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THIS WEEK

02 : 04 : 21

Marie's fundraiser raises almost €43,000

- See Page 4

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Aisling Crosbie.

FROM THE EDITOR

This week, An Taoiseach Micheál Martin addressed the country, urging us all to continue in the fight against COVID-19.

"We are on the final stretch of this terrible journey. This summer, our businesses and our public services will safely reopen.

"We will finally be meeting and enjoying the company of friends and family once again. We will be able to travel within and enjoy our beautiful country again. Jobs and livelihoods will be restored".

To achieve this, we need to hold firm, to stay home, to keep safe and to be patient while the vaccine rollout continues.

To all our readers, advertisers, contributors and friends, on behalf of the team at Killarney Outlook, we wish you all a very Happy Easter.

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

T: 0818 222 024

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

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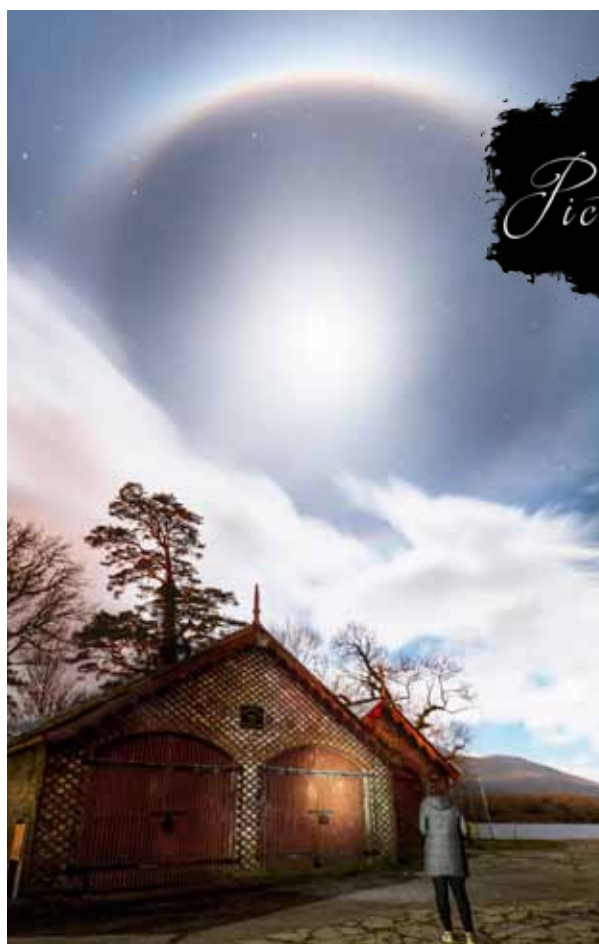
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Some phenomenal conditions as a 22" Moon halo is pictured at the Workman Rowing club near Ross castle.

PICTURE: GORAN LONČAR

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MARIE'S FUNDRAISER RAISES ALMOST €43,000

In hail, rain, wind and sun, Marie Chalke completed her 10km fundraising walk on Daffodil Day last week and has raised almost €43,000 for vital services in doing so.

Having organised with the nurses at the Galway Clinic, where she is having her treatment, to receive her Radiotherapy early, Marie headed for Killarney to complete the challenge.

"The weather was not pleasant but appropriate for a walk to honour cancer experiences. There were stormy skies, torrential rain, strong headwinds, icy hail and the occasional shaft of warm sunlight", Marie said. Fittingly, there was sunlight when she reached her front door with the challenge completed.

To date, Marie has raised almost €43,000. "To say I am blown away is a complete understatement", Marie told Killarney Outlook. "It's just phenomenal to see the amazing

support from so many people. This fundraising really gave people a platform to be able to donate seeing as there were no bucket collections or coffee mornings being held. I am so so happy for the 3 charities and I know they will each be most grateful as well", she added.

"It was unreal just to watch all the €10 €20 and much more being lodged in every single euro really counts and added up before we knew it", Marie said.

Marie has decided to leave the fundraiser open until Easter Monday.

"Fingers crossed another few donations might trickle in over the weekend", Marie added.

You can donate to Marie's Go Fund Me fundraiser at gf.me/u/znqn4f

To say I am blown away is a complete understatement

ROWING A HALF MARATHON FOR ALEXIS



This evening, Friday April 2nd will see the Flesk Valley Senior Men undertake a marathon 300km rowing challenge for a very worthy cause.

At 6pm each participant will each set out to row a half-marathon. They will be rowing individually on machines (in their kitchens, bedrooms, attics and sheds) but together online aiming to cover 300km.

The club decided to dedicate their efforts to raise money for a young lady from Killarney.

Alexis O' Mahony is a four year old little girl who has been living with life limiting conditions since birth and requires 24hr physical and intellectual care. With a team of helpers including her loving parents, Resilience Healthcare and the Jack and Jill Children's Foundation Alexis faces daily battles both at home and at Temple Street Children's University Hospital Dublin, living with her rare primary metabolic condition Pyruvate Dehydrogenase Deficiency.



The funds raised will go towards supporting Alexis' family in meeting her ongoing needs.

<https://www.facebook.com/letshelpalexis>

This GoFundMe page has been set up with the cooperation and blessing of the 'Let's Help Alexis' fund-raising committee and all funds raised go directly to the Alexis O'Mahony Fund. Any contributions to this worthy cause will be much appreciated.

<https://gofund.me/e28a749e>

Laura to shave her head in an act of solidarity

A Killarney woman has decided to shave her head to raise funds for the Kerry Rape and Sexual Abuse Centre.

20 Year old Laura Whelton will undertake the fundraiser on Tuesday April 6th.

"We are asking you to support Laura as she shaves her head. She has chosen to do this as an act of solidarity with women who have had so much stripped away from them", Vera O'Leary, Manager of the Kerry Rape and Sexual Abuse Centre, told Killarney Outlook.

All funds raised will go directly to Kerry Rape and Sexual Abuse Centre.

For every €100 raised the centre will be able to provide 3 crisis counselling sessions for Survivors of Sexual Violence.

"Laura is a supporter of the Centre & the services we provide & we are very grateful to her for selecting us as her chosen charity", Vera added.

You can also support Laura on iDonate - <https://www.idonate.ie/fundraiserKRSAC>



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€17MILLION OUTDOOR DINING SCHEME ANNOUNCED



The Outdoor Dining Enhancement Scheme will accept applications from April 12th, 2021.
PICTURE: MARIE CARROLL O'SULLIVAN

There has been broad welcome for the new Outdoor Dining Scheme which has been announced by Minister Martin, Fáilte Ireland announce new Outdoor Dining Scheme in partnership with Local Authorities. This week Minister for Tourism Catherine Martin TD and Fáilte Ireland announced details of a new €17million Scheme.

The Outdoor Dining Enhancement Scheme comprises two parts and will be delivered in partnership between Fáilte Ireland and Local Authorities across the country. Part One of the Scheme will provide funding for individual tourism and hospitality businesses to develop and increase their own outdoor seating capacity. Funding allocated under Part Two will enable Local Authorities to develop permanent outdoor public dining spaces in towns and urban centres, similar to those that exist in various European cities. Initial application will be opened on April 12th, 2021.

Announcing the Scheme Minister Catherine Martin said "This Scheme has two main objectives: firstly, to enable individual tourism and hospitality businesses increase their dining and seating capacity in the short-term and secondly to enable a long-term strategy for local authorities to develop appropriate permanent weatherproofed outdoor dining infrastructure".

The scheme will be administered by local authorities and, Moira Murrell, Chair of the CCMA Rural Development, Community, Tourism, Culture and Heritage (RCTCH) Committee stated:

"Local Authorities are looking forward to administering this Scheme for individual businesses, as well as delivering year-round all-weather outdoor seating options to boost the appeal and attractiveness of our cities and towns. Following the success of the Street Furniture Grant Scheme, implemented by some Local Authorities in 2020, we look forward to creating outdoor dining experiences around the country that not only benefit locals, but are also attractive to domestic and overseas visitors when the sector re-opens. Developing outdoor infrastructure is a key element of answering the consumer demand for more flexible dining options."

Minister for Education Norma Foley TD has welcomed the announcement.

The dual aim of this programme is to provide funding for individual tourism and hospitality businesses to develop and increase their own outdoor seating capacity and to enable Local Authorities to develop permanent outdoor public dining spaces in towns and urban centres. The Scheme will supplement the extensive work and programmes already undertaken by local authorities, Fáilte Ireland and wider Government across the county in supporting the hospitality sector throughout this pandemic.

Each Local Authority can apply for up to €200,000 under this element of the scheme which will be open for applications on April 12th, 2021 through Local Authority websites.

Part One of the Outdoor Dining Enhancement Scheme covers Outdoor Seating and Accessories.

This is open to individual tourism and hospitality businesses including hotels, cafes, restaurants and attractions where food is sold for consumption on the premises. Local Authorities will administer the Scheme through their internal business perspective and processes. All applicants will be required to comply with planning codes, legislative and other compliance requirements. The Scheme aims to expand on the work done in 2020 by Local Authorities in supporting businesses and will support individual independent hospitality and tourism businesses towards the cost of equipment to provide additional outdoor seating and facilitate these businesses to increase their outdoor dining capacity for the summer of 2021. Applicants can apply for a grant of up to €4,000 (up to 75% of the ex-VAT cost of equipment purchased/installed). Costs for outdoor tables, chairs, umbrellas, electric heaters, screens/windbreaks, plant stands and wooden platforms will be covered under the Scheme. Expenditure must be incurred between 1st April 2020 and 30th September 2021 and the scheme will open for applications on April 12th 2021 through Local Authority websites.

Part Two of the Scheme covers Weatherproofing & Outdoor Dining Infrastructure

This will support Local Authorities to upgrade and enhance streets and public spaces and implement weather-proofing solutions which will facilitate year-round outdoor dining in urban tourism centres. This element of the Scheme will facilitate medium-large scale, weather-proofed dining areas for a collective of businesses in a single zone/street, similar to those that exist in various European cities. Each Local Authority can apply for up to €200,000 for a maximum of 2 locations. Additional funding may be made available subject to the quality and economic value of the proposals. Permanent robust and design appropriate weatherproofing structures, including parasols, electric heaters, wind breakers/screens and associated enabling works to accommodate these interventions on a long-term basis will be included. Roof structures and awnings will be considered subject to planning requirements being adhered to. Key is that these remedial works will increase the outdoor dining capacity within our cities and towns, whilst also ensuring the safety of diner and pedestrians.

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Aoibhinn's Art work crowned the winner

A talented 7 year old artist has been crowned the winner of the Credit Union 'Imagine More' Art Competition

Representing Rathmore & District Credit Union, Aoibhinn Creedon won the Age 7 and Under Category beating everyone in her age group in both the Republic of Ireland and Northern Ireland.

Now in its 37th year, the competition continues to capture the imagination of participants and is one of the longest-running competitions of its type. Despite the COVID-19 restrictions, over 30,000 entries were received for this year's competition. Lockdown restrictions resulted in a slight delay to the announcement of the winners of this year's competition. A special virtual ceremony, hosted by RTE broadcaster, Marty Whelan was streamed on the ILCU social media channels for finalists and their family, friends and credit



Representing Rathmore & District Credit Union, Aoibhinn Creedon won the Age 7 and Under Category beating everyone in her age group in both the Republic of Ireland and Northern Ireland.

unions to tune into. Marty ran through all of the finalists' works of art and also spoke to the three art competition judges to get their thoughts on this year's winning entries.

The theme for this year's competition was 'Imagine More' and it encouraged participants to think past their current situation and use their imagination to dream about what life will be like when restrictions aren't a large part of our world. This theme also aimed to reflect and display just how important the arts are in Irish

society.

Eleven successful entries were crowned winners in their respective categories and, in addition to the ten individual winners and one group winner, there were 22 runner-up and merit awards. Age categories encompassed 7-years-and under to 18-years-and-over. There was also a category for artists with special needs. The competition is facilitated by credit unions in both the Republic of Ireland and Northern Ireland.

Castleisland Community College win six awards



Castleisland Community College have received six awards- including best teacher and best school at Kerry Business Enterprise Awards! Timpeall an Tí are through to the national final in May. Timpeall an Tí sitting from left Keeva Aherne and Eilís Enright. Standing from left Ella Killington, Ciara Shanahan and Laura Leahy.

Students and staff at Castleisland Community College were celebrating their fantastic achievements at the Kerry Enterprise Awards this week. The fun, educational Irish board game won the Intermediate category and Timpeall an Tí will now represent Kerry in the national final in May. Timpeall an Tí also won

Duais na Gaeilge. The group who set up the game consists of Keeva Aherne, Eilís Enright, Ella Killington and Clodagh Shanahan.

Laura Leahy the Business Studies teacher was busy behind the scenes preparing two other teams as well for the Kerry Awards. Finding Your Atlantic Way was another board game based on

the route of the Atlantic Way and had already been used by second year Geography students. They were runners up the Senior Category and comprised of Chloe Barrett, Freddie Galwey, Hector Canales and Celcia Mc Mahon. The final group Forest Friendss designed lesson plans for primary schools based on the importance of bees. They won the Environmental Award. The group consists of Danielle Flynn, Mary Keane, Ciara O Shea and Elizabeth Moerscheel.

Laura Leahy won the coveted award for Entrepreneurial Educator of the Year and Castleisland Community College also won the most Enterprising School Award. The school will now receive the Cantillion Cup. 'This is Laura's second year in the school and she has successfully mentored groups to win 10 awards for the school in just two years.' Teresa Lonergan (principal) remarked.

The competition promotes business idea development, structure, sourcing of finance, marketing/sales and the presentation of a formal business plan. The students progressed through the establishment of a mini company which trades over a period of months. An exciting and rewarding programme, students get to experience the realities of entrepreneurship from developing a business idea to producing a product, researching the market, promoting the business, managing the books and generating profits.

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THIS WEEKS BEEF COMES FROM CAHILLANES MEATS KILLORGLIN. THIS WEEKS LAMB COMES FROM CAHILLANES MEATS KILLORGLIN.

The development of new cycle paths in Killarney is expected to commence this summer. This follows agreement by local councillors on the proposals to develop a new cycling infrastructure in Killarney town.

The €5m project will go to tender shortly with construction expected to begin in the mid- to late summer. The new infrastructure includes a total of 3.8km of cycle paths on Rock Road, Lewis Road, Park Road, the Gaelscoil Road and Deerpark Road.

