jason O'Connor for all his hard work and dedication to the group. The team will now go onto the County Final of the competition which will be held in the Tintean Theatre, Ballybunion on Sunday 13th April. Kilcummin were awarded 2nd place in Figure Dancing, Leiriu and Ballad Group. The music group were awarded 3rd place. Winning streak continued for Kilcummin when Shauna O'Leary came first in the solo singing. The set team of Micheal Sweeney, Darren Lehane, Nathan Counihan, Danny Cronin, Shauna O'Leary, Nicole Williams, Katie O'Leary, Shauna O'Donoghue and Alison Moynihan were also placed first. Thanks to their mentor Marguerite O'Connor for her hard work and dedication to the set. Kilcummin were then awarded Overall club. Aileen Moriarty, Scor Officer accepted this for the second year in a row. Many thanks to all the mentors for giving of their time freely and for being so committed and encouraging to their groups. Shauna O'Leary and the set team will now go forward to represent East Kerry in the County Semi final of the competition on Saturday next at 4pm in Foilmore. Best wishes to all involved.

**SCOR SINSEAR:** Best of luck to our Ballad Group and Set Dancers who will be competing in the Munster Final of the competition on Sunday next March 30th at 2:30pm in UL. Best of luck to all involved.





## KILLARNEY SOUTH COMMUNITY GAMES

**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 @ the email address given below.

**CROSS COUNTRY:** All those interested in cross county running both on teams Under 12 mixed distance and under 14 and individual level should make contact as qualifiers for the county team are coming up in the next few weeks.

**SOCCER:** The under 12 boys Over 8 team is currently being selected. Panel Details – Panel of 16 (11 Players + 5 Substitutes) Any interested children should make contact immediately as training will begin shortly.

**TEAM QUIZ:** Its time to flex those brains! There is an opportunity for a mixed under 14/ Over 10 years quiz team. A panel of 6 may participate (4 players with 2 subs). The Competition will consist of two sessions, each of 80 questions 8 rounds of 10 questions in each session. Anyone who is interested should send a mail or make contact. Please see our facebook page for sample questions.

**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.

## GNEEVEGUILLA ATHLETIC CLUB

By Tom Joe O' Donoghue

**LOTTO:** No winner of our jackpot on 21/03/2014. Numbers drawn were 1, 4, 7 and 11. Sellers prize winner Tom Joe O' Donoghue, €50 yearly ticket winner John Murphy Trailers, €50 lucky dip to Cormac Collins Lyracorrin, €40 each to Brendan Mahony Scartaglin, David Gleeson Gneeveguilla and Joe Sheehan Fossa. €1,000 bonus not won, numbers drawn were 3, 12, 13 and 28. Next week's jackpot €8,000.

The big news this week is our juveniles who went to Athlone to the National Indoor Championships. On Saturday we had Sinead Warren 2nd in the Shot Putt and Ronan Collins coming 3rd in his Shot Putt. Well done also to their coaches Shelia O' Donoghue who trained both of them and Jerry Horgan who helped with Sinead Warren. On Sunday Francis Cronin came 2nd in his 800m, a brilliant achievement for a lad only starting training. Great hopes here for the future and a good shot in the arm for Cynthia Daly who helped coach Francis over the past few weeks. We will be hearing more from them over the coming months and years ahead.

**THE KERRY SPORTS HALL** Games are on in the presentation Gym ,Killarney this Sunday at 11am sharp. Children born 2003, 2004, 2005

and 2006 who have not won a medal at any Championships in Kerry, Munster or National in 2013 are invited to attend.

On Sunday next the Munster Road Championships for Senior or novice are on in Waterford. It is doubtful if any of our runners will feature there.

New crested club singlets are available for sale. Cost €20

**TRAINING** Monday in Gneeveguilla 7.00 – 8.15pm, Wednesday at Riocht tract 6.00-7.00 pm, bus leaves Gneeveguilla at 5.30pm, Friday at the Convent Field Rathmore 7.00-8.00pm, Saturday in Boherbue Comprehensive School 10.30-12.00.

## MUCKROSS ROWING CLUB

By Tim O'Shea

**NATIONAL TRIALS:** Best of luck to our junior members who are competing this weekend in the latest round of national trials at the National Rowing Centre in Cork. The club will be represented at the trials by four junior women and two junior men. Kara O'Connor and Holly Hickey will compete in the Womens Junior Pair category following their successful participation in earlier trials rounds held over winter. Zoe Hyde and Dearbhail Ryan will both compete in the Womens Junior Scull category in a large field of crews. Dan Murphy and Rob Shaw will also compete in the Mens Junior Scull category amongst a similarly strong field of entrants. The trials this weekend form part of the final selection process for crews that will compete at various grades of international competition including the Junior World Championships, Coupe de la Jeunesse European Regatta and the Home Internationals, rowing's answer to the rugby Triple Crown. We wish all our juniors competing every success!

**EVENTS:** Following the prolonged bad weather of recent months, the Head Of the River season has provided little in the way of competition for rowers as most events fell victim to the adverse conditions. We are now looking forward to improved weather for the upcoming regatta season and the club's first racing will be at the annual Skibbereen Regatta. The event hosted by Skibbereen Rowing Club has grown to become one of the most well organised and hotly contested regattas on the national circuit and this year it is expected to attract a large entry of crews once more. The Skibbereen Regatta is scheduled for Saturday and Sunday 12th-13th April at the National Rowing Centre in Inniscarra. The Limerick Regatta and annual Schools Regatta are scheduled later in April for Saturday 26th and Sunday 27th April respectively. Both events will take place at the O'Briensbridge course.

**GET GOING GET ROWING:** If you are interested in trying out rowing, the club is always open to new members. Our beginner junior group for those aged 12-14 continues to train on Sunday mornings at 12pm. We are also

open to new members at adult level. Training for both mens and womens groups takes place midweek at the Muckcross Community Centre and weekends from the boathouse. Training times will be changing as the clocks go forward this weekend and we are looking forward to spending more time out on the water. For enquiries or further information contact Eadaoin Moynihan 086 152 9476.

**FUNDRAISER:** Plans are underway for the club's new fundraiser which we are hoping to run in May. We have an exciting event in the pipeline and are looking forward to announcing further details shortly. Watch this space!

**MUCKROSS LOTTERY:** Results of Muckcross Lottery for Saturday 22nd March 2014. Numbers drawn: 5, 7, 9, 12. Lucky Number: 17. Match 3 Winners: Olivia O'Donoghue, Denis McCarthy, PJ Scanlan, Karen Healy, Mary Courtney, Lucy Brosnan, Aisling Moriarty, Gary Wynne, Colette O'Shea, John O'Donoghue, Jack & Paddy O'Donoghue. The next draw will take place this Saturday 29th March 2014 at Molly Darcy's. Jackpot: €1,600. Match 4 plus Lucky Number in panel 2: €2,600.

## KILLARNEY SWIMMING CLUB

The club's website and Facebook page were officially launched by our chairman, Mike O'Sullivan, on Tuesday the 25th of March at the Killarney Sports and Leisure Centre. These will be a fantastic resource for club members, their families and for anyone interested in competitive swimming with details of upcoming club activities, galas and grade times all available. Check it out at [www.killarneyswimmingclub.com](http://www.killarneyswimmingclub.com). Positive comments, suggestions and even donations will all be accepted graciously.

To celebrate the launch, the club is offering a prize to the member who emails us with the most correct answers to the quiz questions posted in the "News" section. Closing date is the 8th of April and you can enter as many times as you like.

## KILLARNEY BADMINTON CLUB

A great week of badminton had by all at club. The Division 2 team played 2 matches last week at home. They lost both narrowly but will look for the win on the return matches. Division 3 team played at home on Friday last and despite a great effort by all the team lost out narrowly. Division 5 men's team kept the flag flying with another win last Friday at home.

The Munster singles titles were all up for grabs last Sunday and all divisions were spread across the halls of munster - alas even though the heart and effort was there, no Munster title came back to the club. Well done Maevie Twomey Division 3, Marion McSweeney Division 4,





Sinead Galvin Division 2 and Elaine Dillon Division 5. Congrats to all competing from Kerry in this competition. Well done to Paudie Horan, Jenny Keane and Sinead Galvin who represented their club on the D intercounty Kerry team on Saturday. A great effort put in by all players and a lot of close games but not to be Kerry's day. Upcoming matches Division 5 men away to county. Division 5 ladies away to annascaul. Division 3 mixed at home to county. Well done to all juveniles from the club that took part in the mixed competition last week. All put in a great effort but competition was very strong in the older competitions. One girl came out on top for the club and that was Adele O'Brien who won her final with her partner in u11. Well done to all organisers and helpers as it was very busy on the day. Have a great week of badminton and enjoy. Don't forget the charity clothes collection, contact Jenny or Suzanne.

## KILLARNEY CYCLING CLUB

By Marie Wade

Another typical Sunday for the Killarney Cycling Club road racing team. Rise early and hit the road for a three hour drive to Carlow for the Des Hanlon road race. 265Km later and we roll in to the sign on area. After the usual greeting of new and old friends we stroll in and register either to race or for yours truly register to drive in the supporting cavalcade of cars. Because of it's ranking in the cycling fraternity the Des Hanlon draws the best riders on the island of Ireland and consequently the cavalcade can be much bigger than the average Sunday race. 30 minutes to race start the raffle for places in the cavalcade is drawn, the rules of driving a support vehicle are very strict in both written and more importantly unwritten rules, and rule no.1 is "Thou shalt not take another's place" so the draw can mean the difference for the riders of dropping back 50 meters or 200 meters to get a bottle. We were lucky enough today and got 7th car.

12 noon and the A1/2 race rolls out of Carlow town at an easy and controlled pace, the racing starts a few minutes later, once we clear the 50Km speed zone. Right away the adventurous or maybe foolhardy take-off up the road trying to break clear from the clutches of 150 marauding athletes on bikes. From our vantage point we know that there is action and the racing is well and truly on but we have no way of telling what exactly is happening. It's not too long however when we start to get enough action to get adrenaline going. On the first of many hills of the day riders are getting distanced out the back and are getting mixed up in the cavalcade of support cars. Now we are into the real hard racing and the real hard driving where the driver needs to be aware of what's happening in front, behind and on both sides of the car. Stress levels are through the roof.

As the race progresses more and more sorting out of wheat from chaff means that we are following a select group of the best riders, a group that contains both Matt Slattery and Benny Cassidy. This group of about 18 is made up of both full time professional and part time riders and they are all suffering. After 155Km of really tough riding and driving we cross the finish line, Matt gets up to take 13th place and Benny crosses the line a couple of minutes later in 25th (We think). Absolutely wonderful results, and fantastic performances. Something to eat and drive home, 530Km on the odometer. In the A3 race which I am sure followed a similar script of sorting out the strongest. I know that Mike O Mahony and Patrick Clifford both finished well in the second group on the road. Well done to all of our team (Again too many to mention) who made the effort to travel and race. We have a fantastic team of riders and they should be very proud of the progress they are all making on a weekly basis. Ras Mumhan is getting closer and it is important for all of our riders to clock up as many quality race miles as possible before Easter weekend.

## RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

**U13 GIRLS BASKETBALL:** On Saturday 22nd the U13 girls basketball team along with coaches John Hurley, Miriam Moynihan and Mags Fitzgerald travelled to Castleisland to take part in this competition. Even though the girls displayed some fine basketball skills they were unlucky to lose their games to Castleisland and Fries, beating Blenerville was not enough for them to advance any further in the competition. Sincere thanks to John, Miriam and Mags for taking charge of the Community Games team in our area and for the various training sessions over the past few weeks. Thanks to Scoil Phobail sliabh Luachra & caretakers for the use of the school gym for training. Team members were Hanorah Hurley, Chloe Fitzgerald, Ciara Brosnan, Eva O' Leary, Ava Kelliher, Madhbh Dennehy, Lily Sheehan, Niamh Cronin, Shauna Fleming and Megan McCarthy. Well done to the girls and coaches.

