## Rathmore Community Newsletter incorporating Shrone, Gneeveguilla & Knocknagree 12<sup>th</sup>/13<sup>th</sup> March 2016 Tel: 064 7758219 e-mail: janice@rathmoreparish.ie

|   | Tel: 064 7/58219 e-mail:  | janice@rathmoreparish.ie                                      |   |
|---|---|---|---|
| Knocknagree GAA Club Notes:   | Eveleen's Driving School - Beginner to Pre-Test   | <b>Rathmore/Gneeveguilla Community Games</b>                  | Autism Aawareness Fundraiser – BARN DANCE   |
| Lotto: No's drawn: 10.13.19.23. No Winner.                              | Standard. Free door to door collection service. Special offer   | Church Gate Collection. Thank you to all who                  | Gneeveguilla GAA Hall – Sat. April 2 <sup>nd</sup> 9pm sharp.                                     |
| €50: Brendan O'Sullivan, Cahirbarnagh.                                  | available for EDT students. Call 087 9864608.   | supported last week's Gate Collection. The money raised       | Music by The Kelts. Tickets €10 from  |
| €25 each: D.B. O'Keeffe. A.A.O. Rachel O'Sullivan,                      | Gneeveguilla GAA: Lotto numbers: 2.15.22.25.  | will go towards our area's fees, sport's wear and equipment.  | Brigitta 087 6303659 or Siobhan 087 9249918.  |
| Mountcain. John Collins, Knocknageeha.                                  | No jackpot Winner. Next week's Jackpot: €8,500. €40 each:   | We really appreciate everyone who volunteered to help on      | Danú Easter Camp 2016   |
| Next week's Jackpot: €3,500. Venue: The Central Bar.                    | Lyno, c/o Jimmies. Paddy & Sheeree, Oz. P. Fleming,   | this occasion in all our three Churches, without help from    | Wednesday 23rd, Thursday 24th, Friday 25th March  |
| 14/03/2016. Thanks for your continued support.                          | Maughantourig. €30 each: Siobhan Doody, Balinahulla.  | all the parents and children it would not have been possible, | Wednesday 30th, Thursday 31st March, Fri. April 1st   |
| Gneeveguilla Athletic Club: Lotto: No winner on                         | Moss O'Keeffe, Bounard. €20 Jack & Megan. Y/T.  | so a big thank you to all our volunteers.                     | 10am -2.00pm. Ages: 3-6YRS  |
| 4/03/2016. No's drawn: <b>2.8.10.25.</b> Seller's Prize: Tom Joe        | •   | Best of Luck: The Girls U10 Indoor Soccer Team travel         | Easter Hunt, Outdoor Games, Activities, Sports, Face  |
| O'Donoghue. €50 Y/T: Pat Fleming, Maughantourig.                        | on March 20th.  | to Milltown this Sunday morning to play in the County         | Painting, Song & Dance, Arts & Crafts, & Lots, Lots   |
| €50: Paul Daly, Tureencahill. €40 each: David Gleeson,                  | Music in the Club Bar Wednesday March 16th by The   | Finals. We wish the following panel and their coach Owen      | More!!!!  |
| Gneeveguilla. Mick Daly, Gullane. Elaine Murphy,                        | Dineen Family, everyone welcome. Membership now   | O'Leary, the very best of luck on the day:                    | Places are limited. Call 064 7758700 to book your place   |
| Rockchapel. Bonus not won. No's drawn: <b>15.19.21.24</b> .             | being collected & can be paid for at the Club Bar.  | Kensa Barry, Ella Guerin-Crowley, Leanne Fleming,             | Specialising in Old & New Houses: Sewers,   |
| Next Jackpot: €9,000 plus €1,000 bonus.                                 | Gneeveguilla Commemorates the 1916 Rising.  | Shauna McCarthy, Joanne O'Keeffe, Chloe O'Leary,              | Footpaths, Septic Tanks, Soak Pits, Concrete Work,  |