Cathaoirleach of the Killarney Municipal District, Cllr Brendan Cronin welcomed the decision by the Killarney Municipal District members to unanimously approve the Part 8 planning process. He described the project as transformative for the town.

'By providing segregated cycle lanes, this project will facilitate particularly the more vulnerable road users and it will provide important linkages between residential areas, schools and sporting facilities. These improved walking and cycling facilities will have a positive impact on the health and wellbeing of the community and will help to improve traffic flow by facilitating a modal shift from cars to cycling and walking,' he said.

'I was delighted with the very significant levels of community engagement in the process which included an online webinar and over 90 submissions from the public. The overwhelming majority of submissions welcomed the cycle lanes project and a number of amendments were made to address concerns raised in the submissions.

'I also want to pay tribute to the elected members who recognised the importance of the project and worked closely with the communities around Killarney, raising issues on their behalf and ensuring that this is a project that will be welcomed round Killarney town,' said Cllr Cronin.

Meanwhile The Cathaoirleach and Chief Executive of Kerry County Council have welcomed the announcement of €5.6m in funding for projects in Kerry under the Active Travel Programme.

Cllr Patrick Connor-Scarteen said that critical leisure and recreational infrastructure projects across Kerry would benefit from the funding.

SUMMER START FOR KILLARNEY CYCLE PATHS PROJECT



Work is expected to commence on the development on new cycling infrastructure in Killarney town over the summer following agreement by local councillors on the proposals. The €5m project will go to tender shortly with construction expected to begin in the mid- to late summer. The new infrastructure includes a total of 3.8km of cycle paths on Rock Road, Lewis Road, Park Road, the Gaelscoil Road and Deerpark Road. From left, Cathaoirleach Killarney Municipal District, Cllr. Brendan Cronin, Manager Killarney Municipal District Angela McAllen, David Doyle, Senior Engineer, Kerry County Council. PHOTO: VALERIE O'SULLIVAN

'It is great news for the county and an acknowledgement of the hard work of Kerry County Council in developing these projects that Kerry is receiving €5.6m in funding today,' he said.

'The development of our cycling and walking infrastructure is as important as it ever was and will ensure that walkers and cyclists will be able to avail of improved facilities.'

Chief Executive Moira Murrell said that the development of sustainable transport infrastructure remained a key priority for the local authority.

'I would like to thank Kerry County Council staff who have developed these projects in recent years and which can now progress to being constructed for the benefit of all our citizens,' she said. Speaking to the Killarney Outlook this week, Cathaoirleach Cllr. Brendan Cronin has also welcomed the funding to complete the flesk cycle/walkway and the substantial money allocated to begin work on the Rock road and Deerpark/ Gaelscoil routes which Councillors voted through last week. These works will now be under taken in 2021.

Taking a Leap of Faith in Times of Transition

A group organised by young adults for young adults are hosting an online workshop on Thursday 8th April from 7.30 to 9.00pm

If you are in the age group 18 to 30 and you feel a bit disconnected, fed up and flat, perhaps this is the event for you. Leap of Faith, in Times of Transition, is an upcoming online workshop for Young Adults which is reaching out and building community.

This event was planned by the Instagram "YouthDoK" Young Adult Group of the diocese of Kerry, for Young Adults.

The workshop will be hosted by YouthDoK with the two special guest facilitators: Motivation Psychologist Gerry Hussey and his wife Miriam, an Integrative Health and Wellness Coach. Gerry

Hussey has run workshops with businesses, schools and trained some of our best know Irish athletes. He is known nationally for his work as part of Soul Space. The workshop will focus on times of transition and offer some guidance and positivity at a time in the lives of young adults when they are faced with making big decisions.

It is an opportunity to meet, discuss and explore shared interests. In the words of Rebecca Fisher one of the organising team:

When you leave school you are in a – what will I do with my life phase. And when you go to college you are leaping out and you just want something to help you, not even make up your mind, but something to help guide you along. This workshop is part of a response to this.

It will be held on Thursday 8th April from 7.30 to 9.00pm. Young adults aged 18 to 30 yrs. who wish to join the workshop can register for Leap of Faith Online Workshop at www.dioceseofkerry.ie and follow us on Instagram @YouthDoK for more information. Register here. For further Information: Bernie McCaffrey 087 6484367, email: berniemccaffrey@dioceseofkerry.ie



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Preschool children get into the spirit of things...

Another busy week at Holy Cross Mercy Preschool, the children had a surprise visit from the Easter Bunny who organised a socially distanced egg hunt around the garden. There was great excitement as the children hopped around the garden to gather the hidden eggs!

Later on in the week, the children brought in their creative and colourful Easter bonnets and they had an Easter Parade. Hats off to the children, parents and staff!



For Big Dreams and Small Dreams and those in between



AMOUNT	APR*	TERM	NUMBER OF REPAYMENTS	WEEKLY REPAYMENTS	COST OF LOAN	TOTAL AMOUNT REPAYABLE
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Kerry Youth honoured at Award Ceremony

The amazing help that Amy Roche gives to Christopher Curran has been recognised at the annual Lee Strand & Kerry Garda Youth Achievement Awards which took place live on Radio Kerry on Saturday night.

Amy was presented with the overall award at an event was hosted by Alan Finn which was a tremendous success with listeners tuning in from all over Kerry, across Ireland and abroad. The awards show recognised the great contribution young people have made and continue to make to their communities in Kerry. A total of 25 awards were presented with each nominator reading a citation for each of the award winners. The award show also included interviews, music and a host of celebrity guests also paid tribute to this year's award winners.

Twenty-one-year-old Amy Roche from Tralee was announced as the Lee Strand & Kerry Garda Youth Achievement Overall Winner. Amy was nominated by Lisa Curran for all her amazing help with Lisa's 10-year-old son Christopher who is autistic. The Special Achievement Award Winner was Emma Kerin, Scartaglen nominated by St Mary Basketball Castleisland. Faye Greely & Molly Ní Shé from Pobalscoil Chorca Dhuibhne in Dingle were announced as the Group Award Winners. Lifesavers CCC from Castleisland Community College were winners of the Community Safety Award.



Twenty-one-year-old Amy Roche (RIGHT OF PIC) from Tralee was announced as the Lee Strand & Kerry Garda Youth Achievement Overall Winner. Amy was nominated by Lisa Curran for all her amazing help with Lisa's 10-year-old son Christopher who is autistic. PHOTO: DOMNICK WALSH

21 MERIT AWARD WINNERS

The twenty one merit award winners were: Caoimhe Harte, Duagh; Lisa Flynn, Cordal; Ronan Foley, Killorglin; Maisie & Edie Hall, Castlegregory; Rebecca Kenny, Katie O'Connor, Michelle Hickey, Ellen Farndon, St Brigid's Presentation Secondary Killarney; Emma Affonso, St Brigid's Presentation Secondary Killarney; Adam Cronin, Killarney No Name Club; Natasha Myers, Killorglin Community College; Conor Flaherty, Ethan Ward, Philip Tracey, CBS The Green, Tralee; Ethan Slattery, Killarney Order of Malta; Mounthawk Transition Year Fashion Show Students, Mercy Secondary School

Mounthawk, Tralee; Bradleigh Smith, Killorglin Community College; Alison O'Sullivan, Killarney No Name Club; Aoise Healy, Presentation Secondary, Tralee; Currow Community Clean-Up Transition Year Group, Presentation Secondary Castleisland; Troy Kennedy, St Michael's College Listowel; Rachel Griffin, Killarney Community College, Thomas White & Anna-Marie O'Donnell, Tralee Red Cross; Hannah O'Sullivan, Colaiste na Sceilge, Caherciveen, Holly O'Brien, Mercy Secondary School Mounthawk, Tralee and Tyler O'Sullivan, Killorglin Community College.

KCC Student scoops Garda achievement award



Killarney Community College transition year student Rachel Griffin has been awarded a "Garda youth achievement award". Rachel was announced a winner during a Radio Kerry programme on Saturday. In keeping with the times, the show was a virtual ceremony and Rachel celebrated with her family in the comfort of her own home. Rachel was nominated for her award by her KCC music teacher Ms Hughes. Ms Hughes stated that 'Rachel is an unbelievably talented musician who plays guitar, sings, writes and composes her own songs. Rachel has stood out as an exceptional musician

the moment she came into the school as a first-year. She has always had an amazing work ethic and selflessly helps others in her class. Rachel is a member of our school choir, won our annual Who's Got Talent Competition in 2018 and starred in the lead role of Beauty in our "Beauty and the Beast" show in 2019. We are so proud of her" Rachel performed a pre-recorded song in her kitchen which was harmonised by her mother and sister and played during the ceremony. Huge numbers from the school tuned in to celebrate in Rachel's success.

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3 in a row for Castleisland Community College at Lee Strand Garda Youth Achievement Award

The Lifesavers group from Castleisland Community College won the Community Safety Award because they showed great initiative, leadership and dedication throughout their project in Transition Year.

From a series of questionnaires and research they selected to raise awareness about the importance of heart health and how to maintain a happy and healthy heart through keeping active and healthy eating. They were shocked to learn every day 13 people die in Ireland from cardiac arrest. They carried out a survey in school and found that only 5% of the students had CPR training, and less than 2% of these would be confident enough to use it in an emergency. They concluded that practical hands on training would build skills and confidence in this area and help save lives. If you perform CPR, you can double, if not triple, the person's chance of survival. So they researched the work of the Irish heart foundation and knew they wanted to partner

with them to train students in CPR through their CPR for Schools Programme. Once completed the students were equipped to train all students in Castleisland Community College. A huge achievement.

They wanted to engage with the local community and so they again worked with the Irish Heart Foundation to get their Mobile Health Unit to Castleisland. It offered free blood pressure checks, pulse checks, lifestyle advice and heart health information. This had a huge impact in the community as 64% of those who attended were referred on to a GP for further check-up possibly saving many lives.

The group partnered with Slí na Sláinte to map out walking routes and create a display board at the entrance of the school. This encouraged more students to get active and students could also track their steps leading to a healthier happier heart and will be the group's legacy to Castleisland Community College. They also created a peer mentoring programme for first years and organised events like a rugby

tournament. In an emergency phone call, the responder asks for the Eircode which is often not to hand or is still often unknown. So the students saw an opportunity and designed fridge magnets with a space to write your Eircode. It was well received by members of the local community. The students set up a stall at Garveys Super Valu and gave out the magnets. The Eircode magnets have the potential to save many lives as in these pressurised situations it is something you can forget and gives the ambulance services your exact location.

Elaine Murphy their teacher stated 'the students displayed great enthusiasm in the course of their work. Overall, we at Castleisland Community College are so proud of the Lifesavers achievements. This is the third consecutive county title won by the school and Lifesavers hope to win the National Community Safety Award for the second time.'



Castleisland Community College students who won a Lee Strand Garda Youth Achievement Award.

In the photo from left: Elaine Murphy (teacher), Adam Cotter, Nathan Egan, Ellie Lenihan, Adam Joy, Sarah Dunleavy, Caoimhe Mc Carthy, Alex Regan, Rachel O Sullivan, Leah Boyle, Konrad Kloskowski, Paul O Mahoney, Katie O Connor, Gráinne Spillane, Chelsey Hayes, Micheál O Shea, Jack Mc Govern and Teresa Lonergan (Principal).



Congratulations to St. Brigid's Secondary School Students, Michelle Hickey, Ellen Farndon, Emma Affonso, Rebecca Kenny and Katie O'Connor who all received Merit Awards in the Garda Youth Achievement Awards. These awards were announced on Radio Kerry Saturday Night.



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St. Brigid's *Down Memory Lane*

Sheree Murphy Teacher and PRO of St. Brigid's Presentation went down memory lane this week with **Edele Daly** from **Muckross Road**.

S: Hi Edele, what year did you graduate from St. Brigid's?

E: Hi Sheree, the year 1998.

S: Were you involved in any extracurricular activities in school?

E: *Laughs* I was involved in basketball, but I'd say I warmed up the bench more than I was on the court!!! Basketball was more of a social thing for me to get to know people. I quickly figured out I wasn't that good in a game situation, loved training but games NO!

S: What was your favourite subject in school?

E: I loved Art but never realized I was any good at it. I remember Art always made me feel good and I got "lost in my own world" and maybe escaped a little from my head. We had an Art teacher that had this innate quality of spotting what would excel your talents. I remember she handed me back a picture I drew and said it was "very good" and I was thinking to myself "whaaaaaat?". I was so happy; I remember that being the turning curve in my journey of self-belief and a gradual building of self confidence in all other aspects of life. I suppose that is advice I would like to give students is to try and believe in themselves or listen to praise that comes from others and don't block it out. Don't be afraid of judgement, as it will only hold them back.

S: Did you go on to pursue anything in Art?

E: Well I didn't want to go to Art college, it just didn't seem like a path for me. My Dad loved buildings and architecture and my mom is very creative and I really looked up to them, so I went on to do Architecture Technology because it was kind of related to being creative and arty. I suppose I was trying to impress my parents too like any daughter would. I went on to complete an Honors Degree in College, I attended CIT and Napier University in Edinburgh. While living in Scotland I shared a flat with a fitness instructor and there is where the passion for fitness and working out for yourself, feeling good and fun came from. So it just goes to show sometimes your path isn't always as you expected but little seeds are dropped along the way to take you to where you are destined to go, all you have to do is listen and trust. I went on to run my own Architectural business in partnership with an engineer for 10 years, but when the recession hit the construction industry my fitness career exploded and without me going out seeking work or clients, they just came to me. It was pure faith. I'm convinced God has a plan for us all so all you have to do is trust. I am delighted to say I now own my own successful fitness business with my husband Neilus, and we called it "B Well Fitness Club". The name came from wanting to help others "B Well", so in our club we incorporate a fun, happy holistic approach to exercise, diet, & overall wellbeing. I am the happiest I have ever been and believe that each part of my education journey lead me onto where I am today.

S: Who was your favourite teacher in school?

E: Ms. Mary Foran. She was a great teacher and empathetic. She was able to bring the best out in everyone.

S: Were you focused when you were inside in class?

E: Ya when I was in class I concentrated, I really used to try and give it my all-in class. I wasn't naturally brainy and spent a lot of time studying at home to try and sink in what we did in class that day. I did well in school, but it wasn't from lack of effort as I did work hard.

