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Pictured at the launch of the 2019 Lily of Killarney were President of Killarney Chamber of Commerce & Tourism, Paul Sherry pictured with the official sponsors of the 2019 Lily of Killarney L-R Marie O'Keeffe, Tricel & Chairperson of the Lily of Killarney, Aisling Crosbie, Editor at Killarney Outlook, Media Sponsors of the event and Emma Looney, Killarney Credit Union, sponsors. PICTURE:MARIE CARROLL-O'SULLIVAN

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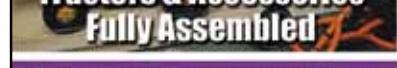
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Number 2 spot for Killarney in TripAdvisor Top 10

One of the most widely used travel websites in the world, TripAdvisor, has revealed its Top



10 Irish destinations for 2019 and of course Killarney is in the top 5! Killarney made number two on the illustrious list with our capital city just pipping us to the post in the TripAdvisor's Travellers' Choice Awards. TripAdvisor's Top 10 Irish destinations 2019 in order are – Dublin, Killarney, Galway, Dingle, Cork, Kilkenny, Cong, Westport, Donegal Town and Sneem. The award-winners were ranked based on millions of user reviews and opinions over the past 12 months, using an algorithm that takes into account both quality and volume, according to the global travel site. Dublin is the top holiday destination in Ireland for the second year running, however the list is again dominated this year by tourism locations on the west coast. The award is a fantastic recognition for the town as the top 10 locations are the most popular among TripAdvisor reviewers based on millions of reviews and opinions. The global top 10 has seen London claim top spot from second place in 2018, followed by Paris and Rome. The same trio make up the top spot for the European top 10.

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

EDITOR'S NOTE

In a week when we warmly welcomed the sunshine, we are proud to announce that we are media sponsors of the Lily of Killarney again this year. The event was launched on Tuesday evening by the Ladies Committee of Spa GAA Club.

Killarney Gardai welcomed a new recruit, it's quiz time for the Kenya Education Project and The Europe Hotel has won European Spa of the year.

There was a heroes welcome for Gary O'Sullivan following his success at the Special Olympic Summer Games, KCC welcomed comedian Bernard Casey and the Meitheal continue with their great work in Killarney National Park. Have a lovely weekend and Happy Mothers Day to all the mum's out there!



Aisling Crosbie | EDITOR

Aisling Crosbie | Editor

IF YOU HAVE A STORY...

Contact Aisling on: 086 0400 958

Lily ready to bloom for 2019



Pictured at the Gleneagle Hotel for the official launch of The Lily of Killarney 2019 were Back Row L-R Denise Gleeson, Sheila Curtin, Michael Cronin (Chairperson Spa GAA), Chamber of Killarney Tourism & Commerce Paul Sherry & Evelyn Murphy. Front Row L-R Media Sponsors Aisling Crosbie (Killarney Outlook), Marie O'Keeffe (Tricel & Chairperson of Lily of Killarney) & Emma Looney (Killarney Credit Union).

PICTURE: MARIE CARROLL-O'SULLIVAN
The 46th Lily of Killarney preparations are well and truly underway and Killarney Outlook have been confirmed as the Media Partner again this year along with the main sponsors, Killarney Credit Union and Tricel. "I am delighted to confirm that the Killarney Credit Union has been announced as our main sponsor again this year and that Killarney Outlook will continue as Media Partner", Marie O'Keeffe, Chairperson of The Lily of Killarney Committee said at the official launch in The Gleneagle Hotel last week. The Lily of Killarney has

been running for the past 46 years by Spa GAA Club Ladies Committee, and indeed signals the beginning of the Summer for many! The current holder of the Lily of Killarney title is Carmel O'Leary. Carmel is a dental nurse and was sponsored by Gleeson's Dental Surgery. Jim and Catherine Gleeson received the winning sponsor trophy from Liadh Tobin on behalf of Killarney Medals and Trophies. Carmel was chosen by celebrity judges Jake Carter and Karen Byrne who won RTE Dancing with the Stars, along with former Limerick Rose, Dawn Ryan. Carmel, has

been a fantastic ambassador for Killarney throughout her reign and attended many functions as Lily of Killarney including the 'Kerry-London Reunion' last November, The Regatta, the Ring of Kerry Cycle, Christmas in Killarney Parade and St. PatricksDay Parade to name a few. The 2019 Lily of Killarney Selection will be held in the Gleneagle Hotel on Saturday 25th May and again this year it is estimated that over 400 people will attend the buffet selection dance with the winner announced at midnight. If you are interested in entering this years event as a contestant, or alternatively, if you are a business owner and would like to sponsor a contestant please email lilyofkillarney2019@gmail.com. It is a great opportunity to get your business noticed and recognized in such a prestigious event. With only 30 businesses getting this opportunity in the 2018 Lily of Killarney, please be aware that the deadline for your business to sponsor a contestant is Friday, 19th April 2018. "We are thankful to all our sponsors for playing a vital role in the success of the Lily of Killarney and we look forward to a wonderful evening for the contestants, families, sponsors and friends" Marie added.

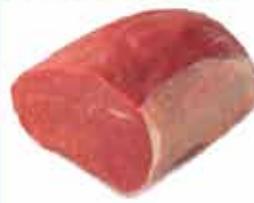
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GARDA SURPRISE FOR NEW RECRUIT RYAN

A young Killarney Garda fan has had his birthday wish come true thanks to the kind members of the force at Killarney Garda Station.

Little Ryan Dewhurst from Killarney turned 5 at the weekend and absolutely adores the Gardai.

His mom contacted Garda Gillian Mac Eoin to see if the Gardai could conduct a road worthy test on his new police bike that he received from his mum and dad for his birthday and they willingly obliged.

"What this photo doesn't show is the battle this little boy has gone through. Ryan spent the first year of his life as an inpatient in Crumlin Children's hospital as some of his major organs were outside of his body when he was born", Gillian told the Killarney Outlook.

His mum Danielle and Dad, Dan spent that whole year in Crumlin with him, staying in the Ronald Mc Donald house in Dublin, Ryan later became the poster child for the Ronald Mc Donald House. Thankfully Ryan is absolutely thriving today and had his last surgery last year. He just adores the Gardai and everything to do with police work, he



Pictured with Ryan in his little garda uniform is mum Danielle O'Brien, Dad Dan Dewhurst, his baby brother Zack Dewhurst and Supt Flor Murphy, Gd Gillian Mac Eoin, Gd Paudie Twohig, Gd Brendan O'Donovan, Gd Laura Cahill of Killarney Garda Station and Gd John Cronin of the Kerry Roads Policing Unit.

LEFT: Ryan with his new bike.
PICTURE: MARIE CARROLL O'SULLIVAN.

says he's going to go patrolling on his new bike to catch bad guys but he will be sure to always wear his helmet when doing so. The smile and excitement on his face today was just priceless", she added. After conducting the necessary

safety checks on Ryan's new bike Supt Flor Murphy declared it road worthy and Killarney Gardai presented Ryan with some Police Lego, toy handcuffs and some garda memorabilia to make his 5th birthday even more special

Card Champions of Kerry Crowned

The Final of the Spa GAA 31 Card Drive Championship of Kerry 31 Card Drive took place at the Torc Hotel on Friday March 22nd, and after competing throughout the winter months, Neilie Kerins and Finbarr Murphy were crowned the new county champions.

The annual 31 Card Drive has been running in Spa GAA Club since 1972 and over the years has welcomed players from all over Kerry.

There has always been a strong interest from South Kerry, and this year was no exception with players as far away as Waterville among those making the journey on Friday night.

The organisers of the annual Card Drive are Dave Herlihy, Paddy B Lynch and Paddy Keeffe and well done to them on organising this great social event again this year.

Runners Up on the night were: Danny Cahill and DD Kissane, Tim Regan and Denis Doolan and Tom Moriarty and Tim Moriarty.



Organisers of the 31 Card Drive presenting prizes to the winners Neilie Kerins and Finbarr Murphy. In the photo L-R Paddy B Lynch, Neilie Kerins, Dave Herlihy, Paddy Keeffe, Finbarr Murphy, Michael Cronin (Spa Chairman)

OPT OUT ORGAN DONATION

Deputy Michael Healy-Rae asked the Minister for Health questions regarding Ireland's forthcoming opt-out organ donation, and the Minister assured the Deputy that the General Scheme of a Human Tissue Bill is being finalised at present and will be submitted to government shortly. According to the HSE, at the end of December 2017 there were 587 people still waiting for an organ. This bill will hopefully increase the number of available organs that are acceptable for transplant and be given to these people.

"An awful lot of our population would actually be open to considering giving their organs, but what they need at this time is information and assurances to be given to them as to how this would happen in the future" – Michael Healy-Rae



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Mon. April 22nd – Fri. April 26th
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Sat 11th May
One Day Revision Course of Agricultural Science

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Sat 11th May One Day Intensive Revision of Organic Chemistry.
(This section accounts for approximately 40% of the exam paper.)

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NEW SEASON

New Beginnings, At The Lake Hotel...



The iconic Lake Hotel, on the shores of Lough Lein, Killarney, marked the unveiling of new developments at the hotel as they opened their doors for a new season this year. The Hotel has transformed the entrance, to include a new driveway, and landscaped gardens. Included at the reopening, from left, Tom Roche, Financial Controller, Sarah Mannix, Human Resource Manager, Sally McMahon, Accommodation Manager, Eleanor O'Leary, Front Desk, Alan Jones, Accounts Department, Niall Kavanagh, Stores Manager, Cathal Egan, Waiter, Patryeja Makowska, Restaurant Assistant Manager, Sheila O'Callaghan, Sales and Marketing Manager, Ashley Dunlea, Reservations Manager. PHOTO: VALERIE O'SULLIVAN

The Lake Hotel Killarney reopened for the season on Thursday 7th February and in keeping with tradition, the new season marked the unveiling of new developments at the luxurious four star hotel. Each year, the Huggard family invest in the enhancement of the hotel and are highly committed to maintaining a high standard for their guests. Facing into the year ahead with a newly renovated entrance, a brand new driveway and manicured landscapes, the exterior has been completely transformed. The new look allows for a wider lake view on approach to the lavish four star property, emphasising the true beauty of its setting and the unique location which is enveloped by nature. The eye catching, open entrance emanates a welcoming and inviting vibe. The grand

exterior exudes luxury and class with freshly tarmacked driveway, plush new signage, handcrafted rockery, enhanced lighting and stunning uplighters.

The Lake Hotel has always been a nature lover's paradise and the recent investment created a prime opportunity to embrace the natural habitat and extend the haven of refuge for our indigenous fauna. The addition of native trees such as Irish Oak, Scots pine and Mountain Ash has been part of the landscaping work. Expanding the sanctuary for wildlife such as red deer, foxes and wild tailed eagles, to name but a few.

Sales and Marketing Manager Sheila O'Callaghan commented, "We are thrilled with the enhancements of the hotel entrance and the feedback so far has been extremely

positive. The recent work has completely revealed our stunning views, showcasing the magnificent backdrop on approach to the hotel. The Huggard family are highly committed to maintaining exemplary standards for our guests and invest extensively in the development of the hotel each year. We feel this investment has really enhanced what was already a wonderful product offering." The Lake Hotel is a four star family owned property and has been in the Huggard family name for over 100 years. A long tradition of warm Irish hospitality awaits. Nestled on the lakeshore, overlooking the renowned Lakes of Killarney, and just 2kms from Killarney town centre, The Lake Hotel offers a truly exceptional location and something very unique for all its visitors.

INSTRUMENTS AT THE READY FOR THE ANNUAL GLENEAGLE CONCERT BAND CHARITY EVENT

The Gleneagle Hotel will welcome the Cork Butter Exchange Band for a massed band concert on Sunday, March 31st at 7.30pm as part of The Gleneagle Concert Band Annual Charity Concert. The Cork Butter Exchange Band will be guest artists this year. Each band will perform a selection of pieces individually before coming together for an amazing massed band performance featuring over 100 musicians. All proceeds from this concert will be donated to Kerry Samaritans, Epilepsy Ireland Kerry branch, Kerry Diocesan Youth Service (KDYS) and the band's Music Education Youth Programme.

Band conductor Vincent Condon says: "We are really pleased to be collaborating with several important local charities and we hope the public will come out in great numbers to support this worthwhile fundraising venture."



Previous highlights include a performance for President Michael D. Higgins on his visit to Killarney in 2012 as well as a concert tour to Lisbon in 2013. The band also represented Killarney and Kerry on foreign soil in August 2017 when they travelled to the south of

France where they performed concerts in both Monaco and Cannes under the baton of band conductor Vincent Condon. Previous tours included visits to Germany, Holland, Sweden, Austria, Portugal and Paris.

Tickets are priced at €12 for adults and €10 for children/OAP and are available from the INEC ticket office, band members, the KDYS, Kerry Samaritans and Epilepsy Ireland. The concert will cater for all musical tastes and will include military marches, classical music, jazz numbers, film music, and vocal hits.

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



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QUIZ TIME FOR THE KENYA EDUCATION PROJECT

Eddie Sheehy will hold his annual table quiz in aid of the Kenya Education Project on Thursday night April 4th in the Castlerosse hotel at 8 30 pm.

The project helps young people in the slum village of Embulbul, Nairobi. At present 100 young people are sponsored to complete their primary and secondary education as their own family circumstances make it very difficult to meet the cost of books, uniform and fees. This is the highest number ever of students sponsored by the Kenya Education Project.

Some past pupils of the school are also helped to continue their education and training by paying college fees as well as travel and subsistence allowances. To date the project has helped students to obtain training in Childcare, Secretarial, Computing, Journalism and Social Work which is a major boost to their families in their dream of obtaining a job to ease the financial burden on their families. In recent years the Project has increased its work with families in the village through



the local branch of S.V.D.P. Needy families have received beds, blankets and household utensils to help ease the burden of poverty.

The village feeding programme provides a hot meal each weekday evening for 100 needy children from the village. The Kenya Project helps to offset some of the costs of these monthly food bills for the parish. It costs 650 euro per month to finance the feeding programme.

The Kenya Education Project is increasing its support of this programme.

The project continues to support sporting activities in the school and village by providing playing gear, footballs and training equipment to those involved in soccer, basketball and volleyball.

The support the Project continues to receive each year from the people of Killarney is encouraging and heartening and enables many young people to be helped and supported.



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*Thanks to everybody
who has supported the
Project to date*

New Divisional Commander appointed to the Kerry Garda Division

Chief Superintendent Eileen Foster officially took up her role as the Divisional Commander for the Kerry Garda Division this week.

Speaking at Tralee Garda Station on Monday, Chief Superintendent Foster said 'I am delighted to be assigned as the new Chief Superintendent for the Kerry Garda Division. I am looking forward to working closely with the communities and stakeholders in the county'

A native of Co. Cork, Eileen Foster joined an Garda Siochana in 1989 and served in Pearse Street Garda station, for a short period of time before transferring to Athy, Co Kildare. She served there for six years before transferring to Cork City where she rose through the ranks

and in 2017 she was promoted to rank of Superintendent and transferred to DMR South Central- Governance.

In September 2018 she was appointed Detective Superintendent and transferred to Garda National Protective Services Bureau, Harcourt Square and this week was promoted to rank of C/Superintendent and transferred to Tralee Garda station to take charge of Kerry Division. Chief Superintendent Foster is a trained Registered General Nurse has a Degree 2.1 Hons- Public Management- Administration of Justice- Institute of Public Administration (IPA) and a 1.2 Hons -Masters in Serious Crime Investigation- University of Limerick.





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The Europe Hotel wins Hotel Spa of the Year at this year's European Hotel Awards



Multi-award winning ESPA at The Europe Hotel & Resort, Killarney has added another prestigious award to its name this week, scooping the top prize in the spa category at this year's European Hotel awards in Geneva, taking home the award for Hotel Spa of the Year.

The awards, which took place this week, hosted an elite selection of Europe's top hoteliers, celebrating the best in luxury and hospitality across the continent. The Europe Hotel & Resort featured alongside finalists from all corners of Europe, in the category.

Speaking about the win, Michael Brennan, Managing Director of Killarney Hotels said, "We are thrilled to have won Hotel Spa of the Year for ESPA at The Europe at The European Hotel Awards in Geneva. We pride ourselves on excellence across all hotel amenities, ensuring guests have the best stay possible. It is a wonderful recognition for our spa team who provide a truly memorable 5 star experience to our guests when they visit ESPA at The Europe."

Located on the shores of Lough Lein and framed by the McGillycuddy Reeks mountain range, ESPA at The Europe is set in one of Ireland's most spectacular locations and a truly unique place to escape the stresses and strains of day-to-day life.

ESPA at The Europe Hotel & Resort captures the beauty and serenity of this incredibly enchanting corner of Ireland. The multi-award-winning spa is one of the most unique destination spa hotels the country and indeed Europe has to offer. The spa has been designed to be in perfect balance with the nature of its environment, with each relaxation space created to take advantage of the landscape, a peaceful haven in which to awaken the senses and relax the mind.

The luxurious Spa and Active level facilities of ESPA at The Europe are generously spread over two levels and cover a total of 4,500 sq.m. Every aspect has been designed to provide a genuinely holistic and restorative experience.

Extensive Dingle Developments Near Completion

It has been an exciting Winter in Dingle, with work nearing completion on the new multimillion development at the Dingle Skellig Hotel. This development includes 32 additional guest rooms and suites as well as the upgrade and redesign of The Blaskets Bar and Bistro to include new relaxed dining spaces, which opened in February, and the landscaping of the guest carparking and public exterior areas.

Beginning last October and with a completion date of early May 2019, Kerry based Griffin Brothers secured the contract to carry out this high end development which falls on the 50th anniversary of the Hotel first opening its doors.

The new luxury bedroom addition includes 16 Deluxe

King Suites, 6 Deluxe Executive Suites and 5 Deluxe Family Suites including a selection of interconnecting options. Designed with guest luxury and exceptional comfort in mind and featuring cutting edge enhancements and finished to the highest of standards, the addition also includes 5 roof top interior designed suites which will also feature private balconies making the most of the hotels amazing panoramic views across Dingle Bay.

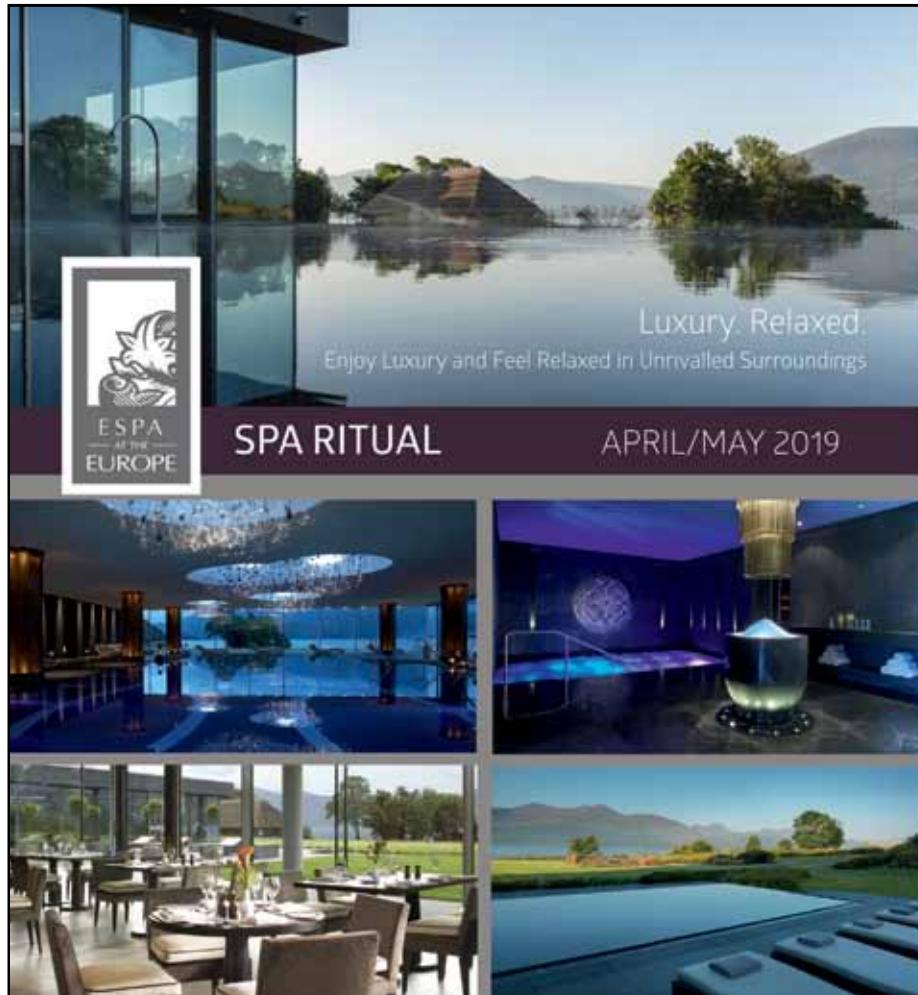
The first phase of the internal refurbishment took in the re development and design of The Blaskets Bar and Bistro. This area has now been transformed into 2 relaxed dining spaces – The Atrium, a light filled centre focus of the hotel and The Binn Bán Brasserie which



Mr Graham Fitzgerald GM and Mr John_Ryan Head Chef Dingle Skellig Hotel.

offers a new concept in relaxed dining for both residents and non-residents. The Dingle Skellig Hotel was originally built in 1968 by Gaeltarra Eireann as an incentive to encourage job promotion and growth in Gaeltacht areas. A first of its kind, the hotel included 48 en suite guest rooms and an outdoor swimming pool. 32 guest rooms were added on in quick succession to allow for the cast

and crew of Ryans Daughter to take up residence. From May, the property will now include 152 guest rooms, swimming pool, gym, spa, childrens crèche and kids club, extensive banqueting facilities and new relaxed dining spaces including the latest additions The Atrium and The Binn Bán Brasserie. You can book a stay in one of the new rooms or suites at www.dingleskellig.com



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TALENTED KILLARNEY KIDS

Woo Boston on St. Patrick's Day



Killarney musicians who performed at the annual St. Patrick's Day Breakfast in Boston. From left are Colleen Angland, Grace Angland, Sean Angland, Noirin Healy and Olivia Angland.

PICTURE: EAMONN KEOGH

Much to the delight of the 600 strong audience, a group of talented children from Killarney were invited to perform at the St. Patrick's Day Breakfast in Boston on 17th March.

The event was hosted by Senator Nick Collins at the Cruiseport in South Boston.

This young group are made up of five children, all who play music, dance and sing. They are Grace, Colleen, Olivia and Séan Angland and Nóirín Healy. They range in age from 7 years to 12 years and despite their young ages, they have been performing together for a number of years. The group were first seen

by State Representative Ed Coppinger who recommended them for this prestigious event in September 2018.

Many video recordings and photographs were sent and in January 2019 they got the honour of an invite to perform in Boston by the State Senator Nick Collins.

Their one hour show was put together by Martina O'Neill Angland. From January to March, Martina spent many nights per week training the group, followed by taking them to perform in some local venues before departing for Boston. In Boston, on St. Patricks Day, the group performed for over 600 people

comprising of politicians, their families and friends. During the performance they were interviewed and recorded on live television. They also had an invite to the St. Patrick's Day Breakfast in which they listened to many political speeches and took part in singing many Irish songs with those attending.

It was a busy weekend for the group as it posed an opportunity to them to meet with their families in Boston, take in a trip around Boston and visit the Massachusetts State House with State Representative Ed Coppinger.

Revision Time at Brookfield College

It is that time of the year again when students have to get serious about their studies. Students who are preparing for Leaving and Junior Certificate have lots of revision to do over the next few months. At Brookfield College help is at hand in the form of intensive revision courses during the Easter break.