**SPIKEBALL U14 BOYS & GIRLS:** Training for spike ball takes place in Gneeveguilla Sunday's 5.00 – 6.30 for girls, boys training 6.30 – 8.00pm. cost €2 per session

**SWIMMING:** Training for all children from U8 – U16, interested in taking part in the community games swimming competition, takes place Saturday 4.00 – 4.45 in the Aura, Killarney, cost €2.00 per session.

## KILLORGLIN ROWING CLUB

**CHURCH GATE COLLECTION:** Big thank you to everyone who supported our Church Gate collection on Saturday and Sunday last. It is great to see the support from the

local Community. The Management and the members of Killorglin Rowing Club greatly appreciate it.

**TRAINING:** Slider rower training continues Monday to Thursday at 6pm for juniors and 8pm for seniors. Come along and join our boys and girls in blue! Coastal rowing training kicks off this weekend (29th of March) at 3pm. Monthly training schedule is in operation, please e-mail killorglinrowingclub@gmail.com or text 0872930461 for exact training time. New members are welcome!

**REGATTA SEASON:** Regatta season is just about to start, with athletes preparing for the Neptune regatta in Dublin on the 4th of April. The Club will be represented by junior and senior athletes in variety of races. Crews and season updates are available on our blog [www.killorglinrowing.wordpress.com/](http://www.killorglinrowing.wordpress.com/) and our Facebook page killorglinrowing.

**HEAD OF THE RIVER EVENTS SUMMARY:** Bad weather forecast forced majority of the long distance events this season to be cancelled. We were lucky to attend the Cork Head of the River on Marina in Cork. Crews performed outstanding with our Men's Junior 14 crew of Sean Houlihan, Shane O'Connor, Michael O'Connor and Conor Murphy racing for the first time and finishing second overall. Kieran O'Sullivan and John F O'Grady were the winners of the Men's Junior 16 Double Scull event, with great margin to the rest of the field. The Women's Senior Double Scull of Maeve McGillicuddy and Karen Joy won their race ahead of the Cork Boat Club crew. The Men's Intermediate Four and the women's Intermediate Quad produced great times however competition in these categories was limited. The Club had a great day out with some outstanding performance and clear goals ahead for regatta season which is fast approaching.

**LOTTERY:** 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.

**NATIONAL TRIALS:** Best of luck to all Killorglin rowers racing at the National trials this weekend! Monika Dukarska will race the Women's Double Scull event on Friday, with 1,500m time trial and 2,000m side by side racing planned for Sunday. This trial is the last selection event, with crews for international regattas being selected. Also, best of luck to Karen Joy, Maeve McGillicuddy, Kieran O'Sullivan, John Francis O'Grady, Paul Bradley and John Buckley on Saturday. Karen and Maeve will race the Women's Senior Pair, aiming to qualify for the Homes International Regatta this summer. The men's crews will also race the pair event with Kieran and John F participating in the under18 category, with John and Paul racing the Senior men's event. Home International Regatta this season will be hosted by Ireland at the National





Rowing Centre in Inniscarra Co. Cork. It will be a great opportunity for the local Community to support our athletes racing for Ireland and putting on the green shirt.

**ST. BRENDANS ROWING CLUB NOTES:** The club would like to thank everyone, rowers, family members and friends, who helped out with the club church gate collection, your time was greatly appreciated. A huge thanks to the people of Killarney for their support and generosity over the weekend. The next fundraiser is our table quiz taking place on Friday 11th April in the Killarney Avenue Hotel @9pm. Spread the word and if anyone would like to contribute spot prizes, please drop them into Lir Cafe for Emma or to Applecroft House, Woodlawn before the 4th of April. A reminder that membership has to be paid by the 1st of May. Keep an eye on the facebook page for jogging group times. Looking forward to getting out on the lake!

## KILLARNEY COUGARS BC

### JUVENILES NEWS: U12 Girls League

Caherciveen 15

Killarney Cougars 17

Cougars U12 clinched the League title and their third trophy of the season in a nail biting finale with rivals Caherciveen on Tuesday evening last. Cougars made the long journey south for this deciding game with both teams unbeaten this game was going to be very close.

The teams were level at the end of the opening quarter with Cougars opening baskets coming from Niamh Stack and Sadie Myers. Cougars took the lead by halftime with two good baskets from Aoife Kissane and Meave Bellew. Cougars totally dominated the third quarter but missed many opportunities to make the game safe but still looked comfortable and led by 10 points entering the last quarter with strong defence frustrating the home side. Caherciveen came with a great comeback in the final quarter as it was their turn to dominate and Cougars were put under huge pressure all through the closing stages as the home side scored some great baskets to reduce the lead to just a basket in the final minute. Cougars were now in foul trouble and the Caherciveen had two free throws to take the game into overtime but they missed the chance and Cougars held on in a frantic final seconds as time ran out in a thrilling finish.

Best performances for Cougars on the night came from Aoife Kissane, Holly Kennelly, Niamh Stack, Meave Bellew and Sadie Myers but overall the girls great commitment over the season proved crucial and the great support the team enjoyed on their travels all season especially in Caherciveen last Tuesday was fantastic. Well done to all involved. The presentation of the League Trophy will be on Friday April 4th at The Meadowlands Hotel Tralee.

### U14 Girls League

North Kerry Vixens 26

Killarney Cougars 52

Cougars traveled north to Athea for an important league game and came away with a comfortable win to deservedly take the points and continue their great recent winning run.

Cougars started very well with A full list of the latest fixtures is available on the club website [www.killarneycougars.com](http://www.killarneycougars.com)

## DEERPARK PITCH & PUTT

By John Kelly

Winners of last Sunday mornings Scramble were Robbie O'Brien and Creagh Courtney with a score of 331/2 pts. A further competition this Sunday morning 10am (weather permitting) Adults and Juveniles Entry €3

**ENTRY FORMS** for the various 2014 competitions are available on the club Notice Board, Late entries cannot be accepted.

**QUIZ A SUCCESS:** Friday night's Table Quiz in Charlie Foley's proved to be both enjoyable and a financial success.

**EASTER CAMP:** The club will be organising the annual juvenile Camp over the Easter holiday period as opposed to the Summer, It will take place from Tuesday April 15th to Thursday April 17th, Entry fee is €35 per child and €100 for three children. Full details from club secretary Jason O'Connor at 087 9488516.

**SENIORS OUTING:** Next Seniors Outing will to Castleisland on Tuesday April 1st at 10.30am.

**TIM KELLY RIP:** Sympathy is extended to the Fleming Lewis Road family on the death of Tim Kelly Ardaneanig RIP.

**CONGRATS** to Damian on finishing second in the Jack McCormack competition in Kilbeggan Co Westmeath on Sunday.

## WORKMEN'S ROWING CLUB

This week we bring you great news...The birth of Baby Brendan Heffernan, proud Parents Gerard and Clodagh Heffernan announced his arrival on Monday afternoon, all doing well, Congratulations and best wishes from all at the Workmen's Rowing Club. More good wishes going out to Niall Ireland who came first in the U12 Community Games Draughts competition at the weekend. Good on Ye Niall!!! Little Zoe O'Shea, is making a great recovery after her operation last month in Crumlin Children's Hospital, Dublin. All your prayers and thoughts were answered. Next Regatta is in Skibbereen April 17th, weather permitting. Training continues at the usual times, and now that the clocks are going forward, training times will be hotting up, for the season's regattas and Head's of the Rivers. News just in...Pauline O'Brien, bought a new brush for the boathouse, the only dilemma is, it was bought in Cork!!! it will get great use, particularly as all the Moynihans are very good at the Brush dance!!! bring it on!

## SPA MUCKROSS AC

**CONGRATULATIONS** to Dylan O'Sullivan who

won his first national medal of the year with an impressive leap of 1.90m to earn himself 3rd place in the U18 Boys High Jump at the National Juvenile Championships in Athlone at the weekend.

On Friday night last, the annual County Awards presentation dinner took place in the Listowel Arms Hotel. Receiving club awards on the night were Dylan and Micheal Devlin. Both Dylan and Micheal were worthy recipients due to their excellent performances during 2013 and we would like to congratulate them both. Congratulations also to Bríd Stack was presented with an award for Female Masters athlete of the year due to her outstanding efforts claiming national titles both indoor and outdoor last year. We wish all award winners the very best in their respective events for the coming year.

The marathon must be one of the toughest of all athletic events there is, and it is a fantastic achievement to cross the line after 26.2 miles! Well done to John O'Leary who ran in the Tralee marathon recently and finished with a fantastic time of 3 hours and 16 min.

Leevale Open sports will be taking place on Sunday 6th April for Juveniles and Saturday 5th for Senior competitors.

## FIRIES COMMUNITY GAMES

By Carmel Sheahan

The County Final of the Girls U13 over 10 took place in Castleisland last weekend. Furies had a team in this competition. Furies were drawn against Gneeveguilla, St Brendans and Castleisland. Furies won their 1st game beating Gneeveguilla 8-6 but lost out in their subsequent games. Thank you to Mairead O Connor and Mike Fleming who trained the girls. Well done to the team of Brid Flynn, Chloe O Connor, Kimberley O'Brien, Jessica O Leary, Megan Brosnan, Alanna Glennon, Elaine O Donoghue, Mairead O Mahony, Sinead Kennedy and Aoife Callaghan.

Model Making Competition will take place on Sunday April 13th. This competition is open to boys and girls U10, U12, U14, U16. Competitors on the day of the competition will have to make a model of any community game activity in any material they wish. If you are interested in competing please contact Hazel Norris on 0879548348 and if there is a lot of interest a local competition will be arranged.

Swimming Competitions will take place on Sunday May 4th and gymnastics competitions will take place on May 11th. Contact Hazel if interested in taking part. Thank you to Carmel Penrose and Jerome Crowley who had the difficult task of judging projects U11, U13 & U16, results will follow next week. Just one project form each age group will go forward to County Final on Friday 4th April in KYDS in Tralee. If anyone wishes to inquire about any community games activity contact any committee member who will be happy to help.



## KILLARNEY CELTIC NOTES

**CONDOLENCES:** Killarney Celtic extend condolences to Karol Kelly and all his family on the sad passing of his father Tim.

**OSCAR TRAYNOR CUP:** Hard luck to the Kerry Oscar Traynor team and all the Killarney Celtic personnel who did the county proud on a wonderful cup run that came to an end last Sunday after a 3-0 defeat to a great Clare side.

**LAST MAN STANDING:** There were ten prescient punters still standing going into week 7.... there is still ten remaining, but we can't be too far away from a finishing line now!

### RESULTS:

**U17 League: FENIT SAMPHIRES 3 KILLARNEY CELTIC 4**

**U15 Premier: PARK 1 KILLARNEY CELTIC 7:** Michael Potts and Mark Harnett netted a brace each as Celtic not only maintained a phenomenal unbeaten run but also wrapped up the league title with this win. Huge congratulations to everybody involved

**U13 Premier: KILLARNEY CELTIC 8 LISTOWEL CELTIC 0:** Killarney Celtic wrapped up the title with a good win over Listowel Celtic, who graciously gave the lads a Guard of Honour leaving the pitch – a great and appreciated sporting gesture. Peter O'Sullivan and Ryan Kelliher netted 2 each with Ryan O'Grady, Neil O'Shea, Darragh Lyne and Patrick Darcy all hitting one each. Very well done to all the players, management, and great supporters.

**U13 Div One: ST. BERNARDS 2 KILLARNEY CELTIC 4:** Evan Lyne claimed a hat-trick and Adam McMahon scored a cracker to secure victory.