S: Did you make long lasting friendships while being in St. Brigid's?

E: Ya, one thing is for sure I made friends for life in St. Brigid's. Most of us still hang around together and have our group chats on WhatsApp like everyone else at the moment making the most of what contact we can manage in the pandemic.

S: Any memorable moment from your school days?

E: We went on a school tour in 5th year to Holland. There was a lot of good laughs on that school tour. It was also great to see the teachers outside of school in a different light. I remember we all were thinking "Oh jeeze, they are actually normal people!!!"

S: *Laughs* I know your big into fitness, was there a defining moment in St. Brigid's which led you to knowing that you wanted to open a gym some day?

E: This is hilarious Sheree, my mom pulled out my reports about a year ago. On some of the PE reports it said "Edel was sick for PE" or "Edel had a note for missing PE". I said it to mom and my mom said "Ya Edel you hated PE." I couldn't believe it but thinking back now I think a lot of it was a lack of confidence with sports and body image. I didn't like the competitive side to sports and always doubted my ability, so then I just convinced myself I didn't like PE. Also, we had to wear these "Knicker" shorts for PE for the first few years in secondary, and anyone reading will be laughing at this one as we all hated them, and having a complex about body image didn't help!!!! So, no defining moment at all in school for being a Gym owner I can assure you of that. So, it just goes to show the messages are not always shown to you so early in life of how your path will go.

S: I think we can all safely say especially now more than ever that getting out going for that walk and doing that home workout is more important now for ourselves and our mind more than ever!

E: Exactly, I remember when I lived in Edinburgh in my final year in College, I was so stressed and out of my comfort zone. Being away from home, family and friends overwhelmed me and gave me panic attacks and it was making friends with exercise that helped me through that difficult time. A bit like our situation of overwhelm today in this pandemic I do believe that people can use exercise like a "pill" to help with not only your physical health but your mental health. If it worked for me believe me, it can work for you. I was never into competitive exercise but found that working out for myself or for fun with others was what



worked best for me. It's all about finding the type of exercise and ways of keeping active that suit you and your personality. There is something out there for everyone so give it a go!

S: It is good for current students to know that it is ok to take that windy road to get to their eventual career. It does not always have to be a straight road to get there.

E: Exactly, I think it is just important to be the best version of you. You can get so focused on results and grades that you lose sight of what your good at e.g. Are you creative or sporty etc. Don't put pressure on yourself thinking that the Leaving Cert is going to define your whole life and it all starts and stops there. Yes, it is a stepping stone, but only one part of the journey of life that will take years to unfold.

S: Very true! Would you change anything about your school days?

E: If I were to talk back to "Edele the student" I would say "don't sweat the small stuff". I used panic about everything, and it wasn't pressure from home. It was me putting the pressure on myself. I spent a lot of school years worrying.

S: What would be your message to current students?

E: I suppose I'd say don't always follow the herd and copy what your friends are going doing after school or putting on their CAO. Be open to change. Try and slow down and listen to your heart not your head. Your path will come, it may not be the most obvious path. If they are open minded to realizing when they are filling out the CAO that in ten years' time, it might change, it could really take the pressure off. Instead of thinking what they write down now on their CAO is going to determine the rest of their life. That can be a petrifying thought for them.

S: What a great outlook. I think many current Leaving Certs will be able to relate to your school experience and will hopefully take on board all your advice and messages. Thanks very much Edele great chatting with you

E: No problem Sheree.

If you would like to feature in St. Brigid's Down Memory lane, please email pro@sbk.ie



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(V) (C) (VG ex honey)



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Mixed Berries & Fresh Cream



Pancake, Waffles, Croissant Box €14.00

2 Pancakes, 2 Waffles & 2 Croissants
s/w Nutella, Strawberries, Mixed Berries
& Fresh Cream & Jam



Pancake Box €6.00

2 Pancakes s/w Nutella,
Strawberries /
Mixed Berries & Fresh Cream

Sausage & Egg Bagel €5.00

S/w Relish

Bacon & Egg Bagel €5.00

S/w Relish



Staying safe and stopping the spread of Covid-19 this Easter - a message from the HSE, An Garda Síochána and local authorities

The statutory agencies in the Kerry area involved in the ongoing response to Covid-19 have urged people to Stay home and Stay Safe this Easter. As the bank holiday approaches and as households plan how they can mark Easter, representatives of the HSE, an Garda Síochána, and Kerry County Council have come together to remind everyone that although it's difficult, there can be no gatherings or celebrations indoors.

All the agencies worked together to co-ordinate the community response to the Covid-19 crisis for more than a year. Today, they asked the people of Kerry to Hold Firm for a little longer on the tough but necessary measures to make sure the county doesn't lose the progress made in recent months. The acting Director of Public Health for the region Dr Anne Sheahan said:

"I understand that this weekend in particular, it will be tempting to visit friends and family. Unfortunately, I also know from our experience after Christmas that visits between households greatly sped up the spread of Covid-19. We are now close to a major ramping up of the vaccination roll-out, and we need to hold on just a little longer," Dr Sheahan said.

Dr Sheahan also reminded people that when it comes to Covid-19, it's always safer to be outdoors.

"This weekend, think about making the most of what's within your 5k with walks and picnics - but remember that if you happen to meet a friend or family member while you're out, you still need to keep a two-metre distance," she said.

Any indoor visits, whether it's a playdate, get-together or cup of coffee carries risk - and the more people involved, the greater the risk, Dr Sheahan warned.

Mayor of Kerry, Cllr Patrick Connor-Scarteen appealed to people in County Kerry to make every effort over the Easter period to limit the spread of the coronavirus:

"I can appreciate that people are frustrated and anxious to return to some more normality in their lives and that over the Easter break, people will be tempted to meet and travel more than they should. But case numbers remain high and we are so close to a ramping

STAY HOME AND STAY SAFE THIS EASTER



STAY HOME AND STAY SAFE THIS EASTER

Staff from the HSE, An Garda Síochána and Kerry County Council joined together for a photo demonstrating that they're standing together - but still apart - in the county's battle to keep Covid-19 at bay. The picture was taken in May 2020.

up of the vaccine programme that we cannot afford to go backwards. So my appeal is to everyone to play their part in continuing to adhere to restrictions which are in place for everyone's benefit."

Assistant Commissioner Michael Finn said:

"An Garda Síochána is appealing to the public this Easter to continue to follow the public health guidelines by staying home and staying safe. We as individuals have the power to protect ourselves and our communities.

"The best way of keeping safe is to stay home. If you are going out, please only undertake necessary journeys and exercise within 5km of your home. An Garda Síochána's high visibility checkpoints continue throughout the region. This will also include patrols at local amenity sites.

"The vast majority of people are playing their part in helping prevent the spread of Covid-19.

However, we are still finding groups gathering, house parties, etc. This is not just breaches of regulations, but it also create a risk for those attending and everyone they come into contact with afterwards. This Easter, please stay at home and stay safe."

Dr Sheahan also appealed to the people of Kerry not to host visitors from other parts of the country.

"If someone wants to visit you here in Kerry over the Easter bank holiday, it's really important that you tell them not to come. Everyone in the county has worked very hard to turn the tide on Covid-19 infections in the last three months, and an influx of visitors could put all of that at risk. Kerry has done tremendous work, and we don't want to see that undermined over the next few days. We can do this for just a little longer, and look forward to much better times ahead."

Big Jack's Sad Farewell - By Nicky Barry

Last Sunday night was special, as we all lived again,
The joy of Italia '90, down heartbreak memory lane.
Jack was a force of nature, with inspiring Geordie charm,
Who lifted us to sporting heights, that we had never known.
Like the Rock of Cashel, or Spain's Rock of Gibraltar,
Jack was indestructible, or at least we thought so.
It would take a heart of stone, not to be affected,
At the sight of poor old Jack, stricken by dementia.
This big charismatic man, once larger than life,
Was just like a child again, dependant on his wife.

He was but a pale shadow, of the giant he had been,
When he inspired a nation, to back the boys in green.
Sitting there bewildered, in front of his computer,
He watched Ireland playing, and struggled to remember.
On Sunday Irish folk cried, and were not ashamed,
As tears of nostalgia leaked, reliving those great games.
He was a colossus, and a pure dictator too,
Who made football very simple, for they all knew what to do.
Purists ridiculed him, for his long ball ways,
But Big Jack ignored them, and we sang Ole Ole!



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FOLEY WELCOMES OVER €500,000 IN FUNDING FOR KERRY ETB

Minister for Education and Kerry TD Norma Foley has welcomed a Government funding (DFHERIS) announcement of €507,500 for Kerry Education and Training Board (KETB) under the Devolved Capital Allocations for 2021.



Bord Oideachais agus Oiliúna Chiarraí
Kerry Education and Training Board

The funding forms part of Project Ireland 2040 and will be provided via SOLAS for the delivery of small-scale and necessary infrastructure and improvement works, and for the purchase of equipment.

Under this funding programme, ETBs will be in a position to make decisions around small-scale FET investment priorities locally, and to ensure that projects can be advanced quickly

and efficiently. The grant also allows ETBs an opportunity to consider future accommodation needs and to procure professional expertise to conduct condition surveys of existing buildings, with a view to a strategic approach to estate planning and development.

In addition, funding has also been provided for the introduction of an emergency health and safety works programme.

Commenting on today's announcement, Minister Foley said: "This funding is a further endorsement of the importance of Further Education and Training. It will provide vital support to Kerry ETB as it enhances and develops the FET sector in the county."

KELLEHER CRITICISES AN TAISCE

for delaying new cheese manufacturing plant in Kilkenny

- Glanbia must find alternative uses for extra milk produced rather than make cuts to farmers' incomes -

"It appears to me that certain NGOs feel that they, rather than the Irish government, should set government agri-food policy," said Fianna Fáil MEP, Billy Kelleher.

Kelleher was commenting as a proposed Glanbia cheese manufacturing plant in Bellview, Co. Kilkenny has been delayed by planning, and now legal, challenges by An Taisce.

"An Taisce have opposed the development on the basis that any increase in dairy production, which would be needed for the cheese plant to operate, would be 'untenable'.

"The Department of Agriculture, and the Irish Government, have decided that they want to increase dairy production in Ireland. An Taisce do not get to decide what government policy is; the Irish Government do. It is planned, and supported by the Government, to increase dairy production to 9.49 billion litres by 2027.

"This milk has to go somewhere. The proposed Glanbia cheese facility where they plan to make Gouda for the European market is an ideal

destination for this additional milk supply.

"An Taisce's planning and legal challenges are damaging to job creation in terms of construction, and damaging to Irish dairy farmers who will feel the pinch in 2022 when Glanbia apply caps on production due to the failure of the new plant to open on time.

"Many dairy farmers have taken out loans to finance increased dairy production on their farms to supply milk to this new facility.

"We need a quick decision on their spurious challenges so that we can move on with developing the production facility and ensuring that dairy farmers do not lose out.

"Furthermore, I would call on Glanbia to work with dairy farmers to find alternatives to cuts in production levels. With all the additional ferry capacity, perhaps milk can be shipped to plants overseas rather than seeing farmers lose out?" concluded Kelleher.

Minister Foley welcomes over €5.5million in funding

Minister for Education and Kerry TD Norma Foley has welcomed the announcement of €5,644,500 in funding for walking and cycling projects in towns and villages across Kerry.

The announcement is the first ever major active travel investment programme for rural Ireland.

Among the projects that it will support are the creation of new footpaths and segregated cycle lanes, reconstructing old or damaged paths, cycle parking, improved road crossings, design work for new pedestrian and cycling bridges, and closing roads to car traffic.

Minister Foley said: "I welcome this funding which will continue to make Kerry towns and villages a safe place for walking and cycling. The projects being funded today will make a real difference to rural life and ensure that communities across Kerry are better connected."

CYCLE LANES WELCOMED

As the Municipal District Council has unanimously given support to the cycling proposals along the town streets/roads Councillor Michael Gleeson is pleased to welcome the allocation of finance by government for the the work to proceed. I am especially delighted to welcome the funding to allow for the completion of the Cycleway cum Walkway from Ross Road to Muckcross Road, partially by the northern bank of the River Flesk.

"I have been promoting this project for many years as its completion will a wonderful addition to the recreational facilities in the Killarney area. It will also help to reduce traffic levels on those every busy roads. I hope that work will recommence very soon", Cllr. Gleeson told Killarney Outlook.





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- Plain Hot Dog & House Fries (1,3,7)

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Gourmet Hot Dogs & House Fries €10

- BBQ Pulled Pork, Cronins Pork Sausage, Sauté Onions, Chorizo Jam, Cheese & Mustard Mayo (1,3,7,10)

- "Sloppy Joe"-Chilli Mince, Cronins Pork Sausage, Tortilla Chips, Sour Cream, Cheese, Spring Onions & Jalapenos (1,3,6,7,10)

Signature Loaded Taco Fries €7

- Chilli Mince, Cheese, Taco Sauce & Crispy Onions (1,7,10)

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"Most weekends my parents would take me to poultry shows and sales throughout Ireland where we won numerous rosettes and trophies for poultry we have showed", Gerard told **Killarney Outlook**. What started off as a school boy hobby is now a full time business.

O'Leary's Poultry Farm now sell birds throughout southern Ireland.

They stock and keep a wide variety of poultry including point of lay pullets, ducks & Ducklings, Broilers, Guineas, quail, turkeys & turkey poults, Geese & goslings.

"I still love travelling to poultry show both here in Ireland and in the UK, and I look forward to doing that again when restrictions lift", Gerard added.



Gerard's most prized pet hen is a white Bantam which he purchased in Clonakilty in 2001 when she was just a few weeks old. "She is still with us, hopefully she will make her 20th birthday in June, she even still lays the odd egg", Gerard said.

Over the years we have made a lot of friends in the poultry world, some that have

started as customers.

Thankfully our business is continually growing and I know I have a lot of people to thank for this especially my parents.

Gerard's mother Margaret helps out on a daily basis, her help is invaluable and she loves working with the poultry as much as I do.

Sadly Gerard's Dad Tim passed away in 2017 and he was always great to encourage me to expand the business and help out in any way he could.

Now my Wife Erika is a great help with the business, especially behind the scenes. A fantastic wife and mother to the next generation of O'Leary's Poultry our 8 month old son Tim.

O'Leary's Poultry Farm sell all types of Live Poultry and deliver throughout Cork and Kerry on a regular basis.