| Upcoming Fixtures: (1) The Kerry Sports Hall                            | An event is being organised by the Community Council for  | Lily Sheerin  |   |
| <b>Development Games</b> for children born 2005 – 2008                  | Sunday 24th April (actual Anniversary of the Rising).   | Results to follow next week. Follow our Facebook page for     | Driveways, Drainage, Patios, Kerbing, and Fencing & Lawns. Tel: Frank O'Leary 087 6731808.        |
| inclusive who did not win a County medal in 2015, will be               | A public meeting will be held on Monday 14th March at   | updates on the day. 'Rathmore/Gneeveguilla Community          | •   |
| held on Saturday March 19 <sup>th</sup> in Milltown Community Hall.     | 8.30pm in Teach Failte. Everyone welcome.   | Games'.   | Hollymount NS would like to invite you to our '1916   |
| We would encourage as many children from the Club to                    | * *   | Anyone interested in taking part in the County Model          | Flag Ceremony' on 15th March 1pm-3pm.   |
| attend these games. (2) The Kerry Road Championships                    | Rathmore GAA Club: Lotto Results (07/03/2016)   | Making event on 20th March or the County Quiz U14 event       | Refreshments will be served. All Welcome!   |
| are on Sunday March 20 <sup>th</sup> , venue to be confirmed. (3) Jack  | Numbers drawn: 4.13.18.29. No Jackpot Winner this   | on the 25th March please contact one of our officers, more    | Sewing to Suit  |
| O'Keeffe Juvenile Races, Easter Monday March 28 <sup>th</sup> in        | week. Play online at <u>www.locallotto.ie/rathmoregaa</u> for next  | details may be found on our Facebook page.                    | Clothing Alteration & Repairs - Curtain Alterations   |
| Kiskeam at 12.30pm. Registration from 12 noon in the                    | draws of €4,000. Consolation prizes €40 O'Keeffes XL Gift   | Rathmore/Gneeveguilla Community Games.                        | Cáit McCarthy O'Connor  |
| Community Centre, races for all children Tiny Tots up to                | Voucher – Aeneas O'Leary, c\o S.A.G. (Yearly Ticket).   | Plan to setup a Community Cardiac First                       | Knockanes, Headford, 087 6207030  |
| U15 Boys & Girls. This will be followed by the Jack                     | €40 each: Sharon & Brendan, Glean Rua. Callum & Karen,  | Responders Group in Rathmore Parish. The aim of               | Cook required for Connie K's, duties will include   |
| O'Keeffe 4 Miler Boherbue to Kiskeam route, commencing                  | c\o Karen O'Mahony. Timmy Cronin, c\o Cadbury's. Sheila   | the group is to establish and run a Cardiac Responder         | cooking and preparing food. Experience in a food  |
| at 2.00 pm. (4) Munster Road C/ships are on Sunday                      | Reen, Station Road. This week's lotto is sponsored by The   | Scheme to provide rapid intervention to preserve life until   | environment is desirable. HACCP qualification can be  |
| April 3 <sup>rd</sup> in a Clare venue. (5) Gneeveguilla AC Open        | Old Chapel Bar, Rathmore.   | the arrival of HSE & Ambulance. The Defibrillators (AED)      | provided as well as further training. Please hand CV's in to                                      |
| Sports will be held in Riocht Track on Sun. April 24th.                 | Fixtures: U-18 County League Rathmore away  | are in place, one at the Community Centre and one opposite    | either Jeff or Phil in the Bar or email to  |