### FIXTURES:

**DENNY PREMIER:** Killarney Celtic away to Killarney Athletic, Sunday, 11.30am.

**DENNY PREMIER B:** Killarney Celtic at home to Castlegregory, Sunday, 11.30am.

**LADIES CHALLENGE CUP SEMI-FINAL:** Killarney Celtic away to Kenmare, Sunday, 12 noon.

**U17 LEAGUE:** Killarney Celtic away to AC Athletic, Saturday, 11.30am.

**U16 PREMIER:** Killarney Celtic at home to Killarney Athletic, TBC.

**U14 PREMIER:** Killarney Celtic away to Castleisland, Thursday week (April 3rd), TBC.

**U14 DIV ONE:** Killarney Celtic C away to Park B, Saturday, 12 noon.

**U14 GIRLS:** Killarney Celtic away to Killarney Athletic, Saturday, 2.00pm.

**U12 PREMIER:** Killarney Celtic at home to Killarney Athletic, Saturday, 10.30am.

**U12 DIV ONE:** Killarney Celtic B at home to Camp A, Saturday, 12 noon.

**U12 DIV ONE:** Killarney Celtic C away to Kenmare, Saturday, 10.30am.

**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.

**LOTTO RESULTS:** Numbers drawn 5, 9, 13, 15. No winner, one x match 3, Ger, c/o Mary Lyne, Kilcummin €150. Next week's jackpot €5800, draw in the Failte on Monday night. Tickets available from all club officers. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

## KILLARNEY ATHLETIC A.F.C. NOTES

### KERRY SCHOOLBOYS/GIRLS LEAGUE FIXTURES:

**Saturday 29th March 2014**

Under 7 & 8 Mini Blitz  
Venue 1 Celtic Park 2.00pm  
Killarney Athletic/Mastergeeha  
Inter Kenmare /Killarney Celtic.

**Under 10 Grand Finals**

Venue Mounthawk School 4.00pm.

**JK Sports Under 12 Premier**

Killarney Celtic A v Killarney Athletic A 10.30am.

**Foundation Sports Under 14 Division 1**

Killorglin v Killarney Athletic 11.00am.

**Trophy World Under 16 Premier**

Killarney Celtic A v Killarney Athletic A 12.00 noon.

**Trophy World Under 16 Division 1 Plate**

Castleisland v Killarney Athletic B 11.00am.

**Girl's League Fixtures**

Foundation Sports Under 14 Girls Premier  
Killarney Athletic v Killarney Celtic 2.00pm.

**Senior/Youth fixtures**

Saturday 29th March 2014

**Youths:** Killarney Athletic v Abbeydorney 11.30am Sunday 30th March 2014.

**Seniors:** Killarney Athletic A v Killarney Celtic 11.30am. Killarney Athletic B v CSKA 2.30pm.

### RESULTS: SENIORS:

**PREMIER A KILLARNEY ATHLETIC A 5 SPA ROAD 1** A vital win for Athletic over fellow strugglers Spa Road. Mike Milner and Pedro Martins and a Lucas Polak hat trick ensuring the win for Athletic.

**KILLARNEY ATHLETIC B 4 CASTLEISLAND 2:** A relegation battle in division 1. Played in very heavy conditions forcing it impossible for Athletic to play their usual game of possession football and instead play long ball football. Castleisland also had the opportunity of A team players, they raced into an early lead through their ever instrumental player Pa O'Rourke and Athletic found themselves 2-0 down at half time. Castleisland got a further 2 goals but Athletic's spirit never

gave up and goals from Rafa Barthy and Joe Hurley from 40 yards ensured a close finish. Training continues Friday nights in Fossa.

### DENNY YOUTH'S: LEAGUE RESULT

**KILLARNEY ATHLETIC A.F.C. 3**

**LISTOWEL CELTIC 0:** This was a top of the table clash with Listowel placed 3rd in the table. This was our first game since January and it's been hard for the lads to keep focused the last 8 weeks with no games. This been the case, the lads played with an assurance and confidence that you wouldn't know that they haven't played in such a long period. We knew this was going to be a tough encounter with Listowel, looking to finish second and make the league final. In tough conditions we played our possession based game to near perfection but Listowel battled hard and gave us nothing easy. 1-0 up going in at the break with an Adam O'Shea free kick, patience was the key to unlocking the resolute Listowel defence. With this virtue applied two more goals were added in the second half to secure the 3 points. Played 13 won 13. Goalscorers were Adam O'Shea, Chris O'Meara and Paudie Clifford. Man of the Match Adam O'Shea.

**UNDER 15: KILLARNEY ATHLETIC 4 CASTLEMAINE UNITED 2**

In very arctic conditions played in heavy conditions in Castlemaine, Athletic were professional in everything from the start to ensure a great win for the boys in royal blue. Despite missing a few players to illness, Athletic controlled the game and played the ball on the ground at all times.

**TRAINING TIMES:** Tuesday Under 14 7.00 – 8.00pm Fossa astro turf. Senior 8.00 – 9.00pm Fossa astro turf. Wednesday Girls 6.00 – 7.00pm, Under 13 7.00 - 8.00pm Fossa astro turf. Thursday Under 15 6.00 - 7.00pm Fossa astro turf. Under 16 7.00 - 8.00pm Fossa astro turf. Friday Under 11 and 12 3.45 – 5.45pm. Senior 7.00 – 8.00pm Fossa astro turf. Academy under 6-10 5.00pm - 6.30pm Fossa astro turf.

**WEDDING BELLS:** Congratulations to former player Owen Middleton who got married to Noreen O'Connor on Friday last.

**KILLARNEY ATHLETIC BOYS ABOARD:** Brendan Moloney played the full 90 minutes for Bristol City FC while Diarmuid O'Carroll's Cliftonville FC are 2 points off the top of The Irish Football Association league with 5 games remaining.

**NEW BABY:** Congratulations to former player Paudie O'Connor & his wife who now resides in Australia on the birth of their baby boy Sean O'Connor.

**MERCHANDISE:** Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

**CONTACT:** If you have anything to add



to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com.

## KERRY SCHOOLBOY/GIRL SOCCER

### U13 NATIONAL CUP QUARTER-FINAL KILLORGLIN 0 CLONMEL TOWN 2:

Clonmel started with a very strong and swirling wind and had the ball in the net within 30 seconds, the influential Rhys O'Regan and Eanna Ryan setting up Sam Dwyer for a goal. Killorglin were under the cosh all through the first half and were stung again when a brilliant long distance free kick by David Brannigan doubled Clonmel's lead. Killorglin did much better on the turnaround, with the outstanding Gearoid Hassett switching from attack to defense and very unlucky with great free kick of his own and Jack O'Connor causing Clonmel huge problems down the left flank, but they couldn't get through for the goal their efforts deserved. Special mention has to be made of the great work of the hosts, with a match programme, excellent stewarding, and free entry for supporters - Killorglin FC did themselves very proud both on and off the pitch.

#### RESULTS:

**12's Cup:** Killarney Athletic 4-3 Killorglin B.

**13's Cup:** Mastergeeha 2-0 Listowel Celtic B.

#### Daly's Supervalu 13 Premier:

Park A 1-1 Kingdom Boys.

Killarney Celtic A 8-0 Listowel Celtic A.

**Division 1:** St Bernards 2-4 Killarney Celtic B.

**Division 2:** Park B 6-1 Asdee.

#### Foundation Sports 14 Premier:

Killarney Celtic 5-2 Castleisland.

#### Killarney Plaza 15 Premier:

Park A 1-7 Killarney Celtic A.

**15 Division 1:** Inter Kenmare 9-0 Killarney Athletic B. Castlemaine 2-4 Killarney Athletic B. Ballyhar 5-2 Camp. Park B 1-3 Listowel Celtic B.

#### Tralee Trophy World 16 Division 1:

Castleisland 7-3 Listowel Celtic.

**Inter League: 12's:** Cork 4-0 Kerry and Kerry 2-3 South Tipperary.

**15's:** Limerick District 6-2 Kerry.

#### REPORTS: CUPS: In the JOHN MURPHY

**12'S CUP** Killarney Athletic booked the last place with a 4-3 win over Killorglin B. But for a while it looked like the visitors were going through with an Eoin Hassett hat trick putting Killorglin B 3-0 up.

But Athletic stormed back with goals from Evan Looney 2. Seymon Bartkinwicz and Alex Hennighan. The win sets up a home quarter final against Ballyhar.

Mastergeeha are into the last 8 of the Last 8 of the 13's Cup after they got the game from

Listowel Celtic B. Already through are Park A, Listowel Celtic A, Listowel Celtic C and Killarney Celtic B.

**MORIARTY'S CENTRA 11'S:** There were wins for Park A and Inter B over Inter and Kingdom Boys as the 11's League comes towards its conclusion.

#### DALY'S SUPERVALU 13 PREMIER:

Killarney Celtic wrapped up the title with a good win over Listowel Celtic. Peter O'Sullivan and Ryan Kelliher netted 2 each while Ryan O'Grady, Neil O'Shea, Darragh Lyne and Patrick Darcy all hitting one each.

The Tralee derby finished in a 1 all draw with Alfie Christie netting for the home side and Sean Kennedy equalising for their neighbours Kingdom Boys.

**DIVISION 1:** With Killarney Athletic and Inter Kenmare not playing 3rd placed St Bernards were looking to close the game on them but they went down 4-2 to Killarney Celtic B. Evan Lyne hit three for Killarney Celtic and Adam McMahon getting the other. Adam Burke scored the two for the Saints.

Killorglin had goals from Stephen Seely, Brian Meehan and Jack Evans in their 5-1 over Kingdom Boys B.

**DIVISION 2:** The Park B moved level with Listowel Celtic C in second place after a 6-1 win over Asdee. It was the day of the Dziedziuch double with Mark netting 4 and Carl 1 while Samson Ayavi scored the other goal.

#### KILLARNEY PLAZA 15 PREMIER:

Killarney Celtic wrapped up the title and remained unbeaten after a 7-1 win over Park in Tralee. Micheal Potts and Mark Harnett scored two each. Gearoid Dillane scored for the Park.

**15 DIVISION 1:** The big clash in this Division had unbeaten Ballyhar in third place taking on leaders Camp who were on 27 points from 10 games. And with Niall O'Donoghue, Cian Callaghan and Diarmuid O'Mahony on the mark it was the boys from Murt Scott Park that kept the points in Ballyhar to now to move to 8 unbeaten and are favourites for the title as they have games in hand. Joe Saunders and Joe Kennedy scored for Camp.

Killarney Athletic met and leap-frogged Castlemaine into 4th with a 4-2 away win. Ryan Casey hit 2 for the winners and the others came from Liam Curran and Blake Bolster. Cian Bradley got both for Castlemaine.

Inter Kenmare were too strong for Killarney Athletic B with Dillon O'Connor have a great day scoring 5. Dion Burke, Gearoid Fennessy and Ben O'Shea scored the others.

Listowel Celtic B were 3-1 winners away to the Park for who Stephen Benjamin scored. Michael Kirby, Dean Halpin and Cian McCarthy were the Celtic scorers.

#### TRALEE TROPHY WORLD 16 DIVISION

**1:** Castleisland and Listowel Celtic were involved in a high scoring encounter ending 7-3 to the home side. John McMahon hit 4,

Mathew Brown 2 and Sean Donoghue 1 were the Castleisland scorers while Ashley Kelliher, Cathal Kennelly, Darren Loughnane and Brian Mason scored for the North Kerry side.

**INTER LEAGUE:** Kerry were in Inter League action at 12's and 15's with both teams in Limerick. The 12's were involved in the first of two weekends of action at UL and went down 4-0 to a very strong Cork side and were drawing 2 all with South Tipperary until the last kick of the when they conceded a third. Liam Tobin and Sean McGrath were the Kerry scorers.