Gerard and his wife Erika O'Leary



Baby Tim O'Leary (3rd generation) with toy hen.



Gerard O'Leary pictured at the Innishannon Steam Rally 2018



Tim O'Leary and son Gerard 2016



Tim O'Leary and Margaret O'Leary holding some ducklings - 2017 shortly before Tim passed away.

For more information contact 087-9697939

FÁILTE IRELAND ANNOUNCES NEXT STAGE OF BUSINESS CONTINUITY SCHEME

for strategic Tourism Transport businesses



Tourism transport operators such as car rental companies, chauffeur and limousine businesses and escorted tour providers will be eligible to apply for funding under the next stage of Fáilte Ireland's strategic Tourism Business Continuity Scheme.

Fáilte Ireland will open applications on Thursday 8th April 2021.

An allocation of €55million was secured by Minister Catherine Martin TD in Budget 2021 for a programme of funding under the strategic Tourism Business Continuity Scheme. The Scheme is designed to help strategically important tourism businesses through a direct financial contribution to support them with future operational and continuity plans. Fáilte Ireland is responsible for developing and administering the Scheme.

Minister Catherine Martin TD said: "We know that a significant number of international visitors use hired and escorted tourism transport services so a readily available stock of good quality hire vehicles is critically important to successfully spreading tourism across the country when it is safe to do so. The tourist chauffeur and limousine sector also provide

important driver services for overseas visitors and we look forward to these providers making a positive contribution to Ireland's economic recovery in the future."

CEO of Fáilte Ireland Paul Kelly said: "The long-term survival of strategic tourism transport businesses is extremely challenging due to their reliance on international visitors. This Scheme is part of Fáilte Ireland's work to support those vulnerable but viable strategic tourism businesses to survive the current crisis by offsetting their fixed costs while they are unable to operate. Research shows that exploring Ireland by car is popular with US visitors especially. In 2019, 43% of all American holidaymakers hired a car while visiting Ireland." Full details and eligibility criteria for Fáilte Ireland's strategic Tourism Transport Business Continuity Scheme will be available on www.failteireland.ie from Thursday April 8th 2021.



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The talented chefs at The Tan Yard have designed a limited edition Easter Experience with a succulent selection of local Kerry lamb Specials. Exclusively available for collection of local delivery, all throughout Easter weekend and Easter Monday (3rd, 4th & 5th April).

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More adjustments made to Leaving Cert written exam to lighten the load for anxious students



By Billy Ryle

Information is flowing fast and furious from the exam authorities to the extent that further guidelines are hardly issued when they are overtaken by events. That was very much the case last week when the State Examinations Commission (SEC) insisted that it would be inappropriate for teachers and students to wear face masks during the oral language exams which began last Friday, 26th March. Following an outcry from the stakeholders, the SEC did a volte-face and issued further guidelines insisting that face masks must be worn during the orals.

In the meantime, the SEC has published a 64-page document setting out further adjustments to the 2021 Leaving Cert exam papers to lessen the load for students as they study for and sit the exams. The SEC already published assessment arrangements for the Leaving Cert exam back in September and updated the document in December. The original document sets out the adjusted arrangements for students taking the Leaving Cert in June, taking account of the way their education was disrupted during the past two academic years. The aim of the most recent adjustments is to lessen the work load for students during the next two months.

The latest adjustments apply to the written exams only. In the case of Irish and the modern foreign languages, there is no change to the aural component nor is there any change to the listening component in music. There are no further adjustments to practical coursework, orals and practical performance tests. Given the proximity of the written exams, these further adjustments aim to maintain the overall structure and layout of the exam paper. This means that no new material has been added to the papers and, for the most part, no material removed. The latest amendments mainly involve changing the instructions on

the exam papers. The adjustments, in almost all cases, provide students with further choice by reducing the number of questions to be answered in the exam. While this will reduce the time needed to complete the exam, the duration of each exam remains unchanged, thereby reducing time pressure on the students.

For most subjects, the total marks for the exam paper will be reduced and there may be a small redistribution of marks within exam papers as a result of the introduction of further choice. However, in the case of subjects with more than one paper and subjects with practical coursework, oral, aural or listening tests, the relative weighting between the other components and the written paper will be retained. To achieve this, some re-weighting of the components may be required during the grading process. The introduction of further choice and the reduction in the number of questions to be answered means that the exam no longer covers the entire syllabus or subject specification.

While every effort was made to ensure consistency in the reduced demand on students across different subjects and levels, the different structures of the exams placed significant limits on the degree to which this could be achieved. However, the great majority of students take six to eight subjects, therefore, in the round, the benefit accruing to students from these changes will be broadly even across the range of subjects they take. It is conceded, however, that this will not be true in respect of all subject combinations.

In order to provide teachers and students with as much clarity as possible, the document provides a description of what students will be required to answer in each subject and draws attention to how it differs from what is usually required. The amended instructions for

each subject, as they will appear on the exam paper, are also provided. The entire document, entitled, 'Further adjustments to the written examinations, Leaving Certificate 2021' is available at www.gov.ie/leavingcertificate and each Leaving Cert student would do well to carefully study the instructions in the subjects s/he is taking.

Checklist

- ✓ 'Assessment Arrangements for Junior Cycle and Leaving Certificate Examinations 2021', published in September and updated in December is available at www.gov.ie/leavingcertificate
- ✓ 'Further adjustments to the written examinations, Leaving Certificate 2021' is available at www.gov.ie/leavingcertificate
- ✓ Leaving Cert Oral exams continue from 26th March to 15th April
- ✓ The SEC Candidate Self Service Portal (CSSP) reopens April/May to confirm levels
- ✓ Closing date for late applications to CAO is 5.15pm on 1st May
- ✓ LC Applied orals take place from 3rd May to 12th May
- ✓ CAO online change of mind facility (free) opens at 12.00 noon on 5th May
- ✓ LCVP Links modules exam takes place on Sat., 8th May from 10am to 12:30pm
- ✓ LCA practical performance test takes place from 17th May to 21st May
- ✓ Leaving Cert Computer Sc. exam takes place on Sat., 22nd May, 9:30am to 12:30pm
- ✓ LCA practical coursework interview takes place on week beginning 8th June
- ✓ Leaving Cert exam takes place from 9th June to 29th June

*Billy Ryle is a Career Guidance Counsellor and Educational Commentator
Email: rylebilly@gmail.com*

Beirt Ghaelgóirí ó Chóláiste Phobail Óiléan Chiarraí sa Chraobh Réigiúnach

Comhghairdeachas do Caitríona agus Eilís atá ag glacadh páirte sa chraobh réigiúnach don Chomórtas Óráide an Phiarsaigh le Gael Linn. Congratulations to our two Gaelgóirí- Caitríona Ní Mhurchú and Eilís Nic Ionnrachtaigh who are in the Junior Regional Final of the Gael Linn public speaking competition. Caitríona will be discussing the seanfhocal 'Ar scáth a chéile a mhaireann na daoine' (We are all interconnected) whilst Eilís will be discussing 'Tá na deiseanna céanna ann d'fhir agus do mhná i gcúrsaí spóirt'. (Men and women have the same opportunities in sport).

The principal Teresa Lonergan stated that 'the two second year students have worked hard behind the scenes to reach this stage of the competition. They prepared their first speech during their Christmas exams and had to also work on a speech during the last midterm. Reaching the last eight students for the Munster region is a fantastic achievement and the school is immensely proud of them. They have come from different backgrounds with Caitríona a past pupil of Gaelscoil Aodháin and Eilís a past pupil of Muire Gan Smál.

Go n-éirí go breá leis an mbeirt agaibh!



Caitríona Ní Mhurchú and Eilís Nic Ionnrachtaigh who are in the Junior Regional Final of the Gael Linn public speaking competition.

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REMARKABLE ACHIEVEMENT FOR CIAN

Among those to congratulate the new Munster GAA Minor Footballer of the Year, 2020 was principal at his school, St. Brendan's College.

Cian McMahon was announced as the recipient and Sean Coffey, on behalf of the school congratulated Cian on the recent award by the Munster Council.

"Cian, a member of Dr. Crokes GAA Club in Killarney, also captained our Under 16.5 football team in 2020 who were successful in winning the Munster Frewen Cup and secured their place in the McGirr Cup All Ireland Final for this grade", Principal Coffey said.

"This is a remarkable achievement for Cian and hopefully, this is just the start of what will be a successful sporting journey for Cian as he wears the Green and Gold, both for the Sem and for Kerry", he added.

Picture: Cian McMahon pictured at St. Brendan's College with principal Mr. Sean Coffey.



A day at the Bog

A day in the Bog has been a part of Irish life for many generations but because of an EU ruling, it is very likely to come to an end in our lifetime, according to Fianna Fáil Councillor Michael Cahill. "There is little understanding in the halls of power in Brussels, of the need by people in rural Ireland to cut turf to heat their homes" stated Councillor Cahill.

"Modern insulation and heating systems are all well and good, if you as an individual can afford to install them. But the fact is that many people cannot and cutting and saving turf every year is there only means of heating their family home" said the Rossbeigh based Councillor.

"This ruling appears to affect only Ireland and therefore it is easy for all other countries to support it. Compromise is required here if we are to serve, both the needs of the people and the environment" said Councillor Cahill.

"A scheme for insulating all primary homes and adapting their heating systems to an affordable type must be completed before turf cutting can cease and this should be funded centrally from Brussels" said the Fianna Fáil man.

"The EU cannot be allowed to pull the rug from under our feet and let us freeze in winter" said Councillor Cahill.

"If viable, affordable alternatives are provided, the sad fact is that 'A day in the Bog' will be no more, due to its labour intensive nature" stated Councillor Cahill.

"There are things like the Meitheal, whereby groups of neighbours got together to cut the turf, save the hay etc. That sense of camaraderie is being lost. Rural Ireland is becoming an empty place without any emigration to blame but the loss of our way of life" added Councillor Cahill.



Anchored

(Pandemic 2021 – 3rd Lockdown)

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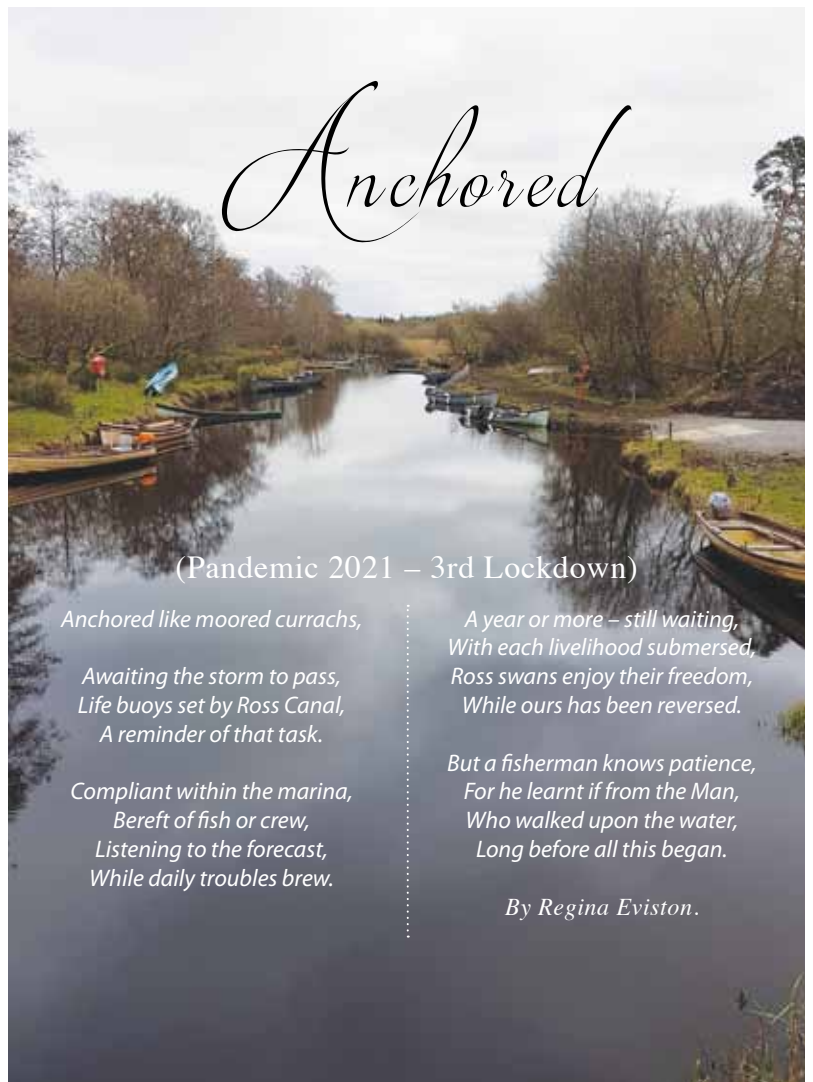
*Awaiting the storm to pass,
Life buoys set by Ross Canal,
A reminder of that task.*

*Compliant within the marina,
Bereft of fish or crew,
Listening to the forecast,
While daily troubles brew.*

*A year or more – still waiting,
With each livelihood submersed,
Ross swans enjoy their freedom,
While ours has been reversed.*

*But a fisherman knows patience,
For he learnt if from the Man,
Who walked upon the water,
Long before all this began.*

By Regina Eviston.





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Keeping the wheel turning...

Killarney Rotary Club President, **Anne Alcock** take a look back at the club's beginnings



President of Killarney Rotary Club Anne Alcock.
PICTURE MARIE CARROLL-O'SULLIVAN

Foley, "now performing professionally, or teaching." Even without that competition, Rotary has been active in Youth Leadership competitions, and "mock interviews" for some school-leavers. These, together with the famous Wine and Art evening and the fashionable fundraising Afternoon tea, have of course, all been put "on hold." Anne Alcock, Killarney's "Pandemic president" has been talking about keeping that Rotary wheel turning, over the past year.

"Everything had to be re-configured within a lock-down context" she said. The club's usual face-to-face Wednesday meetings in the Great Southern Hotel, had to cease. ("I'm missing meeting for the chat, and seeing friends" says John Shanahan). However Despite physical invisibility, most members have endeavoured to keep in touch in whatever way, including social media, and Zoom meetings. We have made some contributions, managed a few projects, are actively planning for more, and earlier this month members had the opportunity to attend the first ever virtual Rotary Ireland District-Conference.