| (6) Following on from 2014 and 2015 hugely popular                      | to Laune Rangers Saturday 12th @3pm.  | the Church.   | connieksrathmore@gmail.com  |
| Gneeveguilla AC 1 Mile Series, we will be holding 2016                  | <b>E. K. Super Lge</b> Rathmore home to Currow Sun. 12noon.<br><b>Membership</b> is now due for renewal for coming year, must | These life saving devices can give a person in cardiac arrest | Knock 31 League starting at Connie K's every Fri. @ 8.30.   |
| Series on the last Wed. in June and every Wednesday in                  | be paid before end of March.  | an 80% chance of survival even before the arrival of an       | TUREENCAHILL COMMUNITY GROUP  |
| July, (7) Rathmore Ladies GAA 5K is on Sun. June 5 <sup>th</sup> .      | A the True De alter and New or London 007 1144100   | ambulance.  | REMEMBERING 1916 IN TUREENCAHILL  |
| (8) Gneeveguilla National School 5K is on Sun. Sept. 25th               | Well done to Liebherr who retained their All-Ireland Senior   | You must have competed and passed a certified training        | COMMUNITY CENTRE Sun. March 20th 2.30 - 4.45pm  |
| Church Gate Collection: Thanks to all who contributed to                | Inter-Firms Title in Tuam last Saturday.  | course in CPR and AED use in order to be able to take part    | This evening will include setting the scene of the Rising   |
| our Church Gate Collections over the past two weekends,                 | Hard luck to the Senior Girls of SPSL in the Lidl All-  | in the Community Cardiac Responder Scheme. A total of 34      | from a National, Kerry and local perspective.   |
| Rathmore / Gneeveguilla / Shrone Church Gate Collection                 | Ireland Post Primary Senior C Final, it wasn't to be but you  | took part in courses in Rathmore recently and members         | 1916 Signatories remembered in poetry, song and music.  |
| coming up shortly.  | can all be very proud of your achievements, Well done.  | from other organisations in the Parish that have completed    | Everybody welcome.  |
| Kerry Athletic Awards: Congratulations to those who                     | <b>Best of luck</b> to Junior Girls of SPSL who also reached the  | certified training courses in CPR and AED courses are         | Rathmore's Sixth Annual St. Patrick's Day   |
| received awards at the County Awards last Sat. night, Donal             | Lidl All-Ireland Junior C Final being played Saturday 12th  | welcome to get involved. We hope to have a meeting very       | -   |
| Daly & Jack O' Leary in the Juvenile category, Matthew                  | March in Nenagh, where they take on Ballymahon, Co.   | shorty. If you would like to get involved or would like more  | <b>Parade</b> takes place on Sunday March 13th. 2016 at 2pm                                       |
| Collins in the Junior Category, Hannah O'Sullivan,                      | Longford.   | information please contact Michael O'Mahony 087               | Led by this year's Grand Marshall Mary Hickey former  |
| Mairead O' Neill, Brid Stack & Lauren Kennelly in the                   | oxyvent   | 6676817.  | Kerry Rose. ALL FLOATS WELCOME: Categories are:   |
| Kerry County Women's League Team. Brid Stack, Shelia                    | •   | <b>DOING A SPRING CLEAN:</b> Rathmore Ravens                  | Best Overall Float & Frank Buckley Cup  |