The 15's went down 5-2 to Limerick District on Aisling Annacotty's All Weather. Michael Potts got the Kerry goals.

**FUTSAL:** There were places in this weekend's u10's Futsal Finals up for grabs in the Mounthawk gym with some very exciting games. Killarney Celtic won all their games to top the group followed by Killarney Celtic 2. Castleisland were 3rd and The Park 4 and all 4 go forward.

The groups for this weekend's finals in Mounthawk Gym are:

Group 1: Kingdom Boys 1, Park 1, Killarney Celtic 1 & 2.

Group 2: Castleisland, Park 2 & 4, Kingdom Boys 2.

## MASTERGEEHA FC

**U17: MASTERGEEHA 2 PARK 1.** The boys had a good win over Tralee side The Park on Saturday morning. In an even first half both sides created some chances but defences remained on top. In the second half the visitor took the lead after 65th minute. However shortly after Mastergeeha equalised when Gearoid Kerins finished well. With fifteen minutes remaining Mastergeeha took the lead with Paudie O'Connor scoring. In the closing stages Mastergeeha defended well and Tommy Sheehan went close to extending the lead further. All played well.

#### SENIORS: PREMIER B

#### CASTLEGREGORY 1 MASTERGEEHA 2.

Mastergeeha continued their good form with an away win on Sunday morning. After going a goal down the seniors battled well with Corey Mitchell and Kevin Bruton scoring in the second half.

**MASTERGEEHA F.C. LOTTO:** There was no winner on Friday 21st March. Numbers drawn were 2, 7, 12 & 19. Consolation prizes were €100 Tim Foley, Barleymount; €60 Abbey Mai O'Sullivan, c/o The Village Inn; €30 Mike Devane, Mastergeeha, Kilcummin; €30 Donie O'Connor, c/o The Village Inn; €30 Patricia Maye, 66 Arbutus Grove, Killarney. Draw every Friday night in The Village Inn, Kilcummin. Jackpot now €10,350.

## ROSS LADIES GOLF CLUB NOTES

### CAPTAINS AND PRESIDENT'S DRIVE IN:

Finally the weather was kind to us all and the sun brightly down on Ross golf club for the Drive In. The members gathered at the 1st tee box and admired the golfballs being struck beautifully by Lady Captain Mary Cronin, Captain Aidan O'Connor and President Ambrose O'Donovan. The 9 hole mixed scramble kindly sponsored by Fexco Prize Bonds was enjoyed by all and the following were on the winning podium, 1st Daniel Cronin, Tim Lynch, and Han Lenihan 25 3/7, 2nd Mark Coffey, Renaldas Bendikas, and Lisa Kerfoot 26 1/7, 3rd Rolandas Bendikas, Jim Fleming and Elizabeth Kelliher 26 2/7, 4th Maurice O'Shea, Mossie Cremin and Mary Cronin 26 2/7, 5th Mike Courtney, Liam Chute and Bridie Brosnan 26 2/7

**SPRING LEAGUE:** The Spring League has commenced. All information on the notice board. Enjoy your matches and the best of luck to all.

## CASTLEROSSE GOLF CLUB

**RESULTS:** Competition played on Sunday 23rd March 2014, 9 Hole Ladies & Gents Captains Drive In. Winner, Gene Cronin, Joe Gaffey & Myra O'Gorman, 31.5 net.

Runner up Roger O'Sullivan & John O'Reilly 33.3 net.

**FIXTURES:** Competition on Sunday 30th March 18 Hole, Stableford Format. Play Friday, Saturday or Sunday. Use time sheet.

Thursday evening Scrambles will commence on Thursday 3rd April at 6pm.

**NEW MEMBERS:** Invited to join Castlerosse Golf club, a challenging parkland course, please contact 087 0938933 or 064 6631144 for details, easy pay terms on offer.

## ROSS GC, KILLARNEY, GENTS CLUB

### By JOHN IVORY

On Sunday March 23rd our 2014 Captains, Mary Cronin and Aidan O'Connor and President Ambrose O'Donovan held their drive-in. We had great weather and very large number of golfers eager to play and make up for their recent shortage of golf. We held a 10 hole mixed scramble on the day which went off very well and was kindly sponsored by the Prize Bond Co.

**FIXTURES:** On Sunday March 30th the first round of the M D O'Shea Spring League will be held. This will be an 18 hole single stableford competition and will be sponsored by The International Hotel. Please get your name on the timesheet as soon as possible. The Spring League teams are available on the noticeboard.

**SYMPATHY:** We extend our sympathy to Past Captain, Diarmuid O'Shea on the death of his sister, Eileen O'Sullivan. R.I.P. and to Tadhg Kelly on the recent death of his father, Tim Kelly. R.I.P.

## KILLORGLIN GOLF GENTS

Saturday 22nd, Sunday 23rd, 18 hole stableford for the AIB sponsored Maxi McMahon.

1st Mike McCarron (13) 43pts. 2nd Aidan Spillane (7) 43pts. 3rd John Carmody (28) 42pts. Gross Denis Bird (7) 75 gross. 4th Eamon Sheehan (18) 42pts. Senior John J Tangney (18) 42pts. Junior Craig Counihan (17) 41pts. 12 Hole weekly 1st Seamus Mannix (26) 31pts. The Club outing this year is to Dooks on this Saturday March 29th. Tee times apply and sheet will be in the shop. This is confined to 48 so get your team in as soon as possible.

## BEAUFORT GOLF CLUB (MEN'S BRANCH)

### RESULTS:

**15TH/16TH MARCH - 2ND RD SPRING LEAGUE - 13 HOLE RE-ENTRY - SPONSORED BY CAHILLANE BUTCHERS, KILLORGLIN.**

1st Matt Templeman (6) 26 pts.

2nd Barry Woulfe (12) 25 pts.

3rd President Johnny Doolan (17) 25 pts.

**22ND/23RD MARCH - 3RD RD SPRING LEAGUE - 13 HOLE RE-ENTRY - SPONSORED BY CAHILLANE BUTCHERS, KILLORGLIN**

1st Donal Carroll (20) 27 pts.

2nd Matt Templeman (6) 26 pts.

3rd Jim Sheahan (22) 24 pts.

**FIXTURES:** 29th & 30th March - 4th Rd Spring League (Sponsored by: Cahillane Butchers, Killorglin) - 13 hole re-entry.

28th March - Longest Drive Competition (Ladies & Gents) - 7.30pm to 9.30pm with PGA Golf Pro Mark Heinemann's new Swing Studio in Killarney. Places are limited so members should contact clubhouse to book a spot. Proceeds in aid of Junior Golf at the Club.

18th April 2014 - Club Fundraiser - 4 Ball Betterball (Any Combination - Open to Ladies & Gents) - Sponsored by Malton Hotel - Entry €20 per person - Timesheet now open - Contact Clubhouse.

## KILLARNEY GOLF CLUB (MENS)

Arbutus Cup Singles Stableford Killeen 23/3/2014

1st Colm O'Connor (8) 40.

2nd David Leane (12) 40.

3rd Tom Murphy (13) 40.

4th Paudie Sheahan (15) 39.

5th Baden Maher (5) 38.

Cat 1 (0-6) Denis Coleman (6) 37.

CAT 2 (7-11) Declan Kelly (11) 38.

CAT 3 (12-17) Padraig Sheahan (13) 38.

CAT 4 (18+) Teddy Bowler (18) 32.

## RING OF KERRY GOLF CLUB

**RESULTS:** 23rd March

Singles Stableford

1st: Anthony Kenny (17) 45pts ocb.

2nd: Stephen Daly (16) 45pts.

3rd: Joseph O'Neill (5) 41pts.

**UP COMING FIXTURES:** 29th / 30th March  
Singles Stableford

## KILLARNEY GOLF CLUB - LADIES CLUB

### By Eileen Tarrant.

Results of Captains and President's drive in Sponsor Kerry Linen Services Mixed Foursomes St. Patrick's day 17th March, 2014.

1st Denis Carroll (6) Christine Carroll (13) 44 pts.  
2nd Tim O'Meara (15) Bernie Nolan (13) 42 pts.  
3rd Eamon Fitzgerald (17) Maura Fitzgerald (23) 42 pts.

B.G. Captain Mike Daly, President Mary Geaney 27 gross pts.

4th Derry O'Connor (10) Mary O'Connor (24) 41 pts.

5th Seamus O'Neill (7) Mary O'Neill (26) 39 (b.9).

6th Brendan Brosnan (12) Kathleen Brosnan (2139 pts).

7th Noel Duggan (11) Breeda Duggan (20) 39 pts.

**GUEST PRIZE** Paul Geaney (10) Marie O'Connor (15) 35 pts.

Sunday 23rd March 2014 Results of Competition - Mahonys course.

Singles Stableford Sponsored by Park Road Late Night Pharmacy.

1st Ailish Mulcahy (5) 40 pts.

2nd Mary O'Connor (24) 37 pts.

3rd Ann Moynihan-Rudden (8) 36 pts (b.9).

B.G. Amy Arthur (8) 26 gross points

4th Eileen Tarrant (29) 36 pts

CSS 71 (39 pts)

Sunday Next March 30th 2014 Singles Stableford Competition Killeen Course,

Sponsor - Malton Hotel, Tee times 8.30am to 10.30 am.

## GLENEAGLE PITCH & PUTT

### By Kieran O Halloran

Last Sunday we had a single stroke competition and the winners were:

1st Sean Ashe and 2nd John O Halloran.

This Sunday we will have our usual competition.

## KENMARE GOLF CLUB RESULTS

### By Mike Murphy

**GENTS:** Easter Hamper and GOTY

1st Seamus O'Brien (15) - 42 pts.

2nd Bryan O'Shea (15) - 41 pts.

3rd James Cremin (14) - 40 pts (OCB).

Next weekend 18 Hole S/F and Final of District League.

Team times are booked for Sunday.

**LADIES:** 18 hole s/f

1st Noreen Crowley (13) 35pts.

2nd Marianne Klopp (27) 32 pts.

3rd Marie Kissane (22) 32 pts on c/b.



Killarney Outlook

# EASTER COLOURING COMPETITION

Win an amazing Lir Chocolate Egg in  
our Easter Colouring Competition.