With an overall theme entitled "Caring for the planet, our Communities and Ourselves" this virtual conference has been hailed a "great success" by Youghal-based District Governor, Conny Ovesen, while Killarney Rotary club secretary Eduard Schmidt Zorner found it "very informative and instructive and also a great vehicle to learn about other opinions, skills and activities... This conference opened the view to other areas."

True, for the first speaker was Ontario-based Jennifer Jones, the first-ever female International presidential nominee 2022/23, who spoke of the importance of sharing one's personal "Rotary Moment" to inspire and create change. The ideal of Rotary being to see a world where people unite to take action within communities and within ourselves – and thus create change for good. Public Servant Mark Mellet DSM Chief of Staff of the Irish Defence Forces, epitomised this shared action for good, and who spoke at the conference alongside Jason Dempsey (International Service Chair). Their mutual collaboration has made it possible for Killarney (amongst other Rotary clubs) to support a Rotary project in South Lebanon with the help of the Irish peace-keepers.

Every project starts with a person with an

idea, and in Rotary, a huge network (there are 1.2 million members worldwide, and approximately 35,000 clubs) helps to make that idea effective. During the conference, participants viewed several short videos highlighting Rotary funded humanitarian projects – among them international peace-maker scholarships, educational aid, mother and baby support, health-programmes, Shelter boxes in Disaster areas, Bikes-for-

Africa (where Tralee and Dingle Rotary have been particularly involved) and the very effective Rotary Polio Eradication project. This particular project-funding is beautifully evidenced here in Killarney with the Purple-for-Polio crocus lawn at St Mary's Church of the Sloes. Bulbs were also planted on a lawn of the Franciscan Friary.

Being caring of others implies an ability to care for self, and well-known speaker and specialist Dr Ide Delargy gave a practical and informative input on wellbeing and self-care during this time of pandemic. She was followed by Science Presenter and author Gloria Barnett, who spoke energetically on the challenges of plastic pollution – again with practical implications. Sarah Jane Cromwell shared the story of her diversity journey, and we heard also from several inspiring young people who belong to the youth wings of Rotary called Rotaract (Over 18's), and Interact (School based). With huge enthusiasm, Matthew Lee the District Rotaract rep told us of new Rotaract clubs opening "during lockdown" in Cork and also Belfast, and of "E clubs – a Rotaract club on line" Other young people echoed Matt's vitality and gave reasons why they want to either join up, or keep up with their Rotary interaction. One liked "the power of people getting together" – "to meet new people and make new friends, and get involved in worthwhile projects and make a difference."

With Rotary's five core values of Fellowship, diversity, integrity, leadership and service, you can't say better than that! With young people like these, the future of Rotary looks bright. They are the future! Anne Alcock.

More information on Rotary available through websites - rotary.ie or www.rotaryinternational.org or Killarney Rotary Facebook.

We've all seen it. That intriguing little emblem that looks like a wheel. We might even have benefitted from it in some way. Rotary? What is it? When did it start? Although the original Rotary Club roots stretch all the way back to Illinois, USA in 1905, the Killarney Rotary club (twinned with Kendal, UK and Staffanstorp, Sweden), started up in 1983. One of its founders, John Shanahan of Shanahan's Garden Centre Farnfore, remembers how this happened.

"Different groups of people, with different interests and from a range of different professions got together to have a chat to see how they could share those interests within the local community" he says. "Most of the work was and is, directed to good causes locally, but also beyond." One of these former undertakings, was the very successful Young Musician of the Year competition. Many of the winners are, according to Rotarian Ciara Irwin-



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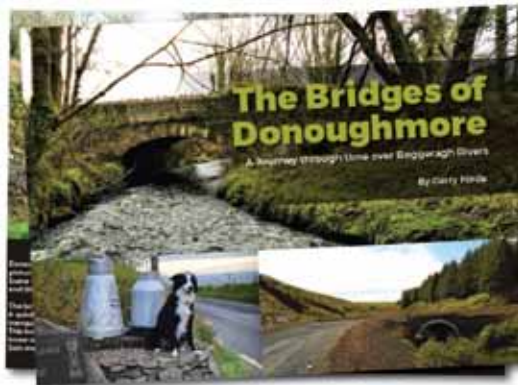
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THE BRIDGES OF DONOUGHMORE

A Journey through time over Boggeragh Rivers

the new road from Kanturk to Cork in the 1,700's, and in the 1820's Richard Griffith's new road from Sliabh Luachra.

An interesting description he introduces refers to "2 shilling houses" from Griffith's Valuation and that about 50% of the population for many generations survived in the poorest of conditions in basic mud cabins. The people who lived survived and thrived in them thanks to the wonderful mothers of Ireland, is the development of the poorest class of houses over 200 years to the brink of disaster in the 1840's. Margaret Smith's poem "Verses on the Present State of Ireland" describes the state of the people during the period of the Penal Laws. Arthur Young's description in 1778 of the cost of building these mud cabins and with that the cost of planting of an acre of potatoes at that time. Here too he claims what could be the first written commentary on a game of hurling, a history of thoroughbred horses, their connection to the Battle Of The Boyne and afterwards to the horse that cost the life of Art O'Leary. The original Ordnance Survey and Griffith's Valuation is covered with the personalities from the British Army Ordnance Corp who carried out the survey for the maps in 1841. But it is the beautiful photography of the countryside and the detailed pictures of the structure of so many old masonry bridges, many of them hidden, which people will remember. There is a story with all 71 bridges and so many of them recorded that it must be a record for any parish in Ireland. The book finishes with an assessment of Richard Griffith and the Sliabh Luachra Fiddle Master Pádraig O'Keeffe. At the end of the book is an instruction on how to follow Griffith's Valuation for yourself which could be

adapted for any parish in Ireland.

Gerry Forde is a member of Donoughmore Historical Society and proceeds from sales of "The Bridges Of Donoughmore" will go to Donoughmore Cross Cemetery heritage and Donoughmore Community Council.

THE BOOK IS AVAILABLE FROM LOCAL SHOPS AROUND THE REGION:

Donoughmore: Jamesie's Post Office Stuaque and Peg's Shop Firmount.

Aghabullogue: Cremin's shop.

Berrings: Dan Donovan & Co. Ltd.

Ballincollig: Quish's Supervalve (both).

Blarney: Blake's BFS Centra Maxol Blarney.

Carrignavar: Drummond's DayToday.

Carrigrohane: O'Donovan's Leemount Cross filling station.

Coachford: Cooney's filling station, Kathleen's shop, Murphy's Centra.

Crookstown: MacSwiney's Quick Pick.

Dromahane: Costcutter.

Grenagh: Costcutter.

Inniscarra: Brown's Filling station.

Mallow: Katie's Newsagents.

Rylane: Crowley's Post Office.

Tower: O'Leary's Supervalve.

Whitechurch: Roche's Daybreak filling station.

You can also purchase the book selling at €19.50 for delivery anywhere by sending an email to the author at gerddforde97@gmail.com

There is a new book out by Gerry Forde exploring the history of the rivers and the bridges in the Boggeragh Mountains around the hinterland of Donoughmore Parish.

Beautifully illustrated maps and stunning pictures of the structure of old masonry arch bridges stretching back to Oliver Cromwell's time. But if you want to know the history of the townland you live in and how townlands as we know them came about, then this is where you will find the route to that information.

There is a social history of Ireland at that time up to the Great Famine. The very last MacCarty's of Blarney Castle and their family connections to Kings of England. The descendants of the family of one of the Carrignavar poets and how they ended up as Chiefs of The Choctaw Native American Nation after the Great Famine. Was this the connection that informed the Choctaw people about the famine and the inspiration of the \$170 collected in sympathy for the starving Irish citizens during the Great Famine. The development of roads in Cork County through Donoughmore and in particular "The Butter Road" or Kerry Road,

Broad welcome for ambitious Government blueprint to transform rural Ireland post Covid 19

Our Rural Future

Our Vision is for a rural Ireland which is integral to our national economic, social, cultural and environmental wellbeing and development

Image courtesy of: Dr. Chaosheng Zhang
National University of Ireland Galway

There has been broad welcome following the publication of *Our Rural Future*, an ambitious and unprecedented policy for rural development post pandemic.

The plan includes a major focus on attracting remote workers to rural settings like Kerry and to facilitate this a pilot scheme has been devised to:

Revitalise town centres through job creation;
Provide public sector hubs in regional towns for public servants to work in their local areas;
Target 400 IDA investments for region locations to create jobs.

The policy recommends financial supports to local authorities to bring vacant properties in town centres back to life as remote working hubs.

The five-year plan aims to deliver investment programmes for rural towns and villages through the €1 billion Rural Regeneration and Development Fund, and an enhanced Town and Village Renewal Scheme.

The immediate goal of this blueprint is to help rural Ireland to recover from the impacts of COVID-19, enable long-term development of rural areas, and create more resilient rural economies and communities for the future.

Welcoming the announcement, Education Minister Norma Foley TD said: "I welcome this Government announcement which will provide a major boost, not just for the people in Kerry but for those who wish to return and work in a rural setting. We have all adapted to new ways of working over the course of the pandemic and this blueprint will afford people the opportunity to rediscover local communities without having to change their career path. This ambitious plan shows Governments' commitment to investing in vibrant rural communities which act as economic, cultural and social alternatives to city life."



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KILLARNEY LEGION HONOUR THEIR OWN

At an awards ceremony that took place virtually on Tuesday members of Killarney Legion were presented with the club's awards for 2020.

Among those who won awards were Fergal Moynihan who won Club Person of the Year. Fergal has recently completed his term as Chairman of the club and handed the reins over to David Randles. In his time, he has been one of the most successful chairmen we have had. Fergal has been an ever present and active member, player and administrator with the club. He was a great player and played at all levels with distinction winning honours at underage and senior level with the club.

Under Fergal's Chairmanship he encouraged the digitisation & automation of the membership & Registration committee. The excellent & competent leadership of Tom Griffin in this area has seen major advancement in the automation of the club member's base and more importantly in the growth in the proceeds collected per annum which will be a lasting legacy for the club.

We as a club have had our very dark days in recent years with the untimely and shock deaths of Niall MacGillicuddy, Weeshie, Damien Lyne, Joanne Davies and Derek Twomey - Throughout each and all of these very sad days, Fergal led the club stoically. Through his voice and chair he enabled our club to remember and embrace, for one last time, these greats of the Legion Family.

Fergal's philosophy of inspirational leadership and empowerment has fuelled the committee heads to participate, contribute and succeed in their tasks at running the club and it has brought great momentum and distinction to our club.

This is and will be Fergal's legacy - i.e. the broad collaboration & achievement of many people and teams both on and off the field.

Congratulations Fergal!



Receiving the Club Person of the Year, Fergal Moynihan is pictured with Dave Randles and Tommy Galvin.



Female Young Player of the Year Award

This year's joint winners are Shonagh Doody & Orliath O'Connor Presented by Dave Randles, Killarney Legion Chairman.



Senior Men's Player of the Year Award

This year's recipient of the O'Grady Cup is Conor Keane.



Junior Men's Player of the Year Award

This year's winner of the Jackie Lyne Trophy is Liam O'Toole.



Next up is a Special Award for 2 players who have represented Kerry so well over the past decade - Brian Kelly & Jonathan Lyne. With 2 swings of his right boot Jonathan Lyne wrote himself into Kerry GAA folklore. The Gaelic Grounds in Limerick was heaving, tension was in the air as Mayo and Kerry went toe to toe for the 2nd time in a week in a real blockbuster. The game was in the balance when Jonathan was introduced in the 58th minute and as it went to extra time, "a grain of rice" could tip the scales. That grain of rice came from Cleeney. Jonathan came from a strong Legion and Kerry bloodstock. His Grandfather Dinny captained Kerry in the 1947 All Ireland Final in the Polo Grounds New York vs Cavan. His cousins, the Spillanes of Templenoe, came later. But here was Jonathan carving his own piece of history. His 2 points in extra time on that August Saturday evening in 2014 were greeted with roars that could be heard in New York. They ensured Kerry made it to Croke for an All Ireland Final they would win but everyone will tell you the year was made that day in Limerick. Jonathan's Kerry career started in 2008 with the minors, followed by

three years at U21.

He made his senior championship debut vs Clare in 2012 in the very same Gaelic Grounds and was a regular starter in the preceding years in the National League. 2015 was probably his best year in a Kerry Jersey, solidifying his place at left half back, making 7 League and 6 Championship appearances. The team made it all the way to the All Ireland final that year, losing by 12 points to 9 to Dublin. But so effective was Jonathan on the day he kept his direct opponent, no less than Ciaran Kilkenny, scoreless while helping himself to a point.

He deservedly was nominated for an All Star in 2015. He continued to be a regular member of the squad in the intervening years where his versatility meant he was a vital member of the squad. Having opted out in 2018 to do a bit of travelling he found himself recalled by Peter Keane and again was a very influential member of the panel. On New Year's Eve 2020 he announced his inter county retirement but his performances for the club have not waned one bit and he's sure to be an integral part of the Clubs senior team for years to come.

JOHN HEGARTY HALL OF FAME

This year's recipient of the Vincent Doyle Memorial Cup for the Hall of Fame is John Hegarty.

John joins a veritable list of club legends such as Johnny Culloty, Weeshie Fogarty, Pat Healy and Tommy Regan to name but a few.

John played at all levels and was renowned as a stylish "tough teak" defender. He has been one of the most loyal supporters of all teams both in Direen and throughout the County.

He has been the Club's delegate to the East Kerry Board for many years. As a long standing member of the Development Committee he has helped oversee the development of our wonderful facilities in Direen.

John has been a consistent supporter of all club fundraisers and Hegarty's Shop continues to be one of our club Lottosmain outlets. We thank John for all he has contributed to the club and welcome him as one of the most deserving ever inductees into the Hall Of Fame.



Senior Ladies Player of the Year Award
This year's winner of the Larry Horgan shield is Deirdre Lyne.



Jim Trant Trophy for our Male Young Player of the Year. The award this year goes to Darragh Fleming.



Special Award for our Intercounty representatives
Kerry Minor Men: Darragh Fleming and William Shine.



The Skinny Baker

Denis Kelleher (theskinny. Baker) is living in Rathmore and began baking when he was 12 years old. You can follow Denis on Facebook and Instagram @theskinny.baker for lots more recipes.