| O' Donoghue & Annette O' Brien in the Master Ladies,                    | Solid Fuel and Oil cannot be combined successfully  | Basketball Club are holding a USED CLOTHING                   | Best Vintage Vehicle - Best Commercial Float  |
| Robert Purcell Snr in the Master Men Category.                          | without the Oxyvent System.   | Collection, drop off times Wed. March 23rd 7-8pm and          | Best Organisation / Group - Best Window Display<br>Best Dressed Buggy / Prism - Best Dressed Pet! |
| Leinster Championships: Mel O'Callaghan guesting in                     | Save Fuel and increase the performance of your  | Thurs March 24th 9-10am to Rathmore Community Centre.         | Street Entertainment – Children's Face Painting   |
| the Leinster C/ships in Athlone. Mel again had a PB in the              |   | recepted items include unwalted cloules, bed incli, towers,   | Further info. from 087 6676817. No Street Traders please.   |
| 200m and made the final of the 60m. Well done to Mel.                   | Free consultation; Tim Cremin   | curtains, shoes, bags, belts and soft toys. Your support is   | X   |
| <b>Training:</b> Watch out for new training schedules. Indoor           | Tel No 064.7754449 / 087 2461746 <u>www.oxyvent.com</u>   | appreciated!!   | RATHMORE PHYSICAL THERAPY CLINIC  |
| (Hall) Training will finish on the week ending March 18 <sup>th</sup> , | Sewing & Alterations: Includes zips, pants & hemming,   | Fascia, Soffit & Gutter. New & old houses. Also gutter        | * Back, Neck and Shoulder Pain* Sports Injuries   |
| Track and Outdoor Training will continue.                               | skirt hemming & curtain hemming, elastic in pants, pillow   | on sheds. C2 registered. Contact: Paddy Crowley 087-          | * Prescription Orthotics* Health Insurance Approved   |
|   |   | 2114481 or 064 7758337.                                       | Contact: Dan O' Sullivan Bsc. ph. Th  |
|   | Ph. Abina Moynihan Mahony (Lacka) 087 6607500.  |   | Shrone, Rathmore Phone: 086-8303031   |
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|--|---|---|--|--|--|
| Sliabh Luachra Montessori School<br>Now Enrolling for Sept. 2016<br>*All children aged 3 in Sept. 2016 are entitled<br>to 2 free years pre school*<br>Age 2½ - 5 Times: 9 – 12 & 12 – 3  | Thank You: Now that I have returned to work, I would<br>like to express my appreciation for all the kind words, cards,<br>Masses, thoughts and prayers throughout my illness. Your<br>support was greatly appreciated. <u>Padraig Cronin.</u><br>Sean O' Donoghue:  | New and Exclusive to The Haven<br>Decléor Aroma Glow Boost Facial<br>Awaken the skin and senses for instant refined and flawless  | O'Keeffe's Rathmore<br>Mon-Fri 8.30am - 5.00pm : Sat 8.30am - 1.30pm<br>Winter Clearance: 6 Bales Eco Logs €20 : 6 Bags Kiln<br>Dried Birch €20 - Black Diamond Stove Coal €17.50 -<br>Magna 6.5kw Multi Fuel Stove €250.00 - Zibro Paraffin |  |  |
| Give your child the best possible start in life.<br>Call Emma on 087 9004101<br>BOOK NOW!! Very Limited Places Available   | Oil Boiler/ Burner Servicing and Repair.<br>Emissions & Efficiency Testing & Commissioning.<br>Tel: 087 9933405.  | skin, this power packed facial will awaken even the most<br>tired of complexions in the shortest of times.<br><u>90 Min Treatment €65 + Back Massage, Essie Foot</u><br>Treatment & Goodie Bag : 40 Min Treatment €35 + Essie   | <b>Bible Study</b> for Women (beginners) continues in Teach<br>Failte, Gneeveguilla every Wednesday from 7.30pm –  |  |  |