**Entries close on Thursday April 10th**

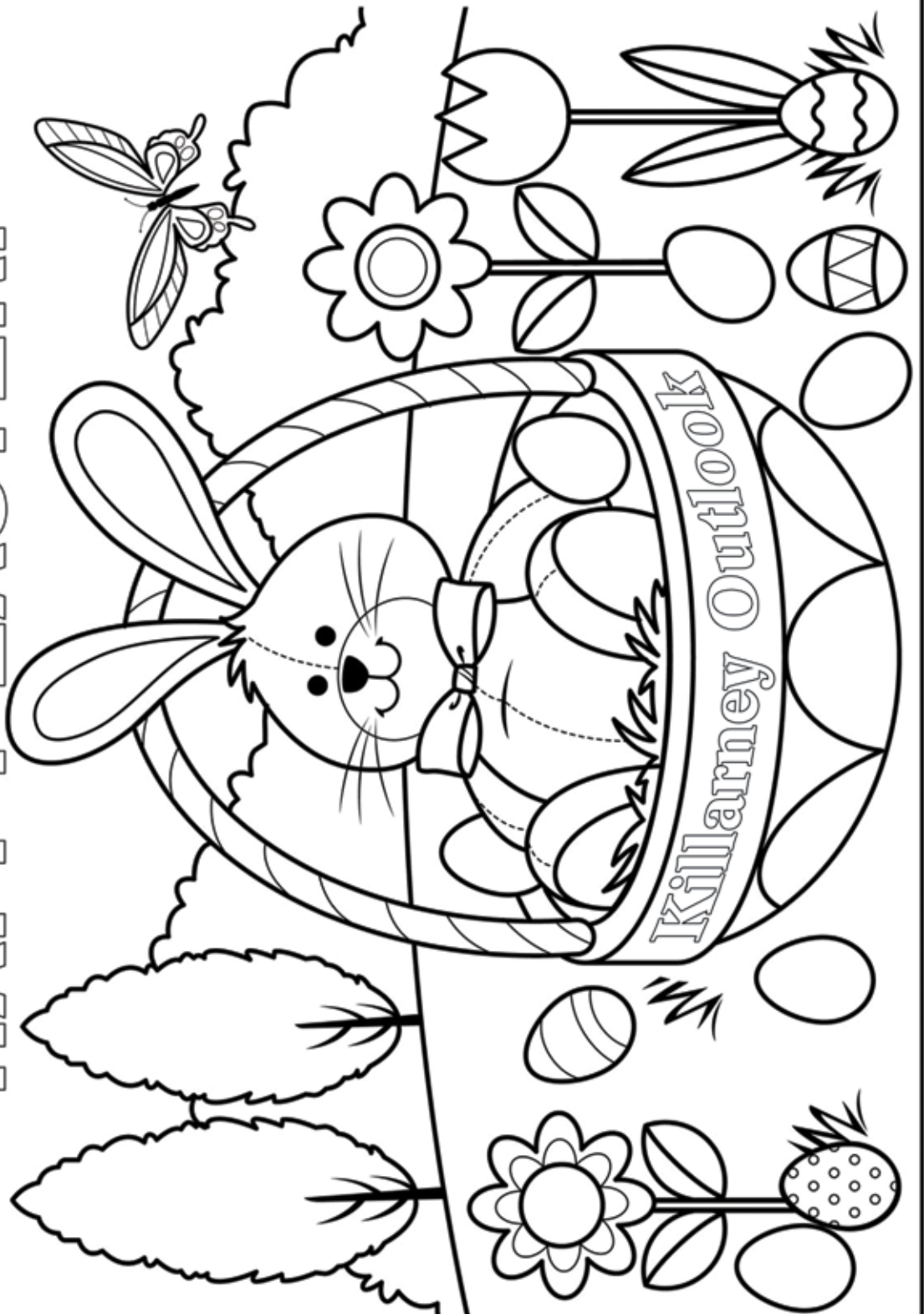
In association with



**PLEASE SEND ENTRIES TO**  
The Killarney Outlook  
30 High Street  
Killarney

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Age: \_\_\_\_\_  
Contact telephone Number: \_\_\_\_\_

# HAPPY EASTER!



## Citizens Information

### Know Your Rights: SIGNING ON

#### QUESTION

I've just lost my job. What are the procedures for getting a jobseeker's payment?

#### ANSWER

If you lose your job (or if your working hours are reduced) you may qualify for a social welfare payment, either Jobseeker's Allowance (which is means-tested) or Jobseeker's Benefit (which is based on PRSI contributions). You must apply to the Department of Social Protection (DSP) for these payments.

When you apply for a jobseeker's payment you declare that you are available for, capable of and genuinely seeking work but are unable to find work. This is also known as 'signing on'. Many DSP local social welfare offices are now Intreo centres. Intreo is a new service which offers a single point of contact for payments and employment supports.

When you visit an Intreo centre to sign on for the first time, you should go to the reception area. The DSP staff will check your eligibility for a jobseeker's payment, arrange an appointment for you to have your claim processed, give you the application form and tell you what documents you need to bring to your appointment. You can submit your application online in some locations.

At your appointment, DSP staff will review and process your application. In many cases a decision on your jobseeker's payment can be made immediately. All new applicants for jobseeker's payments will get a Public Service Card. You will also be given details of an information session that you must attend. You will be told about the full range of support services available at this session.

You may also be given an appointment for a further meeting with a case officer. At this meeting your case officer will agree a Personal Progression Plan for finding employment with you. You will also be asked to sign a Record of Mutual Commitment which outlines your rights and responsibilities while you are getting a jobseeker's payment. You will get ongoing advice and support to help you meet the goals in your Personal Progression Plan. However, if you do not attend meetings or take part in recommended programmes or courses, your jobseeker's payment can be reduced.

**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, Caherciveen 0761 07 7780

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



**SERENITY Memorial Cards**

- MEMORIAL CARDS
- ACKNOWLEDGEMENT CARDS
- BOOK MARKS

CHOOSE FROM OUR LARGE RANGE OF SAMPLE CARDS

OR... WE CAN DESIGN YOUR OWN **UNIQUE PERSONALISED CARDS**

TEL: 064 6622776

SERENITY CARDS UNIT 18 KTI CENTRE, DEERPARK, KILLARNEY, CO. KERRY.



**Astrid Longhurst**  
Life & Body Confidence Coach

### IN THIS MOMENT – ALL IS WELL!

One of the most useful tips that I have found in my own life is this one. Whenever you find yourself worrying about what's going to happen in the future or ruminating about the past – what you should have said, what so and so might have thought about you etc – STOP!

Ask yourself this one question – “Right **NOW**, here in this **VERY MOMENT** – is everything okay?

When we come back into the moment we are actually living and experiencing we find that we are okay. We are safe. We can manage and all of a sudden that moment has passed and we're in another one and another one and so on. The only moment we can truly inhabit is the one we're in. As Eckhart Tolle (Author of the power of NOW) says, “Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. This will miraculously transform your whole life.”

I agree and also believe that we have actually chosen that moment because every moment of our lives teaches us something more about who we are and who are yet to become!

Just letting you know that my workshop on breaking **FREE** from emotional eating is on Saturday 29th March (10 – 4/4.30pm) at the Meadowlands Hotel. €75.00. Please give me a call if you would like to come along. Booking essential.

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







## TOM MURPHY'S GARAGE & Tyre Centre

Farranfore, Co. Kerry | 066 9764099 / 087 2214189

Sales | Mike O'Shea: 0873290071

**ALL TYRE BRANDS SUPPLIED | FREE TRACKING & BALANCING**



**12 Ford Mondeo**

2.8TDCi, 1 owner, Full Ford Service History



**11 Kia Ceed**

1.6 CRDi, Alloys



**10 Ford Smax**

Alloys



**09 Ford Focus**

1.6 TDCi, Titanium, 79k



**10 Ford Mondeo**

Grey



**11 Ford Focus**

Sport, Alloys, privacy glass, Sat Nav, Fogs, 82k, Full Ford Service History



**11 Skoda Octavia Estate**

Diesel, Alloys



**11 VW Golf**

1.9TDi, Air Con, 94kms

### DIESEL CARS

**11 Ford Focus** 1.6 TDCi, 44k

**11 VW Golf** 1.6 TDi, 95kms, White

**10 Hyundai i30** 1.6 CRDi, comfort, 90k

**10 Citroen Picasso** 1.6Hdi, 35k, 1 owner, Full S/H

**10 Nissan Qashqai** 1.5DCi, 60k, Panoramic Roof

**10 Ford Mondeo** 2.0 TDCi, Titanium, Panther

Black, alloys, 1 owner, Full Ford Service History

**10 Ford Focus** 1.6 TDCi, sports, sat nav, bluetooth,

alloys, fogs, 83k, full Ford S/H

**09 Audi A4** 2.0TDi 92k, Black, Full Audi S/H

**09 Ford Focus** 1.6 TDCi, Titanium, 97k

**09 Ford Focus** 1.6 TDCi, Titanium, Full Ford S/H

**09 Kia Proceed** 1.6, Alloys, Fogs, 3dr H/B

**09 Ford S-MAX** 2.0, Zetec, 79k

**08 Ford Galaxy** 1.8TDCi

**08 Ford S-MAX** Titanium, 75k

**07 VW Touran** 7 Seater, Alloys, 1.9TDi

**05 Hyundai Santa Fe** 2.0CRDi, Full Leather

**04 VW Bora** 1.9TDi, NCT Tested, Silver

**03 Skoda Octavia** 1.9 TDi, silver, 1 owner

**03 Peugeot 307** 1.4 Diesel

### CARS

**08 Kia Rio** 1.4, Automatic

**07 Nissan Almera** alloys, fogs

**07 Suzuki Swift** 1.3, NCT Tested

**06 Renault Clio** 1.2, Alloys, Fogs

**05 Ford Fiesta** 1.2

**05 Suzuki Liana** NCT Tested

**04 Ford Focus** 1.6 Ghia

### COMMERCIAL

**11 Citroen Dispatch** Choice White or Black

**09 Opel Combi** Van 90kms

**09 Ford Transit** Connect 90kms

**07 Opel Combi** 1.3, Sliding Door

**07 Peugeot Expert** 68k, 1 Year DOE, 1 Owner

**06 VW Caddy** 1.9TDi

**05 Mitsubishi Pajero Sport** Silver, 2.5, very clean



**Keys Cut and Coded for all Models of Vehicle**

**SAVE MONEY - GET A SPARE KEY CUT TODAY**

Monavalley Business Park, Tralee, Co. Kerry

Tel: 066 71 21967 Mob 086 820 0683

Email: info@kerryautokeys.ie

## A1 Clutch & Brakes

3 MATT TALBOT ROAD, TRALEE (Beside Gleasures Funeral Home)

TEL: 066-7129022 FAX: 066-7119798

EMAIL: a1clutchandbrakes@hotmail.com



**SERVICE - Oil & Filter, Check Over, Fully Synthetic €85, Semi Synthetic €65, Top up all Levels**



**DIAGNOSTIC CHECK with print out**

• Computerised Tracking • Gearboxes  
• Clutches • Brakes • Tyres & Exhausts Servicing

**Mechanics with 30 years experience**

**SPECIALISING IN CLUTCHES**

Best price guaranteed for all popular brands

PROP: Tom Daly

**OVER 2000 TYRES IN STOCK**



## McCarthy Insurance Group

Your Trusted Partner And Advisor

**Best van cover and prices.**



Abbey Court, Tralee 066 7121777

Castledrum, Castlemaine 066 9767325

West End, Rathmore 064 7751111

Charles McCarthy Insurances Ltd. t/a McCarthy Insurance Group is regulated by the Central Bank of Ireland

• Driving Other Vans • Home Start Breakdown • Fully Protected Bonus

**Spread the Cost over 12 months.**





## PATRICK DRIVES AWAY WITH HIS POLICY PAID

'McCarthy Insurance Group have been giving all their personal lines customers, both new and renewal, the opportunity to win back their premium every month in 2014. All policyholders renewing or taking out a new Car, Van or Home policy will be entered into a draw to win their premium back. The draws will take place on the last working day of the month. The policyholder will be notified and the results posted on our website ([www.mig.ie](http://www.mig.ie)), Facebook and Twitter.

The most recent winner of our draw is Patrick Flynn from Shanahill Bridge, Castlemaine Co Kerry. Congratulations to Patrick! We have many more draws to come. Look out for the March draw coming soon!



THE WINNER OF THE FEBRUARY DRAW TO WIN YOUR PREMIUM BACK, PATRICK FLYNN (CENTRE), PICTURED WITH EAMONN BEGLEY (LEFT) AND NORANNE KAVANAGH (RIGHT) OF THE CASTLEMAINE BRANCH.