MINI EGGS ROCKY ROAD

This is a really easy recipe and it's a great one for young kids to help out with

Ingredients

400g of dark or milk chocolate, finely chopped
200g of condensed milk
60g of butter
100g white chocolate chips
200g of digestive biscuits, roughly crushed 200g of mini marshmallows
150g mini eggs

Method

1. Line a square baking tin with parchment paper.
2. In a large sauce pan melt the butter with the condensed milk. The second the butter has melted and mixed through the condensed milk, take it off the heat and stir in the chocolate until completely melted and combined. Leave to cool for a minute
3. Add in the white chocolate chips, broken digestive biscuits, mini marshmallows and half the mini eggs
4. Stir with a wooden spoon until completely combined.
5. Pour the mix out into the lined baking tin and press down using a wooden spoon
6. Push down the rest of the mini eggs on to the mix (If you want a smoother finish over the top of the rocky road spread some more melted chocolate over the top.)
7. Place the tin into the fridge and allow to set in the fridge for up to 1-2 hours or more. Slice into 12 pieces and serve.

Happy Easter everyone

Vegan Shares

with Killarney Outlook



Pea Falafels with red pepper and tomato dipping sauce



Ingredients

350g frozen peas
1 tin chickpeas (240g drained)
3 tablespoons gram flour
2-3 garlic cloves crushed
2 teaspoons cumin seeds
2 tablespoons miso paste
Salt and pepper to season.
1 tablespoon frozen coriander (or a good handful of chopped fresh coriander)
Spray oil to spray pan with for frying
1 scallion for garnish

Method

Defrost peas and then blitz them with the chickpeas in a blender until they are crushed but not completely smooth. In a bowl mix this mixture with the rest of the ingredients. Form the mixture into patties (I made 8 from this quantity) and pan fry on medium heat for about 4-5 minutes each side. I garnished with a little chopped scallion.

For the red pepper and tomato dipping sauce

2 tomatoes
6 baby peppers (or 1.5 normal red peppers)
1 onion roughly chopped
1 teaspoon of sugar (optional)
100ml vegetable stock
1 tablespoon olive oil
Sprig of fresh parsley to garnish

In a baking tray put your oil, peppers, tomatoes and onions. Make sure all the vegetables are well tossed in the oil. Roast in the oven for about 35 minutes on 200 degrees. Take tray from oven and



allow to cool before removing skin from the peppers and tomatoes. Put all your veg (and sugar if you prefer a sweeter style sauce) and the remaining oil in a blender with the 100ml vegetable stock and blend until smooth. Pour sauce into a small dipping sauce bowl and garnish with a little sprig of parsley. This sauce freezes perfectly and is lovely to toss pasta in also so any leftover sauce will not go to waste. I love the flavour and the colours of this little dish.

If you like my vegan recipes I would be delighted if you would join me on my Instagram @vegan_shares hope to see you there. Sarah





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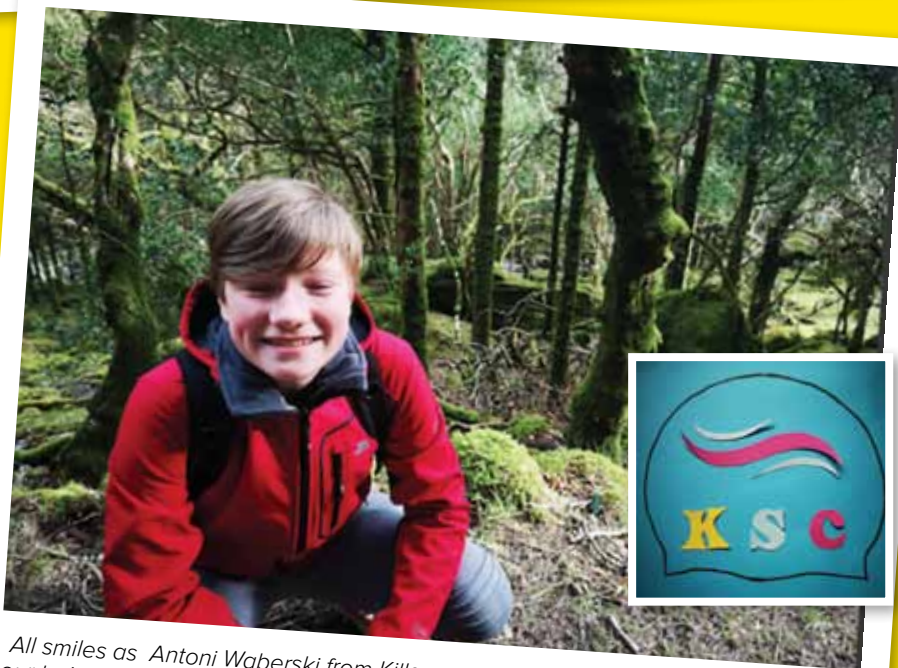


Winner Alright...Congratulations to Christopher Fitzgerald, the clear winner of the Killarney St. Patrick's Festival Photographic Competition, which aimed to celebrate a very different St. Patrick's Day within 'your 5km' under Covid19 Level 5 restrictions. The judges citation reads: "The mystical starry night image of Ross Castle, Killarney National Park, evokes beauty and serenity, captured wonderfully by Christopher Fitzgerald - it took time and patience, the stars were definitely aligned"

Christopher will receive a basket of Killarney's finest artisan produce, donated from local food producers, local market traders and specialist suppliers.



All smiles as John O'Donoghue and Philippa O'Leary finally get to tie the knot. The happy couple are pictured with their family following their wedding at The Brehon Hotel. Picture: Sally MacMonagle



All smiles as Antoni Waberski from Killarney Swimming Club C Squad has won our training hat competition with a wonderful design, full of movement and colour. This design will now go into production and our new training hat will be given to every club swimmer when we are all back training.



All smiles for Packie O'Connor Drive By 60th Birthday Party which was organised by Killarney Celtic Football Club. Pictured are: Aisling Brennan, Podge O'Connor, Packie O'Connor, Noreen O'Connor, Charlie Cahill, Paul Cahill & Katie O'Connor.



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All smiles as the Easter Bunny pays a surprise visit to Holy Cross Mercy Pre School

"B Well Laid Bare"

Neilus Hayes Fitness & wellness coaching expert

The next few weeks, we here at B Well Fitness will be interviewing our trainers to get to know them a bit better so its B Well Laid Bare.

First up, Peter McCarthy, so let's find out more about Peter.



Neilus: Hello Peter. So, Pete tell me a bit about yourself?

Peter: Morning Neilus. Where will I start. Well, I'm a very energetic person. I really love and enjoy my training so when I was younger out playing with my friends, I always felt great after being outside playing with friends and really showed me even at a younger age the importance of being active.

Neilus: Tell me where you are originally from and who you grew up with and any other siblings?

Peter: I'm from Ballycasheen, so the friends I had growing up were Conor Spellman, who passed away a few years ago, Mark Griffin and David Gleeson were also neighbors of mine. My mam and dad still live in Ballycasheen so I have 1 sister, Joanne and Paul my brother. Joanne has 1 daughter, Hannah and Paul has 3 kids Jessica, Keira and Matthew and is married to Lucy.

Neilus: Talk to me about how you got into the fitness industry?

Peter: This is a great story. Anyway a few friends and myself decided to head to Oz. So, we landed over, and I knew from the first minute that living here wasn't for me. Neilus, I lasted 33 days in Oz. I booked a flight home; on the journey home I wrote out goals and targets I wanted to hit. One of my goals was to become a qualified Personal trainer so I booked my course with I.T.E.C and that was the start of it.

Neilus: Where did you kick off your Personal training sessions?

Peter: Well, I was always working full time down in C&C, delivering to different towns

in Kerry and I ran my classes on the side when I was finished work. I started doing these sessions up in Ryan's hotel (Quality Hotel) gym so then I got a full -time position in the Malton Hotel running the gym and pool for a few years and then I moved to The Muckcross Park Hotel to become Health and Safety Officer for them. Then I heard that ye were opening a new studio and we had a chat about working full time for B Well fitness and I'm still here with ye.

Neilus: On that plane journey home, did you set out any other goals or targets?

Peter: Well, as you know I love my soccer and I always wanted to play for my country and play at the highest level possible. And I did both. I played mostly with Killarney Celtic, and as a team we won a good few trophies and I was scoring away on a regular basis and that's when I got noticed and called into the Irish Juniors and I got capped wearing the green jersey of Ireland.

Neilus: Very proud moment for you. Not many people can say they played for their country. What did it feel like to put on the jersey?

Peter: Honestly, I always worked hard in training and pushed myself so to put on that jersey was an amazing feeling and shows hard work and training everyday shows dreams do come through.

Neilus: You mentioned playing at the highest level possible, did this goal come true for you?

Peter: Certainly did, I played league of Ireland for Limerick F.C for a season and was brilliant experience and playing to this level was unbelievable. The great thing about playing for Limerick at semi pro level was to experience the training sessions, watching the diet, and basically putting soccer first. Travelling to different grounds, playing in front of big crowds will be memories I will cherish for my life. The reason I chose Limerick aswell, my mom is a Limerick woman and many

of my relations would come down and watch my games which was fantastic.

Neilus: Amazing Peter, some journey with your soccer career and well done to you. So, what does the future hold for you?

Peter: I always want to educate myself, and setting goals its highly important. I qualified as a strength and conditioning coach, and also as a Nutritional coach and I want to help people to reach their own personal goals when they train with us and living a healthier life. And when it comes to fitness and training others, I have an incredible appetite towards fitness.

Neilus: Before we finish up, how's the family?

Peter: Family life is great, Clodagh is flying it. Looking forward to getting back to work running DV8 & Singing at Weddings again but really enjoying the down time with our young boy Ryan who is going on 16 months now. On a personal level for me aswell, I love being a father and husband and seeing Ryan grow up has being huge to me and Clods. Love every bit of it.



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Conor has keen interests in the areas of Persistent Pain, Back Pain and Sports Injuries - especially that of GAA.

Along with his experience in private practice Conor has worked as the physiotherapist to the Northern Ireland Under 17's International Soccer team, travelling throughout Europe, and also with the County Down GAA hurling team.

Conor is an enthusiastic surfer and mountain runner. His GAA background has developed into a natural love of endurance sports. He has completed challenges including a solo cycle across South America and parts of New Zealand. More recently he became the first person to Solo Stand Up Paddle Board the full length of the River Shannon.





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COVID-19 RESTRICTIONS

YOUR GUIDE TO THE NEW CHANGES

In line with the plan set out in COVID-19 Resilience & Recovery 2021: The Path Ahead, the Government has announced the phased easing of some restrictions for the month of April, to commence on 12th April.

VACCINATIONS

If you have received the second dose of the vaccine more than 2 weeks ago, you can meet with other fully vaccinated people from 1 other household indoors without wearing masks or staying 2 metres apart. This measure comes into place immediately. If you have received the second dose, you have to wait 2 weeks until you can meet other fully vaccinated people indoors.

FROM 12TH APRIL

Schools: In-school teaching to fully return
Meeting other households: **You can meet 1 other** household outside but not in your garden or theirs
Travel: You can travel within your county or within 20km of your home if crossing county boundaries
Construction: All residential construction can restart as well as early-learning and childcare projects.

FROM 19TH APRIL

GAA: Training for and playing of National Governing Body sanctioned and organised adult inter-county National Gaelic Games Leagues not including under 20 or minor competitions
Elite sport: High performing athletes, as approved by Sport Ireland, can resume.

FROM 26TH APRIL

(subject to prevailing public health situation)

Outdoor sport: Outdoor sports facilities can reopen (for example: pitches, golf courses and tennis courts, other facilities as appropriate)
Outdoor attractions: Outdoor visitor attractions can reopen (for example: zoos, open pet farms, heritage sites). Amusement parks are not permitted to open
Underage sport: Underage non-contact outdoor training in pods of 15 or fewer can restart
Funerals: Maximum attendance at funerals will increase to 25.

UNDER CONSIDERATION FROM 4TH MAY

(subject to prevailing public health situation)

Full reopening of construction activity
Phased return of non-essential retail commencing with click and collect and outdoor retail, for example: garden centres/nurseries
Recommencement of personal services on a staggered basis
Reopening of museums, galleries and libraries
Recommencement of religious services on a staggered basis

SCHOOLS AND HIGHER AND ADULT EDUCATION 12TH APRIL 2021 ONWARDS (POST EASTER HOLIDAYS):

In-school teaching to fully return.
Higher and adult education
Higher, further and adult education should remain primarily online.

CONSTRUCTION

From 12th April, all residential construction can restart as well as early-learning and childcare projects.
Until then, construction is closed with the some

exceptions.

RETAIL AND SERVICES (example: hairdressers, beauticians, barbers)

Face coverings must be worn.

All retail is closed except for essential retail.

All non-essential services are closed.

See the list of essential services at Level 5.

Click and collect: Click and collect from non-essential retail outlets is not permitted.

Click and deliver will continue to be permitted.

The government will consider the phased return of non-essential retail commencing with click and collect and outdoor retail, for example: garden centres/nurseries, after 4 May

SOCIAL AND FAMILY GATHERINGS IN YOUR HOME OR GARDEN

No visitors are permitted in private homes or gardens except for essential family reasons such as providing care to children, elderly or vulnerable people, or as part of a support bubble.

Other settings outside your home or garden:

From 12th April, you may meet people from 1 other household outdoors, but not in your garden or theirs. Any meetings outdoors should be safe, with continued practising of social distancing and other safe behaviours.

Masks should be worn in crowded outdoor spaces.

WEDDINGS

Up to 6 guests are permitted.

ORGANISED INDOOR GATHERINGS

These are controlled environments with a named event organiser, owner or manager.

For example: business, training events, conferences, events in theatres and cinemas or other arts events (excluding sport).

No organised indoor gatherings should take place.

Organised outdoor gatherings

These are controlled environments with a named event organiser, owner or manager. For example: outdoor arts events, training events.

No organised outdoor gatherings should take place.

EXERCISE AND SPORTING EVENTS

Training: People may meet with people from one other household in outdoor settings when taking exercise.

From 19th April, training can resume for National Governing Body sanctioned and organised adult inter-county National Gaelic Games Leagues not including under 20 or minor competitions
High performing athletes, as approved by Sport Ireland, can resume from 19 April.

From 26 April subject to public health advice at the time, outdoor sports facilities can reopen (for example: pitches, golf courses and tennis courts, other facilities as appropriate).