| For all your <b>PAINTING &amp; POWER WASHING</b> NEEDS: Contact Jack Buckley 087 9864175. A to Z Plant Hire For all your Uira Nords Dispared to 14 ton Dumpers   | Edel's Beauty Salon, Barraduff<br>064 77 54404 Or 087 0642929<br>Early & late opening on request. Appointments on request.  | Foot Treatment & Goodie Bag. Salon Will be Closed<br>Thursday 17th March Re-opened Friday 18th @ 9.30am<br>For Sale: Dry Seasoned Firewood Timber sold by the   |  |  |  |
| For all your Hire Needs - Diggers1 to 14 ton, Dumpers<br>up to 6 ton, Rollers, Teleporters, Consaws, Laser Levels,<br>Power Washers, contact Mike Herlihy 087-2449859.<br>Mc Carthy's Quik Pick / Gneeveguilla P.O.  | March Offer<br>Manicure & Eye Lash/Brow Tint & Wax €30<br>Free Toe Paint with Shellac 2 Week Manicure.<br>RATHMORE CREDIT UNION   | trailer and the bag. Timber sold in 50kg fertiliser bags and<br>not in 25kg ration bags also sticks for starting the fire.<br>Service available for splitting blocks of timber.<br>Contact 087 1733841.   |  |  |  |
| Maxwell House     Jaffa Gold Cranberry       100g Only €2.00     Juice 11t   | As we celebrate our National Holiday – St. Patrick's Day, it reminds us of our foundation in the Community. Rathmore and District Credit Union was founded on the 23 <sup>rd</sup>  | Proclamation Day Tues 15 <sup>th</sup> March<br>Holy Family NS Rathmore<br>2016 Commemorative Programme commences at 10am   | 8.30pm. For more info. contact Eileen Scannell 087<br>7794752.<br>Mc Carthy's Londis Supermarket   |  |  |
| Kellogg's     Lucozade Energy       Special K 400g     Original 4 Pk       €2.99     Only €2.50  | March 1968 and will celebrate 50 years in existence in the community in 2018. The Credit Union is member owned and a voluntary run financial service that helps people in their daily lives whether it be regular savings or small personal loans. The Credit Union movement as we know it  | The ceremony will last about 1 hour. All welcome Shrone N.S. Proclamation Day. On Tuesday 15th March at midday we will celebrate Proclamation Day by raising the Irish Flag.  | Londis<br>BreakfastKellogg's Rice<br>Krispies 510g,<br>All BranPot Noodle<br>90-96g<br>Range Only<br>€1.006's +Flakes 750g<br>€1.00  |  |  |
| Tayto Cheese &<br>Onion 8 Pack €2     Weetabix Family<br>24's €3.00  | is evolving but at all times the member is paramount and we<br>in Rathmore Credit Union will continue to provide local,<br>friendly and accessible services well into the future.   | An exhibition of the pupil's projects will be on display. Tea<br>and light refreshments will follow. All welcome to attend.<br><u>Cremin Sports Injury &amp; Rehabilitation</u>   | Sausages<br>227g + $€3.00$ Each<br>Goodfella'sHunky<br>Dorys 150g<br>Range 2 forBack<br>Rashers +Takeaway<br>Range OnlyRange 2 for<br>$€4.00$  |  |  |
| Coke 1Lt €1.002Kg Odlum's Self<br>Raising Flour €2.50<br>2Kg Odlum's Cream<br>Flour €2.50  | and if you are self- employed a Notice of Assessment/Set  | Offers treatment of musculoskeletal and neurological<br>injuries. Some of the most common injuries treated include:<br>Lower back pain - Pregnancy related back and pelvic pain -<br>Sciatica (neural pain from the back radiating to the leg and   | Black or<br>White<br>Pudding<br>All for $€3.50$ Dairy Gold<br>Butter 908g<br>only $€5.$  |  |  |
| Baker's Comp.Dog Food 2.7kg<br>€6.00Batch. Baked Beans<br>420g 80centBrandy Comp.<br>2.5kg €4.002.5kg €4.00  |   | buttock) - Neck injuries - Upper Back - Joint related pain-<br>Hip, Shoulder, Elbow, Wrist, Knee and Ankle - Sports<br>Injuries - Frozen Shoulder<br>Flexible appointments available to suit your schedule.<br>Contact Pat on 087 9556857   | €4.00Coca Cola 8Pk<br>Reg/Diet/Zero/<br>Tropical 70Glenmore<br>Fresh Whole<br>Irish<br>Chicken   |  |  |