"This is our 31st year providing Easter Revision Courses and the experience we have built up is invaluable. Students are always amazed at the

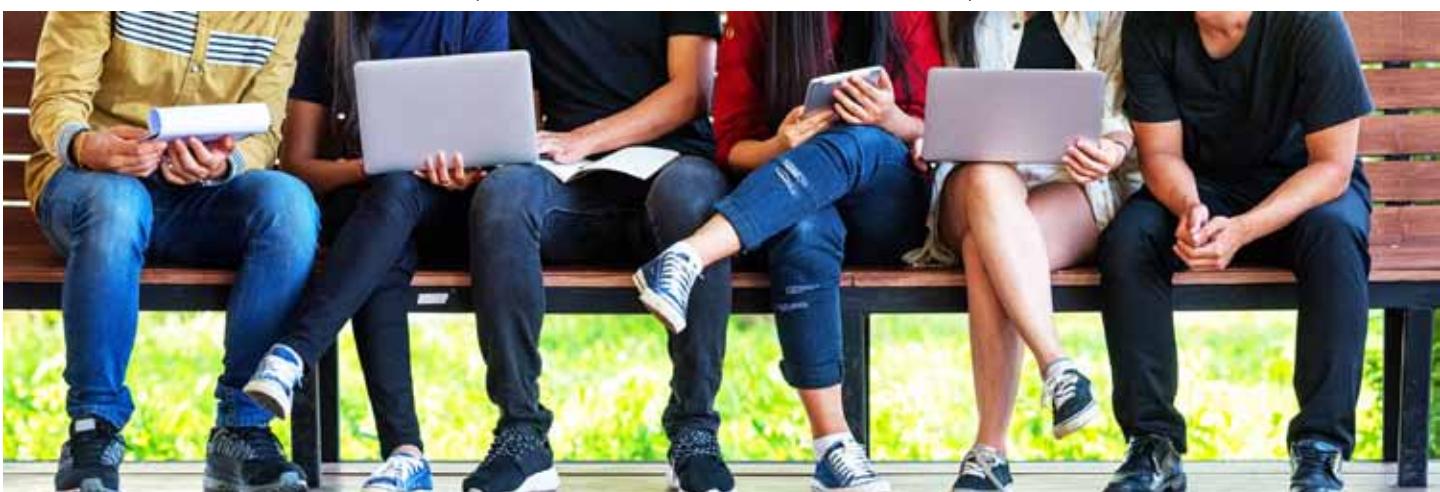
amount of quality revision we do in one week", Principal Elisha Dowling told the Killarney Outlook. There will be over 30 courses on offer in total.

There is also the option to book in for supervised study the second week of the Easter holidays. "We provide an environment which is conducive to productive study. By the end of the week students are delighted to have over 32 hours quality work done", he added.

Brookfield College also runs intensive one day courses for Art History, Organic Chemistry and Agricultural Science.

"We are also enrolling students for our full time 5th and 6th year programmes for next September so it is a very busy time of year."

Brookfield College have recently launched a new updated website where it is possible to view and book courses online. Go to www.brookfieldcollege.ie





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Kerry's Gary O'Sullivan received a warm welcome from the Kerry Stars at the Dromhall Hotel having won gold at the 2019 Special Olympics World Summer Games in Abu Dhabi, victorious in the 4kg shot put. PICTURE: MARIE CARROLL-O'SULLIVAN

HEROES' WELCOME AS GARY RETURNS HOME FROM WORLD GAMES

There were emotional scenes at Killarney Railway Station and the Dromhall hotel on Friday night last as Gary O'Sullivan representing the Team Ireland squad returned home to a heroes' welcome from the Special Olympics World Summer Games in Abu Dhabi. Gary was greeted by his team mates in the Kerry Stars at the hotel for the homecoming where he proudly displayed his gold and silver medals.

O'Sullivan, from Castleisland, claimed gold in the Shot Putt and finished second in the Men's 400 metres walk in Abu Dhabi. The Irish team came home with a sensational haul of 86

medals (30 gold, 29 silver and 27 bronze).

Over the last week, Team Ireland athletes have made a big impression, inspiring and enthraling supporters at home and abroad with their impressive performances, personality and trademark team spirit.

The Games, which have been heralded as one of the most successful ever for Team Ireland, saw an action-packed week of sport, with medal wins for the Irish squad in all 12 sports: athletics, badminton, basketball, bocce, bowling, equestrian, football, golf, gymnastics, kayaking, swimming and table tennis.



Arriving in style to the Dromhall Hotel by Garda escort, Gold & Silver champion of the Summer Special Olympics in Abu Dhabi, Gary O'Sullivan is congratulated by Tom Toblin, Kerry Stars & Photographer Michelle Cooper Galvin.
PICTURE: MARIE CARROLL-O'SULLIVAN

New Head Chef at Aghadoe Heights Hotel and Spa, Killarney

What does a Head Chef do during his first week at the renowned five star Aghadoe Heights Hotel and Spa?

"Host a sell out dinner, feeding over one hundred of the town's local residents" is the answer from recently appointed Head Chef, David Lee. David joined the well-known team at Aghadoe Heights just in time to launch the second in a series of three dining experiences, known as The Taste of Aghadoe. A full house, of predominantly local guests, came together at the start of the month to enjoy a mouth-watering elegant dining experience at an equally attractive price point. The three



themed evenings were added to the dining calendar in order to encourage local guests to experience the wonderful array of dishes on offer at the 2AA Rosette Lake Room restaurant.

"Sometimes there is a misconception that hotel restaurants are for hotel guests" said David, "we want the whole town of Killarney, and surrounding areas, to know that we are open for business and that our Lake Room restaurant and Heights Lounge and Piano Bar are wonderful dining options for any night of the week."

"We are absolutely thrilled to have David leading our fantastic team of chefs and we look forward to seeing what plans he has for the dining experience at Aghadoe Heights" commented General Manager, Niall Coffey.

PROPERTY PARTNERS

GALLIVAN

FOR SALE



BER PENDING

Apt 12 Barradubh Village
1 Bedroom, 1 bathroom first floor apartment (538 sq ft) with private entrance in Barraduff Village. PVC double glazed windows and a teak door, electric storage heating and car parking. Barraduff village offers everything you could need with a series of shops, a church, pubs, school & is 10 minutes drive to Killarney Town.

GUIDE PRICE €100,000

FOR SALE



BER PENDING

Apartment 9 Barradubh Village
2 bedroom, 2 bathroom west facing apartment (807sq ft) with a private entrance in Barradubh Village. PVC double glazed windows and teak doors, electric storage heating and private car parking. Barradubh village offers everything you could need with a series of shops, a church, pubs, an excellent primary school just a short stroll and is only 10 minutes drive to Killarney Town Centre.

GUIDE PRICE €120,000

FOR SALE



BER D1

Coolmagort, Beaufort
Modern 3 bedroom, 1 ensuite (1500 sq ft) detached bungalow on 0.25 acres. Ready to move in, recently redecorated throughout. Features include Stira stairs with partly floored attic, solid pine internal doors, detached garden shed. Option to extend further to side (subject to planning). Located 13km from Killarney town centre.

GUIDE PRICE €240,000

FOR SALE



BER PENDING

Knockaninane East, Kilcummin
Excellent opportunity to purchase an unfinished project in the Kilcummin area, 15 minutes to Killarney town centre. Four bedroom detached property with additional space to the first floor suitable for a study, playroom and home office space (approx 2,177 sq ft) on circa 0.5 acre site.

GUIDE PRICE €100,000

FOR SALE



BER C3

4 Heather Close, Cumeen
Charming cottage style 3 bedroom dormer bungalow (approx 1,200 sq ft) in a countryside setting standing on circa 0.7 acre site & only 10 mins to Killarney Town Centre. Features include oil fired central heating, teak double glazed windows, teak front door, pine internal doors and tarmacadam drive way.

GUIDE PRICE €220,000

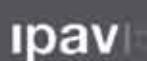
FOR SALE



BER G

1 York Terrace, Lewis Road
3 bedroom property (1,310 sq ft) which is subdivided into two units and is situated in Killarney Town Centre. The ground floor unit contains two bedrooms, living room and kitchen area. There is a one bedroom unit to the first floor which also has the benefit of an open plan living - dining - kitchen area, bathroom & double bedroom.

GUIDE PRICE €250,000



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BERNARD CASEY visits Killarney Community College



By: Amy Cronin, TY Student

Killarney Community College welcomed stand-up comedian, Bernard Casey to their TY class this week. We were introduced to him and then he told us some basic details about him. He continued to explain what he had planned for the day.

Our first activity was a warm up exercise. After, we played our first game. We had to make a line from youngest to oldest and then from who lived closest to the school to who lived the farthest. Then we played traffic lights while acting out drama scenes. He introduced us to a new game, giants, wizards and elves. It was like rock, paper, scissors except it included acting. We were put into groups of three where we had to create a still image, wait until someone guessed what we were doing and then act out a short drama piece.

After break we had to get into a group of four different people. We were given a topic and we had to create a one minute drama piece including that topic. Again, we got into a new group and did another drama scene with a different topic. We were put into another group for our last drama piece. Bernard gave each individual group a different topic and we all acted them out.

I really enjoyed the day along with my class mates. I thought it was very educational and fun at the same time. Even though we had to be serious while acting out drama pieces we still had a lot of fun with Bernard Casey.

Nagle Rice Primary School, Milltown wins €500 in Lee Strand Cash 4 Schools Draw

Nagle Rice Primary School in Milltown were the recipients of a cheque for €500 from Lee Strand in the Cash 4 Schools Draw. John O'Sullivan, General Manager, Lee Strand commented "We would like to congratulate Nagle Rice and wish all schools the best of luck in the final draw. Once again this year Lee Strand will present a total of €2,000 to schools in Kerry & West Limerick providing much valued financial support for schools."

Speaking at the presentation Liam Fell, Principal stated "Many thanks to Lee Strand for your visit to our school and for the lovely prize of €500.

We intend on spending the money on science and maths equipment for our school. It is greatly appreciated."

To enter the next draw simply collect 10 Mighty Mikey Milk mascots printed on Lee Strand 1 Litre and pint cartons or 2 Litre plastic bottles. Post your 10 mascots along with your name, address and telephone number to: Win €500 Cash 4 Schools Competition, Lee Strand, Ballymullen, Tralee, Co. Kerry. The final draw will take place on Friday, April 26th, 2019. For further information please contact 066 7121084 or visit www.leestrand.ie



First year students representing all the students with teacher Declan O'Donoghue presenting the proceeds of Lollipop Day €505 to Cathal Walshe for Oesophageal Cancer at St Brendan's College Killarney



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FOR SALE

SITE NO. 2, PORT ROAD, KILLARNEY

LOCATION, LOCATION, LOCATION.

Very rare opportunity to purchase site on Port Road, directly across from Killarney National Park, Knockreer and Fossa way walk/cycle way and walking distance to all town amenities. This Site has full planning permission for Victorian style three storey architect designed four bedroom family home.



Price Region: €250,000

GORTROE, FOSSA, KILLARNEY

Generously sized detached four bedroom bungalow set on large landscaped site of 0.75 acres only minutes from Killarney town. Excellent location directly across from the Fossa Way. Ideal family home.



Price Region: €380,000

BER E1

CLOUNTS, RATHMORE

Two bedroom end of terrace cottage, walking distance of all amenities, in need of modernisation.



Price Region: €40,000

BER Exempt

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



CAN I REDUCE THE COST OF MONTHLY INSURANCES I TOOK OUT WITH MY MORTGAGE?

Yes, by comparing and reviewing your mortgage insurances you could reduce your monthly outgoings, the savings can be very substantial for example if you saved €10 per month & you had 15 years left on your mortgage this saving would be €1,800.00 over the remaining term of your mortgage. The insurances many people have include life cover, serious illness cover, income protection and repayment protection insurance. Some of these insurances are compulsory and are a condition of your mortgage and others are not compulsory.

To compare and review your insurances is simple:

Get all the info you have on your policies & bring them to a financial advisor. He or she should have access to various banks and insurances companies for some or all of the above products and will do a comparison of these products for you, explain in detail what cover you have, let you know if you may be overpaying for some of these insurances and make you aware of some options you may not have considered already. They will also let you know if they think your products are good value for money and more importantly if you do not have adequate cover in some areas.

To make an appointment in relation to the above or any other matter you can contact Dermot Cronin QFA APA at 0646622775 or dermotcroninifa@gmail.com

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Killarney's Mountain Meitheal Dip into the Blue Pool

The Killarney Mountain Meitheal group gathered last Sunday 24th March at the Blue Pool in Muckross. The volunteer group have given the area a new lease of life as they tackle various areas in the National Park. The Blue Pool starts only a stone's throw away from one entrance to the Park that leads into Muckross Abbe, on the road to Mangerton Mountain and just off the main road towards Muckross House and Gardens. It is an often overlooked woodland area situated in the shadow of the more famous walks in Muckross. The area consists of Clogharen and Blue Pool nature trails and was also developed to include an audio-visual route for the visually impaired. The area had become



Volunteers with Killarney National Park Mountain Meitheal and Muckross Community, Killarney, who came out in force on Sunday Morning to begin work clearing the invasive rhododendron and cleaning pathways and ferges in the beautiful Blue Pool Nature Trail. The Work on Blue Pool continues next Sunday 31st March at 9.00am. PHOTO: VALERIE O'SULLIVAN

neglected in recent years and has been causing concern for local residents, walkers, and tourists alike. The Mountain Meitheal group carried out Trojan work on Sunday removing fallen branches and debris, tidying up the trail route and helping to remove rhododendron, which has been invasive in many parts of the National Park. There was a great turn out of volunteers which included Kerry County Council Chief Executive, Moira Murrell, and Killarney Municipal District Officer Eileen O'Donoghue. There is still work to be done

with the trail for the visually impaired needing some extra attention, this part of the trial was actively lead by the Killarney Soroptimists, where tape recordings and headphones were made available to the visually impaired, so that they too could enjoy the nature trial. The Mountain Meitheal volunteers are hoping that the facility can be modernised the information available through a mobile phone app. Well done to all involved!

Popular Killarney optometrist retires after 40 years of service



Staff at Urban Optics bid farewell to Pat O'Donoghue. Pictured are from left: Valerie Trant, Brid O Callaghan, Joanne Ni Churraín, Siobhan Corridan, Pat O'Donoghue, Noeleen Loughlin, Adrienne Walsh, Sheila O Sullivan, Aisling O Keeffe (missing from Photo Derry O'Keeffe and Elaine O'Donghue)

With over 40 years service in the industry popular Killarney optometrist, Pat O'Donoghue has retired after over 40 years of service to the local community.

Pat took over Urban Optics, a family business, in 1973 and has been providing a high level of eye care to Killarney and the wider Kerry area ever since. His family have been in the optometry industry in Kerry for three generations, tracing back to the 1960s.

Pat has overseen the expansion of Urban Optics, formerly named 'Pat O'Donoghue, Optometrist', including its relocation to Scotts Street in the town centre, where it has

remained since 2007.

Sheila O'Sullivan, Practice Manager, said: "Pat is rightly considered one of the leading optometrists in the country, through his commitment to consistently up-skilling and introducing the best and newest technologies to Urban Optics. "His focus has always been on creating a business that is an integral part of the local community and he has certainly achieved that. "I'm sure I speak for my fellow staff members, as well as the long list of customers that Pat has seen over the decades, when we wish him the best of luck in his retirement."



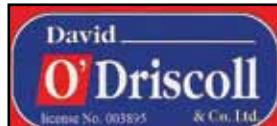
Pat O'Donoghue pictured with Valerie Trant, Noeleen Loughlin and Joanne Ni Churraín.

Despite a recent change in ownership, all members of staff are staying on at Urban Optics. And new owner Noeleen Loughlin, along with new optometrist Valerie Trant, have been welcomed to the practice by Pat himself.

He said: "Noeleen comes to Urban Optics as a hugely experienced optometrist with a similar vision to my own. Having worked with her for the past year, I'm sure the practice is in good hands. "We're also very happy to welcome Valerie and I'm sure, as a Killarney native, she will have no problem settling into the Urban Optics family.

"I'm delighted that the same wonderful team has stayed on and I have no doubt they will continue the high level of clinical excellence we've created as Ireland's finest practice.

"We could not have achieved such success without our wonderful and loyal patients, so I'd like to thank all of them for their support throughout my career in optometry."



PROPERTIES FOR SALE

BRACK HILL, CASTLEMAINE

4 Bed Detached property with separate 2 bed apartment with great rental potential. Upstairs in the main property is at builders finish with the potential to add 2 further bedrooms with lounge/playroom/home office etc. There is a large garden to the front facing the mountains and enclosed concrete yard to the rear.

OFFERS IN EXCESS OF €265,000

BER C3



4 ST. MARYS ROAD, KILLARNEY

Recently renovated 2 Bed Mid Terraced Property in a great location within walking distance of all the services and amenities Killarney town has to offer. The property has 2 large double bedrooms, master en-suite, upgraded Kitchen and is an ideal 1st time buyers' home/ investment opportunity due to its convenient location.

Viewing recommended!

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BER Pending

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FOR SALE

MULLAGHANE EAST, KILCUMMIN, KILLARNEY, CO KERRY

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GUIDE PRICE: €120,000



3 MONTINI LODGE, KILLARNEY, CO KERRY

Calling all first time buyers or investors!! This is the ideal opportunity to purchase a modern well maintained semi-detached house located just off the Park Road and adjacent to the major supermarkets i.e Tesco, Aldi and close to the Gaelscoil primary school and just a few minutes walk to Killarney town centre and all amenities.

GUIDE PRICE: €285,000

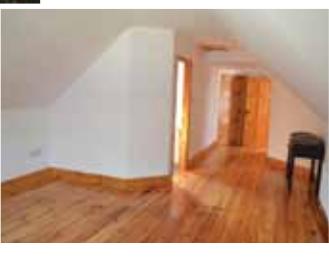
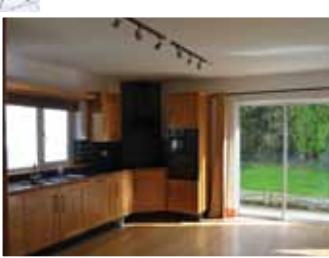


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THROUGH THE KEYHOLE.... A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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Address: 1 The Grove, Woodlawn Road, Killarney V93 D57X. Excellent 4/5 bedroom (3 ensuites) detached dormer bungalow (approx 2,100 sq ft) in a small private development located just off the Woodlawn Road and within a short stroll to Killarney town centre. Features include private well maintained rear garden with side gates & garden shed, solid wood internal doors, oil fired central heating, PVC double glazed windows & solid fuel stove. The area is serviced with St Oliver's National School and Secondary Schools are within walking distance.

Agent: ● Property Partners Gallivan ● College Square, Killarney, Co. Kerry ● Tel: 064 6634177 www.propertypartners.ie

Price Region: €370,000 BER C2

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

Killarney Credit Union Launches New Agri Loan Product

Early milking was the order of the day on Wednesday March 20th as Six Credit Unions in the Kerry/Cork region joined forces to launch a new Agri Loan product called Cultivate. The launch held in The Gleneagle Hotel, Killarney was supported by farmers and industry experts alike.

The Credit Unions involved are Ballincollig, Bantry and Kanturk in Cork and on the Kerry side of the border Cara, Killarney and Listowel.

The new Credit Union farm lending offering is branded under the name "Cultivate" and was officially launched by IFA National Chairman - Farm Business, Martin Stapleton. MC for the night was Pat Spillane, Rural Ambassador and Former Kerry GAA star and guest speaker was Darragh McCullough from RTE's 'Ear to the Ground'. The Credit Union farm lending project is modelled on a pilot initiative by four Credit Unions in County Galway who launched the Cultivate brand in 2017. Since then 20 credit unions throughout Ireland have introduced the Agri loan product to members.

Since its introduction, Cultivate has proved very popular with farmers with nearly €20m in loans issued to farmers. The Cultivate farm loans are for a wide variety of purposes, everything from working capital, cash flow, farm development, livestock purchase, farm machinery purchase, rural enterprise funding, and start up farm finance.

Speaking at the official launch Wednesday Martin Stapleton, IFA National Chairman - Farm Business, stated "We are delighted to be associated with Credit Unions and Cultivate and welcome competition to the farm finance market, allowing our members to benefit from accessible



Staff and board of Killarney CU with Darragh McCullough, RTE Ear to the Ground, Martin Stapleton, IFA and Pat Spillane, MC.

and competitive credit"

Also speaking on the night was Brendan Heneghan former Regional Manager with Teagasc and project manager of the Cultivate brand "We are delighted to officially launch the Cultivate Agri loan products to credit union members in Cork and Kerry area. We have been working hard on this project for the past number of months. Credit Union Agri loan staff have completed a bespoke 5-day course on Farm and Finance organised by Teagasc in association with Pallaskenry Agricultural college. Credit Unions are now open and ready for business" he concluded. The Cultivate farm loan package will offer loans up to €50,000 for a variety of purposes. The

loan rate is a competitive loan rate. The term of the loan can be up to 7 years. Loan protection insurance is also provided on the loan at no additional charge. Mark Murphy, CEO of Killarney Credit Union said "While we have been offering farm finance for the past few years here in Killarney Credit Union, we hope that the Cultivate product will reinforce the fact that farmers will look to their local credit unions as an alternative for farm finance. We now have dedicated agri lending staff on board to assist farmers with their applications for finance" he said.

Information on Cultivate farm loans can be got from any of the participating Credit Unions or on www.cultivate-cu.ie

Digital Summer Camps for kids in Kerry

A Kerry based company is set to host a series of Easter Camps around the county.

DigWiz was founded in early 2018 by Declan Lowe to address the huge need within Ireland for a change on how young people can learn, explore and tap into their strengths at an early age by exploring the futuristic side of STEM Education and Digital Technology (Science, Technology, Engineering, Maths)

"We are in the digital age meaning young people born over the last 12 years are considered digital natives. Technology is rapidly growing and Irish Children are falling behind their peers in most other European countries. The Irish education curriculum has not changed a lot in 50 years and it's still a one size fits all learning approach", Declan told the Killarney Outlook.

"Unfortunately, the one size fits all" learning approach is flawed because it assumes all students learn in the same way. Curriculums should be differentiated to suit the individual needs of each unique student. Only then can students receive the best possible education and be prepared for future success.

We must change how young people learn in those



DigiWiz

critical learning years when they develop their Cognitive Development skills, Critical Thinking, Social Skills etc. We need to harness the good that STEM and Technology has to offer which will help young people tap into their strengths along with choose positive career paths later in life but for this to happen we need to introduce the STEM and Digital Technology elements into young

people's lives at an early stage", he added.

In the DigiWiz Team we believe young people should have fun while learning so all our workshops are tailored around those two aspects. Children have different learning styles and this is where we can help. We give children the opportunity to explore such things as Robot Building, 3D pen Design, Virtual Reality, Video Editing & Special Effects among many other workshops. We attend schools, youth clubs, camps along with offer a range of Fun Birthday Party Packages. Everything created always goes home with the young people but most importantly they have got a fundamental view of what the future holds with regards to future learning and career paths and many tap into unknown strengths and interests. If we can ever help please contact us or see our up to date progress on our Facebook Page: DigiWizKits

Email: support@digiwiz.ie Call 0667116812
Website: www.digiwizkits.com

FOR INFORMATION ON EASTER CAMPS SEE ADVERT ON PAGE 23.

THANK YOU



Gaelscoil Faithleann Parents Council would like to thank all who supported their recent Bingo fundraiser, especially the following businesses:

| | |
|---------------------------|------------------------------------|
| Gleneagle Hotel | The Reeks car valeting |
| Killarney Cinema | O'Callaghan coaches |
| McElligotts/EZ Living | KPR ponies |
| Legion GAA | Celtic jewellery |
| Killarney Cougars | KASI |
| Athletic Soccer | Who's for Shoes |
| Killarney School of Music | Dunnes Stores |
| Four star Pizza | The Old Weir Lodge |
| Lynes | Lily of Killarney water coach |
| Walshe Bros | Diarmuid Kelleher Accountancy |
| World of Wonder | Dylan Clifford photography |
| Kerry GAA store | Julie's Barber |
| Tiger | Celtic steps |
| Kilkenny Shop | Barry Moran Ltd |
| M&S | O Sullivan's cycles |
| Buddies | Paddy wagon tours |
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| Mods & Minis | Horans Health stores |
| Muckross Park Hotel | Killarney sport and leisure centre |
| Killarney Park Hotel | Kilcummin GAA |
| Randles Court Hotel | Granda Charlie's Auld Sweet Shop |
| Fitness with Edel | |



DigiWiz

'TODAY'S YOUTH, CREATING TOMORROW'
Learn how the digital world works in a constructive way

Easter Camp

April 16th: Abbeyfeale - April 18th: Castleisland
April 25th: Tralee - April 26th: Killarney

TIMES AND VENUES TO BE CONFIRMED

€20 per young person - Payment taken on the day.