Activities should take place between a maximum of two households. Facilities including club houses and any indoor facilities (for example: changing rooms, showers, kitchens, meeting rooms), apart from essential toilet facilities must remain closed. There should not be any return to team sports or



training activities.

Underage non-contact outdoor training in pods of 15 can recommence, subject to public health advice at the time.

Matches and events: Professional, elite sports, horse racing, greyhound racing and approved equestrian events only are permitted to continue behind closed doors.

No other matches or events are to take place.

Gyms, leisure centres and swimming pools

Gyms, leisure centres and swimming pools are closed.

RELIGIOUS SERVICES

Services will be held online. This will be reviewed by 4th May.

Places of worship remain open for private prayer.

Attendance at funerals: The maximum attendance at funerals is currently 10. From 26th April, the maximum attendance at funerals will increase to 25, subject to public health advice.

MUSEUMS, GALLERIES AND OTHER CULTURAL ATTRACTIONS

All venues closed. This will be reviewed by 4 May.

BARS, CAFES AND RESTAURANTS (including hotel restaurants and bars)

Take away food and delivery only.

Wet pubs: Closed.

Nightclubs, discos, casinos: Nightclubs, discos and casinos will remain closed.

Hotels and accommodation: Open only for essential non-social and non-tourist purposes.

WORK

Work from home unless essential for work, which is an essential health, social care or other essential service and cannot be done from home.

TRAVEL RESTRICTIONS

Domestic: People are required to stay at home except for travel for work, education or other essential purposes, and will be permitted to take exercise within 5km of home. From 12 April, you can travel within your own county or within 20km of your home if crossing county boundaries.

OUTDOOR PLAYGROUNDS, PLAY AREAS AND PARKS

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TRANSPORT

Face coverings must be worn.

Walk or cycle where possible.

Avoid public transport - except for essential workers and essential purposes only.

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BER: C2



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



Is it more difficult to get a mortgage to build my home than a mortgage to buy my home?

Yes, it is more difficult. When you are building your family home there is more of a risk of things going wrong than purchasing your home. The most obvious and biggest risk is of course the risk of you going over your budget to build and finish your property. Lenders when assessing your application need to take this risk into account. Lenders will put emphasis on the cost of construction of your property to make sure the costs are realistic. If you are making your application through a mortgage broker he/she should spend a lot of time discussing the cost of the construction and loan amounts with you to make sure they are realistic. If these figures are incorrect and especially if they are too low then your mortgage application could be declined. A big positive at the moment for people who are first time buyers and are building or buying a new property that is their family home is that there is now a Help To Buy Scheme that you can apply for through the Revenue. There is up to €30,000 available through this scheme, there are terms and conditions attached to this Help To Buy Scheme. Obviously this is very beneficial in terms of reducing your cost of construction and reducing your mortgage amount also. A mortgage broker who has access to many lenders and has a lot of experience with self build mortgages may be very helpful to you.

If you require any further information on the above or any other matter you can contact Dermot Cronin at dermotcroninifa@gmail.com or 0646622775 or 0872893649.

Michael D O Shea

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COMHAIRLE CONTAE CHIARRAÍ KERRY COUNTY COUNCIL

BÓITHRE A nDÚNADH GO SEALADACH TEMPORARY CLOSING OF ROADS

ALT 75 d'ACHT NA mBÓITHRE 1993 SECTION 75 OF ROADS ACT 1993

Notice is hereby given that, pursuant to Section 75 of the Roads Act 1993, and the Temporary Closing of Roads Regulations 1994, Kerry County Council **is proposing** to temporarily close to public traffic the following roads for the period and reason specified below:

“SAFE STREETS – SAFE TOWN – SAFE COUNTY” Covid-19 Social Distancing Measures

KILLARNEY TOWN CENTRE

Roads Subject of Proposed Closure

L-3909 Plunkett Street, Killarney (from its junction with Main Street to its junction with College Street)

R-876 Kenmare Place, Killarney (slip road from its junction with N71 Kenmare Place to its junction with N71 East Avenue)

Period of Proposed Closure

From Thursday, 22nd April to Sunday 31st October (24 hr closure)

Reason for Proposed Closure

To facilitate Covid-19 Social Distancing Measures, under the Kerry County Council “SAFE STREETS – SAFE TOWNS – SAFE COUNTY” Plan

Alternative Routes

L-3909 Plunkett Street – traffic can divert at College Street Roundabout, via the N71 Fairhill Road, the N71 East Avenue, Kenmare Place, onto Maine Street.

R876 Kenmare Place – traffic can divert onto the N71 at Kenmare Place.

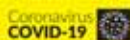
Access to College Street (Glebe) Car Park will remain open and designated loading / collection bays will be provided at College Square / College Street Car Park for deliveries and collections.

Any person having an objection to the above proposal should lodge same, in writing, marked **Road Closure**, with the Administrative Officer, Roads, Transportation and Marine Department, County Buildings, Tralee, County Kerry or by e-mail to roads@kerrycoco.ie not later than **5.00 p.m. on Tuesday, 6th April 2021**.

To enable the processing of submissions/ objections Kerry County Council can legally process this information, as necessary, to comply with its statutory/legal obligations. Such information will be processed in line with the Council's privacy statement which is available at www.kerrycoco.ie.

Siniu: Pádraig Corkery
Senior Executive Officer / Feidhmeannach Sinsearach
Corporate Affairs / Gnothai Corparaideacha

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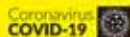
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PEUGEOT RECOMMENDS TOTAL WLTP (Worldwide Harmonised Light Vehicle Test Procedure) combined fuel consumption for 208 and 2008 in l/100km ranges from 4.0 to 5.8. WLTP combined CO₂ emissions (g/km) range from 84-121. * Optional, standard or not available according to trim chosen.

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Life, Inspiration & Body Confidence Coach/Author

Six self-care ideas for Spring

The days are getting longer and there's a promise in the air of new beginnings and warmer days. Spring is traditionally a time for transformation and growth. There are fresh buds on the trees and new flowers are starting to emerge in the garden. Spring is a wonderful time to sow our own seeds for growth, health and wellbeing and joy.

Follow these six self-care tips for a beautiful Spring and beyond.

1. **Spend more time outdoors.** Even ten minutes a day can boost your mood and help you feel connected to the beauty of nature and yourself.
2. **Take time to prepare your meals at the start of the week.** Choose foods that make you feel radiantly healthy, alive and full of energy. Preparation is the key to a healthy and vibrant body.
3. **Stretch your body.** Take time every morning to stretch and connect with your body. It's a wonderful way to start your day.
4. **Make more space for the things that bring you joy.** What do you love to experience in your life? Whatever it is, make more time for it. If you love to sing, then sing for ten minutes. If you love to paint, then do quick sketches through your day. Life can be busy; however, we can always fit in a few minutes to do the things we love.
5. **Have a social media detox.** Even a day free from the constant messages and images of social media can feel like you've had a mini holiday in your mind!
6. **Day dream!** Day dreaming is a powerful way to rest our minds and indulge in our dreams and fantasies. Allow yourself to daydream more often through your day – a beautiful way to recharge our minds.

www.instituteforbodyconfidencecoaching.com

Noreen at What Women Wants gives you some **beauty tips** while you are staying at home during Covid-19



Shaping your Brows at home

Here is what you will need

- A good quality pair of slant tip tweezers
- A spoolie brush (small bristle brush)
- A brow pencil or brow powder & brush
- A cosmetic scissors to trim
- A mirror with good lighting, to view the whole face

Start with a cleansed face & brush your brow hairs into shape with your spoolie brush.

Using your pencil or Brow powder it is best to fill your brows into the desired shape, this acts as a stencil. You can now see the hairs outside this which need to go. Pluck hairs 1 hair at a time by gently stretching your brow tight with one finger while tweezing in the direction the hair is growing. If you need to trim with a scissors, comb hairs upwards and only trim unruly longer hairs. Darker hairs on the lip may also be trimmed with a scissors or tweezed

by gripping hair near the root and tweeze in the direction of growth.

Tips

Twice a week is enough to tweeze to maintain your shape. Do not use a compact mirror or magnifying mirror, this will distort your idea of the brow shape in relation to your face. Do not use a kitchen scissors to trim. Do not shave. Pay attention to the direction you are tweezing as tiny blood vessels may burst if you tweeze in the wrong direction and can cause inflammation and scarring. Grip hairs near the base to avoid hairs breaking. If you over tweeze, do not repeat on the other eyebrow.

Remember, you can always let your brows grow out and finally get, "Brows you love" shaped by a professional therapist!

Noreen Mangan



Tel: 0646630712

www.whatwomenwant.ie

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B WELLS TIPS ON RUNNING SHOES TO GET STARTED ON YOUR FIRST 5K

Ok so its your first time getting out on the road running?

You don't need an expensive pair of running shoes to get kick started, however we would advise a few tips when selecting what running shoes to wear on Monday.

- 1) Wear a comfortable pair that you have worn before and you know won't cut you or are too tight or too loose.
- 2) Choose a shoe with good support and cushioning.
- 3) Don't wear a fashion pair of runners that are flat like Converse as there isn't much support or cushioning in these. These runners are designed to look good... and not for jogging.
- 4) Make sure you break the runners you are going to wear in over the weekend. So pop them on for a few hours especially if they are ones you have not worn in a while.
- 5) Wear socks as you can get blisters when your feet sweat and believe us you don't want blisters on week 1.
- 6) If you have had your feet assessed in the past and you have been told you have fallen arches or overpronated feet etc. then you must wear the runners that were prescribed to you or insoles. Injuries will flare up if you ignore the advice given to you by the experts.
- 7) If you feel after the first week or 2 that your feet are just not liking the runners you are wearing and its the discomfort of your runners that are holding you back rather than your running fitness we strongly advise investing in a new pair... with covid getting the feet assessed is not possible but maybe seeking advice from an expert online or doing a bit of investigation will be well worth your while as running comfort and cushioning and support is essential.

Don't worry if you are unsure as the couch to 5k is all about discovering your body and how it moves and how it feels when you start running and sometimes until you get moving you will never know if you need a different type of runner or if you have any issue in the feet. So maybe you can go treat yourself after the 6 weeks is complete and everything is open!!!! All we want to create is awareness that running shoes can be the game changer to comfort and performance so don't ignore discomfort.



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SCREEN TIME, FACTS FOR PARENTS

Most parents worry about how much time children are spending on digital devices. Here are the facts

WHAT IS BLUE LIGHT?

Most parents worry about how much time children are spending on digital devices. Here are the facts

Sunlight contains red, orange, yellow, green and blue light rays. Combined, this spectrum of coloured light rays creates what we call 'white light' or sunlight.

Depending on where they fall on the spectrum, light rays have long wavelengths (with less energy) or short wavelengths (with more energy).

Blue light is a high-energy visible light and has shorter wavelengths. It is known as blue light because it is on the violet-blue band of the spectrum.

Blue light is naturally present in sunlight but is also something we can see from screens such as TVs, computers, smartphones and tablets.

Can blue light damage my child's eyes?

There is currently no scientific evidence that blue light causes damage to the eyes. However, there is evidence to suggest that carrying out near tasks, involving looking at something close-up, such as using mobile devices, screen time and reading a book, can increase eye strain for those who do this for long periods of time.

What is digital eye strain?

Digital eye strain happens when a lot of time is spent using near vision, for example, reading on screen or playing online games.

One of the main symptoms is temporary blurred vision but other signs such as sore and tired eyes, dry eye and headaches are also associated with digital eye strain.

Can blue light affect my child's sleep pattern?

Using screens close to bedtime may contribute to poorer sleep, which may mean your child's concentration levels are lower during the day. This may be because blue light is linked to the suppression of the hormone melatonin which makes us feel sleepy. However, there is a range of other factors linked to disrupted sleep.

Can blue light filtered lenses help?

Some people report that lens coatings that filter blue light make their eyes feel more comfortable or are helpful before bed.

IS THERE A LINK BETWEEN SCREEN TIME AND SHORT-SIGHTEDNESS?

Short-sightedness, or myopia, is increasing throughout the world. Family history, ethnic background, environment (living indoors, in cities) and carrying out near tasks, such as screen use, have all been linked to the development of myopia. However, there is no clear evidence to suggest that screen time alone is the direct cause. But, there is good evidence to suggest that children who spend more time outdoors are at lower risk of developing short-sightedness.

TIPS FOR KEEPING YOUR CHILD'S EYES HEALTHY

Get them outdoors – regular play and exercise can help prevent or reduce the development of myopia (short-sightedness). Studies show two hours of outdoor activity a day is ideal!

Use night settings – using night settings, if your device has them, may help children sleep by reducing the amount of blue light given off by the screen during night-time hours

Make sure digital devices are turned off at least an hour before bedtime

Book your child in for a sight test at least every two years, from the age of three.



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SPA

>HAPPY EASTER

Wishing a Happy Easter to all our families, members, volunteers, neighbours, friends and supporters. Hopefully we'll get to see everyone in Spa again very soon.

>MUNSTER GAA AWARDS

Congratulations to Dr Crokes' Cian McMahon who was awarded the 2020 Munster GAA Minor Footballer of the Year, and to Annascaul's Killian Falvey who was awarded the 2020 Munster GAA U20 Footballer of the Year.

>KERRY HOSPICE FOUNDATION GOOD FRIDAY WALK

This year people are being asked to join the annual Kerry Hospice Foundation (and local Hospice Centres) Good Friday Walks in the safety of their 5km radius. The walk can be done anytime between St Patrick's Day & Good Friday (Apr 2nd) and all donations will go to the Kerry Hospice Foundation, which solely supports the Palliative Care service in Kerry. Donations to www.idonate.ie/LongGoodFriday

>SPA LOTTO RESULTS 22 03 21

Numbers drawn: 9, 10, 12, 21. No winner and Lucky Dips receive €50 each to Adam Herlihy, William Lenihan, Sean Mac and Reggie O'Connor. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €6,800. Tickets are on sale online on spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

>REGISTRATION

Spa GAA club registration for 2021 is open online through www.spagaa.com. Registration for the year ahead is required for all members and this year, due to the ongoing restrictions, we are asking everyone to sign up

online through the link to clubforce. Any adult members who want to be included in the club text messaging system going forward, please contact the PRO on 0851216359 or pro.spa.kerry@gaa.ie.