## REEN'S RATHMORE ANNOUNCE PEUGEOT RALLY DAY WITH CRAIG BREEN



PEUGEOT RALLY ACE CRAIG BREEN

Reen's Rathmore, Peugeot Main Dealers for Co. Kerry, have announced a Peugeot TOTAL Rally Day, before the much-anticipated Fel's Point Circuit of Kerry Rally. Peugeot rally-ace, Craig Breen, will make an appearance at the dealership on Saturday, 5th April from 10am – 12.30am with the new Peugeot 208 T16, ahead

of him contesting the Kerry rally the following day. The FIA World Academy 2011 winner and SWRC 2012 champion will travel from the Acropolis Rally in Greece directly to Reen's Rathmore to meet his fans from all over Ireland. With fun and entertainment guaranteed for all the family, Reen's Rathmore will have an

original Peugeot 205 T16, previously driven by rally-legend, Ari Vatanen, on display, as well as a Peugeot 106 GTi. A new Peugeot RCZ R 1.6 270bhp, Peugeot's fastest-ever road car, is making its way straight from the production factory, all the way to Kerry for the event. The full range of the award-winning Peugeot cars and light commercial vehicles, including the hot-hatch Peugeot 208 GTi and the newly crowned Peugeot 308, European Car of the Year 2014 will be available to test drive. TOTAL Lubricants, main sponsors of the Rally Day, will display their products. The Radio Kerry Roamer will broadcast live from Reen's up to lunchtime, entertaining families and rally enthusiasts on site.

John Reen, Dealer Principal at Reen's Rathmore said, "We are very much looking forward to hosting our Peugeot Rally Day ahead of this year's exciting Fel's Point Circuit of Kerry Rally and we're delighted that Craig Breen and Peugeot Sport will make an appearance at Reen's Rathmore. This will be the very first time people in Ireland, or indeed the UK, will see the new Peugeot 208 T16 in competition mode. It promises to be a momentous and hugely exciting day for us and rally fans from all over Ireland. We very much look forward to welcoming everyone at Reen's Rathmore."

Kirwan & Murphy

# Mr. Windscreen

KERRY

- Car Glass repair and replacement service in Kerry.
- Glass for all cars, HGV's, Tractors and Plant.
- Guaranteed workmanship with life warranty.
- Direct billing to insurance companies. • Mobile service and depot based.

Log your claim with us or get a free quote **066-7168777** We come to you!!





**M.&J. KELLEHER LTD.**

**MJK oils**



**CONTACT OUR LOCAL  
MAN IN YOUR AREA ON:  
087 9314007**

● **HEATING OIL** ● **ROAD DIESEL** ● **LUBRICANTS**  
● **TRACTOR DIESEL** ● **STORAGE TANKS**



**KEEN PRICES PROMPT DELIVERY**

Killarney / Kenmare Tel Mike:  
**087 9314007 / 064 6630020**

**NEW BUSINESS NOW OPEN**

**HICKEY**  
**AUTO BREAKERS**

**Dismantling of New and Old  
Cars, Vans, and 4x4's**

Sean Hickey  
Gneeveguilla, Co. Kerry  
Email: hickeyautobreakers@hotmail.com  
**t: 064 7756937 / m: 087 9939080**

OPENING HOURS:  
Monday - Friday 9:00am - 5:30pm  
Saturday 9:00am - 1:00pm

**NEWS FLASH**



**HALF PAGE  
ADVERT  
IN THE  
Killarney Outlook**

**€150 +VAT...**

**BOOK 4 WEEKS  
GET ONE FREE**

Call Des: 087 6593427  
t/f: 064 66 70000  
e: des@outlookmags.com

Are you one of the 35,000 people that read the best free publication in Kerry... THE KILLARNEY OUTLOOK... THE KILLARNEY OUTLOOK is a free weekly publication... it is delivered to your door every Friday and is packed up with news of all that is happening in the area...

Page 1 Friday 13th July 2011 | KILLARNEY OUTLOOK



# TRADES : SERVICES

Tel: 064 667 0000 Email: killarneyoutlook@outlookmags.com



TO ADVERTISE CALL: 087 6593427

**Soprano**  
Megan O'Neill

♦ Weddings ♦ Funerals  
& Corporate Events

M: 087 6963195  
t: 064 66 43276  
e: patricianl93@gmail.com

**Daniel O'Connell**  
**WINDOW**  
**CLEANING**  
**SERVICES**

Cleaned by Pure  
Water Pole System  
Office Cleaning

Contact: 087 2950083

**RAYMOND CLIFFORD**  
**BUILDING SERVICES**  
ROOFING CONTRACTOR  
ALL TYPES OF  
CARPENTRY WORK  
EXTENSIONS, GARAGES, ETC

**FREE QUOTATIONS**  
**NO JOB TOO BIG**  
**OR TOO SMALL**  
**MILLTOWN**  
**086 812 9677**

**ROSS**  
**DRIVING SCHOOL**

Are you licensed to tow  
a trailer - Category B + E?

Jeep & Trailer  
Available

RSA Approved

Contact  
**Conor O'Connor**  
**087 2684805**  
Email: rossdriving@yahoo.co.uk

**FLESK**  
**SCHOOL OF MOTORING**

**€30**  
PER LESSON

• Utmost consideration given to nervous beginners  
• Dual controlled car  
• Beginners to Pre-Test  
• Gift Vouchers Available  
• 7 days a Week

Phone John Galvin at  
087 9433402 or 087 0678087

**Gerard O'Doherty**  
**Painting & Decorating**

Interior, Exterior  
& Domestic  
Industrial  
Commercial

Lisheenacanna,  
Ballyhar.

085 1619672

**Pat Kearney**  
**Domestic**  
**Appliance Repairs**

• Washing Machines  
• Tumble Dryers  
• Fridge / Freezers  
• Cookers  
• Dishwashers

Spare Parts Available  
Tel: 087 2565569

**Emerald Tree Services**

• Comprehensive Insurance  
• Hazardous Tree Felling  
• Pruning + Stump Grinding  
• Tree Replacements  
• Removal of all Waste Material  
• NPIC Training + Assessment

**RICHARD SHERIDAN**  
FARRANFORE  
087 9220317  
01 606 9783974  
emeraldtreeservices@hotmail.com

**PAT O'CONNOR**  
**FENCING CONTRACTOR**

All types of Fencing  
• Post and Rail  
• Site Fencing and Farm Fencing.

Material Supplied &  
Erected if required

Lisheen, Gneeveguilla.  
Contact: 086 6088166

**John O'Mahony**  
**HORIZON MEMORIALS**

**HEADSTONES IN**  
**MARBLE, GRANITE**  
**& LIMESTONE**

Cleaning & Inscriptions  
Grave Maintenance  
Tullig Beg, Killorglin

CALL FOR A BROCHURE ON:  
087 2298179 / 066 9790657  
email: john\_o\_mahony@eircom.net

**PRECAST CONCRETE PRODUCTS**  
**SEAN ROCHE**

Slieveveagh, Ballyvourney, Co. Cork.

Patio Slabs (Different Designs), Full  
Rope Top Kerb & Lawn Edging, Gate  
Posts & Fencing posts, Timber Style  
Ranch Post & Rail Fencing, Wall &  
Pillar Capping

FREE QUOTATIONS for site  
Fencing Patio & Kerb Laying  
Delivery Service Available  
Tel: 086-6765694  
026-45649

**PATRICK FOLEY**  
**Carpentry**  
**Services**

INCLUDING: 2nd Fixing  
Timber Flooring  
Kitchens & Wardrobes  
C2 Reg

Contact: 087 9269750  
064 66 44053  
Beaufort - Killarney

**FOUR SEASONS**  
**GARDENING**  
**SERVICES**

• Landscaping  
• Design & Layout  
• Garden Maintenance

All Varieties of Trees, Shrubs,  
Flowers & Seasonal Plants Supplied.

Reliable :: Friendly :: Efficient  
John O'Sullivan  
tel: 087 2787160

**MAJIC MOP**  
**House Cleaning**  
**Service**

- from top to bottom -

**For a Super**  
**SPRING CLEAN**  
And for a professional and  
reliable personal service

Contact Mary on:  
**087 2044011**

**CASEY**  
**SEPTIC TANK**  
**& BIO CYCLE CLEANING**  
PERMITTED WASTE COLLECTOR  
Specialising in Domestic & Commercial

• Grease-Trap Maintenance  
• Sewer Cleaning  
• Fast, Efficient & Clean Service

Beaufort,  
Killarney,  
Co. Kerry

email: johncaseystc@gmail.com  
Call John: 087 632 2276

## TIME FOR A CUPPA WITH THE KERRY ALZHEIMER SOCIETY

National broadcaster Pat Kenny, and The Alzheimer Society of Ireland (ASI), are calling on people all over Ireland to help celebrate the 20th Annual Alzheimer's Tea Day being held on Thursday 1st May 2014.

The Alzheimer Society of Ireland is seeking to recruit over 2,000 Tea Day hosts nationwide and aims to have Tea Day parties taking place in every county on May 1st. Reaching this target will enable The Alzheimer Society of Ireland to continue its vital services for people living with Alzheimer's and dementia. In Kerry all money raised locally will stay locally, therefore all donations made at each local Tea Day event will go towards maintaining services in that local community.

Since the very first Alzheimer's Tea Day in 1994 over €6.6M has been raised and gone back into supporting local communities. This vital fundraising has maintained services such as

day care, home care, support groups, social clubs, At the launch of Alzheimer's Tea Day 2014, broadcaster and Tea Day supporter Pat Kenny said, "Being a carer is a 24/7 job, services provided by The Alzheimer Society of Ireland are also vital in enabling carers to take some time look after themselves so that people with dementia can stay at home for as long as possible".

Pat Kenny, whose late mother Connie lived with Alzheimer's disease for 14 years, has been a strong supporter of The Alzheimer Society of Ireland and has been the patron of Alzheimer's Tea Day for six years. He knows the difference the Alzheimer Society's services can make to families, carers and people living with dementia.

Help make the 20th Birthday of Alzheimer's Tea Day bigger and better than ever before by registering to host your own Tea Day, simply

phone 1800 719 820 or visit [www.alzheimer.ie](http://www.alzheimer.ie) To find out more about Alzheimer's services in your community in confidence contact the Alzheimer National Helpline on 1800 341 341



ABIGAIL FITZGERALD (5), PAT KENNY AND ALICE SINCLAIR (4) LAUNCH ALZHEIMER'S TEA DAY.





## LAVIN PLANT HIRE

**LANDSCAPING - From Creation to Completion**  
Consultancy Service Available

**LAVIN PLANT HIRE COVER** • Ground Works  
• Drainage • Fencing • Patio Laying & Sleeper Kerbing  
• Top soil can be provided where needed

**ALSO AVAILABLE FOR HIRE WITH DRIVER ARE:**  
A Track Machine, Rock Breaker, Tractor, Stone Rake & Power Harrow.

**Contact Eddie: 064 66 20677 / 087 981 8367**  
Tiernahout, Killarney

## Diarmuid Lynch

**PLUMBING & HEATING LTD.** ESTD. 1984

**POWER FLUSHING**  
Have you cold patches in your radiators?  
If so.... Give us a call.

Find us on Facebook

**DERRYREAG, CLONKEEN, KILLARNEY**  
Tel: 064 7753470 fax: 064 7753873  
M: 087 2552221  
email: [dorblynch@eircom.net](mailto:dorblynch@eircom.net)

## DIAMOND

**PROFESSIONAL WINDOW CLEANING**

- Domestic & Commercial Frames Included
- Pure Filtered Water System • High Reach Pole System
- Specialists in Facias, Soffits & Conservatories
- Refresh your Drive • Gutter Cleaning
- Power Washing Service - Fully Insured

**Firies, Killarney, Co. Kerry T: 086 8692633**

## Lawlors

**Window/ Door Repairs & Glass Replacement**

Handles, Hinges, Locks, Patio Rollers, Letterboxes etc.  
Replace all fogged & broken double and single glaze units

**Ph: Mike: 086 4043901**

## NOEL'S HOME & GARDEN SERVICES

- Firies Killarney -

**Home:**  
Roof - Gutter - Fascia & Soffit Cleaning  
Power Washing - Painting Interior & Exterior

**Garden:**  
Full Garden Landscaping & Maintenance  
All lawns cut - Large & Small  
Hedging Supplied & Planted  
All Types of Fencing - Patio & Decking  
All Garden waste disposed of