Younger and older children will be given different activities to suit their age capability, but all will complete 3 activities.

- Robot Building • Build a Car
- VR Games • VR Underwater Sharks
- 3D Pen Design • Loads of Options
- 3D Eiffel Tower and much more...

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KILLARNEY TOWN TALK



OUTLOOK MAGAZINE

Caoimhe Spillane

In a week that saw Killarney named as number two on the TripAdvisor's Travellers Choice in Ireland, it was easy to see why, when the sun shines in Killarney there truly is no better place! As always there are lots of goings on in the town.

Well done to everyone who volunteered at the Blue Pool last weekend as part of the Mountain Meitheal group, they are doing fantastic work in the National Park. To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

ROAD IMPROVEMENTS

Cllr Brendan Cronin is glad to report that KCC have confirmed that they are to repair the bad section of roadside from Lawlers cross to Finnigan's Cross. "They have informed me that they will be putting tarmacadam on first, followed next week by the Dura Patcher with a coat of tar and chips. This repair work is long overdue", he told the Killarney Outlook.

SUNDAY DANCES

There will be a series of Sunday Dances at the Heritage Centre Scartaglin featuring fantastic acts and lots of dancing. The first of these Sunday dances will take place on Sunday 24th March featuring the P J Murrihy Band. The second Sunday will take place on 31st March featuring Dermot & Irene Ring. Neily O'Connor will take to the stage on the third Sunday, 7th April. And Michael Collins will be performing on Sunday 14th April. Each Sunday the dancing will take place from 9pm to 11.30pm. Admission is €10 per person and there will be a Free Draw on door tickets. For more information call 087-9735113



ENJOYING THE FINAL OF DANCING WITH THE STARS AT ARDMORE STUDIOS ON SUNDAY NIGHT WERE KATIE FOX, DEIRDRE O'CALLAGHAN, CATRIONA WHITE AND LUCY O'MAHONY.

REMINDER CHARITY CONCERT

The Gleneagle Band Annual Charity concert will take place on Sunday March 31st at 7:30pm in the Mangerton Suite of the Gleneagle Hotel. This year's concert will be held in aid of Kerry Diocesan Youth Organization, Epilepsy Ireland, Samaritans Kerry, and the Gleneagle Concert Band Youth Development Programme. Conductor Vincent Condon will lead the band and there will be special guest artists Cork Butter Exchange Band. Join them for an unforgettable evening of fantastic entertainment with over 100 musicians taking to the stage. On the night they will perform everything from military marches, jazz numbers, classical music, film scores, choral music and vocal hits. Tickets will be available on the door on the night, they are also available from band members, INEC box office and the charities listed. Adult tickets cost €12.00, OAP and children tickets cost €10.00

STUDENTS RAISE MONEY

Well done to transition year (TY) students at St Brigid's Secondary School who staged a sponsored sleep-in at the school in order raise

awareness of the homelessness crisis in Kerry. The girls will be donating the proceeds of their fundraising between St Vincent De Paul and Novas which is a homeless charity based in Tralee. The TY students are participating in the Young St Vincent De Paul Programme, which offers a wide range of opportunities for young people to engage in positive social action in their local area. The girls have decided to focus on the social justice issue of homelessness, as part of the programme.

PUBLIC MEETING

Creative Ireland Kerry will be holding a Creative Workspaces Research Public Meeting at Killarney Library on Wednesday 3rd April from 2:30pm - 5:00pm. The research meeting is part of a consultation process to seek to hear from people living and working in Kerry and their experience in identifying, sourcing and paying for suitable workspaces. The closing date for Public Consultation is 30 April 2019. For more information contact Vincent O'Shea 087 2384599 by email: vincent.oshea@eircom.net or kerrycreativespaces@gmail.com



FURNITURE WORKSHOP

The Art House are hosting a workshop on Sunday 14th April where you can go home with your very own hairpin leg bench made by you! The workshop will be delivered by Joanne Condon of Kyle Lane who often appears on the Today Show on RTE 1, Joanne has been regularly featured in Irish Country Living with upcycling tutorials, along with being featured in Irish Country Magazine, Apartment Therapy, House and Homes Magazine, and the Irish Examiner. The workshop aims to teach the best ways to paint metal, how to cut, apply and general information about foam, upholstery techniques and lots more. All you need to bring on the day is 1/2 a metre of Upholstery quality fabric.

The course cost is €170, places are limited so be sure to contact the Art House.

SPRING TALKS

The Spring Talk Series continues in Muckross Garden Restaurant in April. The second of three Spring Talks hosted by Muckross Research Library marking the first Dáil will be given by historian and writer Dr. Kate O’ Malley on “Irish Revolutionary Women and the Wider World” and will take place on Friday 12th April at 7:30pm in the Garden Restaurant. Admission is free.

KILLARNEY LIBRARY EVENTS

There are lots of interesting events in Killarney Library next month so be sure to mark them in the diary! Spring into Storytime ‘Tall tales with Shelley’ will take place in Killarney Library On Saturday 6th April from 10:30am-11:00am. There will be an information day: Steps to Education: Toddler to 3rd Level’ on Wednesday 10th April from 10:00am - 12:00pm. The education information event aims to raise awareness among parents and support enrolment at all levels of education. All Welcome

‘Telling their Story’ part of Cultural Meeting Day at Killarney Library will take place on Wednesday 24th April 2:00pm - 5:00pm. Asylum seekers from Killarney Immigrant Support Centre will speak about their homeland and their culture, it sounds like a fantastic event. There will be a talk from Griffin Murray, Archaeologist and Author as part of the Kerry Archaeological & Historical Society Lecture Series, about Aghadoe and Innisfallen Croziers on Tuesday 30th April 7:30pm - 8:30pm . For

PICTURED AT THE INTERNATIONAL HOTEL FOR SEAN O'GRADY'S OFFICIAL BOOK LAUNCH OF "THE WONDERFUL LIFE OF A COUNCILLOR" WERE JUST SOME OF THE MANY HUNDREDS OF PEOPLE WHO QUEUED AT THE BOOK SIGNING ON FRIDAY EVENING L-R JIM LYONS, MICHAEL McGILLYCUDDY, CLLR SEAN O'GRADY, KATHERINE WHELAN & KATHLEEN HERLIHY. PICTURE MARIE CARROLL-O'SULLIVAN

more information about upcoming events you can contact Killarney Library by phone: 064 6632655 or email: Killarney@kerrylibrary.ie

MENOPAUSE THE MUSICAL

The hilarious celebration of women and 'The Change'

Following multiple sell out Irish Tours the ultimate girls night out, “Menopause the Musical” is embarking on another Irish nationwide tour spring 2019 with an all-star cast. Fully armed this fabulous comedy hosts a cast of hormonal women, memory loss one-liners and innuendo-laden versions of pop classics.

The Irish tour commences 12 March before travelling across Ireland to many towns and landing in Killarney on April 7th.

Starring Katherine Lynch (RTÉ’s “Wagons Den”), Cheryl Fergison (EastEnders favourite Heather Trott), Maureen Nolan (The Nolans) and Casualty’s Rebecca Wheatley the hysterical Menopause The Musical has entertained and inspired women across the world since 2001. Menopausal or just in need of a laugh out loud kind of night, this show is a must see for all women.

This hilarious celebration of women and 'The Change', is an all-singing, all-dancing comedy bringing together four women at a department store sale, who on first appearance have nothing in common.

However, the sale of a black lace bra soon stimulates comical female heart-to-hearts on hot flushes, night sweats, memory loss, chocolate binges, not enough sex, too much sex and plastic surgery.

KILLARNEY NIGHT FEVER

on Saturday 30th March in the Friary from 8-10pm. Candle lit, music led adoration with reflections. Confession available. All welcome. For more information contact Caoimhe Lynch on 0870669858.



LORETO NS PUPILS AND MEMBERS OF THE GLEESON SCHOOL OF DRAMA OLIVIA MURPHY & REBECCA HEALY WITH THEIR MEDALS WHICH THEY WON AT THE RECENT FEIS MAITIU IN CORK FOR THEIR U8 DRAMA PERFORMANCE.

PICTURE GALLERY



Bernadette Randles, The Dromhall Hotel, Killarney accepts the chair of Office from Niamh O'Shea, outgoing, after she was elected Chairperson, Kerry Branch of the Irish Hotels Federation on Thursday. Photo: Don MacMonagle



On hand at the Doona's Sheep Farm at Lough Accose, Glencar, County Kerry was Darragh Mc Cullough from RTE's 'Ear to the Ground' to help launch a new Agri Loan product called 'Cultivate' with Six Credit Unions in the Kerry/Cork region. The Doona's have been farming in the area for 4 generations, included from left, Kieran with his Son Jamie, Donal Doona, (Dad) and Shane Doona. The Cultivate farm loans are for a wide variety of purposes, everything from working capital, cash flow, farm development, livestock purchase, farm machinery purchase, rural enterprise funding, and start up farm finance. Photo: Valerie O'Sullivan



KCU staff - Elma Culloty, Joan Mangan, Brendan Lynch and Karena McCarthy at the launch of Cultivate



Double celebrations for Garda hopeful Ryan Dewhurst (centre), pictured at St Mary's Cathedral on his birthday and celebrating his little brother Zach's (left) christening with his Mum Danielle & Dad Dan. Picture Marie Carroll-O'Sullivan



Ann Mangan presents a cheque to the Kerry Hospice Chairman Pat Doolan and committee member Phyllis O'Sullivan. The cheque for €915 was the proceeds of the annual Ceili that Ann holds at the Torc hotel following her winter dancing classes.



Enjoying her double digit Mad Hatters Tea Party by the Candle Makers, Grace O'Shea, Muckross pictured on her 10th birthday with her friends. Picture Marie Carroll-O'Sullivan



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Pat Duffy, left, Dermot Kelly, Shane Foley and Stephen Darmody, at the launch of a new Agri Loan product called 'Cultivate' with Six Credit Unions in the Kerry/Cork region.
Photo: Valerie O'Sullivan

Astrid Longhurst
Life & Body Confidence Coach

Love your Emotions

Emotions are like our internal navigation system. They inform us as to how we are feeling, what brings us joy, sadness, happiness or anger. So often in life we try to stay away from the emotions like anger or frustration because we simply don't want to feel angry or frustrated. However, whenever we allow what we feel to be there and then make a choice of how we will respond to that feeling we begin to experience more joy, peace and control over our emotional states of being. What happens for many people however, is that they shut down what they are feeling. They push it down or may try to subdue it with alcohol, food, over working or simply cause arguments to distract them from what is really going on. The problem with this is that it can cause states of depression, low energy, illness and lack of motivation in life.

One great way to manage your emotions is to begin to observe them without judgment. Just notice what you are feeling and allow them to be there. Then, when you feel ready, ask yourself how you will move forward from this. What do you need to create a positive change?

If living well and loving your body is a passion of yours, you may want to consider becoming a Certified Body Confidence & Wellbeing Coach. Please visit www.instituteforbodyconfidencecoaching.com for more details. Apply now and avail of the Early bird offer.

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RULES TO WEIGHT LOSS AND WEIGHT LOSS MAINTENANCE



Finally, this is not a rule to weight loss, it is just to give you something really specific to work off but let's call it Rule 10.

PROGRESSION

You are an individual with your individual needs, but we want to give you this otherwise the above rules may just be pointless. If your goal is fat loss and you have no other performance targets you can use the following breakdown of macronutrients – it is something that has been born out of years of helping people with the goal of fat loss and is not based on any other 'diet plans' out there, it is just what the ratios have 'tended' towards over the years with increasing levels of success. So, there are hundreds of BMR calculators out there on the internet, remember, these are estimations but generally they are pretty good. Once you have this figure and have chosen the number of kcals you are going to eat in a day, you can split your kcals so that fat is approximately 30-40% of your energy. Protein is 2.0 – 2.5g per kilogram of your bodyweight (it can go lower if you have a particularly high percentage body fat) and carbohydrate will make up the rest. . . . and there you have it. . . . the 10 Rules to a 'healthy nutrition plan'.

A closing thought, so why don't we create a 'nutrition plan' for yourself. The plan needs to suit You, Your tastes, Your goals and Your life. This allows people to make better decisions with their diet and exercise habits. This can be empowering.

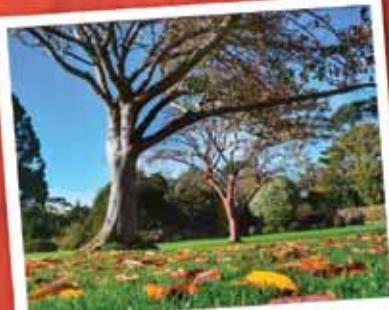
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OUTLOOK

Beauty

Making the right choice

Using the right foundation or BB cream makes a world of a difference. A lightweight formula will help your base look more natural and radiant (and nobody wants to end up with a cakey finish). Apply your foundation with a damp Beauty Blender or brush, and blend it in really well to achieve the right amount of coverage.



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#killarneynationalpark #lovekillarney



@roisin_coffey THIS PLACE IS TOO MUCH 😍
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DIARMUID O'SULLIVAN F.A.O.I.
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EYES IN THE SUN

Too much sun can damage the eyes. As with skin damage, it is the ultraviolet (UV) radiation from the sun which causes problems. There are two types of UV rays: UV-A and UV-B. Over time, the effects of UV rays may help cause a number of eye problems.

UV-A

can hurt your central vision. It can damage the macula, a part of the retina at the back of your eye.

UV-B

The front part of your eye (the cornea and the lens) absorbs most UV-B rays, but these rays may cause even more damage to your eyes than UV-A rays.

What Eye Problems Can UV Rays Cause?

Macular Degeneration

UV rays may lead to macular degeneration, a leading cause of vision loss for older people.

Cataract

UV rays, especially UV-B rays, may also cause some kinds of cataracts. A cataract is a clouding of the eye's natural lens, the part of the eye that focuses the light we see.

Pterygium

Another UV-related problem is a growth called pterygium. This growth begins on the white of the eye and may involve the cornea. Eventually,

the growth may block vision. It is more common in people who work outside in the sun and wind.

Skin Cancer

Skin cancer around the eyelids is also linked to prolonged UV exposure.

Corneal Sunburn

Corneal sunburn, called photokeratitis, is the result of high short-term exposure to UV-B rays. Long hours at the beach or skiing without proper eye protection can cause this problem. It can be very painful and may cause temporary vision loss.

Protecting your eyes from the sun
If you are spending time outdoors, especially in the summer or on holidays abroad, make sure that you and your children have good quality, dark sunglasses with UV protection. Look for the British Standard (BS EN ISO 12312-1:2013) or the CE mark, which is the manufacturer's assurance that the sunglasses have been made to the appropriate safety standards. You can also protect your eyes by making sure to wear a hat with a brim or a sun visor in bright sunlight.

For more information and honest advice contact us for an appointment.

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Freya Griffin and Isabelle Tagney enjoying their winnings at the Gaelscoil Family Fun Bingo last Sunday afternoon.




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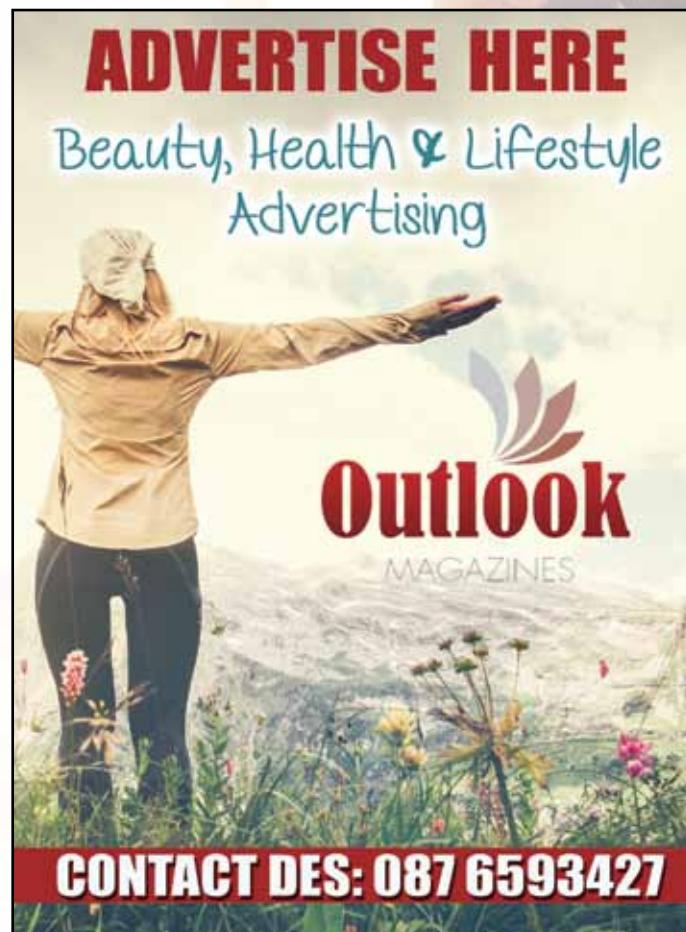
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All burgers are cooked on site, served on a toasted bun with fried onions and cheddar cheese.
We also provide gluten free, vegetarian and vegan products . The BBQ pulled pork served on a toasted bap with fresh salad is proving to be a big hit this year along with fresh salmon darns which are really nice coming off the BBQ. The biggest problem we have this year is securing dates as we have a big interest in bookings and some dates are already booked up.

For enquiries call Denis on 087 2122840



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For advice and representation please feel free to call into the office or clinics

Office: 064 66 94199/083 8541447
Email: john.brassil@oireachtas.ie John mobile: **087 2362330**



MAURA HEALY-RAE 

Independent Candidate for the Killarney Municipal District in the local elections, 2019.

Following boundary changes, I have lost over half of the area that I have been working in for the last 3 years therefore I am appealing to you to come out on

THE 24TH MAY AND VOTE NO.1 MAURA HEALY-RAE.
If you are not already registered, please contact me on:
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Marie Moloney

**Local Election Candidate,
Killarney Municipal District.**



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CONTACT DANNY DIRECTLY:
danny.healyrae@oireachtas.ie
T: 087 2316055 / 087 9975419
064-6685315



Michael Healy-Rae TD
Will Attend Scotts Hotel, Killarney
every Saturday at 3.00pm

Castleisland Clinic: River Island Hotel
Last Friday of every month at 7.00pm

Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm

Kenmare Clinic: Atlantis Bar
Every Saturday Night at 10.00pm

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

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

Contact Numbers:
01 618 3363/064 66 85782 E: Michael.Healy-Rae@oireachtas.ie

Local Elections May 2019

Cllr Brendan Cronin

Independent



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'Because of the recent constituency boundary changes, I have lost over 650 votes (35% of my first preference vote in 2014) since the last local election. I am pleading with you for your No.1 vote to try and retain your experienced independent voice on Kerry County Council for the Killarney Municipal District.'

CONTACT: MOBILE: 087-2069657
Email:cllrbrendan.cronin@kerrycoco.ie
Ballyhar, Killarney, Co. Kerry.

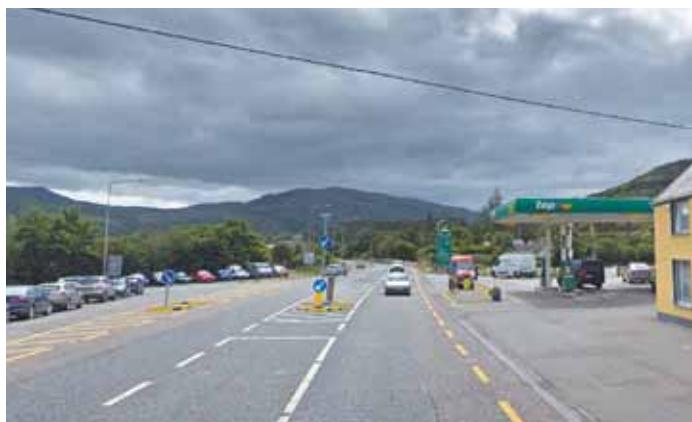
Letter to the EDITOR

A Chára,

I am appealing directly and publically to the T.I.I. to reduce the speed limit at Glenflesk Village to 60KM immediately and not wait until June or any longer. The people of Glenflesk have been calling for this since 2009. Over the years both myself and Cllr. Maura Healy-Rae have put down several notice of motions before K.C.C. meetings requesting the speed reduction and I also called for it in Dáil Eireann. I especially want to thank the people from Glenflesk that attended a deputation on this with me at a Killarney Area meeting in the Killarney Library over 7 years ago. Sadly lovely Denise Crowley had

to lose her life before K.C.C and the T.I.I. would take action. I am also asking that the roadside sign outside O'Brien's shop that Garda Sergeant blames for contributing to the cause of the accident be removed immediately. I am also calling on Minister Ross to get involved and address this issue in Glenflesk, including the dangerous bend in Rusheenbeg where 5 lives have been lost and all the other dangerous junctions around Killarney, the dangerous bends, narrow bridges around our county which are a constant danger to our motorists daily.

*Regards
Danny Healy Rae, TD,
Kilgarvan
Co. Kerry*



Call to redevelop Wildflower Garden

At the March 2019 Killarney Municipal Area Meeting, Councillor Michael Gleeson proposed that Kerry County Council please redevelop the Wildflower Garden at the Abbey Cross, Muckross. It was a wonderful feature during 2017 and attracted Bees / Butterflies and very favourable comment from many. Kerry County Council replied that the Wildflower Garden was set as requested in 2017 as part of the Junction improvement works, which at the time gave the Wild Flowers and opportunity to grow and develop. However, since then the natural flora have taken over. Killarney Municipal District will again reseed the area to create a Wildflower Garden at this location in 2019. Councillor Gleeson welcomed the reply and stated that the previous Wild Flower Garden at the Abbey Cross gave great joy to the local community and to the thousands of visitors who travelled this prime tourist road. He thanked Killarney Municipal District for the positive response.



Secondary School admission policy adding undue stress to Mid-Kerry families

Cllr. Brendan Cronin has highlighted the undue stress caused by the secondary school admission policy in mid-Kerry.

"Within the past few months, it has been brought to my attention that some secondary school admission policies in Mid-Kerry are causing unwarranted stress and upset for families", Cllr. Cronin told the Killarney Outlook. "An onus of responsibility remains with each board of management of secondary schools to ensure that pupils within their catchment area are catered for adequately within the school's admission policy. I have been contacted by several distressed parents concerned with the very same issue whereby their children are being denied the right to go to their 'local' secondary school with their friends, neighbours and teammates in the Mid Kerry area. I am a firm believer that any admission policy must prioritise the pupils within that school's catchment area. A pupil living in a catchment area should not be denied the right to attend a secondary school based on decisions taken by their siblings' or by their

parents' or in many circumstances where families are new to a community having moved into the area recently.

I am a strong believer in community, which is defined by a group of people living in the same place or having a particular characteristic in common. I am shocked and saddened to think that in 2019, pupils living in the same location, attending the same primary school and playing sports with their local clubs together will now be forced to part ways as a result of an admissions policy which clearly fails to recognise the importance of community and clearly is not striving to achieve a sense of community in the greater Mid-Kerry area. I intend to write to the Minister for Education, Joe McHugh seeking a full review of secondary school admissions policies which will ensure that those living within a catchment area will be given a fair and just opportunity of attending the school of their choice", Cllr. Brendan Cronin concluded.



Cllr. brendan Cronin.