| We stock a good range of Work Boots & Wellingtons with<br>good range of prices to suit all needs. We thank all our<br>customers for their continued loyalty. Much appreciated.   | <ul> <li>Jumbo Easter Eggs. All you have to do is lodge, withdraw, draw down a loan etc. and you are in for the draw.</li> <li>Easter Colouring: This Competition is open to all children</li> </ul>  | <b>The WeightWellbeing Clinic</b> takes place in Rathmore<br>Community Hall every Tuesday evening with Maeve<br>O'Meara @7pm. Lose weight feel Great! Call 083 1114646  | Half Price $\hat{O}$ nly $\in 3.99$ 1800g Only $\notin 9.99$ $\notin 5.00$   |  |  |
| SUPPORT YOUR LOCAL POST OFFICE<br>Your Post Office works 9am to 5.30pm daily, Sat. 9am to<br>1pm & gives a wide range of vital services such as A.I.B.<br>Banking Deposits; & Withdrawals up to €600 daily;<br>Pensions & all S. W. Payments which you are legally<br>entitled to draw at your Post Office; Express Mail Service | to colour their favourite Easter scene. For the 20 best<br>posters received there is a prize of an Easter Egg and €5. So<br>children, collect your colouring sheet and we look forward<br>to seeing your very colourful posters.<br><i>Please take note of the following closing times:</i><br><b>Thur. 17</b> <sup>th</sup> March St. Patricks Day – Office CLOSED | XL Stop & Shop West End, Rathmore       064 7758016 Cut Price Petrol & Diesel       €550         Offers Available From 03rd to 23rd March 2016       McVities Biscuit Range       Only €1.75         Johnsons Baby Wipes       Only €1.50       Knorr Sauce Range         Only €1.00       Only €1.00 | HB     Cadbury       HB     Pouches     Loin Pork       Romantica     Buttons,     Chops Only       Caramel     Crunchie     €5.99kg.       Only €5.     Rock, Twirl       Bites Only     60 F   |  |  |
| with a guarantee of next day delivery; Post Office Savings<br>Bank Account which you can open with as little as $\notin 1$ &<br>deposit or withdraw as you please, the ideal way to save fo<br>the special occasion be it holiday, Christmas or whatever.<br>Get started now; there are a host of other Post Office              | We wish you all a very enjoyable St. Patrick's Day<br>Easter Weekend:           25 <sup>th</sup> March – Good Friday Office Closed at 1:00pm           26 <sup>th</sup> March – Holy Saturday Office Closed at 3:00pm           28 <sup>th</sup> March – Bank Holiday Monday Office CLOSED  | Lyons Teabags 160'sOnly $\in 5.00$ Family Value Toilet Roll x 4Only $\in 1.50$ Family Value Kitchen Towel x 2Only $\in 1.50$ Kellogg's Rice KrispiesOnly $\in 2.50$ Family Value Tuna ChunksOnly $\in 1.00$ Kell X Value Tuna ChunksOnly $\in 2.50$   | €2.00 Each<br>FREE COMMUNITY HEARTSAVER<br>LIFESAVING SKILLS<br>Health & Safety Services in Newmarket are running a<br>series of 1 night Free Heartsaver Life Saving Skills courses  |  |  |
| Services too numerous to mention. Keep your Post Office<br>alive. Use the services available. You'll miss it if it goes.<br><b>Silage Bales For Sale</b> Gneeveguilla area.<br>Contact: 086 6043858.   | Painting & Decorating Services<br>Contact Patrick Reen 087 0954582<br>To Let: 3 Bedroom House Rathmore/Gneeveguilla Area<br>Long Term Only 086 3900500.   | Kellogg's Variety 8 Pack Only €2.50<br>Freshly made Rolls/Wraps/Paninis/Baps/Sandwiches Made<br>to Order  | during March & April. This teaches participants how to<br>respond to a cardiac emergency and use a Defibrillator.<br>Times are 7.15pm to 10.15 pm. Contact Yvonne Brosnan fo<br>dates and bookings 029 60666.                                |  |  |