Call Noel Today:  
**087 7790341 / 066 9763226**

## Irish Drain SERVICES

**DOMESTIC & COMMERCIAL**  
"ONE STOP SHOP FOR ALL YOUR DRAINAGE PROBLEMS"

- Septic Tank Cleaning
- Non Dig Solutions
- Unblocking (eg. toilets & sinks)
- C.C.T.V. Pipe Surveys

4 Park Business Centre, Farranfore, Co. Kerry.  
Phone/Fax: **066 9763070** | Mobile: **087 9359035**  
Email: [info@irishdrainservices.ie](mailto:info@irishdrainservices.ie) | Web: [www.irishdrainservices.ie](http://www.irishdrainservices.ie)

## Kerry Chimney & Boiler Services

HIGH STANDARDS - LOW PRICES kcbs@live.ie

**OIL BOILER SERVICE**

- Servicing
- Repair
- Fitting
- Commissioning
- Efficiency Testing

**CHIMNEY SERVICES**

- Sweeping
- Inspection
- Stove Fitting
- Problem Solving
- Carbon monoxide Testing
- Bird Guards & Cows supplied & Fitted

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

"We guarantee a clean reliable & professional service"

For Bookings or Pricing call Damien or Mark Dennehy:  
**087 9595 323**  
Certified Boiler Technicians Qualified Chimney Inspectors

## Flesk Upholstery

Mill Rd, Killarney.  
Tel: **064 66 35395**  
Mobile: **086 8122672**

**Huge range of Materials to choose from**  
**All Upholstery work undertaken.**  
Hotels, Bars, Guest Houses, Private House.  
FREE Quotations  
Contact: John McCarthy

## TOM MURPHY WINDOWS

Milltown | Co. Kerry.  
Call Tom on **087 2787655** | **087 2586011**

**WINDOW & DOOR INSTALLATION**

- Repairs to all existing Aluminium and UPVC Windows & Doors
- Locks • Hinges • Handles etc
- Glass & Double Glazing

## Total Waste Water Solutions

Domestic & Commercial | Registered & Insured

**Serving all the South West with septic tanks & waste water treatment systems**

**Services include:** • Septic Tank Assessment • Maintenance Contract

- Servicing • C.C.T.V Line Investigation • Complete Upgrade Package
- Supplier of Submersible Pumps & Compressors

[www.totalwastewatersolutions.ie](http://www.totalwastewatersolutions.ie) | [info@totalwastewatersolutions.ie](mailto:info@totalwastewatersolutions.ie)  
Contact Con on **087 6806939 / 064 66 39620**

## TOP SOIL FOR SALE

Quality Screened Top Soil in one tonne bags suitable for flower beds, gardens, vegetable plots etc.

Also bark mulch, horse manure compost, limestone and decorative tumbled stone. Also lorry loads, big and small available.

**CONTACT 087 2485038**

## CASEY DOMESTIC APPLIANCE REPAIRS

Washing Machines  
Tumble Dryers  
Dishwashers  
Fridge/Freezers  
Cookers  
Appliance Installation

**30 YEARS**

Trevor - 087 642 8105 Maurice - 087 238 3589

## SOUTH WEST Bouncing Castles

- Slide • Children's Castles • Adult Castles for 18th's, 21st's
- Great for Barbeques • Rain Covers Included
- Obstacle Course • Sumo Suits • Adults and Children

**SPECIAL OFFER**  
BOOK 1 DAY, GET 2ND DAY FREE

**Covering All Of Kerry**  
**FOR ALL OCCASIONS CONTACT 087 0924277**

## FALVEY

Oil Burner Service  
Killarney  
Approved Firebird Boiler Service Agents

**FIREBIRD**

T: Conor: **087 8296288**  
Todd: **087 2386276**  
Office: **064 77 58654**

Also Approved Agents for STANLEY OIL COOKERS

## Kerry Drain Services

**Unblocking of Drains & Sewers**  
\*\*\*\*\*  
**Septic Tanks Emptied**  
\*\*\*\*\*  
**CCTV Inspection • Powerwashing**

**064 66 44711 / 066 9767744**





## EARTH HOUR

It's the world's biggest environmental event, inspiring hundreds of millions of people to help protect our planet. At 8.30pm on this Saturday 29th March, millions of people all over the world will switch off their electric lights for one hour; will you be one of them? Many people will take it one step farther by switching off all unnecessary electrical goods and many more will pledge to protect our planet in the year ahead by not leaving gadgets on standby and switching off lights when they leave their room.

## SUMMER TIME

As I am writing this the weather is anything but Summer like but Winter time ends this Sunday morning at 2am. So please remember to set the new time on all watches, timers etc by putting them forward by one hour before you go to bed on Saturday night.

## 4 SURPRISING USES FOR HAIR SHAMPOO

1. Oil Nuts and Bolts. Shampoo is a terrific tool for lubricating stubborn nuts and bolts. Apply a drop of shampoo and let it sit for a minute or two before working on them.
2. Clean the Bathroom. You don't need to look far to clean build-up in the tub — shampoo will work just perfectly. Use it in place of your regular cleaner to tackle all the grime.
3. Clean Chrome. In your bathroom and on your car, a mixture of shampoo and baking soda works wonders on chrome. Combine into a paste and polish as you normally would.
4. Prevent Foggy Mirrors. Stop fogging up the mirrors in your bathroom by dabbing a little shampoo on them before you jump in the shower. This will also work to prevent swim masks and goggles from fogging up.

## WHITE HOUSE CATS

∴ John F. Kennedy, 35th President (1961-1963)

Tom Kitten – It was a sad day for JFK's daughter Caroline when her beloved cat Tom Kitten had to be escorted out of the White House after her father discovered that he was allergic to him. But despite the allergic reaction he may have caused, after Tom Kitten passed on years later, he was given an obituary in a Washington Newspaper.

∴ Gerald Ford, 38th President (1974-1977) Shan – The second Siamese to roam the hallways of the White House, Gerald Ford's daughter Susan brought in her cat Shan.

∴ Jimmy Carter, 39th President (1977-1981) Misty Malarky Ying Yang – A popular breed amongst the White House, Jimmy Carter's daughter Amy also owned a Siamese cat that she brought along to live with them in the White House.

∴ Bill Clinton, 42nd President (1993-2001) Socks – The Clinton Family's feline friend Socks made a name for himself as he was the first cat in over 10 years, since the Carter's cat Misty Malarky Ying Yang, who once again roamed the governmental hallways of the White House.

∴ George W. Bush, 43rd President, (2001-2009) India "Willie" Bush – A part of the Bush clan before the Bush family moved into the White House, there was no way they were going to leave this beautiful black cat behind.

## QUOTE FOR THIS WEEK:

This above all: To your own self, be true - William Shakespeare.

## ON THIS DATE – MARCH 28TH

1380 - The first recorded use of gunpowder in a European war.

1772 - An Act to repress Steelboy disturbances in five Ulster counties was passed. The Steelboy disturbances, which ran from 1769 to 1772, were triggered by the re-letting, at higher rates, of farms on the great south Antrim estate of the marquis of Donegal. Increased rents,

some evictions and local taxation were the principal sources of the disorders.

1854 - Britain and France declared war on Russia as part of The Crimean War.

1879 - Birth of Terence MacSwiney, Irish patriot and Lord Mayor of Cork.

1881 - Birth of Martin Sheridan, in Bohola, Co. Mayo who representing the USA won 5 gold medals, 3 silver and 1 bronze, and set up 16 world records in three successive Olympics.

1898 - Germany introduced a bill to expand its navy, beginning over a decade of rivalry with Britain.

1970 - Easter rising commemorations led to rioting and the first fighting between the British army and Provisional IRA.

1990 - President Bush posthumously awarded Jesse Owens the son of a sharecropper and grandson of a slave and American track and field athlete winning 4 Gold medals in the 1936 Olympics the Congressional Gold Medal.

1979 - British Labour government led by James Callaghan fell.

2000 - Sales of bicycles in Dublin soared during an Irish Rail and Bus Strike.

## DID YOU KNOW ....

Snow is a key source of freshwater for more than 1 billion people across the globe, slaking thirst, irrigating croplands, and driving turbines that generate electricity. Conveniently, in much of the world, snow also acts as a natural reservoir, storing water during wet seasons, then rationing it out slowly during drier summer months. But today, growing populations, warming temperatures, and changing weather patterns are straining that supply like never before. "June is the new July," says Auden Schendler, vice president of sustainability at Aspen Skiing Company in Colorado. "Snowmelt comes earlier than it used to, and it all happens in one big flood."

## GIRAFFES SAY GOODBYE TO THEIR KEEPER

Northern European countries have lately been making headlines about giraffes — primarily due to their controversial policy of euthanizing healthy zoo giraffes to prevent inbreeding. But on March 22nd, the European giraffes made headlines for something different as Dutch giraffes gave kisses and said farewell to a terminally-ill cancer patient who spent his entire adult life caring for them. A 54-year old man, known only as Mario, was able to fulfill his dying wish to say goodbye to the animals he considered family, thanks to the Dutch equivalent of the Make-a-Wish Foundation. Known as the Ambulance Wish Foundation, the organisation arranged with the Dutch Zoo to have Mario wheeled into the giraffes' enclosure so he could bid them farewell. The reunion was deeply touching to those who witnessed it. Kees Veldboer, the founder of the



Ambulance Wish Foundation, watched as the giraffes clearly recognized Mario even though he was horizontal and wrapped in blankets. In a snapshot that has stirred emotions across cyberspace, Mario lies in his hospital bed while one of his giraffes leans over, sniffs him and then plants a big wet lick on his cheek. The Ambulance Wish Foundation specialises in taking terminally-ill patients one last time to places they loved or have always wanted to see.

## A DRIVE THROUGH CHURCH

A Florida church is now offering drive-thru prayer service for its community as a way to fulfill busy commuter's spiritual needs on the go. Motorists along U.S. highway 41 in Southwest Florida can pull over once they spot a member of Estero United Methodist Church, carrying large signs that read "Need prayer? Turn here," where close to a dozen volunteers are waiting in the church parking lot to offer prayer. The group offers prayer each Wednesday and has seen a spike in interest from drivers stopping by each time they host the convenient service, said Pam Sebbby, who also notes that they do it because "it is our mission to reach, connect, nurture, disciple and commission ourselves for the Lord." John Halley, EUMC Discipleship Director added, "Our drive-thru prayer is simply a service, not an enticement to join the church that has about 1,100 members... it's not a church-growth strategy for us, it's really an outreach to share God's love with our community." The prayer warriors, as Ms. Sebbby calls them, get attention by wearing orange safety vests, waving and smiling and so far, motorists have been overwhelmingly positive, many even honk their horns, bringing more attention to their efforts. While most drivers who pull into the church parking lot have a variety of prayer requests, some simply seek solace for their heartfelt needs Ms Sebbby explained.

## HOW MUCH WOULD YOU PAY FOR A PANCAKE?

A restaurant in Manchester, England, has created what is believed to be the world's most expensive pancake. The Fat Tuesday Pancake features Madagascan vanilla pods and 23-carat gold leaf. It's served with a jelly made with Dom Perignon and organic strawberries and costs a mere £144 (€172)

## WAITING FOR A BUS? - HOLD HANDS WITH STRANGERS

American battery company Duracell installed a makeshift bus shelter in Canada with a clever twist: a heating mechanism that can only be powered by a human connection. Patrons in Montreal suffering from the frigid temps still plaguing parts of North America had to hold hands in a chain-like fashion, with each end of the line placing one hand on each side of

the shelter in what Duracell called a "moment of warmth powered by you." The sensors then caused the heater fitted on top to turn on, providing heat to cold riders waiting for the bus. The fascination with converting heat from the human body into electricity as an alternative power source isn't new, but technology to harness this energy is still being researched and developed. In 2012, a team of researchers at Wake Forest University in North Carolina invented a "Power Felt," a thermoelectric device whose potential uses include "lining automobile seats to boost battery power and service electrical needs, insulating pipes or collecting heat under roof tiles to lower gas or electric bills. Other potential applications for the felt include recapturing a car's wasted heat energy in order to improve fuel mileage, and lining a vehicle's seats with the fabric to provide electricity for the vehicle's battery. If installed under roof shingles, the fabric could generate electricity on hot days to help lower a building's electricity bills. And in emergencies, the fabric could potentially be used to power a mobile phone or flashlight. Last year teenager Ann Makinowski invented a human heat-powered flashlight that won science fair awards and was the only Canadian entry to participate in last year's Google Science Fair.