KERRY COUNTY COUNCIL
COMHAIRLE CONTAE CHIARRAI
KILLARNEY MUNICIPAL DISTRICT

HOUSEHOLD WASTE
COLLECTION SERVICE
SEIRBHÍS BAILÍUCHÁIN BRÚSCAR TÍ

STANDING CHARGE
€100 TO FEBRUARY 2020

Weight Charges



Black Bin 20c per Kg lifted Brown Bin 20c per Kg lifted Green Bin 13c per Kg lifted

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Cllr Niall
Kelleher
Local Election Candidate
Killarney Municipal District

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Full time constituency office:
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Home Knockane's Headford Killarney, Kerry.
Please continue your preference for my colleague
Neily O'Connor

TAX MATTERS

With O'Brien Coffey MacSweeny
Accountants & Statutory Auditors

MINIMUM WAGE IN IRELAND 2019

The Minimum Wage in Ireland was increased on January 1st 2019. It went up by 25 cent per hour, from €9.55 to €9.80.

New laws were introduced on March 4th 2019 – which mean that minimum wage rates are now based purely on age and not on previous work experience or training.

These are the Minimum Wage Rates that apply in Ireland from 4th March 2019.

- Aged under 18 – €6.86 per hour
- Aged 18 – €7.84 per hour
- Aged 19 – €8.82 per hour
- Aged 20 or more – €9.80 per hour

New rules also mean that if a casual/part time employee is called to work and sent home without receiving the hours expected, the employee is entitled to a minimum payment of three times the national minimum wage.

These are the minimum wage rates that applied from Jan 1st 2019 to March 3rd 2019

- Experienced adult worker €9.80 per hour
- Over 19 and more than 1 but less than 2 years since began first job €8.82 per hour. (90%)
- Over 18 and less than 1 year since began first job €7.84 per hour. (80%)
- Aged under 18 €6.86 per hour (70%)

(An experienced adult worker – for the purposes of the National Minimum Wage Act – is an employee who has an employment of any kind in any 2 years over the age of 18.)

O'BRIEN COFFEY MACSWEENEY
ACCOUNTANTS & STATUTORY AUDITORS

To discuss the above, or any other financial matter with one of our advisors contact 064 6632045 or info@obcm.ie

Cllr. DONAL GRADY M.C.C.



Independent Candidate
in the County Council
Elections 2019

VOTE NO.1 

T: 087 2596464
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ELECTIONS 2019



If you want your vote counted...

Contact Des:
T: 064 6670000/087 6593427

Outlook
MAGAZINES

RATHMORE/GNEEVEGUILLANEWS

by Michael O'Mahony

SPLIT THE POT in Association with Rathmore Community Council with Rathmore Ravens, Sliabh Luachra Cycling Club & Sliabh Luachra Men's Shed. Be in with a chance to win. Tickets available from ticket sellers & in local businesses. Tickets €2 each or 3 for €5. Draw held weekly at 9pm in local Pubs. Seller wins €50 Voucher from local businesses.

THE SOCIAL ACTION GROUP Rathmore acknowledge receipt of 5,500 euros from Niall Kelleher the proceeds raised from his Mayor's Charity Shindig.

Niall's support and generosity is very much appreciated. These funds will be used for our services for which there is an ongoing and ever increasing demand.

SЛИABH LUACHRA CYCLING CLUB.

Thanks to everyone who contributed to our recent Church Gate Collection in Knocknagree. Well done to all our Juveniles who took part in the Billy Nolan TT in Tralee on St Patrick's Day last. SLCC had 9 Juveniles in total participating. Congratulations to Ben Murphy, Sean Hurley, Darragh Dennehy and Kate Murphy who brought home prizes.

Congrats to Dan Murphy who came second in Tournafulla (Caislean Nua Classic Race) A4 Race last Saturday and is now regraded to A3 for the Season.

DATE FOR YOUR DIARY – Tour of Sliabh Luachra 30th June ... 1 week before the Ring of Kerry – ideal final spin!

If you would like a Family Fun Route as part of the Tour of Sliabh Luachra on 30th June, please vote on our Facebook page as we are looking for your opinion.

If your ambition this year is to cycle the Ring of Beara, Ring of Kerry or simply want to take up cycling to get fit-Sliabh Luachra Cycling Club is currently undertaking a couch to Ring of Kerry programme for all levels of cycling abilities. The programme includes a number of weeks of spinning and also bike skills sessions before hitting the road. For further information contact 087 7023562 or the Club via Facebook as its now only 15 weeks to the Ring of Kerry so now is the perfect time to kick off your plan and build the miles up gradually.

For more experienced cyclists the weekly Club spin is on every Sunday leaving Rathmore at 9am with routes and pacing for varying levels.

DANCING

Heritage Centre Scartaglen

Sun 31st March – Dermot & Irene Ring

Sun. 7th April – Neily O'Connor Band

Sun. 14th April – Michael Collins Band

Dancing 9 – 11.30pm 087 9735113.

ST. PATRICK'S DAY PARADE IN KNOCKNAGREE:

The organising group of this year's St. Patrick's Day Parade in Knocknagree wish to sincerely thank all those who participated on the day, all those who helped in any way to make it the huge success it was and a special word of thanks to the people of the Parish for supporting us and showing the importance of community

spirit in rural Ireland on our National Holiday, **SYMPATHY:** To Eileen Moynihan, East End, on the death of her sister Hannah Patricia Kelly, Listowel,. To Eileen Moynihan, Old Road, Mary Lowe, Sliabh Luachra Estate, Dan & Eugie Kelliher, Rathmore & Johnny Kelliher, Islanderagh, on the death of their brother, Patrick (Pa) Kelliher, Islanderagh. May Hannah Patricia & Patrick (Pa), rest in peace .

SCOIL POBAIL SЛИABH LUACHRA TEAM

The Paddy Drummond Cup-All ireland Colleges SFC B Ireland Semifinal Scoil Phobail Sliabh Luachra 2-14 v 4-05 Ashbourne CS Mestu. SPSL Team

1. Ian O' Connor (0-1)
2. Pa Brosnan 3. Alan Dineen4. Damien Cronin 5. Eoghan O'Rahilly
6. Owen Fitzgerald 7. Paul O' Leary 8. Seán O' Keeffe (0-1)9. Ronán Collins 10. Anthony Darmody (1-2)11. Dan Murphy (1-0)12. Darragh Rahilly 13. David Dineen (0-2)14. Denis O' Connor (0-4)15. Cathal Ryan (0-2)Subs Used:
17. James Darmody (0-2) 18. Aaron Cronin Best of luck to team and management in the All Ireland Final in Croke Park on the 6th of April next

RATHMORE LADIES FOOTBALL CLUB.

Massive congratulations to Lily O'Brien, Alice O'Leary & Keri Ann Hanrahan on reaching the Munster A Final after beating Cork on a scoreline of 4-09 to 2-09. Well done to Nora O'Connie & Colin O'Larry part of Management.

WELL DONE to Kerry Seniors Ladies Football overcoming Armagh on a scoreline of 3-16 to 2-15. Well done to Aislinn, Desmond Sarah Murphy, Aoife, Callaghan, Laoise Coughan, & Brid.Ryan.

WISHES

Congratulations to Kerry Management & Paul Murphy (capt) & Shane Ryan, on their win over Roscommon last weekend and best luck in National League Final this Sunday in Croke Park.

"KNOCKNAGREE LADIES FOOTBALL CLUB

Invite you to a training session on Saturday March 30th from 11am to 12 noon in Cullen GAA pitch for all girls who would like to try out Ladies Football or return to the game

Come along and meet our trainers and players. If you are U6, 8, 10 or 12 please come along to train in a fun and relaxed atmosphere at this taster training session. We will have refreshments available for parents who wish to stay for the session and treats for the girls afterwards. Please call Catherine Ring, Chairperson on 083 3498778 for any further details

RESULTS & FIXTURES: Our U21s had a great win to the opening round of championship. A strong second half performance saw them see off Bishopstown on a final score line of 4-10 to 2-7. Our U21s are now through to the semi-final VS St. Colums on Saturday April 6th @ 5.30. Venue TBC. Our Juniors begin their league campaign VS Kinsale on Sunday 31st of March @ 11am in Knocknagree. Please come out and support the girls!"

NOTES

You would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817. before 6pm Sunday.

MILLTOWN

MILLTOWN ST PATRICK'S DAY PARADE

Committee wishes to thank all the participants and spectators of the 2019 Parade for making the event a great success. Sincere appreciation to the local businesses and individuals and KCC's Community Fund programme for their generous support of sponsorship to organise the parade; to the Reviewing Party and judge, for the invaluable work of the stewards and helpers before, during and after the Parade; to the Gardai & Order of Malta and the Killorglin Pipe Band. Thank you to all who assisted in any way to ensure the success of the Parade. Congratulations to all the Parade entrants with special mention of the following winners of the following memorial plaques:

Steve Cotter Memorial Plaque – Milltown Castlemaine GAA

Dan O'Connor Memorial Plaque – Third Kerry Scout Group

Brenda Hayes Memorial Plaque – Faha National School

Ken O'Neill & Sons Plaque – St Josephs National school Castlemaine

Dan Murphy (Concrete) Plaque – Milltown Listry Comhaltas

Andrew Piggott Plaque – Ken O'Neill

James Ashe Memorial Cup – The Red Fox Inn

BEAUFORT NOTES

PIONEER BALL: NATIONAL PIONEER BALL

will be held in The Anner Hotel, Thurles, Co. Tipperary on Saturday, 6th April. The evening commences with Mass in the Pallotine Retreat Centre at 6.30pm. Contact 0860669391 or 0863642619.

FOSSA

RESULTS

Seniors :Division 3 round 2 of the Credit Union county league.Fossa 0-12,1-10 Keel.

Well done to the Kerry ladies and Anna O'Reilly in their win over Armagh and a speedy recovery to Erica McGlynn.

BEST OF LUCK:

Best of luck to Peter Keane and all involved with the kerry team in this Sunday's league final and especially to our own David Clifford who made a successful return to the team last Sunday.

MEMBERSHIP:

A big thank you to all who have paid their membership to date. Members are reminded that the GAA registration deadline is the 31st March 2019. You can do it online by logging in to the Clubforce App on Fossa GAA Facebook page, or alternatively drop it to Gene at his home. Rates remain the same, Family €60, Adult €30, Youth €15.

LOTTO:

No winner: 12,16,18,24 €10,200.00 next week.

KILCUMMIN NOTES

KILCUMMIN DEFIBRILLATOR GROUP

Kilcummin Defibrillator Group would like to thank all who participated in the CPR training on March 20th. In all we had 40 attendees. Mile Bufochas.



Taking a break during there Green-Schools/Irish Water 'Walk for Water' event at Gougane Barra to mark World Water Day 2019 were Cliona Moynihan, Sarah Dineen, Aoibhinn Gleeson, Aoise O'Donoghue, Kiora O'Sullivan, Abby Marie Cronin and Fionn Lynch, 5th and 6th class pupils from Knockanes NS. Last week over 90 students and teachers from Cork and Kerry primary schools participated in a Green-Schools/Irish Water 'Walk for Water' event at Gougane Barra to mark World Water Day 2019. The students walked six kilometres carrying as much water as they could, to highlight water scarcity and experience the journey travelled every day by women and children to access clean water in affected countries.

PHOTO: MARIE SHEEHAN

CHARITY CLOTHES COLLECTION

Anabla N.S. Charity Clothing Collection on Tuesday 9th April. Bring your previously loved; clothing, linen, curtains, belts, handbags & shoes (paired) in a plastic bag. No duvets, pillows, cushions, or underwear. Drop in from 27th March. Thank you. ICA Craft Class on Wednesday 27th March at 8pm in the Rural Development Office. All ladies welcome.

KILCUMMIN LOOKING GOOD

Thank you all for making such great use of the Recycling/Bottle Bank at the Village Inn. Please refrain from dumping your rubbish in this vicinity. We are looking for volunteers to assist in collecting rubbish on the roads in the area. Bags are available at the Rural Development Office and can be returned there when full. Míle Buíochas.

SCOIL FONN

In conjunction with Comhairle na Mumhan, Kerry County Board are running the annual Scoil Fonn workshops on Traditional singing in English and Irish, and slow air playing on fiddle, flute & Whistle. We are also running a workshop on Siabha Luachra Slide & Polka. The above workshop will be held on Saturday 13th April in the IT Tralee, North Campus, Tralee. Fee €15.00. All Entries to County Secretary, including fee by Wednesday 10th April 2019. Entry forms available from Helen in the RD Office.

DONNACHA'S TWO TALENTED

Adare Production are looking for the country's most talented youngster's age 5-11 years of age to take part. Singer or dancer, solo or duet, all applications are welcome. There are no judges, no competition just a chance to showcase the best talent Ireland's kids have to offer. Host ruby legend Donncha O'Callaghan will be on hand to steady the nerves. For more information contact 01 2843877 or visit the RTÉjr website for more information.

CREDIT UNION CO LEAGUE RD 2

Kilcummin 0-15 Templenoe 3-04. Our senior team picked up their second brace of points

on Sunday after a hard earned victory against Templenoe. Trailing by 9 points after 15 minutes things looked gloomy but the lads dug in and wrestled back control from the excellent visitors, kicking six points to haul the deficit back to three at half time. Playing against the wind in the second they forged ahead but needed a number of excellent saves from Brendan Kealy to keep Templenoe out. Kevin Gorman, Matt Keane and Gary O Leary were outstanding while Donal Maher, Philip Casey and John McCarthy will be very happy with their contributions. On the down side Kieran Murphy and Shane McSweeney picked up injuries to add to the bad news that Kevin McCarthy picked up a significant injury playing with Kerry.

We wish them and our other injured players a quick recovery as we now face into the Senior Club championship in two weeks' time. Team Brendan Kealy, Sean Brosnan, Donal Maher, Philip Casey, James Nagle, Sean O Leary, William Maher, Kieran Murphy, Kevin Gorman, Shane McSweeney, Gary O Leary, Matt Keane, Mikey O Shea, Noel Duggan, Oscar O Connor. Subs used Damien O Leary, John McCarthy, Enda O'Sullivan.

COUNTY MINOR LEAGUE

Kilummin 6-11 Desmonds 2-9 Three goals by Darren Lehane and an excellent display by Cian Foley saw our minors have their first win in the county minor league. Next game Wednesday 3rd April v Milltown / Castlemaine.

CELEBRATORY GAA GOLF CLASSIC

A golf classic will take place on April 27th in Killarney Golf club in celebration of our All Ireland victory. Cost is €150 for a team of 3 persons. Contact Muiris Healy in Kilcummin P.O. for a tee time. The classic will also honour the loving memory of Anthony " Skinner " O Sullivan and his family have donated a Cup and trophies for the winning team.

LOTTO

There was no winner of the lotto on Sunday

24th March. Numbers drawn were 13,14,19,23.. Next draw will be Sunday 7th April Jackpot €3,900.

MASTERGEEHA LOTTO

There was no winner of the lotto on Friday 22nd March. Numbers drawn were 4,12,19,26.. Next Jackpot €8,400.

GLENFLESK NOTES

KNOCKANES NS PARENTS ASSOCIATION BINGO

Knockanes National School Parents Association presents Family Fun Bingo Thursday 11th April Glenflesk GAA Hall from 7.30pm Great prizes and FUN Guaranteed.

MINORS

A great 2nd half display by Glenflesk minors ensured victory in Co league División 3B V Caherciveen/Renard played in Barradubh on saturday 23rd March, Teams were level at half time with the score at 1.6 each.

Overall a great game by both teams, with Glenflesk coming out on top with the final score 3.13 to 2.14

Friday, April 5th. at 6.45 (Rd. 5) we are away v Asdee /Ballylongford/Ballydonoghue

SENIORS

Glenflesk were the victors after an entertaining game in Division 2, Rd. 2 of the County League on Sunday afternoon 24th March.

Glenflesk started quickly and used the long ball effectively to bypass the Castleisland sweeper. Playing with a strong breeze they started quickly and had a one five to a point lead after fifteen minutes. The highlights were a well worked goal and two huge kicks from out the field. The pressure put on by the Glenflesk defence also brought about turnovers.

Castleisland started getting into the game after their shaky start and started pinning Glenflesk into their own half. They scored four points before half time to leave the score one eight to five points at the interval.

The second half started evenly and the points were shared until Glenflesk scored a crucial goal. It started after a kick out was claimed in midfield and after four quick passes the ball was flicked to the net. Glenflesks subs bench was also influential at this stage contributing one three of their scores.

Castleisland started to increase the pressure at this stage and Glenflesk were fortunate to survive when a few dangerous balls landed around the goalmouth. They then broke away to score a late goal after a rebound from the goalie. Castleisland had the last word with a goal of their own after a high ball was flicked to the net.

The game was played in great spirit with free flowing football and was played before a decent crowd. Final score; Glenflesk 4 – 13 Castleisland Desmonds 1 – 12.

Next up is our Intermediate game v Beaufort at 4.30pm on saturday 30th March in Spa. Looking forward to a tough game please show your support,Best wishes to the team and management.

RAHEEN N.S.

Congratulations to Joan Mullane who had the winning lotto no 12 on Saturday the 23rd of March.

EAST KERRY SCOR NA BPAISTI RESULTS

Well done to all our competitors and mentors. Solo singing - 1st Aoise O' Donoghue.



Fionnán O'Connell, Imogen Carroll Kelly, Bláthnaid O'Connell, Sophia Sharman, Dearbhla O'Connell, and Joseph O'Scannláin enjoying the Gaelscoil Family Fun Bingo last Sunday afternoon.

Aithiriseoireacht - 1st Abby Cronin.

Ballad Group - 1st Glenflesk (Muireann Healy, Aoise and Sarah O'Donoghue, Abby Cronin and Patrick Mullane).

Léiriú - 1st Glenflesk (Fionn Lynch, Rian Gleeson, Abby Doherty, Abby Cronin, Muireann Healy, Aoise and Sarah O'Donoghue).

LOTTO RESULTS

Lotto draw took place in Spillane's Bar 25/3/2019. Jackpot €7800. No winner. €50 winners. 1. David Cronin c/o Sean O'SULLIVAN. (Yearly). 2. Rosie Healy Seller Derry Healy. 3. Peter O'Sullivan Clohane(Yearly). 4. Edward O'Connor Droum. Next Draw 8/4/2019 in Corner Bar. Jackpot €8000.

OUTLOOK SPORTS

GNEVEGUILLA ATHLETIC CLUB

LOTTO No winner of our lotto draw 22/03/2019, numbers drawn were 1, 24, 26 & 28. Sellers prize winner Tom Joe o' Donoghue, €50 Y/T prize winner John Guerin Newmarket, €50 to Catherine Moynihan Aunaskirtane, €40 each to Aileen Cronin Tureenamult, Eileen Snaith Freemount & Batty Cronin Cullen. Bonus not won numbers drawn were 7, 18, 19 & 24, Next week's jackpot €17,800 plus €1,000 bonus.

COUNTY SPORTS HALL GAMES: Games were held in Milltown on Saturday 23rd, we had 16 athletes competing, tops for the club were Aine Vaughan who won 3 gold medals, Darragh Cronin & Emmett O'Connor who also took gold medals. Full results next week.

KILLARNEY VALLEY ATHLETIC CLUB

The Kerry Juvenile Sports Hall Games took place last Saturday in Milltown. All athletes that competed did very well. The girls were up first with Elisse Brunner running brilliant to make the semi final in the U9 sprint. Both Tara O'Sullivan and Fiona Brunner also ran brilliant to make the final of the U11. Both Tara and Fiona then ran with Emily O'Shea and Kate Lyons in the U11 Relay and all 4 girls ran their hearts out to get bronze. Ciara O'Sullivan ran a great race to get a well-deserved gold in the

U12 sprint. Then to the boys, Noah Brosnan only new to athletics, won gold in the U9 sprint. Fionn O'Donovan, Cillian O'Leary and Jack Sheehan all ran brilliant making the final of their sprints.

TRAINING

Strength & Conditioning continues on Mondays at 7pm in the Sem for all members age 12 upwards. Bring a mat if you have one. Training for age 7-12 years continues on Thursdays at 6pm in the Sem. Please remember to bring €2 and water to all sessions.

Please keep an eye on your email and check our facebook page for any updated information.

FARRANFORE MAINE VALLEY ATHLETIC CLUB COUNTY JUVENILE SPORTS HALL GAMES.

The Kerry Athletics Indoor Development Sports Hall Games was held in Milltown on Saturday 23rd of March. The turnout was very good from all clubs. The event was well organised and we wish to thank Nagle Rice Community Center for all their support. Turnout from our own club was particularly low, and we thank those who turned out. Well done to Ross Lally who won the U12 sprint. It was very competitive with two heats to get to the finals. Also well done to James O'Sullivan

who made it to the U9 sprint final and just missed out on a medal by the smallest of margins. Also who competed in most events and enjoyed the day was Evan Spillane, Ciara Glendennen, Katie Bell, Clodagh & Sarah Heasmann. Apologies if I missed out on anyone.

The World Masters Indoor T&F Championships kicked off on Saturday 23rd March. Three of our club athletes are competing over various events. They are Jerome Foley in the 200m, 400m & 800m; Sean O'Shea in the Shot & Jim O'Shea in the Long Jump and High Jump. On Day 1 of competitions Jim O'Shea has won Bronze in the M74 High Jump with a jump of 1m 25cm. Jerome Foley has qualified for the semi finals in the 400m. We wish them all the best and will have a full report next week.

CLUB TRAINING

Tuesdays @ Farranfore GAA Grounds, €2, Juveniles U9 / U10 Outdoors 6 to 7pm (All events). Juveniles U11-U16 Outdoors 6 to 7:30pm (Sprints & Mid. Distance).

Thursday @ An Riocht Track, Castleisland from April 4th, €3 Club Member €5 other. Juveniles U11-U16 & Senior 7:45 to 9:15pm (All events). NOTE: Must be Athletic Ireland Registered to attend.

We welcome new members to come along to training and try it out. If you are happy you can register after two sessions. See our website for full details.

ATHLETIC'S FIXTURES

Sat 30th / Sun 31st Mar.: National Juvenile Indoors Day 1&2, AIT Arena
 Fri 5th Apr.: IUAA Outdoor Track & Field , AIT Arena
 Sat 6th Apr.: National Juvenile Indoors Day 3, AIT Arena
 Sun 7th Apr. Gneeveguilla AC Juvenile Open Sports, An Riocht Track @ 1:30pm
 Sun 7th Apr.: Community Games XC Relays U10/U12/U13 & U14 Beaufort
 Tue 9th Apr. Community Games U16 Marathon (7Km), Currow
 Fri 12th Apr. County Awards Banquet, Kenmare Bay Hotel
 Sun 5th May: County Juvenile T&F C'Ships Day 1, Castleisland
 Mon 6th May: County Senior & Masters T&F C'Ships, Castleisland
 Wed May 8th: South Munster Schools GIRLS T&F C'ships, CIT
 Fri May 10th: South Munster Schools BOYS T&F C'ships, CIT
 Sun May 12th: County Juvenile T&F C'Ships Day 2, Castleisland
 Please contact club secretary, Mary, 085-1909509 to register for competitions in advance
 See Kerry & Munster Athletics website for full fixture lists & timetable for events.

KILLARNEY RUGBY CLUB

MINIS:

Well done to our Minis who hosted Killorglin RFC at Knockreer on Saturday last. Around 140 kids took part in a morning of fantastic rugby and it was great to see the excellent rugby skills on show. Thanks to our coordinator Liam Murphy for organising and to Paudie O'Shea and all at Killorglin for coming over.

U14

Our U14's has a big win in Tralee last Saturday over Killorglin to secure 3rd place in the U14 West Munster league winning 30-12. Congrats to all the lads and to coaches Ian, Mark and Ed for all the hard work over the season.

U16

Well done to our fantastic U16's who won the U16 Munster development cup semi final yesterday against Nenagh-Ormond in Newcastlewest by 23 points to 15. An excellent and hard fought win sees the lads heading to Irish Independent Park next Sunday to play Cashel-Kilfeacle in the final, kick off is at 11:45am. Best of luck to the lads and coaches in the big match. Let's get to Cork to support the lads in the big game.