| ower packed facial will awaken even the most<br>nplexions in the shortest of times.<br><u>atment <math>65 + Back Massage Essie Foot</math></u>   | Hea<br>€5.( | iter 2.3kw €199.<br>00 - Wicker Log<br>re €24. Many mo   | 00 - Cracker Jack Fi<br>Trolley €27.50 :Mo<br>pre offers in store.  | re Lighters 3 boxes<br>oss Buster 3 in 1  | s |  |
|--|-------------|--|---|---|---|--|
| 11able for splitting blocks of timber.<br>7 1733841.   |             | Fuels @ O'Keeffe's Oil, Rathmore<br>Tel: 064 7758013<br>(100 years in Business 1909 – 2009)<br>Buying Heating Oil or Tractor Diesel?<br>Better Price Better Service–your LOCAL Oil Company<br>Bible Study for Women (beginners) continues in Teach<br>Failte, Gneeveguilla every Wednesday from 7.30pm –<br>8.30pm. For more info. contact Eileen Scannell 087<br>7794752. |   |   |   |  |
|  |             | Mc Carthy's Londis Supermarket   |   |   |   |  |
| ny will last about 1 hour. All welcome<br>Shrone N.S. Proclamation Day.<br>y 15th March at midday we will celebrate<br>on Day by raising the Irish Flag.<br>on of the pupil's projects will be on display. Tea<br>freshments will follow. All welcome to attend.<br>min Sports Injury & Rehabilitation<br>ment of musculoskeletal and neurological<br>me of the most common injuries treated include:<br>c pain - Pregnancy related back and pelvic pain -<br>ural pain from the back radiating to the leg and<br>Neck injuries - Upper Back - Joint related pain-<br>der, Elbow, Wrist, Knee and Ankle - Sports |             | Londis<br>Breakfast<br>Med. Eggs<br>6's +<br>Sausages<br>227g +<br>Back<br>Rashers +<br>Black or<br>White<br>Pudding<br>All for<br>$\notin 4.00$   | Kellogg's Rice<br>Krispies 510g,<br>All Bran<br>Flakes 750g<br>€3.00 Each<br>Goodfella's<br>Takeaway<br>Range Only<br>€3.50<br>Green Isle<br>Skinny Chips<br>800g €2.00 | Pot Noodle<br>90-96g<br>Range Only<br>$\in 1.00$<br>Hunky<br>Dorys 150g<br>Range 2 for<br>$\in 4.00$<br>Dairy Gold<br>Butter 908g<br>only $\in 5$ . |   |  |
| appointments available to suit your schedule.<br>Contact Pat on 087 9556857<br>htWellbeing Clinic takes place in Rathmore<br>Hall every Tuesday evening with Maeve<br>7pm. Lose weight feel Great! Call 083 1114646  |             | Surf<br>Powder<br>Tropical 70<br>Wash<br>Half Price<br>€9.99   | Coca Cola 8Pk<br>Reg/Diet/Zero/<br>Fanta/<br>Sprite 330ml<br>Only €3.99   | Glenmore<br>Fresh Whole<br>Irish<br>Chicken<br>1800g Only<br>€5.00  |   |  |
| & Shop West End, Rathmore         D16 Cut Price Petrol & Diesel         ilable From 03rd to 23rd March 2016         ties Biscuit Range         Only €1.75         ons Baby Wipes         Only €1.50         Sauce Range         Only €1.00   |             | HB<br>Romantica<br>Caramel<br>Only €5.   | Cadbury<br>Pouches<br>Buttons,<br>Crunchie<br>Rock, Twirl<br>Bites Only   | Loin Pork<br>Chops Only<br>€5.99kg.   |   |  |

## FREE COMMUNITY HEARTSAVER LIFESAVING SKILLS

## Rathmore Community Newsletter incorporating Shrone, Gneeveguilla & Knocknagree 12<sup>th</sup>/13<sup>th</sup> March 2016 Tel: 064 7758219 e-mail: janice@rathmoreparish.ie

Contact Yvonne Brosnan at **Health & Safety Services** for dates and bookings at this FREE 1 night training program, 029 60666."