## 3-D-PRINTED CLOTHING IS REALISED

Instead of the sweatshop-driven, mass-produced reality of the garment industry, with a 3-D printer the average person could sustainably create the equivalent of haute couture from the privacy of one's home. One of the freshest examples of the potential for 3-D printed clothing is OpenKnit, a project that's the brainchild of Barcelona, Spain-based artist and designer Gerard Rubio. Rubio spent eight months building and programming a 3-D clothing fabricator in partnership with Knitic founders and artists Varvara Guljajeva and Mar Canet, who've worked at the intersection of technology and art since 2009 and developed the open-source technology OpenKnit uses. While automated knitting machines have been around for decades, enabling the mass-production of clothing, the beauty of OpenKnit is that it lets anyone "knit" an item of clothing in an affordable and customisable way. Purchasing the fabricator is the biggest investment—right now OpenKnit's pricing the machine at 550 euros. OpenKnit also provides a step-by-step assembly manual and the open-source software. Total setup of the machine takes less than a day.

Once it's assembled, all you have to do is input your measurements, input the measurements of the clothing item you want to create, or select a design that's already in the system. Then, make sure a spool of yarn is ready to go, and press the start button. In about an hour, whatever you want is ready to wear. No tailoring is needed because what you made

was created to your exact measurements, and it's completely sweatshop-free. That reality's probably several years away, however. Given the newness of the technology, plenty of design limitations still exist. For one, the OpenKnit fabricator can only handle three colours of yarn at a time, and it can't knit complex patterns. However as 3-D-clothing technology advances it'll be possible to tweak and refine the software so that more colour 3-D-printed clothing is realised. Given the pace at which the technology's developing, a world where your clothing is sustainably made, on demand, by you really could be just around the corner.

## CHICAGO BANS THE SALE OF PUPPY MILL PUPS IN PET STORES:

Recently Chicago passed a landmark ordinance that will ban Chicago pet stores from selling pups, cats, or rabbits that originate from "puppy mills" (large-scale breeding facilities). Those who violate the ordinance, could be fined up to \$1,000 a day, or charged with a misdemeanour if the offense is repeated. Puppy mills are essentially factory farms for dogs and may house several dogs or several thousand dogs at a time—often in filthy, inhumane, and illegal conditions. According to USDA reports, puppy mills are found in every U.S. state but are especially prominent in Missouri, Oklahoma, Iowa, Arkansas, Kansas, Pennsylvania, Ohio, Nebraska, South Dakota, and Texas. Female dogs used as "breeders" are forced to bear litter after litter of puppies until their bodies give out, and then they are killed. Nearly one million dogs are suffering such agony in the more than 4,000 puppy mills across the country. With pressure from animal advocates, lawmakers are beginning to address the problems of puppy mills. Sadly, unsuspecting consumers often turn to commercial breeders, not realising that nearly 100% of puppies sold in pet stores come from mills. Nor do they realise that in addition to worsening the over-population problem, puppies raised in mills often suffer serious health problems due to lack of care: parasites, heart or kidney disease, diabetes, anaemia, hearing or vision problems, and hip dysplasia. The neglect they suffer puts them at greater risk for heartworm, giardia, distemper, and kennel cough. Many consumers probably don't know dogs in "puppy mills" typically spend 24 hours a day, seven days a week in wire cages, with limited climate control, ventilation, or veterinary care.

Missouri's puppy mill industry alone, which ALDF has called out for its notoriously cruel facilities, brings in more than \$40 million a year from the mass-breeding of helpless dogs.



## HAPPINESS IN THE WORKPLACE

For many of us a great deal of our day is spent in the work place – or thinking about work, therefore it makes sense that we would aim to make our working lives a happy and pleasant experience. However, when faced with various frustrating challenges at work our stress levels can increase and lead to anything from burnout to boredom to distraction. Whilst some levels of stress at work are normal, excessive stress can interfere with productivity as well as our physical and emotional wellbeing.

In her book *Real Happiness at Work*, Sharon Salzberg discusses eight pillars of happiness in the workplace. These include balance; concentration; compassion; resilience; communication and connection; integrity; meaning; and open awareness. Throughout the book she presents formal meditations along with mini meditations and practices for the reader to try out. These exercises are simple, small and practical ways in which we can achieve greater calm and satisfaction.

The following includes some of the advice she gives us to have a more peaceful and happier day at work.

1. Before starting a project, meeting or even a conversation, ask yourself: "What do I most want to see happen from this?"
2. Before starting your day, set an intention. She gives the following example: "May I treat everyone today with respect, remembering each person wants to be happy as much as I do."
3. Try to perform a simple act of kindness every day. The following are such examples: "holding a door, saying thank you in a sincere manner, or listening to someone with a clear and focused mind."
4. Pay attention to your feelings. For example, if you're feeling irritated toward a co-worker, pay attention to your irritation, "not so much the story of why you're irritated, but the actual feeling of it." What does it feel like in your body? Where do you feel it? Identifying irritation as it starts helps you prevent an action you might later regret. "With a more immediate recognition of what we're feeling, we have a choice as to how we want to respond in that moment."
5. Think about the people who make your job possible, such as a housekeeper, caretaker or fundraiser – and thank them. These are just some simple measure we can take to generate more happiness in the workplace. Over the next few weeks we will take a closer look at Stress, Workplace Stress and how we can manage it in our lives.

**SouthWest Counselling Centre Killarney** provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie). Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. [info@kerrylifeline.com](mailto:info@kerrylifeline.com) To make an appointment call **064 6636416**.

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

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

### SEASONAL ALLERGIC RHINITIS PART 2

#### What are the commonly used treatments?

The commonly used treatment options used for hay fever are: antihistamine nasal sprays, antihistamine tablets, steroid nasal sprays, and eye drops. If your hay fever symptoms are not controlled on the medication that you are taking after 2-4 weeks, you should discuss this with your doctor. You may need to try a different treatment or add in another treatment.

#### *Antihistamine nasal spray*

A dose from an antihistamine nasal spray can rapidly ease itching, sneezing and watering. It may not be so good at easing congestion. Antihistamines work by blocking the action of histamine. This is one of the chemicals involved in allergic reactions.

#### *Antihistamine tablets (or liquid)*

Antihistamines taken by mouth are an alternative. They ease most the symptoms but may not be so good at relieving nasal congestion (blocked nose). Antihistamines taken by mouth are good if you have eye symptoms as well as nasal symptoms. They are also usually given to children instead of a nasal spray.

There are several brands of antihistamines and many of the newer brands cause less drowsiness.

#### *Steroid nasal spray and drops*

A steroid nasal spray usually works well to clear all the nasal symptoms (itch, sneezing, watering and congestion). It works by reducing inflammation in the nose. A steroid nasal spray also tends to ease eye symptoms. It takes several days for a steroid spray to build up to its full effect. A steroid nasal spray tends to be the most effective treatment when symptoms are more severe. It can also be used in addition to antihistamines if symptoms are not fully controlled by either alone.

#### *Leukotriene receptor antagonists*

These medicines block the effect of chemicals that trigger hay fever symptoms. They work well when taken with antihistamine tablets, especially in people who also have asthma. Singulair is an example – can work extremely well but expensive!

#### *Nasal saline washouts*

This is done by some people. The aim is to wash pollen out of the nostrils. Washouts can be bought from a pharmacist and are comprised of a delivery system such as a squeezable plastic bottle containing saline (salt water) connected to a tube inserted into the nose.

#### **Treatment for severe symptoms**

Rarely, a short course of steroids tablets are prescribed for a week or so and they work very well to reduce inflammation. However, you should not take steroids tablets for long periods to treat hay fever, as serious side-effects may develop.

#### *Immunotherapy (desensitisation)*

This treatment is sometimes used, mainly in cases where symptoms are severe and not helped by other treatments. It is done using a series of injections of the allergen (pollen in this case) in increasing quantities. The idea is that the immune system will become desensitised to the pollen. This means that the allergic response that your body mounts when it is exposed to the pollen in the future is reduced, so improving your symptoms.

Grazax is pollen extract in the form of a tablet that you put under your tongue. They are only used if other forms of treatment do not work. The dose is one tablet per day, starting four months before the start of the pollen season and continued for up to three years.



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



## BIRTHDAY REMEMBRANCE

In Loving Memory of



**Christopher James O'Sullivan**

**37 Gleann Ruá and Freemount,  
Rathmore. Co. Kerry**

**Whose 18th birthday occurs on March 30th**

*Thinking of you on your Birthday,  
With sadness in our hearts,  
For a very special someone,  
From whom we had to part.*

From Michelle, Brian, Conor and Dylan.

## BIRTHDAY REMEMBRANCE

In Loving Memory of



**Christopher James O'Sullivan**

**37 Gleann Ruá and Freemount,  
Rathmore. Co. Kerry**

**Whose 18th birthday occurs on March 30th**

*Put your arms around him Lord,  
Don't leave him on his own  
For today is Christopher's Birthday,  
His first away from home.*

Missing you always,  
Love from Christine, Mike, Michael,  
Noah & Oisín..

## BIRTHDAY REMEMBRANCE

In Loving Memory of



**Christopher James O'Sullivan**

**37 Gleann Ruá and Freemount,  
Rathmore. Co. Kerry**

**Whose 18th birthday occurs on March 30th**

*Thinking of you on your Birthday Christopher  
But that is nothing new.  
For no day dawns and no day ends  
Without a thought of you.*

Love Nan & Grandad.

## 2ND ANNIVERSARY

In Loving Memory of



**Donal Mulcahy**

**Ard Mhuire, Rathmore**

**Who died on St. Patrick's Day, 2012**

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

Sadly missed by Nellie, and all the family.

Anniversary Mass will be held on 6th April at  
11:30 in St. Joseph's Church, Rathmore.

## THANKS GIVING

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

## NOVENA TO THE SACRED HEART

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

## 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.

## THANKS GIVING

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

## NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

### NEVER KNOW TO FAIL

You have said O'Divine

Jesus ask and you shall receive, seek and you shall  
find, knock and it will open to you. Relying on these  
promises I come with confidence to beg of the  
favours that I need (make request). From whom  
shall I ask, Lord Jesus, If not from you whose heart  
is an unfailing source of graces and merits. Most  
loving heart of my God I believe in your power, I  
believe in your knowledge, I believe in your perfect  
love for me and therefore I place all my trust in you.

Our Father, Hail Mary and Glory.

Say 3 times for 3 days and request will be granted,  
Never know to fail. Must publish.

**M.M.**

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be  
granted.

**N.C.**

## 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.

**M.O.L.**

## 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.

**J.K.O.C**

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be  
granted..

**N.K.**

## 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.

## 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 Christ. 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. **M.M.**

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be  
granted.

Not all milk producers are kind to the environment...



Lee Strand cows leave dainty little footprints!

Lee Strand leading the way in the race against global warming...

- Low Carbon Footprint
- Eco Friendly Products
- Farm to Shelf within 24 hours

Do your bit. Buy Local.

**Lee Strand**   
TASTE THE FRESHNESS



Lee Strand has been nominated to represent Ireland at the prestigious European Environmental Awards (EMAS Awards 2014) in Germany