GIRLS

Well done to our KRFC girls who took part in a Munster wide blitz last Sunday at Thomond Park. With over 200 girls taking part, it was a huge event for girls rugby and our girls represented their club with huge pride, playing fantastic rugby. Well done to the girls,



KRFC U12s girls who took part in a blitz at Thomond park at the weekend.

coaches Peter, Jenna and Denise who looked after the girls and the parents who travelled.

SENIORS

Hard luck to our seniors who lost to Dungarvan in Waterford last Sunday in the Munster Junior League Div. 3 playoff final.

FAMILY FUN DAY

KRFC is hosting a family fun day at Aghadoe on Saturday, the 11th of May next and would like to welcome everyone to come along and check out the new pitches at Aghadoe. Great fun is guaranteed so keep an eye out on Facebook etc for more details.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

Our U16 Community Games County Basketball winners 2019 out for an evening with their coach Loretto O' Leary watching the warriors win the Superleague title 2019 and meeting up with Kerrys very own dynamic Kieran Donaghy.. (missing from photo Daniel Moynihan and our other coach 'Lech Kaminski')...countdown is on to our Munster Finals in Tralee where they will represent Kerry and Rathmore Gneeveguilla in the finals.

SPA MUCKROSS COMMUNITY GAMES NOTES

GYMNASTICS Well done to all who competed in the County Finals held in Currow last Sunday.

CROSS COUNTRY Best of luck to those competing in the County Finals in Beaufort on Sunday April 7th.

GAEILIC GIRLS U12 This event will be held on Sunday May 19th. If your daughter is interested in playing please contact Emir on

0872258776.

GAEILIC GIRLS U14 This event will be held on Monday May 6th. We would like to know if there would be an interest in this event. If your daughter would be interested in playing please contact Emir

U12 BOY'S OUTDOOR SOCCER This event will take place on April 28th. If your son is interested please contact Dennis on 0868393863

SLIABH LUACHRA CYCLING CLUB

Well done to Donie Kelleher, Johnny R O Sullivan, Dan Murphy and Denis O Connor who competed in the North Tipperary Wheelers open Road Race last Sunday in Nenagh. Denis was on a number of breaks throughout the 120km race and finished 7th overall, a very commendable performance. The juveniles enjoyed a tough training session on the Outdoor Velo Track in Kanturk Saturday morning, a great facility to have in the locality.

With the weather improving the Leisure Sunday spins are taking off with up to 25 heading out on various distances last weekend.

Next weekend the Juveniles are travelling to Coalisland to compete in the PJ Logan races with some of the adult members planning to undertake the SRAC Atlantic Challenge a tough 135k trip around West Kerry. It's now only 15 weeks to the Ring of Kerry so now is the perfect time to kick off your plan and build the miles up gradually.

New members always welcome to both adult and juvenile section of the club – learn to enjoy a great sport and gain some new friends – For further information contact 087 7023562 or the club via Facebook

IF YOU HAVE A STORY... CONTACT AISLING ON 086 0400 958

BEAUFORT GOLF CLUB

(GENT'S BRANCH)

23rd/24th March - 16 Hole Stableford (White Tees) - Sponsored by The Golden Nugget

1st James Jones (9) 36 pts

2nd Michael Barry (12) 31 pts

3rd Paul Fahy (12) 31 pts

FIXTURES: 31st March - Round 1 Golfer of The Year - 18 Hole Stableford (White Tees) - Sponsored by Clifford's Groundcare.

19th April - Club Open Fundraiser - 4 Ball Betterball - Sponsored by The Great Southern Hotel, Killarney

BEAUFORT GOLF CLUB

(LADIES BRANCH)

23rd/24th March - 16 Hole Stableford - Sponsored by Cahillane's Butchers, Killorglin

1st Joan O'Sullivan (20) 26 pts

2nd Sally Cooper (20) 23 pts

FIXTURES: 30th/31st March - 18 Hole Stableford - Sponsored by Marian's Hair Studio, Milltown

KILLARNEY GOLF & FISHING

CLUB - LADIES

RESULTS SUNDAY 24TH MARCH 2019

Keanes Jewellers Mixed Competition

1st Kelly Brotherton, Eoin O' Donoghue, Pat Kelleher & Elizabeth Kelleher 46pts

2nd Brendan Brosnan, Kathleen Brosnan, Ned O'Callaghan & Noreen O'Callaghan 42pts (back 9) 3rd Jack Buckley, Lora Beth Malloy, Junior Finnegan & Mary G O'Sullivan 42pts

4th Declan Fuller, Cara Fuller, John Culloty & Veronica O'Connor 41pts (back 9)

Congratulations to all the winners and many thanks to our very generous Sponsors Keanes Jewellers, Killarney.

Next Sunday's Competition will be held on Mahony's Point and is 18 hole stroke format. It will be kindly sponsored by The Great Southern Hotel.

CASTLEROSE LADIES GOLF CLUB

RESULTS: Castlerosse Hotel-sponsored competitions played on 21st March. 18 Hole Stableford 1st Nora Long 31 pts (36); 2nd Una Moroney 30 pts (30). 9 Hole Stableford 1st Eileen Sugrue 15 pts (18); 2nd Chan Martin 12 pts (10).

ROSS GC, KILLARNEY

GENTS CLUB

On the weekend of March 23rd/24th we held the third round of the MD O'Shea Spring League with an Open SS competition sponsored by Murphy's Bar

The winners were:

1..Alan Flynn (6) 38.

2...Tadhg Moynihan (13) 37

3...Jimmie Smith (12) 36.

4...Michael Courtney (12) 35

SPRING LEAGUE UPDATE : The final of the M D O'Shea Spring League will take place on April 14th..

FIXTURES: The fourth round of the M D O'Shea



Mary Sheehy Lady Captain presenting first prize in the Bradley's Pharmacy Ladies competition to winner Jane O'Dwyer with Corinna Griffin 3rd, Annette McNeice 2nd, Tom Prendergast Club President (back left) James Curran Captain and Terence Mulcahy who accepted 5th prize on behalf of his wife Ailish at Killarney Golf Club on Sunday.



James Curran Captain presenting the proceeds of the Killarney Golf Club Choir fundraising competition to Bernard Collins with competition winners Dan Moynihan 1st, Teddy O'Sullivan 2nd, Ger Walsh 3rd and Tom Prendergast Club President at Killarney Golf Club on Sunday.

Spring League will be held on March 30th/31st when we will hold an Open SS competition . The time sheet is available now .

KILLARNEY GOLF AND FISHING

CLUB - MEN'S

Jimmy Bruen practice starts next Wednesday the 3rd of April. Please contact either Tomás Barry or John English if you are interested in playing. There are also sign-up sheets for most of the other Club Team competitions on the main noticeboard in the clubhouse and all new players are encouraged to try out.

Sunday the 31st will see the Killarney Brewery Scotch Foursomes on Killeen.

DEERPARK PITCH & PUTT CLUB NOTES

CLUB MATCHPLAY: Last Sunday morning's play meant that next week's final will have a bit of a Gleneagle flair to it with their former member and our current Vice-Chairman Noel Moynihan taking on the renowned Mike 'Seve' O'Leary! Noel defeated defending champion Lorcan Martin and Declan Kelly (3&2) to make it to Sunday's decider while 'Seve' was in fine form knocking out John McGrath, Sean O'Brien & John Murphy (5&4) to make the Final. Sunday's match will be over 36 holes and there will also be two draws @ 9.15am & 11.15am for those not involved.



Gerard Keane of Keanes Jewellers Killarney and Cork (right) presenting first prize in the Keanes Jeweller's Men's competition to winner Ian Cronin with (left) James Curran Captain Paul Trant Manager Keanes Jewellers Killarney I(back from left) prizewinners Con O'Mahony, Niall O'Meara, Tom Prendergast President and Tommy Galvin at Killarney Golf Club on Sunday.

UPCOMING FIXTURES: We will have a 36 Hole Stableford competition on Sunday April 7th followed by a Three Ball Scramble for the

Johnny Kelly Memorial Shield on Sunday April 14th. Entry €10 each for both events.

CLOSING DATES: Entries for the Munster

Matchplay (closing date April 7th) and National Matchplay (closing date April 14th) are now being taken. Sheet on noticeboard. All entry fees to be paid in advance with entrants also responsible for ensuring they have their membership paid and registration with the PPUI complete prior to being sent off.

OPEN DAY: The club intends to hold an 'Open Day' on Good Friday. More details in the coming weeks.

SYMPATHY: To Robbie O'Brien Snr and his family on the death of Robbie's brother Mike last week.

KILLORGLIN MEMBERS GOLF CLUB

Ladies Results: 15 Hole Singles Stableford sponsored by Moriarty's of Killorglin: 1. Emma Daly (18) 25 pts. 2. Kathleen Keating, Lady Captain (21) 23 pts.

Silver Swans 12 Hole Stableford 19/3/2019.1. Maire Ni Loinsigh (23) 24-3=21pts. 2. Susan Darby (34) 14 pts.

FIXTURES: Sat 30th/Sun 31st/Tues 2nd 9 Hole Singles Stableford sponsored by Lady Member Ann Walker. Play either day. 12 Hole re-entry sponsored by Lady Member Anne Kenny Foley continues until Monday 1st April.



Sean Murphy of Old Kenmare's Restaurant (front third from left) presenting first prize to Terence Mulcahy who accepted on behalf of his wife Ailish with (front) James Curran Captain, Mary Sheehy Lady Captain, Anne Scanlan, Tom Prendergast President (back from left) Margaret Campion 2nd, Amy Arthur who accepted on behalf of Anne Moynihan 3rd, Kelly Brotherton best gross and Ciara O'Mahony 4th at Killarney Golf Club on Sunday.



Ronnie and Gerard Keane of Keanes Jewellers Killarney and Cork (right) presenting first prize in the Keanes Jeweller's Mixed competition to winners Kelly Brotherton, Eoin O'Donoghue, Liz asnd Pat Kelleher with (left) Paul Trant Manager Keanes Jeweller's Killarney (second row from left) Mary Sheehy Lady Captain, James Curran Captain, Tom Prendergast President (third row from left) Brendan and Kathleen Brosnan, Noreen and Ned O'Callaghan 2nd (back row) Junior Finnegan and Lora Beth Molloy 3rd, Declan and Cara Fuller with Veronica O'Connor and John Culloty 4th and Jack Buckley 3rd at Killarney Golf Club on Sunday.

SPA GAA CLUB

SENIOR CO LEAGUE RD2:

SPA 2-12 LEGION 0-13

Some superb defending earned Spa their first two points of the Co League in a local derby at home to Legion on Saturday afternoon. This game was also doubled up as the East Kerry Senior League Rd 4 tie. Spa Team: David Carroll, Byran Russell, Eoin Fitzgerald, Brian Devane, Ciaran Spillane, Niall O'Mahony, Shane Cronin, Liam Kearney, Michael McCarthy, David Spillane, Niall McCarthy, Ryan O'Carroll. Cormac Cronin, Mike O'Donoghue, Evan Cronin. Subs: Eoghan Cronin, Conor Stack, Dan O'Donoghue, Gary Vaughan, Shane Fenton.

CONGRATULATIONS to Dara Moynihan and the Kerry senior team and management on their win over Roscommon last weekend, and best of luck in the National League Final v Mayo this Sunday March 31st.

SUPPORTERS BUS TO THE NATIONAL LEAGUE FINAL

The club are organising a supporters bus to the National League Final next Sunday to support Dara and the Kerry team. Anyone interested in booking please contact Ann Mangan asap on 087 9403508. Places are limited.

31 CARD DRIVE

The Final of the Championship of Kerry 31 Card Drive took place at the Torc Hotel on Friday March 22nd, and after competing throughout the winter months, Neillie Kerins and Finbarr Murphy were crowned the new county champions. The annual 31 Card Drive has been running in Spa GAA Club since 1972 and over the years has welcomed players from all over Kerry. There has always been a strong interest from South Kerry, and this year was no exception with players as far away as Waterville among those making the journey on Friday night. The organisers of the annual Card Drive are Dave Herlihy, Paddy B Lynch and Paddy Keefe and well done to them on organising this great social event again this year. Runners Up on the night were: Danny Cahill and DD Kissane, Tim Regan and Denis Doolan and Tom Moriarty and Tim Moriarty.

REGISTRATION

This is the final chance to register with the club for 2019. Registration will close at 6pm on Sunday March 31st – and NO registration will be accepted after that date. Registration is currently available for all ages – from ABC to Adult – online through the website spagaa.com or the registrars will also be in Spa on Thursday March 28th from 7-9pm and Saturday March 30th from 10am to 12noon.

JUVENILE TRAINING

Our ABC, U6, U8 and U10 boys and girls training continues every Saturday morning from 10am. Juvenile registration is ongoing and U6s are free. New members are always welcome. For more information on training times, please contact the Coiste na nÓg Secretary on 0871385612.

UPCOMING FIXTURES:

Senior Ladies Co League Rd2: Spa v Finuge/St Senans on Sunday March 31st (12noon in Spa)

OPEN DAY

With the first 'Open Morning' last weekend such a success, everyone is invited to Spa again this Saturday March 30th where the clubhouse, walking track, gym, playing pitches, dance hall and meeting rooms will all be open from 10am until 12noon for anyone that would like to come and view the facilities. The Spa Merchandise Shop will also be open from 10am to 11am on Saturday morning for training gear, jackets, hoodies, full zip and half zip tops for all ages.

SPA MERCHANDISE

The Spa Merchandise Shop is open on Saturday mornings from 10-11am. For enquiries contact Mathilda on 087 6487356 – and we also aim to have Spa gear available through the website later this week.

SPORTS HALL & MEETING ROOM BOOKINGS

For bookings and enquiries please contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508

GAELTACHT SCHOLARSHIPS

Any club members that would like to apply for the GAA Gaeltacht Scholarship please contact the Club Secretary on 0876332773 before April 10th. Places are limited.

NEWSLETTER ONLINE

The club have set up an online newsletter through our website www.spagaa.com. Anyone that would like to sign up and receive a weekly email with updated fixtures, club events etc please follow the link on the website or contact Deirdre on 0851216359.

U12 CO LEAGUE FIXTURES 2019

07/04 Desmonds v Spa (6pm in Scartaglin)
14/04 Spa v Kerins O'Rahillys (6pm in Dirreen)
21/04 Spa v Greeveguilla (6pm in Fossa)
28/04 Renard v Spa (6pm in Foilmore)
05/05 Spa v Cromane (6pm in Fossa)

U14 CO LEAGUE FIXTURES 2019

03/04 Spa v Glenflesk (7pm in Lewis Rd)
10/04 Rathmore v Spa (7pm in Lewis Rd)
17/04 Spa v Listowel (7pm in Dirreen)
24/04 Churchill v Spa (7pm in Ardfert)
01/05 Spa v Dr Crokes (7pm in Rathmore)

LOTTO RESULTS 18/03/2019:

Numbers Drawn 4, 10, 12, 20. No winner and €50 lucky dips to: Paul Herlihy, Lissivigeen; Sheila & Paddy Casey, Knockeragh; Dave Spillane, Headford; Niall O'Sullivan c/o Killarney Carpets. Draw Monday 25th at the Killarney Heights Hotel and jackpot is now €8700

NOTES:

Any items for the club notes please contact Deirdre (0851216359) before 8pm on Sundays

BEAUFORT GAA CLUB

LOTTO

The next lotto draw for a jackpot of €8,200 will be in Inn Between on Sunday, 31st March. Tickets available from usual sellers.

MEMBERSHIP

Club membership is now due. Family, Senior and Under 21 player and Individual gym membership are all €60.

Enquiries to Patie 087 2515311. For Ladies

membership, please contact Susan Barrett.

SENIOR MEN V KENMARE

Well done to our seniors who got their County League campaign off to a great start with a win over Kenmare. Beaufort got off to a slow start, finding it difficult to get scores and were down 0-2 to 0-0 until the 18th minute of the first half when Fergal put a free over the bar. This was quickly followed by a goal when a high ball into the square was batted down from Ronan Ferris to Fergal, with Fergal finishing to the net. A further point from James Reilly and a free from Fergal left the half time score Beaufort 1-3 Kenmare 0-3. Beaufort got a much better start to the second half with point from Danny, Mike, Padraig Doona, Liam and Ronan Murphy. With 24 minutes played in the second half, Beaufort looked to be well on top as they led 1-9 to 0-6, but a penalty for Kenmare narrowed this gap, making it a very exciting final 5 minutes. However, further points from Mike and Danny ensured a win for Beaufort on a scoreline of 1-11 to 1-7.

Team: Taylor, Cormac O'Connor, Ger Hartnett, Shane O'Sullivan, Jeremiah O'Sullivan, Mike Breen, James Reilly, Ronan Murphy, Nathan Breen, Fergal Hallissey, Liam Carey, Padraig Sullivan, Danny Healy, Padraig Doona, Ronan Ferris.

Subs: Ian McGillicuddy, Kevin O'Brien, Keith Suter

Hard luck to our Junior Men who were defeated by Austin Stacks B in Tralee on Sunday.

BALLYHAR-FIRIES GAA

2019 MEMBERSHIP

Final reminder for membership fees for 2019 are now due and everyone is advised to register in the next few days as the deadline is this weekend, the 30th March.

COISTE NA NOG

The Firies GAA Coiste Na Nog would like to thank everyone who partook their annual table quiz on Friday last in Sheehans Bar Firies. All support on the night was greatly appreciated and all money raised on the night will go back into the running of the Coiste Na Nog club for the year ahead. A special word of thanks to quiz master on the night, Tom Farrelly and his assistants Sinead Farell and Hazel Norris. A big thanks also to everyone who donated spot prizes on the night.

Academy Training returns to the pitch in Farranfore after the winter break on Saturday 6th April at 10.30 am for U6, U8 and U10. All new player welcome.

LOTTO

Last weeks number were 1, 6, 7, 10

No Jackpot winner

€30 winners were

Max McCarthy c/o Frank

Brid O'Donnell c/o Centra

Georgina Evans, Keel

Jack O Leary

Mike Allen Snr

The draw for next weeks Jackpot of €9,700 will take place in Sherwoods Bar & Restaurant, Farranfore on Friday night, 29th March. Get your lotto tickets from all the usual sellers, Club

Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

MINOR FOOTBALL:

Firies vs Kenmare – Minor Football County League Division 2

Firies hosted Kenmare in Farranfore on a lovely evening for football. Both teams didn't disappoint the spectators, in what would turn out to be a very competitive game. It was level at half time 1-08 a piece with Dillon O'Callaghan scoring the goal for Firies. Peter Cosgrove scored a goal for the home side in the second half and the game finished 2-14 apiece. This result leaves Firies second in the table on 5 points with two games remaining in the division against a Knock/Brosna/ Duagh combination and Dingle.

SENIOR FOOTBALL:

Firies Vs Listowel– Senior Football League Division 3, Round 2:

Firies made the journey to Listowel for round 2 of the county league and continued their great start to their long-awaited return to Division 3. In what was to be a tight tough game, Firies opened the scoring on the day with a free from Jake Flynn. This was followed up with a point from play by Mike Daly and William Courtney before Listowel opened their account with a free. Firies replied with a goal and a point from William to lead after 20 mins 1-4 to 0-01. Firies kicked a number of wides after this and Listowel started to get the upper hand at midfield. Listowel scored 1-5 without reply and lead 1-6 to 1-4 until Mike Daly popped up to just before half time to score Firies' second goal on the day. Half Time score Firies 2-4 Listowel 1-6.

William Courtney opened the scoring in the second half with a free following a foul on Stephen Foley. Listowel had a goal attempt from a 45 denied by a save from Colm O'Shea before the home side opened their second half account with a score from another 45. It was point for point for the majority of the second half with the Firies scores coming from a point from play from Liam Brosnan and five frees from Donnacha O'Sullivan. Colm O'Shea made another great save in the second half to keep Firies in the game. Firies freshened things up in the last 10 minutes of the game with Cathal O'Shea and Darragh Donoghue coming off the bench and Cathal scored the insurance point for Firies to finish out the game in front of the great travelling support on the day. This result now leaves Firies joint top of the table with 4 points from 4 with Gneeveguilla going into the break for Junior Premier Club Championship.

Next up for Firies is the 1st round of the Junior Premier Club Championship vs Na Gael on the weekend of 6th/7th April

Team: C O' Shea, D Brosnan, D O'Shea, Josh Flynn, S Foley, N Donohue, P O'Connor, P Daly, Jake Flynn, L Brosnan, W Courtney E Cosgrove, D O'Sullivan, D O'Mahony, M Daly.

Subs: J' O'Rourke, Shane Burke, P O'Mahony, T O'Shea, C Murphy, Cathal O'Shea, D Donoghue Management: D Moynihan, P Cronin, E Kennedy

RESULTS:

Minor Co League - Firies 2-14 Kenmare 2-14

Senior Co League - Firies 1-12 Fossa 1-13

LADIES FOOTBALL:

Our under 14 continued their winning ways with a good away win against Duagh in a high scoring game. Fries 4-10 to Duagh 4-07.

FIXTURES:

Under 12 Vs Laune Rangers in Farranfore Thursday 28th at 6pm

Under 14 vs Beale in Farranfore Saturday 30th at 4pm

Well done to Katie Brosnan who was part of the Kerry Under 16 team that defeated Cork on Sunday and are now in the Munster Final.

HURLING:

Hurling academy Training continues in Farranfore on Thursdays at 7 pm

DR. CROKES GAA CLUB

SATURDAY MORNING ACADEMY

The Saturday Morning Academy has recommenced for 2019 on Saturday mornings with Hurling from 10:00am - 10:40am and Gaelic Football from 10:45am - 12:00pm. Come join in the fun, make new friends and experience the superb coaching on offer. Plenty Fun & Games. NEW MEMBERS ALWAYS WELCOME

CLUB MEMBERSHIP

Annual membership is now due and it is critical that all members and players pay /renew their membership before the 31st of March next. A strict "no pay/no play" policy will be enforced after this time.

DANCING WITH THE CROKES

Dancing with the Crokes is on this Friday 29th of March where 10 couples will strut their stuff on the INEC dancefloor.

David Rea of World famous show Celtic Steps has been putting our 10 couples through their paces over the last number of weeks.

Tickets are €20 for Adults and €10 for children and can be got from any of the dancers or from Vince Casey office, Tatler Jack or online at www.drcrokes.com

This year's Dancing couples are as follows: Chloe Bartlett and Sean Copinger, Aoife O'Carroll and Ciaran Brosnan, Eric O'Connor and Mary Mc Mahon, Aoife Cronin and Caoimhin O'Donoghue, Karl Mc Mahon and Lorraine Fleming, Aisling Darcy and Alan Kelly, Eilis Cronin and Harry O'Neill, Mike Fleming and Emma Murnane, Maggie Mc Auliffe and Matt O'Neill, Leah Horgan and Bryan O'Shea.

BEST OF LUCK

We want to wish the Best of luck to Eoin on his retirement from football. We thank him for his service to our club and for his leadership and influence on every Dr Crokes and Kerry team he played on. Everybody in the club wishes him well in the future and he is assured that he will always be close to our hearts. Eoin Brosnan will be regarded universally and forever as one of the greats of Dr Crokes and his 22 years wearing the Black and Amber will never be forgotten. He brought honour and glory to us through all those years and always carried himself proudly and with immense dignity. We are proud to remember all the service he gave us and we wish him and his family well.

PAT O'SHEA

The Club has announced that Pat O'Shea

has stepped down as manager of our Senior Football Team. This was Pat's own decision and he will be taking up other roles within the Club. We thank Pat for his enormous contribution to Dr Crokes over the past 3 years during which time he delivered one All Ireland, two Munster Championships, three County Championships as well as County Club, County League and an East Kerry Championships. We wish Pat and his family well.

SCOR NA BPAISTI

Last call for Scor na bPaisti quiz team. Open to primary school children. Please contact Geraldine if interested on 086 1541840.

LOTTO

Lotto results for Tuesday March 19th - 2, 11, 20, 25. Jackpot E3900 Not won Match 3 11 by E40. Lotto results for Sunday 24th of April - 11, 16, 17, 25. Jackpot E4200 Not won Match 3 2 by E200. Next draw Monday April 1st in Speakeasy Jackpot E4500

EAST KERRY GAA NEWS

By Michael O'Mahony PRO.

EAST KERRY SENIOR LEAGUE RD 4 DOUBLE UP

Co. League Rd 2: Spa 2-12 Legion 0-13 Some superb defending earned Spa their first two points of the Co. League in a local derby at home to Legion on Saturday afternoon.

Legion's Conor Keane opened the scoring but Mike McCarthy replied immediately for Spa. Finbarr McCarthy and another Conor Keane point edged Legion in front before before Evan Cronin replied for the home side. Billy McGuire and Finbarr McCarthy exchanged points with Niall McCarthy and Mike Stam O'Donoghue and at the end of the first quarter Legion were ahead 0-5 to 0-4

The visitors then hit a purple patch in the second quarter, kicking an unanswered six points from Conor Keane (4), Rob Leen and Peter McCarthy to lead by 0-11 to 0-4 with five minutes left in the opening half. Spa, however, kept battling and a great point by Niall McCarthy was quickly followed by scores from Liam Kearney and Mike O'Donoghue. Legion midfielder Padraig Lucey was shown black before David Spillane buried the ball in the back of the Legion net just on half time. Just a point separated the sides at the break, Spa 1-7 Legion 0-11.

In the second half, Conor Keane pointed early for Legion but they were reduced to 14 men after just ten minutes. The second goal for Spa came in the 12th minute when Ryan O'Carroll set up Niall McCarthy and he rattled the net to give Spa a 2-7 to 0-11 lead. Mike O'Donoghue added to the Spa advantage with two pointed frees before a brilliant score from Niall O'Mahony. Evan Cronin and Mike O'Donoghue points late the game increased that lead as Legion were then reduced to 13 men late in the game.

The Spa defence were outstanding in the final few minutes with David Carroll pulling off a couple of great saves and some brilliant defending denied Legion a number of times. A final Legion point by Conor Keane reduced the deficit and a penalty shot went wide deep in



injury time. Spa take the win and the important two county league points.

Final score Spa 2-12 Legion 0-13.

*This game was also doubled up as the East Kerry Senior League Rd 4 tie.

Referee: Billy O'Shea (Keel)

KERRY TEAM

Congratulations to Kerry on their win over Roscommon on Sunday last and best of luck in National League Final Div 1.on Sunday at Croke park at 4pm.

CONGRATULATIONS to Scoil Pobail Sliabh Luachra on reaching The Paddy Drummond Cup -All Ireland Semi final in Croke Park on Saturday 6th April.

LOTTO:

There was no winner of last weeks lotto numbers drawn were 2,16,18,28. Lucky dip winners were €40 Dan O Keeffe, €40 Richie McCulliffe, €30 John Hickey, €30 Tom Fitzgerald, €20 Jer Cremin. Next weeks lotto €3,250 thanks for your continued support. County league result Gneeveguilla 1 16 Ballydonoghue 1 14. The following teams will start training from u6s Tuesday April 2nd at 6pm, u8s Friday April 5th at 7pm, u10s Tuesday April 2nd at 6.30pm, all new members welcome.

MILLTOWN CASTLEMAINE GAA CLUB NEWS

SYMPATHY: We extend our sympathy to the Roche and McKenna families on the recent death of their mother/nana-Sheila Roche. May Sheila rest in peace.

ASSISTANT TREASURER: We are delighted to welcome Liam Doherty as assistant treasurer to our executive to help Colin with what is a very busy portfolio-particularly with our fundraising project at present. Liam is no stranger to our club where he also volunteers as assistant coaching officer to Ian Twiss.

BEING A FRIEND OF MILLTOWN CASTLEMAINE GAA HAS SO MUCH TO OFFER!.....

As the song goes....We'll get by with a little help from our Friends!

Imagine ... 135+people have already signed up to be 'A Friend of Milltown Castlemaine GAA's Field Development Project Fundraiser'

But we still need lots of more friends to join us before April 1st (if possible) and be part of this amazing development.

I'm sure you would like your name on the list of our very generous and supportive members of our community at home and abroad.

Get in touch with any member of the executive to join our long list of friends.

Ní neart go cur le chéile.....There is strength in numbers

So much done... ... so much more to do!

'To keep a lamp burning-we have to keep putting oil in it' (Mother Teresa)

31 CARD DRIVE: TUESDAYS @ 8.30!

We had yet another extra table at our Progressive 31 Card Drive on Tuesday last. Why not join us this Tuesday in Nagle Rice Community Centre at 8.30 pm for some great cards. The brack will be buttered and the tae brewing! Some great prize money to be won in

both the cards and the raffle!

BUATEOIRÍ from Tuesday March 19 th were:

Card Winners:

1st Tony Marshall + Denis McCarthy

Joint 2nd

Paudie Breen + Pat Murphy

Marie Connor + Dan McCarthy

Joint 4th

Laura Connor + Patsy Dooley

Jimmy Boyle + Gene O'Shea

Raffle Winners:

1st Jimmy Boyle

2nd Mary O Sullivan

3rd Johnny Moriarty.

Comhghairdeas to you all agus míle buíochas for your support.

UNDER 14'S: Our under 14 teams had two super challenge games against Legion on Sunday morning last. Both teams played some great excellent football and exhibited some of the many skills they are improving on in training.

SENIOR COUNTY LEAGUE DIV. 5A

Round 2:- Report by Danny McClure.

On a cool but bright morning last Sunday, our senior B-side, sponsored by Larkins Bar, Restaurant, B/B & Kelly's Londis-Topshop, got their game against Kerins O Rahilly's under way at noon in Milltown.

The game started with the away side taking the lead but would soon take a pattern of score for score for the first quarter of the game. John Blennerhassett got a fine score from play in between to equally superb points from Dylan O Neill, his third of the afternoon levelling up the scores at four points apiece.

Then just after the home sides number six David Leane notching a point Rahilly's own number six struck back with a well taken goal. Only for Brendan Delaney to hit the net with an effort from his fists for Milltown/Castlemaine a few minutes later and leave the scores once again level at 1-07 each. That's how the game stood at the halfway point.

Delaney followed up his first half goal within a minute of the throw in, in the second half, raising the green flag again with an effort from his fistsonly for the visitors to reply quickly with a goal of their own. The game was finely balance as the sides exchanged scores. A powerful run and score from Mike Burke and a score from the excellent Dylan O'Neill bringing the sides level again at 2-11 each.

The sides scored another point each to make it 2-12 to 2-12 and it was then the games decisive few minutes would come. Milltown/Castlemaine moved forward with intent and looked like taking the lead on a couple of occasions only for Rahilly's to produce not one but two quick goals on the break to leave 6 points between them.

In what was a very entertaining game that finished in glorious sunshine theaway team Kerins O Rahilly's maintained their lead to win by 6 points. The final score in this Round 2 Division 5A game:

MILLTOWN/CASTLEMAINE B 2-15 V 4-15

Kerins O Rahilly's B

SENIOR A: "Sixty Minutes Fails To Separate Neighbouring Clubs"

CREDIT UNION COUNTY SENIOR FOOTBALL

LEAGUE Division 3, Round 2

Report by Dara O'Connor

Milltown/Castlemaine 2-8 Listry 2-8

Referee: Mike Hennessy (Ballyduff)

Venue: Currans (Kerry Centre of Excellence)

Milltown/Castlemaine took on Listry in Round 2 of the Credit Union County Senior Football League in Currans on Sunday last-in a local derby which was watched on by a big audience. Listry coming into the game had two points on the board after beating St. Senan's in the opening round whereas Milltown/Castlemaine came into the contest on the back of a defeat away to Ballydonoghue.

Listry raced into an early lead when Conor O'Sullivan calmly palmed home to Cormac Leane's net following a pass from Anthony Sweeney from the corner of the square.

They followed this up with scores from Joe Clifford & Anthony Sweeney to make it 1-2 to 0-0 after 10 minutes.

Jerome Flynn, who was excellent off placed ball all day registered Milltown/Castlemaine's first score of the afternoon from 21 yards to open the account for the Mid Kerry men.

Anthony Sweeney through placed ball stretched the Listry men's lead to 1-6 to 1-4 by the break as frees from Jamie O'Shea, Jerome Flynn and a goal right on the stroke of the interval from Flynn after a ball dropped into the square kept Milltown/Castlemaine in the contest despite being second best for large parts of the opening half.

The second half was an absorbing contest where both sides didn't give an inch & also both may have felt they could have easily taken the victorytowards the end-Listry through a superb score from Ronan Buckley from 45 metres pushed the East Kerry side into a three point lead at the beginning of the second half. Milltown/Castlemaine who had the better of the exchanges during the second period overall rallied and had the match level by 45 minutes when scores from Jerome Flynn, a terrific Gavin Horan goal finished into Tadgh Ahern's top corner & Jamie O'Shea brought the contest to a level game.

Listry through a goal by Anthony Sweeney which was well taken underneath Cormac Leane's body after a quality pass from Aaron McCarthy that was played across the square looked like guaranteeing victory for Listry with minutes remaining in normal time but Milltown/Castlemaine dug deep and following a succession of frees converted by O'Shea and Flynn, Gavin Horan nudged Milltown/Castlemaine into a lead through a well-executed right legged effort. With seconds remaining on the clock Anthony Sweeney of Listry stepped up and converted from 30 metres to make sure the spoils were shared at the games conclusion which on the balance of play was probably a fair and accurate reflection on matters.

Standout performers on the day for both teams were Anthony Sweeney (Listry), Jerome Flynn (Milltown/Castlemaine), Jamie O'Shea (Milltown/Castlemaine), Jono O'Connor (Milltown/Castlemaine), Conor O'Sullivan (Listry) & Jimmy O'Leary (Listry)

FIXTURES: Our seniors are away to Lispole on Sunday May 5th in their next round -with a 2 pm throw in.

Our Under 12's will commence their County League with an away game to Rathmore on April 7th at 6 p.m.

Our Under 14's commence their County League competition with an away game to Glenbeigh Glencar Cromane on Wednesday April 3rd. Throw in at 7 p.m. Venue to be confirmed.

On Wednesday April 3rd our minors are at home to Kilcummin with a 6.45 start and on Friday April 5th our minors are then away to Keel/ Listry with a 6.45 thrown in also. The venue is Keel GAA Grounds.

Your support at all these games would be very much appreciated.

MILLTOWN LISTRY COMHALTAS

Congratulations to the Milltown Listry CCE St Patrick's Day Parade on their colourful entry, adding to the wonderful turnout in Milltown. Thanks to all in the Milltown Chamber Alliance who coordinated such a fantastic parade. Well done also to our young performers in the recent Sult competitions, including Coralee Howe, Becca Howe,

Sadhbh Mannix, Brendan Allman, Mary O'Donoghue, John Sexton and Joe Horan and

in dancing Becca Howe, Ella Kate Halpin, Kate Murphy, Louise Kimmage, Yvonne O' Connell, Eilis Tangney, Ali O'Sullivan and Derina Burke. With Fleadh 2019 around the corner, keep an eye out for announcements about street entertainment over the festival weekend (Milltown Listry Comhaltas)

KERRY SENIOR LADIES: Congratulations to Donal Doherty, his management team and the Kerry Ladies panel on a thrilling win over Armagh in the Athletic Grounds in Armagh on Sunday last. They will face Wexford in a rescheduled game next weekend in Mallow. Best of luck to local girls Ciara Ní Mhurchú agus Emma Ní Shúilleabháin who are part of the panel.

Comhghairdeas to the Kerry Senior men who reached the League Final after defeating Roscommon. They now face Mayo Dé Domhnaigh seo chugainn i bpáirc an Chróchaigh. Go neirí go gheal libh!

FUNDRAISING LOTTO JACKPOT DRAW:

Congratulations to all our winners from our fundraising Lotto Jackpot Draw on Friday last.

€50 each to: Denis and Breda O' Mahony, Milltown and Ulick Roche, Furies.

€25 each to: Tadhg Long, Jimmy Herlihy, Milltown, Seamus McEntee and Kay Malone.

Numbers Drawn were: 4,9,16 with 6 as the bonus ball. Lotto Jackpot is now €7,600 with

€500 for a Match 3. Next draw on Friday April 5 Th in Langford's Bar Mile buíochas to all those who support our fundraising Lotto.

It is sincerely appreciated.

EXAMS: We wish all those studying for or taking exams all the best.

KILLARNEY CAMOGIE CLUB

Under 14's - Well done to coach Paul O'Brien and his under 14 team who secured a comprehensive 10-04 to 0-0 victory against Tralee Parnells in the first round of the county league. Team on the night was Maggie Hickey, Lucy Guerin, Leah Daly, Meghan Gillespie, Niamh Cantillon, Kathryn Ryab, Heather Culloty, Yasmin O'Brien, Aimee Coffey, Hannah Ryan, Anns Hickey, Ava Moore, Eabha Lynch, Allanah Holohan, Ella Bartlett, Faye O'Carroll. Next up is the Kerry Feile round 1 blitz on April the 6th in Curran's.

Thanks to everybody who supported our flag day last Saturday. Also a reminder to get there early tonight for our Feile fundraising table quiz. This is a joint effort with our friends in South Kerry hurling and takes place tonight starting at 8 in the Killarney Avenue Hotel. Get there early to secure the best tables.

A big thanks to all the local primary schools who are supporting today's jersey day.

'Gooch the best player and Donaghy the best to play'

with David Clifford

Insight into young Kerry star's life

Kerry's young star David Clifford has given Colm Cooper and Kieran Donaghy the thumbs up as the best he's seen and played with. Although having played just one

year together, Austin Stacks and Kerry legend

Donaghy made a sufficient impact on the young star for him to declare his genius as a full-forward line partner. But Colm Cooper stands out

as the best he's ever seen.

GAA fans are given an insight into life on and off the field for the young Kerry star through an exclusive video interview with Kerry GAA partner Alliance Medical's social media channels. Alliance Medical, which operates scans at hospitals across the north and south, guarantees Kerry intercounty players quick access to MRI and CT scans.

"I suppose growing up in Kerry and being a corner forward you couldn't look past Colm Cooper. He is just the greatest forward that has ever played the game so it has to be him," said Clifford.

With regard to the best I've played with, I only got to play with him from for one year but it would have to be Kieran Donaghy, just unbelievable for a corner forward (to play with), the way he brings players into the game and the way he's able to win primary possession."

As for the best score, Clifford also kept it 'Kerry', citing a famous point scored by Brian Sheehan in club football.

"The greatest score I've seen would have to be Brian Sheehan against for South Kerry in the county championship against Crokes in Fitzgerald stadium, a free from about 65-70 yards out it was an unbelievable score."

In the interview, Clifford gives a clear insight

into a young man with 'home-grown' very much coursing through his veins. The double All-Ireland medal winner chose his own club Fossa's grounds as his favourite pitch, followed closely by Fitzgerald Stadium and his mother's chicken casserole as his favourite dish.

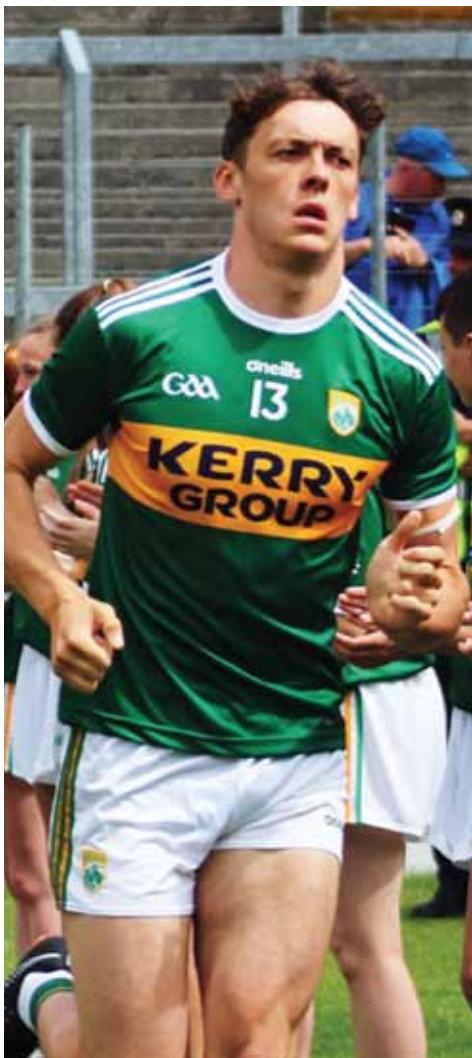
He did stray, but only just, regarding his favourite artist – the 20 year-old going for a true Dub but an Irish musical giant, Luke Kelly, as his favourite signer. Celtic is his favourite soccer club, with Irish movie 'Man about Dog' his favourite movie.

But regarding a star from another sport he admires, the corner forward made a surprise choice - darts champion Adrian Lewis.



CLIFFORD BACK AS KERRY BLITZ ROSSIES

ROSCOMMON 1-13 KERRY 2-17 KERRY O'SHEA REPORTS FROM HYDE PARK, ROSCOMMON



Kerry qualified for their first Allianz League final since 2017 when they saw off the challenge of Anthony Cunningham's Roscommon with consummate ease at Dr Hyde Park on Sunday.

The Kingdom needed just one point to set up an Allianz League Final meeting with Mayo, however, they didn't have matters all their own way as Roscommon, with the aid of the strong wind in the first half settled better and opened a 0-6 to 0-3 lead by the 17th minute.

The return to inter-county action of Fossa's David Clifford was the big talking point to emerge from the game. Clifford's addition brought an added energy to the side.

The 2018 Young Footballer of the Year making his first start of the new campaign following a lengthy injury lay-off, was eager for action scoring 0-5 as well as creating numerous other chances including both Kerry goals and was unlucky not to goal in the opening minutes when Roscommon netminder Colm Lavin denied him with an immaculate save.

The decisive moment came in the 31st minute when Sean O'Shea, who finished with 1-5 on this occasion was in the right place to score his first goal at senior level for his county. The goal came at the end of a flowing move with Stephen O'Brien providing the final pass and it was enough to give the Kingdom a three-point lead at the break, 1-8 to 0-8.

Kerry turned around with the aid of the elements and when Sean O'Shea (2) and David Clifford added three points without reply the writing was on the wall for the Rossies.

O'Shea

then turned provider for his Kenmare Shamrocks' clubmate to billow the net at the end of another flowing move in the 45th minute and after that the only question was what

Kerry's eventual margin of victory would be. Kerry now advance to the Allianz League with the highest scoring average in Division 1 of +21 and the best defensive record of the campaign as well.

Their final opponents are old foes Mayo and the Kingdom will be hoping to avenge the only defeat they suffered at the hands of Mayo in Tralee two weeks ago.

Teams and Scorers

Roscommon: Colm Lavin, David Murray, Sean Mullooly, Conor Daly; Conor Hussey, Niall Daly, Ronan Daly (0-2); Tadgh O'Rourke, Shane Killoran (0-1); Niall Kilroy (0-1), Cathal Cregg (0-1), Ultan Harney, Donie Smith (0-2, 2fs), Conor Cox (0-4, 4f) Aonghus Lyons.

Subs: Enda Smith for Aonghus Lyons (half-time), Diarmuid Murtagh (0-2, 1f) for Donie Smith, Conor Devaney for Niall Kilroy (48), Hubert Darcy for Cathal Cregg (57), Gary Patterson for Niall Daly (67).



St Brendan's College Students Fergal Murphy with jockey Grzegorz Sychta, Fionnbharr Hickey with Colin Callaghan, Richard Wallace with Stephen Walsh, Callum Myers with Cormac Tangney, Harry Potts with Patrick McCarthy O'Regan in the second race in the Cheltenham at the Sem Race in aid of Irish Cancer Society at St Brendan's College, Killarney on Tuesday.



St Brendan's College Students Ryan Grady with jockey Gearoid Healy winning the Cheltenham at the Sem Race in aid of Irish Cancer Society with Peter O'Sullivan and jockey John O'Grady 2nd at St Brendan's College, Killarney on Tuesday.

KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO



Croke Park Awaits!

Last Sunday's win over Roscommon saw us finish top of the Division 1 table with 12 points. The League so far has been pleasing for Peter Keane and the Management team as it has allowed them ample opportunity to try out a large number of players. After all, that was Peter's primary aim and reaching a League Final is the icing on the cake. Our opponents on Sunday are Mayo who finished in second place on the League Table. Our only defeat during the campaign was at home in Tralee against Mayo so everyone is well-aware of the challenge ahead. Silverware so early in the year would certainly be welcome but more importantly we need to take this opportunity to put on a good display in Croke Park against formidable opponents. The Final is the third game of the day at Headquarters with a 4pm throw in. A winner will be decided on the day so as not to run into April which is designated 'Club Month'. Tickets are now on sale via usual channels: selected Supervalu and Centra stores, Kerry GAA Store in Killarney and online at tickets.ie. Seating is fully reserved in the stands this weekend. Pricing is as follows: Adult Stand €30, Juvenile Stand €5 (Cusack Stand only), Students/Senior Citizens €20 (Concession on Cusack stand tickets at Block D with valid ID). The team will be announced on the Kerry GAA website at 8pm on Friday. The Kerry Supporters Club are organising coaches to Dublin on Sunday. All seats must be booked by Thursday night 28th March. The times are as follows Farranfore 6.30am Tralee 7am, Listowel 7.30am. For booking contact Donal O'Leary, John King or Martin Leane. We wish Peter Keane, the Management & the Panel the best of luck on Sunday!



and span.

- The Chairman offered his sympathies to the families of the late Tom Garvey Dingle & Mayo and the late Fr Ted Molyneaux
- The Annual Dog Night fundraiser will go ahead on Friday June 14th 2019
- The Chairman congratulated Kerry Handball on their recent success. In the All Ireland 40 x 20 Dominic Lynch defeated Vinnie Murphy 21-12 21-13. Daire Keane defeated Ciaran Crothers 21-14 21-14 in the All Ireland 40 x 20 Novice Championship Final. Darragh Lynch and Séan Quirke emerged victorious in the All Ireland 40 x 20 U16 Boys Doubles Final
- The Chairman commiserated with the Kerry Senior Hurlers and with Dr Crokes

be in contact with your club to gather the necessary data. Engagement and support from the clubs will be critical to the success of the pilot and the committee will require your valued inputs in order to successfully complete the Pilot. A range of data inputs will be required from each club, including; Number of teams (incl. family of games, ladies, camogie etc.) Participation – number of players at each age group, Quantify school links and Facilities Assessment. The initial pilot projects will seek to increase the awareness amongst all Clubs of the demographic challenges within their catchment areas and to encourage all Clubs in the catchment area, working with the County Board, to collaborate and cooperate in an integrated manner to take ownership for tackling the specific problems within their area.

DEMOGRAPHICS PILOT STUDY

Counties: Kerry, Roscommon, Tyrone & Westmeath

The GAA is now operating in an environment where 71% of the population of Ireland is resident in two provinces – Leinster 39% and Ulster 32%. In fact the imbalance in population is even greater as Dublin's population is over 50% the Leinster total and is greater than the population of either of the other two provinces – Munster or Connacht. This on-going demographic change is having a direct impact on GAA operations at every level. Cognisant of significant demographic changes on the island of Ireland, The National Committee on Community Development, Urban & Rural aims to deliver on the objectives of the GAA's Strategic Plan 2018-2021, in relation to protecting and growing the Association, by undertaking a Pilot Study in four selected Counties. In order to interconnect a wide range of issues, a county from each province has been selected, notably; Kerry, Roscommon, Tyrone & Westmeath. The Pilot Study will examine how the Association can best measure the impact of demographic change. Over the next couple of weeks, representatives from the county working group will

COISTE SCOR CHIARRAI

Last weekend "The Lee Strand" Sponsored Scor Na bPaisti County Semi Finals saw all nine District Boards take part at two separate venues; Presentation Secondary School, Castleisland for North of the County; (Saturday) and the Foilmore Community Centre; (Sunday) which was for South of the County. Both venues had huge attendances. Competition was of the highest standard and so well performed by these very talented National School Children from around the County and great credit is due to both their Tutors and Parents for the tremendous amount of work in preparation for this event. Certainly both Fear A Ti, P J Mulvihill "North" and Bean A Ti, Suzanne Ni Laoire "South" deserve special mention also for the way they kept everything running smoothly on the day. Two from each category from both venues have qualified for the County Finals which will go ahead in the Glenbeigh/Glencar G A A Sports Hall on Saturday April 6th commencing at 1 30pm with the County Finals of Tráth Na gCeist getting underway at the earlier time of 11am.

Kerry Petroleum Club Championship

A number of games have been postponed until next weekend due to Kerry's involvement in the Allianz League Final. 11 games go ahead on Saturday. Full fixture details can be found on the Kerry GAA website. Free programme handouts will be available at all venues. Best of luck to all the Clubs. It is a highly prestigious competition with the potential of playing in Croke Park as the big prize!

County Committee Meeting Update

A County Committee meeting was held last Monday night in the Pavilion, Austin Stack Park. Before the meeting, Una and Tadhg addressed the delegates. The 8th annual County Clean Up will take place this year on Saturday, 13 April and they called on all clubs across the county to take part and help make the county spick



SCHOOL BOY/GIRL SOCCER

HISTORIC DAY FOR KERRY SCHOOLBOYS SOCCER

League of Ireland

13's Cobh Ramblers 1-2 Kerry

15's Kerry 4-2 Cobh Ramblers

Subway Munster Plate ¼ Final

West Cork 1-3 Kerry

Kerry Cup action:

John Joe Naughton 13's Cup Last 16:

Castleisland 4-0 Fenit

Dingle Bay Rovers B 0-5 Killorglin A

Killarney Celtic A 8-1 Inter Kenmare

Killarney Athletic B 0-3 Listowel Celtic A

Park A 2-0 Ballyhar

Healy Family 15's Cup Quarter Final

Killarney Athletic 5-0 Inter Kenmare

Castleisland 4-1 LB Rovers

Park 3-0 Listowel Celtic

League action

JK Sports 12 Premier

Killarney Celtic 0-0 Killarney Athletic

12 Premier B

Park B 4-0 Ballyhar

Tralee Trophy World 16 Premier

Killorglin 3-1 Ballyhar

Girls Premier

12's

Premier: Iveragh 2-5 Killarney Celtic White

1B Fenit 5-1 MEK Starz

16 Premier

Fenit 0-6 Listowel Celtic

REPORTS

HISTORIC DAY IN THE UNDERAGE

LOI AS BOTH KERRY SIDES WIN:

March 23rd will be remembered as a historic day in the Kerry Schoolboys Girls League as both our 13's and 15's League

of Ireland recorded wins for the first time.

Kerry 13's had to wait until this week to begin their campaign but the wait was worth it as they recorded a 2-1 away win over Cobh Ramblers. Kerry got off to a great start as Stephen Gannon showed great composure to pounce on a defensive mistake after 9 minutes and coolly round the keeper to slot the ball home. Prior to that Oisin Healy was very unlucky in not opening the scoring for Kerry.

The same player then got on the end of a corner to double Kerry's advantage. Cobh had a couple of efforts but Kerry held out until half time. They did lose James Fisher to injury but all 18 players who were on duty made great contributions during their game time. Paddy McMahon and Ben O'Callaghan missed the match as they are recovering from injuries.

Cobh to their credit kept trying and pulled one back late on but Kerry held on for a great win and three points to kick off their campaign.

Next Up: Next up for the 13's is a trip to Garryduff to face Cork City who beat Athlone 5-1.

Kerry 13's: Darragh Foley, Fintan O'Sullivan, Niall O'Brien, James Fisher, Finn O'Neill, Jack Slattery, Finn Barrett, Oisin Healy, Stephen Gannon, Andrew Kerins, JJ Olitjan. Subs who all played – Barry Fitzsimons, Nathan Aherne, Momhammed Abdalla, Bruno Borowzy, Jake Hoare and Immanuel Manu.

Kerry's 15's enjoyed a great day at home to Cobh Ramblers with Cianan Cooney the hero hitting all his sides goals in a 4-2 win. Kerry had the best of the opening encounters and took the lead in the 23rd minute when Cooney picked up a pass inside the box and finished coolly into the bottom corner. Liam Carmody did make one very good save to keep Kerry ahead but he was the quitter of the keepers.

The same player then doubled Kerry's lead in the 28th minute with a perfect free kick from just outside the box. However Cobh did pull one back 4 minutes later when the home defence failed to clear a rare visitors attack and David Equaibor scrambled the ball home to leave Kerry 2-1 up at the break.

Any home of a Cobh comeback was ended when Cooney completed his hat-trick. He was firstly denied by a great save by the keeper but from the resulting cross by Oisin Breen Cooney headed home. And he wrapped up the Kerry scoring and the Kerry win after being set up by the excellent Ronan Teehan. Cobh did pull one back very late on but it was only a consolation as Kerry took the win.

Next Up: Kerry will be at home again this Saturday when the welcome Cork City to Mounthawk Park for a 2pm kick-off. Cork put 6 without reply past Athlone at the weekend.

Kerry 15's: Liam Carmody, Samuel Aladesnai, Andy Rogers, Ajay Behan, Oisin Woulfe, Lorcan Murphy, Oisin Collins, Sean Hill, Roco Rujevcan, Ronan Teehan, Cianan Cooney, Emmett Rigter, Cillian Murphy, Darragh O'Grady, Tom Whittleton, Daire O'Shea, Sean O'Connell, Colin Doody, Craig McInnes.

SUBWAY MUNSTER PLATE

QUARTER FINAL:

WEST CORK 1-3 KERRY

Kerry made the trip to Canon Doherty Park in

Drinagh a winning one defeating the home side 3-1 to qualify for the Munster Plate semi-final. The goals came from Shayne Stack, Jack Joy and Daithí Keane Tyrrell.

Kerry will now travel to Carragiline to take on Cork Athletic in the semi-final. In the other Last 4 game South Tipperary will be at home WWEC.

Kerry 12's: Martin McKivergan, Oran Horgan, Ned Ryan, Ronan Carroll, Aaron Doyle, Daithí Keane Tyrrell, Leigh Meehan, Shayne Stack, Jack Joy, Brandon Long, Nathan Cronin. Subs Ryan O'Driscoll, Ruairí O'Connell, Mathew Rogers, Caolan Mitchell.

Kerry and West Cork also played a Development Game which ended in a 2-2 draw. Luke Doolan got both the Kerry goals.

6 of the Last 8 places taken in the 13's Cup: Six of the Last 8 places in the John Joe Naughton 13's Cup are now known with the final two to be decided in the games between Tralee Dynamos and LB Rovers B and the clash of Killorglin B and Listowel Celtic B.

First into the quarter final hat were Castleisland who defeated Fenit 4-0. The goals came from Jack Joy, David Healy and Finn Nolan in the first half and Eoghan Shire in the second. Killorglin won away at Dingle Bay Rovers B to join them. Jack McGrath 2, Andrew Owens, Eoin O'Connell and an og saw Killorglin through.

Killarney Celtic A were a little too strong for Inter Kenmare and booked their place thanks to goals from Jason O'Sullivan, Jamie Moynihan, Padraig O'Donoghue, Josh Bowler, Callum Cronin, Mattie and Mikie Murphy.

Listowel Celtic A ended Killarney Athletic B's Cup run in Woodlawn. On the mark for the North Kerry side were Evan Boyle 2, Ciaran Clarke, Joshua Magdziak and Aaron Carey.

There was better news for Athletics A side as they saw off Mastergeeha 3-1 with goals from Tom Benson, Noah Sexton and a Liam Cronin penalty with Emmett Spillane replying for Mastergeeha. And they are joined in the Last 8 draw by The Park who had goals from Ronan Carroll and Justin O'Sullivan in their 2-0.

DINGLE PROGRESS IN 14'S CUP

There was one game in the Tom Hayes 14's Cup Last 16 with Dingle Bay defeating LB Rovers in mid-week on the Castleisland All Weather. The goals for the West Kerry boys came from Oscar Donegan 3, Antaine Seogie and Paddy Ryan 2 with Cillian Horgan and Jack Madden replying for Rovers. Dingle Bay will now be away to Inter Kenmare in the Last 8.

SEMI-FINAL PLACES IN THE 15'S CUP SORTED:

Three teams have progressed to the semi-finals of the Healy Family 15's Cup with the final place going to either Killorglin or Mastergeeha A. Killarney Athletic booked their place thanks to goals from Alex Hennigan, Mathew Horgan, Darragh Looney2 and Sean Dineen in their 5-1 win over Inter Kenmare in Woodlawn.

The Park had goals from Venis Jahiri and Kieran O'Connor 2 in their 3-0 win at home to Listowel Celtic while Castleisland hit three without reply in their second half of their 4-1 win over LB Rovers. The game was tied at 1-1 at the break with Cian Sheehy on the mark for LB Rovers.

Killarney Celtic joins Inter at 12 Premier summit:

Things are getting very tight at the top of the JK Sports 12 Premier with both Killarney Celtic and Killarney Athletic taking a point in the latest derby. The sides could not be separated in a 0-0 draw. Celtic now join Inter on 19 points but have a game more played. Athletic are joint third on 15 points.

Park B win in 12 Division 2

The Park B were 4-0 winners in their game against Ballyhar. The Tralee sides goals came from Tadgh Moylan, Will Leahy, Liam O'Connell and Luan Xhemaili

Killorglin up to third in 16 Premier

Killorglin were 3-1 winners over Ballyhar in the Tralee Trophy World 16 Premier to move up to third. Callum Russell scored twice and Mark Clifford once for Killorglin with Peter Cosgrave replying for Ballyhar.

GIRLS LEAGUES:

In the 12 Girls Premier Killarney Celtic White defeated Iveragh United 5-2. The Celtic scorers were Amber McIndoe, Aine Fitzgerald 2, Eabha Lynch and Eve Cullhane with Aine Kelly and Katie O'Connell replying for Iveragh.

In 12 1B Fenit were 5-1 winners at home to MEK Starz. Aisling Deady 3 and Mia Carmody 2 were on the mark for Fenit with Avril Rooney replying for MEK.

In the 16 Premier Listowel Celtic defeated Fenit thanks to goals from Melaine Higgins, Tara Enright, Marin O'Keeffe and Ava Fitzgerald. Girls Roll of Honour: Eve Cullhane Killarney Celtic, Katie O'Connell Iveragh United, Avril Rooney MEK, Melanie Higgins Listowel Celtic, Charlotte Stack and Dervla Jeffers Fenit.

KILLARNEY ATHLETIC A.F.C.

RESULTS

Denny Premier A

Killarney Athletic 2 Fenit Samphires 2

Scorers for Athletic Chris O'Meara & Tony Brosnan.

Denny Youth League

Killarney Celtic 2 Killarney Athletic 0

Denny Division 1 B

Killorglin A.F.C. 3 Killarney Athletic 0

Under 15 Cup 1/4 final

Killarney Athletic 5 Kenmare 0

Played on Saturday afternoon at 2.00 in near perfect conditions Athletic had a good win to go through to the semi-finals. Goals in the first half from Alex Hennigan, Matthew Horgan and Daragh Looney saw Athletic 3-0 up at half time. Two more from Sean Dineen and Karl McCarthy early in the second half finished the game as a contest. A good team performance with Sam Benson, Cian Lynch, Conal Gallagher and Matthew Horgan doing well.

Under 12 League Result

Killarney Celtic 0 Killarney Athletic 0

Another great game between these two young sides. Our young Blues had to settle for a share of the spoils tonight but it was not for the want of trying to win the game.



Our u11 players (pictured) made the trip to Camp and enjoyed their games against our very sporting hosts.

The boys dominated the game from start to finish, dominating possession but the elusive goal just didn't come. Saying that, Celtic are always dangerous on the break and only for a last-ditch tackle from Oran Horgan Celtic might have got the win. All players were outstanding, every player! Special mention to young Blue Szymon Jasinski who was a joy to watch playing the beautiful game tonight! Great skill, trickery and pace on the wing. Well done to all 13 players and Thanks to Celtic for another great game.

Kerry SchoolBoys/Girls

CUP FIXTURES

Saturday, 30th March 2019

UNDER 12 CUP

Killorglin v Killarney Athletic A 10.30am

Listowel v Killarney Athletic B Sunday, 31 March 2019 6.15pm (TBC)

Killarney Athletic C v Dynamos A 10.30am

Under 14 Cup

Killarney Athletic v Killorglin A 12.00 noon

Under 16 Cup

Killarney Athletic v Park B 2.00pm

Under 12 Girls

Fenit v Killarney Athletic 4.00pm

Under 12 Girls Friday 29th March 2019

Killarney Athletic v Dingle 7.30pm

Denny Youth League

Killarney Athletic v Killarney Celtic 2.00pm

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. Please check the website on www.killarneyathletic.com or Facebook for match reports, club information and contact details.

KILLARNEY CELTIC

Premier A, Killarney Celtic 2, Tralee Dynamos 1

Stephen McCarthy and Gary Keane got the goals in a game that was played in mid week. This was the last game of the regular league season. Celtic now go forward to the league final.

Youths League, Killarney Celtic 2, Killarney Athletic 0

Ryan Kelliher(2) got the goals here. The team lie 2nd in their section with 2 games to go. U13 Cup Killarney Celtic had a comprehensive win over Inter Kenmare

Jason O'Sullivan, Jamie Moynihan, Padraig O'Donoghue, Josh Bowler, Callum Cronin, Mikie Murphy got among the goals in their 1st game for a few weeks. This puts the team into the quarter finals of the cup

U12 Premier, Killarney Celtic 0,

Killarney Athletic 0

Try as they might neither team could break the deadlock in a very sporting game. Celtic are now level with Inter Kenmare at the top of the league having played a game more so its all to play for in the 12's Premier.

U12 Girls, Iveragh 2, Killarney Celtic (white) 5. Aine Fitzgerald(2), Amber McIndoe, Eabha Lynch, Eve Culhane were the goalscorers as the 12 White team continued to set the pace in the girls premier.

Congrats to Tom Purcell 12a who made the Team of the Week and to Eve Culhane 12 white who made the Girls Roll of Honour.

Please see our Facebook page for more detailed match reports and training updates.

Killarney Celtic won the John 'Killer' O'Callaghan Perpetual Trophy for Best Sporting Entry at the St Patrick's Day parade. Well done to all involved.

Our u11 players (pictured) made the trip to Camp and enjoyed their games against our very sporting hosts.

U17 LEAGUE Killarney Celtic 3, Mastergeeha 0.

Celtic overcame Mastergeeha at home with the basis of this win being the fine passing and movement especially in midfield. Dylan O'Callaghan, Evan Looney and Cian McMahon got the goals that were just reward for some fine approach play.

CELTIC LOTTO

Number drawn 11,14,18,20. No jackpot winner. Match 3 receives €150. Next jackpot €5,200.

MASTERGEEHA FC

U13 KERRY CUP

Killarney Athletic 3 Mastergeeha 1

The boys exited the cup away to the premier side on Saturday afternoon. The home side took the lead early on and doubled their lead after twenty minutes. Shortly after Mastergeeza pulled a goal back when Emmett Spillane finished well. After this the boys pushed on with Keiran Nagle and Cian O Connor going close. In the second half

Mastergeeza continued to push forward but the home side defended well. Killarney Athletic scored late on to ensure the win.

U15 KERRY CUP

Kilorglin 2 Mastergeeza 0

The boys played premier league champions in this cup game away. Mastergeeza started well creating some good chances. However the home side were more clinical and scored either side of the break. After this the boys had chance hitting the post and having shots saved but could not find the goals their play deserved.

SENIORS CS

Brandon 2 Mastergeeza 4

The seniors collected three deserved points away on Friday night. The home side opened the scoring but Mastergeeza were equal at the break with Carlo getting the goal. In the second half CS took the lead again. However after this Mastergeeza got back on level terms when Colm Lenihan scored following a corner. The seniors took the lead when Tom Templeman finished well and Barry O Leary scored the fourth to ensure all the points.

FOOTBALL FOR ALL BLITZ

Killarney Celtic is one of the most prominent Football For All clubs within the FAI and Killarney Outlook are proud jersey sponsors of the team.

This Saturday 30th March at Celtic Park the club are holding a multi team Blitz with games starting at 2pm.

140 players from Killarney Celtic, Newcastlewest Town, Limerick, Mallow, Midleton, Carrigaline, Pearse Celtic and Skibbereen will be taking part.

These players play the game the way it's supposed to be played - for the enjoyment but also competitively!

RIGHT: Members of Killarney Celtic Football For All.



Quiz to raise funds for the Feile

A table quiz to raise funds towards the hosting of the John West Feile na nGael Finals in June will be held in the Killarney Avenue Hotel tonight, Friday 29th of March.

Last June, South Kerry Hurling Coiste na nÓg and Killarney Camogie Club participated in the National John West Féile na nGael Finals in Connaught. Both teams had great campaigns, representing their clubs and county with pride.

"Earlier this year, we were delighted to be informed that Kerry / North Cork will be the hosting regions for Féile na nGael 2019 on the weekend 7th-9th June. Both South Kerry Hurling Coiste na nÓg and Killarney Camogie Club agreed to join forces to ensure a successful festival for the young hurling and camogie players in our clubs and those we will be hosting",



Michael O'Keeffe, PRO, South Kerry Hurling Bord na nÓg told the Killarney Outlook.

"As hosts, we are expected to provide a level of hospitality for the visiting team players, mentors and families. We already have fundraising activities underway and had a successful Flag Day Collection on the streets of Killarney last weekend - many



thanks to all our generous contributors as well as those who helped undertake the collection on the day. Many schools in the area are participating in a Jersey Day this Friday, 29th March with all proceeds going towards the various equipment, hospitality and ancillary requirements associated with the hosting of this years Féile na nGael".



On this Friday, 29th March, there will be a Fun Quiz Night in the Killarney Avenue Hotel from 8:00pm sharp with a number of sport prizes and a raffle. It is guaranteed to be an enjoyable night for all, both young and old! Entry for a table of four is €40 with an all kids table for €20. All support is greatly appreciated.

NATIONAL LEAGUE DIVISION ONE SEMI-FINAL

By Eamonn Keogh

DBS Eanna 95

Scotts Lakers 78

DESPITE a gallant team effort, Scotts Lakers were eventually outgunned by DBS Eanna in the National League Division One Semi-Final at Colaiste Eanna in Rathfarnham last Saturday. The Killarney side actually led at half-time but faded late in the final quarter and the final margin of 17 points on the scoreboard wasn't a fair reflection of the difference between the sides. Any prospects of superleague basketball returning to Killarney and having three Kerry teams in the top flight next season were dashed with this result.

In the other semi-final Dublin Lions had a surprise victory over Ballincollig but Eanna won the final securing automatic promotion to the Superleague. Dublin Lions still have a chance of promotion and have a play-off game against Neptune, who finished bottom of the superleague.

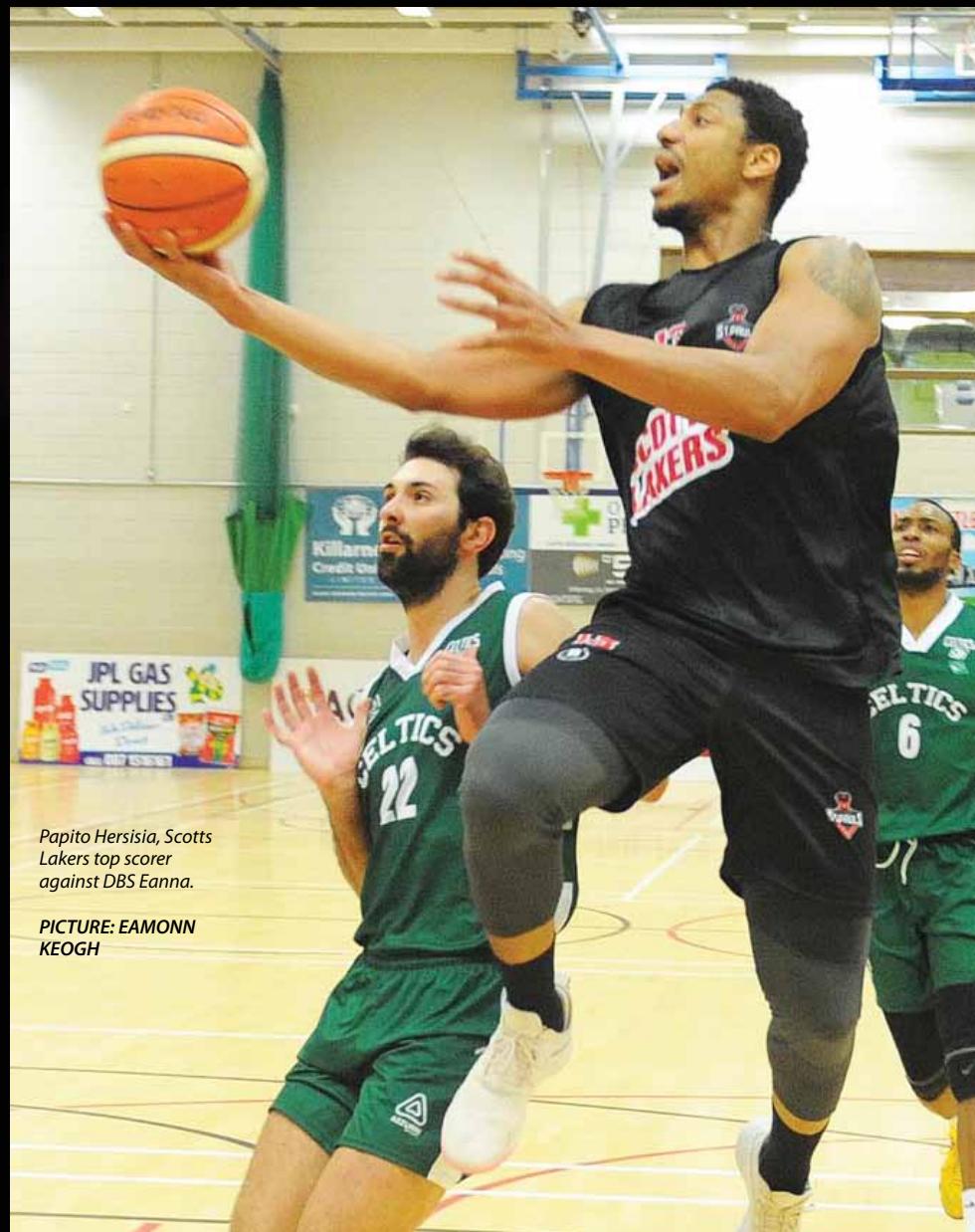
Stefan Zecevic was prominent for the home side from an early stage with big three-pointers and Eanna led 21-13 with 3:25 left in the first quarter. However Papito Hersisia was enjoying his best game of the season for Scotts Lakers and really showed his true potential in this match. By the end of the first quarter the Dutch power forward had 16 points on the board and was causing a lot of problems for Eanna under the boards. In contrast the Dubliners had impressive returns from Joshua Wilson and Stefan Zecevic and they led 30-20 at the end of the first period.

Scotts Lakers really stepped it up in the second quarter. Hersisia continued to dominate and Dailian Mason knocked down a brace of three-pointers. Eanna led 38-30 midway through the quarter but the Lakers finished strong and enjoyed a narrow 42-43 advantage at the interval break.

Exchanges continued to be closely contested and the home side led 53-52 with less than six minutes left in the third quarter. Lakers captain Mark Greene was particularly prominent reproducing the terrific form that he has shown all season and ten points from him in this quarter kept the Killarney side firmly in contention. However Joshua Wilson and Neil Lynch were also very effective and the home side led 68-63 as the game entered the final quarter.

It was still a five point game, 76-71, midway through the final period but Eanna's greater strength in depth and extra options from the bench was a big difference as the Scotts Lakers challenge faded. Hersisia, who had been outstanding to lead the Killarney challenge for long periods with 26 first half points and a 34 point total by the end of the third quarter, wasn't the same dominant force in the final period and could only manage two points in the final period.

The home side had a flurry of late baskets to put a rather flattering 17 point difference on



Papito Hersisia, Scotts Lakers top scorer against DBS Eanna.

PICTURE: EAMONN KEOGH

the scoreboard. Eanna were firm favourites to advance in this game but Scotts Lakers put up a great challenge for long periods. Despite playing with a depleted squad in recent weeks, the Killarney side came close to challenging and qualifying for promotion to the superleague. With a bit more luck and extra strength in depth, they might have pulled it off. From Division one B champions last season to league semi-finalists this season, it still has been good progress for Scotts Lakers in their two seasons back playing national league basketball. Time will tell whether they can make further strides and progress to superleague level.

DBS Eanna: Joshua Wilson 25, Neil Lynch 22, Stefan Zecevic 21, Conor Gallagher 9.

Scotts Lakers: Papito Hersisia 36, Mark Greene 17, Sean O'Brien 11, Dailian Mason 6, Andrew Fitzgerald 4, Cian Cleary 4, Seamus Brosnan.

LEAGUE CUP HOME GAME

WITH the national league completed attention will now turn to the League Cup competition this weekend. Scotts Lakers will host LYIT Donegal in Killarney Sports Centre this Saturday night March 30th at 7.30 pm. A win here would see them advance to the quarter final of the competition and this would also be a home game in Killarney Sports Centre this weekend on Sunday afternoon March 31st against Carlow IT or Ulster Elks.

Killarney basketball fans are encouraged to come out and support Scotts Lakers this weekend as it may be the last opportunity to see the team in action this season. LYIT Donegal are the visitors on Saturday night and they can call on Americans Cullen Donovan and Spencer Williams alongside talented local players Dillon Muldoon, Paul McHugh, Charlie McKinney and Jordan McClelland.

KILLARNEY CLAIM HISTORIC RESULT TO REACH FINAL

REPORT: Seamus Grealy PICTURES: Ian Cronin

Killarney u16s created history by reaching the Munster U16 final coming from behind in this pulsating semi final played in Newcastlewest. Conditions were perfect and these two evenly matched committed teams turned up intent on playing expansively. Both sides probed early on and a highlight was the intense battle between the powerful centre pairings. Killarney came closest to scoring in the opening quarter once following a clean line break from outhalf Donnchadh Grealy and shortly after when winger Tomas Clifford came close in the right corner. Nenagh however registered the first points when their no 12 coolly slotted a 30 metre penalty. Enjoying a period of dominance they piled forward continuously recycling and spreading play through their powerful backline. Their powerplay pressure was rewarded with a superbly worked team try under the posts for a 7 pointer. Killarney were finding it difficult to get a foothold and a high penalty count against them kept giving hardwon possession and territory back to a hungry Nenagh outfit. Five minutes before halftime Nenagh struck again when a long line out throw sailed into the hands of their grateful no6 tail jumper who casually touched down. At 15 nil it looked like only one winner at this stage. However there is a reason why the moments directly before and after halftime are called the championship moments. Killarney got dug into the opposition 22 from the restart and to their credit kept composed and focused changing the point of attack through numerous phases. Tomas Clifford again came close an the left wing. Nenagh defended their line gallantly and it took a Darren Cronin turnover to regain possession before a final flurry of recycling released tigerish Brendy O Donoghue over in the right corner to revive hope. The half time score was 15-5 to Nenagh.

Killarney emerged re-energized and focused for the second half. Confidently they secured the restart and launched the best move of the game. A superb looping handling setplay



from backs Liam Randles, Donnchadh Grealy, Ozdenis Koyun, and a cutting line from Padraig Talbot gave a determined Tomas Clifford the chance to sprint away and this time finish superbly. Now it was Killarney forcing the pace and a retreating Nenagh defence conceding the penalties. After 45 minutes Donnchadh Grealy kicked a penalty to reduce the deficit to 2 points. Killarney were now dominating all the major collisions and camped in the opposing half. John Mc Carthy secured line out ball and well constructed rolling mauls came very close on two occasions. A number of close in tapped penalties also met with teak tough tackling from the Nenagh defence. With 11 minutes remaining a well used penalty set play finally broke the dam when Padraig Talbot powered through a flailing series of tackles to touchdown and give Killarney the lead. The conversion was added and a final insurance penalty with 5 Mins to go sealed the victory. Incredibly Killarney had overturned a 15 points deficit to score 23 unanswered points.

The Killarney team as a unit rose to the occasion on the day. The front row of Adam Cronin, Czengis Koyun, and Rob Nealon superbly led the frontline. The 2nd row pairings of Darren Cronin, Cormac Rowe, Mike O Donoghue, and

Shane McAllister tackled, counterrucked and fought for every inch. A Drake inspired Brendy O Donoghue played his most aggressive game of the season. As usual no 8 John McCarthy provided the steel in defence and line out platform. The returning Bailey O Sullivan reminded everyone of his rugby prowess.

Liam Randles deputised superbly for captain and scrumhalf Peter Walsh, passing, orchestrating the attack and boxkicking expertly. Outhalf Donnchadh Grealy repeatedly broke the defensive line and added 8 points. Ozdenis Koyun dominated the centre collisions with power running and bone crunching tackles. Padraig Talbot again gave a powerful man of the match performance this time playing in the centre. Tomas Clifford again terrorized the defence with his speed and power. Dan Twomey and Jack Kenneally tackled superbly on the wings and fullback Mikey Moriarty was rocksolid under highball and counterattacking. A word of congratulations also to a gallant, skillful, Nenagh squad and coaching team who contributed immensely to a superb game. Killarney now look forward to the final in Musgrave Park against Skibbereen or Cashel/Kilfeacle. Keep in touch with club platforms for details.



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with Killarney Outlook

by John O'Sullivan

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But remember to water until established

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ANSWER

Students must have the academic entry requirements (also called matriculation requirements) for the third level course they want to take. You can get detailed information on these requirements directly from the universities, technological universities, institutes of technology and colleges of education.

If a certain mark in the Irish Leaving Certificate exam is a matriculation requirement, students who had an exemption from the study of Irish may also be exempted from this requirement.

Exemptions from Irish matriculation requirements may be granted, for example, to a student who was born outside Ireland, was educated wholly or partly outside Ireland or who has a specific learning disability. This is a matter for each individual college.

All students applying for a third-level course through the Central Applications Office (CAO) should send a copy of their exemption certificate with their CAO application form.

The college may also ask the student to complete a separate exemption application form and to submit supporting documentation. You should check with the individual college for details on how to apply for an exemption.

Further information is available from the Citizens Information Centre below.

For more information, visit the website of the Competition and Consumer Protection Commission at ccpc.ie.

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

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

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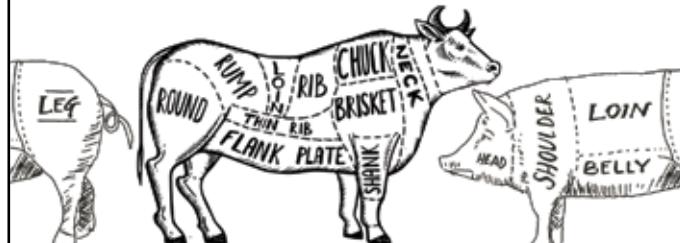
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Kilcummin Sewerage Scheme Information Evening

Date: Wednesday 3rd April 2019

Time: 5:30pm - 7:00pm

Location: The Hall, Kilcummin GAA Club,
Clashnagarrane, Kilcummin, Killarney, Co. Kerry

Irish Water in partnership with Kerry County Council is progressing the delivery of the Kilcummin Sewerage Scheme. This project will provide a new sewerage scheme for the village of Kilcummin.

We would like to invite you to a drop-in information evening in The Hall, Kilcummin GAA Club, Clashnagarrane, Kilcummin to learn more about the next phase of this project.

During this information evening members of the project team will be available to answer any questions you may have in relation to the project.



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Job Summary

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Job Type / Category

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- Management and organisational skills.
- Motivation, energy and an ability to work on his/her own initiative.
- Ability to work within a team.



For information and an application pack please contact: The Chairperson, Cordal Community Preschool/Afterschool CLG., Kilmurry National School, Cordal, Castleisland, Co. Kerry. Tel No: 087-9179044. Email: Cordalcommunitypreschoolafterschool@outlook.com

Applications will only be accepted on the official application form. CV's will not be accepted. The closing date for receipt of applications is 5pm Friday 5th April 2019. Short listing will apply. Cordal Community Preschool/Afterschool CLG is an equal opportunities employer. The successful applicant will be required to undergo Garda Vetting.

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PICTURE GALLERY



Volunteers with Killarney National Park Mountain Meitheal and Muckross Community, Killarney, who came out in force on Sunday Morning to begin work clearing the invasive rhododendron and cleaning pathways and ferges in the beautiful Blue Pool Nature Trail. The Work on Blue Pool continues next Sunday 31st March at 9.00am. PHOTO:VALERIE O'SULLIVAN



Declan Mulvaney, Volunteer with Killarney National Park Mountain Meitheal and Muckross Community, Killarney, who came out in force on Sunday Morning to begin work clearing the invasive rhododendron and cleaning pathways and ferges in the beautiful Blue Pool Nature Trail. The Work on Blue Pool continues next Sunday 31st March at 9.00am.. PHOTO:VALERIE O'SULLIVAN



Volunteers Johnny McGuire, with Eileen O'Donoghue, Moira Murrell and Hannah Sheehy, with Killarney National Park Mountain Meitheal and Muckross Community, Killarney. PHOTO:VALERIE O'SULLIVAN



John Joe Culloty,
Volunteer with Killarney
National Park Mountain
Meitheal and Muckross
Community, Killarney.
PHOTO:VALERIE
O'SULLIVAN



Emma Hayes
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Violet.

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and Maura
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Trisha Lockett with her sister Mary O'Brien and her daughter Abbi Lockett.

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EARTH HOUR IS THIS SATURDAY

Starting as a symbolic lights out event in Sydney in 2007, on Saturday March 29th 2008, 35 countries and over 370 cities switched off lights during Earth Hour for the first time. Now millions of people, businesses and landmarks set aside an hour to host events, switch off their lights and support the Earth Hour movement. This year, they want to celebrate the diversity of life on Earth, and they want to invite your friends and family to celebrate with them!

Please switch off all unnecessary electric lights and electrical gadgets in solidarity with global efforts to secure nature and our home on this Saturday March 30th from 8:30pm until 9.30pm.

SUMMER TIME THIS WEEKEND

Remember to reset your watches, alarms, timers etc by putting the time forward by one hour before you go to bed this Saturday night. Sunrise and sunset will be about one hour later on Sunday, March 31, 2019 than the day before, resulting in more daylight in the evening.

In a public survey in the EU Countries last year, more than 80% of 4.6 million people voted to put an end to seasonal clock changes altogether, but some MEP's decided an April 1st, 2019 deadline was too ambitious. In a compromise, this deadline has been pushed two years ahead, to April 1st, 2021.



A FEW QUICK CHECKS CAN TAKE YOUR DOG THROUGH THE BRIGHTER EVENINGS SAFE AND SOUND

Check leashes, collars, harnesses, etc. for any wear and tear, and verify that they still fit appropriately. Make sure your dog's ID tags are current and still legible, and have your vet scan their microchip to confirm that it still works and make sure the winter months didn't damage any fencing that could lead to your dog escaping.

*Many common garden plants are toxic to dogs, including lilies, daffodils, tulips, Rhododendron begonias etc.

*Fleas, lice etc like warm, humid climates and pets will pick them up from the environment or other infested animals. They can cause severe skin issues, transmit diseases and even trigger anaemia in the host. It's critical to identify fleas quickly and use appropriate treatment. Ticks typically live in wooded areas, brush, shrubs and wild undergrowth; they also transmit some very serious diseases, so prevention is extremely

important. *Try to prevent your dog from stepping on lawns around your neighbourhood as they might be treated with toxic chemicals. Likewise, don't let your dog drink out of puddles from those April showers, as they too might contain chemicals or dangerous pathogens.

*After several months inside and inactive, your dog may have gained weight, lost muscle tone and be a little stiff in the joints, reintroduce him slowly to his favourite outdoor activities by starting with short runs and hikes or gentle games of fetch and Frisbee until he's used to an increased level of activity.

*Make sure the winter months didn't damage any fencing that could lead to your dog escaping. And pick up debris, sticks and rocks that could pose hazards.

*Just like humans, many dogs experience allergies with plants and pollen being common triggers. In dogs, environmental allergies frequently present as itchy skin, as well as secondary skin and ear infections. If you notice your dog excessively itching or licking their paws, it's important to get them to the vet for a diagnosis and treatment.

CALIFORNIA IS FINALLY DROUGHT-FREE AFTER 7 YEARS

According to recent reports from the U.S. National Drought Mitigation Centre, California has been experiencing some form of drought since December 20th, 2011 but had an abundance of rain and snowfall during the past winter season. The rain has spurred a breathtaking wildflower super bloom in certain parts of the state and a vast increase in the "painted lady" butterfly species.

The U.S. Drought Monitor also reported that America's nationwide drought had finally come to an end after three years.

WORKERS WORKED OVERTIME SO THAT THEIR COLLEAGUE COULD TAKE CARE OF HIS SICK SON

36-year-old Andreas Graf, a worker from Marburg, Germany had a terrible period in his life. His wife had died and his son was diagnosed with leukaemia. As his hands were tied, the man wrote a dismissal application to look after the child. Instead, a staff member from the human resources department shared Andrea's story with his colleagues, persuading them to help. They decided to share Andreas' shifts among themselves, so that he would not have to resign. His colleagues had worked overtime for 3,264 hours - about 400 working days, enabling him to be compensated for as paid leave.

ON THIS DATE - MARCH 29TH

1795 - German pianist Ludwig van Beethoven has his debut performance as a pianist in Vienna.

1798 - The Republic of Switzerland was established.

1848 - Niagara Falls stopped flowing for 30 hours due to an ice jam

1859 - The Irish Times was launched as a thrice

weekly publication by Major Lawrence E. Knox at 4 Lower Abbey Street in Dublin.

1867 - The U.S. Congress commissioned the Lincoln Memorial.

1873 - Peig Sayers, Blasket Island storyteller, was born in Dunquin, Co. Kerry

1882 - The Knights of Columbus was founded by a Catholic priest to encourage benevolence and racial tolerance among its members.

1901 - Death of Fenian leader, James Stephens.

1933 - Birth in Belfast of singer Ruby Murray. In the early part of 1955 she had five singles in the Top 20 at the same time.

1961 - Residents of Washington, D.C. were finally given the right to vote in US presidential elections, with the adoption of the Twenty-third Amendment to the U.S. Constitution.

HAVE YOU EVER TASTED WILD COFFEE?

According to a 2017 study, nearly 60% of the world's wild coffee is under threat of extinction and Ethiopia is home to some of these last remaining wild arabica plants.

Amongst the many gems within Bale Mountains National Park is the Mountain Nyala, an endangered species of antelope and the Harenna rainforest which lies about 250 miles southeast of Addis Ababa and hides a tangle of flora beneath the shroud of an often-present, low-lying cloud. Tucked among this dense greenery is some of the world's last wild coffee which farmers living in the area depend on for income and approximately 3,000 individuals gather the bright red coffee cherries from the wild arabica plants by hand each year. After collection, no processing or cleaning is required; farmers simply leave their yield to dry in suspended nets or beneath the sun.

Residents of Manyate established a community group known as the Sankate Association to better develop the forest's small-scale industries including Sankate's coffee village which offers tourists an opportunity to pluck their own ripened wild coffee cherries during the harvest season.

MUSLIM DOCTORS USE OHIO MOSQUE TO OPEN FIRST FREE CLINIC IN THE REGION

The Cleveland Ibn Sina Clinic is located inside the spare rooms of the Islamic Centre of Cleveland in Parma, Ohio. The facility which is open at weekends is being run by 20 different Muslim doctors volunteering their skills on a rotating basis and its doors will be open to uninsured patients from all religions and walks of life.

In addition to offering primary care services, the clinic will also offer treatment for sleep disorders, asthma, allergies, respiratory medicine, and mental health conditions.

All of the clinic's services will be free of charge and the only thing that patients will have to worry about is the cost of prescriptions as the facility will be financing their operations through monthly fundraisers and donations from amongst the Muslim community.

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A Word of Victory



Welcome back dear reader, we mentioned how circumstances are subject to change previously and I would like to give a personal testimony. Things had gone wrong in our business and we were in a very bad place financially and emotionally. We were completely stressed and didn't know how we would make it through. Everything had fallen apart due to the recession and we had lost everything, and still had to face those we owed money to. One Sunday morning at Word of Victory Christian Fellowship the worship song 'Because He Lives' was sung. Tears rolled down my cheeks uncontrollably as I sang....'Because He lives, I can face tomorrow, because He lives all fear is gone. Because I know He holds the future, and life is worth the living just because He lives' – it's a simple song with powerfully anointed lyrics that no matter what is going on Jesus will bring us through. I cried all through that service because tomorrow we were meeting a creditor and we did not have the money to pay them. My baby was on my lap, and my older child had taken my Bible and a little notebook and was drawing and practising her writing. I paid little attention to what she was at – I was just glad she was keeping quiet! I couldn't tell you what was preached that day because all I could think of was what is going to happen tomorrow. Afterwards my daughter came up to me and said 'Mommy look what I did!' and she showed me her notebook. I couldn't believe my eyes when I read what she had written. She had copied a Scripture from my Bible as the Lord used her to speak His promise to me. In her precious 7 year old handwriting she wrote "Give your burdens to the Lord, and He will take care of you. He will not permit the godly to slip and fall." This Scripture is from Psalm 55:22 and of all the Scriptures in the Bible this was the one she copied out. I know it was no coincidence. It was a Word from God that He was with us and He would bring us through. And He did. Our circumstances have changed completely since that time and to God be the glory for His love and faithfulness. I still have that notebook and read it often; I will post a picture of it on this post on our website – Be encouraged friend His promises are for you too!

[See more on wordofvictory.net](http://www.wordofvictory.net)

More next week...

@WOVKillarney

E: wovkillarney@gmail.com - T: 064-6622950 - wordofvictory.net

On the 'box Killarney Outlooks weekly soap column

self-confessed
Soap addict,
**Joe Burkett takes a
look at what's in
store in the soaps
this week**



EASTENDERS

Ben returns to Albert Square this week but he's not alone. He is joined by his ex-love Lola and their daughter Lexie. Ben is soon drawn into Phil's dodgy dealings while Lola is anxious about the secret they are keeping. Ruby faces her attackers in court. Shirley encourages Jean to write a bucket list.

CORONATION STREET

Its Rana's memorial this week but as the mourners grieve, Carla is arrested for manslaughter. While Carla struggles to cope, Gary blackmails Peter to keep Carla's secret. Sally is shocked when Tim appears to have a heart attack. Sinead and Daniel hold a welcome party for Bertie.

One of my favourite Oscar Wilde quotes says 'Be yourself, everyone else is taken'. So why is it so difficult for us to do just that? Liking ourselves and being ourselves has to do with self-acceptance. Self-acceptance refers to our ability to embrace all facets of ourselves and not just the positive, acceptable parts. Whilst we may recognize our limitations and weaknesses – accepting ourselves fully means we accept these aspects of ourselves too. We stop judging ourselves and being so hard on ourselves.

Research shows that before the age of eight we are unable to form a sense of ourselves separate from that which was transmitted to us by those who care for us. So often I hear clients say to me that their parents were unable or unwilling to communicate the message to them that they were totally okay and acceptable. In addition to this we may have received much disapproval and criticism from teachers, siblings, other relatives and/or our peers. Is it any wonder then that we come to see ourselves as inadequate in many ways? A consequence of this is that we may go on to regard many aspects of ourselves negatively. We 'beat ourselves up' often telling ourselves the very same thing that an overly critical parent or teacher may have said.

So how then do we become more self-accepting?

Developing self-acceptance requires that we develop more self-compassion for ourselves. The Buddhist teacher Pema Chodron says that "Compassion isn't some kind of self-improvement project or ideal that we're trying to live up to. Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don't even want to look at".

However learning to be self-compassionate and kind to ourselves can seem like quite a new idea and represents a deep change in our attitude and way of being. In order to ensure our survival our brains have been designed in such a way as to give attention to the negative stuff. Self-criticism has in fact played an important role for us. However, this criticism needs to be tempered with kindness and not allowed to be a habit based response formed from patterns laid down in our early childhood. Whenever we criticise ourselves we are triggering the same threat and protection systems in the body and brain that get activated when threatened by other people.

By cultivating more self-compassion we come to like ourselves more and to view ourselves as deserving of love and respect. This in turn can lead us to showing not just more kindness and goodwill toward ourselves but towards others as well.

Next week we will look further at developing and cultivating self acceptance.

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

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

To make an appointment call: 064 6636416/064 6636100

SouthWest Counselling Centre is a not-for-profit organisation.

All funds raised through fundraising go directly to service provision.



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.

X

NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers. Miracles waited on your world which you were ever ready to speak for those in trouble and anxiety. Encouraged by this thought I implore of you to obtain for me my request...(mention request). The answer to my prayer may require a miracle. Even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, intercede for me and the gratitude of my heart will ever be yours. Amen.

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me. In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no mater how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.

In thanksgiving.

WONDERFUL NOVENA

Oh Jesus, I surrender myself to you, take care of everything. Say 10 times a day for nine days

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PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass You who never delays, I come to you in need: (Clearly express what you want and ask him to find a way to get it to you)
Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)
Be quick. Saint Expedite!
Grant my wish before your candle burns out and I will glorify your name
Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.
For anyone in need say this prayer and your request will be granted. Thank you for favours received. Amen. X

NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever.
Sacred Heart of Jesus, please pray for us.
Saint Jude, worker of miracles, please pray for us.
Saint Jude, helper of the hopeless, please pray for us.
Say this prayer nine times daily and by the end of the 8th day your prayers will be answered.
Say it for nine days, publication must be promised. It has never been known to fail.

X

ANNIVERSARY

IN LOVING MEMORY OF
BABY GRACE ELIZABETH CROWLEY



*Oh! Our darling Angel Gracie,
Our hearts they ache for you
How we long to hold you in our arms
And say that we love you.
They say that times a healer
But they don't see the pain,
We hide behind our smiles each day,
And say that we're ok.
We've made a thousand wishes
And cried a million tears,
Just to have you back with us again
Would make our hearts complete.
When our time on earth here is done,
We'll grow our Angel wings,
And up to heaven we will fly,
To be with you again.*

ALWAYS MISSED AND LOVED,
SISTERS, BROTHERS
DAD AND MAM

2ND ANNIVERSARY

IN LOVING MEMORY OF
BRIDGET (BRIDIE) BURKE



LATE OF KNOCKNAGOWNA,
FAHA, KILLARNEY.
WHO DIED ON 30TH
MARCH 2017

WIFE

It broke my heart to lose you but you did not go alone for a part of me went with you when dear God took my Bridie home.

DEARLY MISSED FROM YOUR LOVING HUSBAND JACKIE.

MOTHER

*The moment that you died
our hearts were torn in two.
One side filled with heartache.
The other died with you.*

*We often lie awake at night
when the world is fast asleep
and take a walk down memory lane,
with tears upon our cheeks.
Remembering you is easy
we do it every day,
but missing you is a heartache
that never goes away.*

*We hold you tightly within our hearts
and there you shall remain
Until the joyous day arrives
that we all will meet again.*

ALWAYS IN OUR HEARTS
FROM YOUR LOVING FAMILY.

NANNY BRIDIE

*Kerry was our second home where
you fed our minds you fed our souls, but all
too soon God called you home it broke our
hearts to let you go, dear Nanny in our hearts
forever more*

YOURS AMELIA, JAMES
AND CHARLOTTE XXX

Anniversary Mass for Bridie Burke
will be held in Listry Church on
Saturday 30th of March at 6pm.

PRAYER TO ST. PADRE PIO

PRAYER

O God, You gave Saint Pio of Pietrelcina, capuchin priest, the great privilege of participating in a unique way in the passion of Your Son, grant me through his intercession the grace of which I ardently desire; and above all grant me the grace of living in conformity with the death of Jesus, to arrive at the glory of the resurrection. Glory be to the Father ... (three times)

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