>SYMPATHY

Our condolences to the Neher family on the recent passing of Kurt Neher RIP, Killarney. Sympathies also to Denis O'Connor and family on the passing of his sister Noreen Cronin RIP, Gneeveguilla. May They Rest in Peace.

>GOVERNMENT UPDATE DUE THIS TUESDAY

With the current lockdown restrictions in place until Monday April 5th, the Government are expected to make an announcement this Tuesday on any changes, with hope of some return to GAA, especially at juvenile level. Visit gaa.ie or gov.ie for the most up to date information.

>LIDL SUPPORTING LADIES GAA

Lidl Ireland are encouraging clubs to support their ladies teams by collecting stamps on the Lidl app each time you spend a minimum of €30 in store. Just download the LidlPlus app, select your club and start collecting! Open until April 10th, and each time you spend min. €30 and scan your app at the till, you will receive a digital stamp. Once six stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total.

>ITEMS FOR NOTES

Any items for the club notes please contact pro.spa.kerry@gaa.ie or 0851216359 before 8pm on Sundays.

Written by: Deirdre O'Sullivan-Darcy

Holy Week 2021

On the parish radio and via the webcam on www.killarneyparish.com

GOOD FRIDAY APRIL 2nd

Celebrating the Sacrifice of Jesus on the Cross for our salvation.
A Day of Fast and Abstinence.
10.30am Morning Prayer
3pm Solemn Liturgy of the Lord's Passion
Cathedral doors will be closed from 2pm – 4pm for the Ceremonies online
8pm Stations of the Cross

HOLY SATURDAY APRIL 3rd

The Church, as it were, by the tomb, quietly awaiting the Resurrection.
10.30am Morning Prayer
9pm Easter Vigil. You might like to have a candle lighting to represent the Paschal Candle as we renew our Baptismal Promises at Easter.

EASTER SUNDAY APRIL 4th

The Lord is Risen, the Light of Christ has come into the world. Alleluia!
Masses to celebrate the Lord's Resurrection at the usual times:
St Mary's Cathedral: 8am 10.30am and 12noon

Confessions for Easter: The Easter Obligation (for celebrating Confession) does not apply at the moment due to the restrictions. However, Priests will be available for Confession in the main body of the Cathedral (to allow for social distancing) on Good Friday 12noon – 1pm, 4pm – 6pm. Aware that you might wish to wait until restrictions are lifted, please join for Mass online on Spy Wed 31st 6.15pm with a focus on penance, Examination of Conscience, and God's loving mercy.

From Darkness into Light... In an Empty St Mary's Cathedral Killarney, Bishop of Kerry Ray Browne, Blesses the Paschal Candle at the Easter Saturday night Vigil 2020, assisted by Fr Kieran O'Brien, (Adm) left, Mark Moriarty, Student Priest, Fr Jim Lenihan, Fr Niall Howard and Fr Nicholas Flynn.

PHOTO: VALERIE O'SULLIVAN





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➤PLANT PROPAGATION - GROWING PLANTS ON A BUDGET

13th April 2021 6:30 pm - 8:30 pm

Location: IRD Duhallow, James O'Keeffe Institute, Co. Cork

Co. Cork Places remaining: 10

There are a limited number of Free places on most courses available for those in receipt of a welfare payment. Eligibility Criteria

Don't buy another plant or packet of seeds! Join 'Growing Plants on a budget' an online course, showing participants how to successfully grow new plants from seeds, divisions, stem and root cuttings and how to save and store seeds. Covering shrubs, trees, herbs, vegetables, fruit and house plants this course will give you the confidence you need to grow plants and take care of them for free and in the process save hundreds of euros.

This is a three week course, running Tuesday 13th April, Tuesday 20th April and Tuesday 27th April from 6.30pm to 8.30pm via Zoom

For more information please contact Brighid-Ide Walsh on brighid-ide.walsh@irdduhallow.com 029-60633.

➤GNEEVEGUILLA GAA

would like to acknowledge and thank Independent Councillor Charlie Farrelly for contributing €3,800 of his 2021 allocation for three road gullies and associated works outside Gaa grounds adjacent to main road.

Lotto tickets on sale in following local outlets

McCarthy's the village, McCarthy's Rathmore, Hickeys Rathmore and Paddy O'Keeffes. Tickets can also be purchased online at <https://smartlotto.ie/gneeveguilla-gaa> Your support is greatly appreciated.

There is a refereeing course coming up in coming weeks, anyone interested or with any queries please contact Stephen Crowley 0870667786 or Michael T Lawlor 0868550984. Membership is now due please contact Padraig Moynihan at 087 0970258 for details.

➤RATHMORE GAA CLUB ANNUAL MEMBERSHIP

All membership can be renewed online with clubforce (search for Rathmore GAA club) Or you can get the link from our registrar Kathleen O'Doherty (0863647749). You can also use your lotto account to activate your registration. You can also use this Link <https://bit.ly/3t32lw3>

Referees Needed Kerry GAA training will be available shortly for young people interested in refereeing to officiate at U.11 and U.13 games Any former players who will be available to referee senior games. If interested, please contact Una Moynihan or Mike Cronin.

➤COVID VACCINATION CLINIC

A wheelchair taxi service is available Donie Fitzgerald stagemount (087) 6959947, if you wish to avail of it.

➤SYMPATHIES

To the family and friends of Timmy Hickey, Aunaskirtane, Rathmore, May Timmy rest in peace.

➤COVID-19 SUPPORT LINE FOR OLDER PEOPLE ALONE

manage a national support line and additional supports for older people

who have concerns or are facing difficulties relating to COVID19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

➤ILLEGAL DUMPING

All illegal dumping on our roadsides and countryside should be reported to Kerry Co. Council on 066 716 2000. Freephone: 1800 326 228. You can also download the app "See it Say it" to your mobile phone and report any illegal dumping there and then. Your help to curb this unsocial activity will be greatly appreciated.

➤THE RATHMORE SOCIAL ACTION GROUP

will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time. To avail of this service, please call Norah & Marie on 064 77 58588. These meals will be dropped to the door of the person's home. We will help to deliver this service to as many as we can. Alarm responders are required by the Social Action Group for burglar and fire alarms in St. Joseph's Day Care Centre and Teach Íosagáin. If you live within 2km of these facilities and wish to express interest please provide your name and contact details to info@sag.ie or contact St. Joseph's Day Care Centre on (064) 7758588

➤HELPFUL CONTACT NUMBERS

Jigsaw Kerry: (Young Peoples Health in Mind) Contact 066-7186785 Email: kerry@jigsaw.ie

Pieta House: Contact 01 6010000 or www.pieta.ie

➤GNEEVEGUILLA COMMUNITY DEPARTMENT ASSOCIATION AND BASKETBALL CLUB

Had our weekly draw for our Share the Bucket on Friday evening 26/01/21. The Jackpot was €450. Congratulations to Margaret Hayes this week's winner of €450. Don't forget guaranteed jackpot of €450 this week again. Guaranteed winner every week, go to our Facebook page to find out how and where you can play. REMEMBER if YOU are not in you can't win <https://www.facebook.com/gneeveguilla> a/Draw takes place every Friday eve @8:30 pm on Facebook live

➤GNEEVEGUILLA SPRING CLEAN

We are arranging the spring clean again this year. Bags are available at DILLANES GARAGE, and filled bags can be returned to Dillanes garage. Reminder to comply with all COVID rules. This will run for the coming weeks.

➤NOTES

if 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,

By Michael O' Mahony

Scholarship for St. Brigid's Students


Two Former students at St. Brigid's Presentation Secondary School Aisling Reidy and Sophie Vousden each received "The UCC Quercus Entrance Scholarship" virtually based on their Leaving Certificate Results of 2020. Aisling who is studying Pharmacy and Sophie who is studying Speech and Language Therapy received a bursary, will participate in Quercus lecture series and will receive invitations to relevant networking events.

"St. Brigid's are thrilled with the recognition they have both received for their hard work", School PRO Sheree Murphy told Killarney Outlook.

The girls are pictured here with Principal Roisin Moore.



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**CLlr MAURA
HEALY-RAE**



WEEKLY CLINIC ON:
**SATURDAY AT SCOTT'S HOTEL,
KILLARNEY AT 11AM**

We are available to meet constituents at any time.
Give us a ring to arrange a suitable time and place.

**NEW SCHEME IN PLACE
FOR PROCEDURES IN BELFAST**

IF YOU ARE ON A WAITING LIST FOR CATARACTS, HIP
OR KNEE PROCEDURES CONTACT ME NOW FOR DETAILS

Following my representations to the Taoiseach and the Government,
I am glad that the arrangement has been put in place to ensure people can
continue to travel to Belfast for procedures such as cataracts, hip, knee
replacements, tonsil removal. The new Scheme called the Northern Ireland
Planned Healthcare Scheme will operate for 12 months under the same terms
as the EU Cross Border Directive Scheme. This is great news for those on long
waiting lists for procedures.

PLEASE CONTACT
Danny 087 2316055 Office 064 6685315
Maura 087 7816432 Johnny 087 2354793
Eileen 087 9975419

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com
maurahealyrae@gmail.com

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KILCUMMIN

➤KILCUMMIN LOOKING GOOD

We would like to thank all the people who have volunteered to go out and collect rubbish on the roads in their area, it is inspiring to see such wonderful community spirit in our Parish. We are aware that the issue of dog fouling is a major problem in the Village at present. We would like to remind everybody that it is an offence to let a dog under your control foul in a public place. If it does happen, you must remove the faeces and dispose of them in a suitable, sanitary manner. We must all respect other road/footpath user especially children, people with buggies etc. Thank you.

➤GAA MEMBERSHIP

Kilcummin GAA membership is now open for 2021. Club membership of €50 which entitles you to use the Walking Track (individual walkers as per level 5). Full details of Kilcummin Fitness Centre to follow. Payment can be made to executive members or drop to Post Office with Name and Email or Tel. 087 6215770 or 085 7882288.

➤COMMUNITY GAMES

Anyone interested in the following; U12 & U16 Solo Singing, U12 & U16 Solo Music, also art, handwriting, recitation, model making, please contact Maria O'Leary as soon as possible on 087-4619954.

➤KILCUMMIN COMHALTAS

Renewal of Garda vetting is now due for some Comhaltas members. Please check your email to see if you have received an invitation for renewal of Garda vetting. If anyone is unsure please contact Helen on 087 119 1353. Thanking you

➤TROCAIRE FUNDRAISER

CD with all your donation going to Trócaire 2021 Lenten campaign for those in the 3rd World. Deacon Thady O Connor's recording of "We Need Jesus Now More Than Ever" as featured on Horizons by Mary Fegan of Kerry Radio is now available in the Post Office and Paddy O'Keeffe Gattabawn. We thank all our stockists, promoters and donors of this very worthy cause.

➤KILCUMMIN NS

Junior Infants Enrolment 2021/2022: Kilcummin National School is currently enrolling for September 2021. Please contact Kilcummin National School by email at kill43163@gmail.com or 0646643163. Enrolment application forms are now available. We look forward to hearing from you. Keep well and safe.

➤COVID-19 SUPPORT LINE FOR OLDER PEOPLE

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

Written by: John Moriarty Email: info@kilcumminparish.com



Tralee couple Lisa Curran and David Dillane outside Aldi Castleisland, County Kerry receiving a celebratory bunch of flowers and champagne from Store Manager Peter Tancred as they were announced as the winners of Aldi's "Valentine's Walking Up the Aisle Competition!" Aldi called out on Twitter for couples that had to cancel their wedding plans in 2020 due to Covid-19, and Lisa and David were picked as the overall winners! The lucky couple, who met in school and whose wedding is scheduled for October 2022 in Ballyroe Heights Hotel in Tralee, have won €5,500 worth of wine and flowers for their wedding!

PHOTO: DOMNICK WALSH

GLENFLESK

➤NATIONAL CLUB DRAW 2021

The purpose of the GAA National Club Draw is to assist Glenflesk GAA in our drive to raise much needed funds to develop and promote our games in Glenflesk parish. Please note that the Club retains all of the proceeds from the tickets sold by the Club. As fundraising opportunities will be limited for the foreseeable future all support for the draw would be greatly appreciated. Don't forget a ticket sold by Glenflesk GAA won the car in this draw! The 2021 Draw has even more prizes on offer, varying from a Renault Car to All Ireland Final Tickets, and a variety of cash prizes. Tickets can be purchased online at: https://member.clubforce.com/tickets_m.asp?LL_ID=2534

➤GLENFLESK LADIES

We hope to be back training in the coming weeks, Once again we are appealing to anyone that might have an interest in being involved in

helping or coaching our underage girl teams. We are looking for coaches for U12/U10/U8/U6 teams.. Unfortunately if we don't get coaches for these age groups we will not be in a position to provide football for these age groups.. Please have a good think to see if ye can spare a little time to help. We look forward to hearing from you.. If interested Please email Glenflesk ladies secretary at glenflesk.kerry@lgfa.ie

➤LITTER PICKING

Litter pickers are asked to meet up at Glenflesk Church this Saturday at 10am., Please make sure to bring your High vis vests and pickers.

➤HAPPY EASTER

Happy Easter to all our members and everyone helping the club in any way, Hopefully we, I be all meeting up again soon.



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Closing Date 14th April 2021



KEEL GAA CLUB

BINGO

We are delighted to announce that we will be hosting a virtual Bingo on Monday the 5th of April at 8pm via Zoom. All proceeds are in aid of Keel GAA Coiste na nÓg. We welcome those from near and far to join us via Zoom. It will be a great night's entertainment and there are great prizes to be won. Do not let the technology put you off. Follow the steps on your Bingo book to join. If it is your first time why not do a trial run during the week? Simple follow the steps and it should come up Keel GAA Zoom Bingo.

Bingo books will be on sale in Benson's Quikpick and Helena's XL in Castlemaine. Books will cost: 1 for €10, 3 for €25, 4 for €30, 5 for €35. If you know of anyone who would like to join us from another county or country, please let us know via the contact details below before 6pm Thursday the 1st and we will arrange a Bingo book for them. If you have any messages or requests for anyone on the night, please send them to the contact details below. These messages or requests could be for somebody who is celebrating a birthday, anniversary or simply sending best wishes to somebody who is joining us from another county or country.

Contact 087-9607177 or pro.keel.kerry@gaa.ie

FUTURE LEADERS

Could all members who have completed the Future Leaders programme for Transition Year students please forward their name and number to PJ Ryan 0872916238 as the club are compiling a list of referees who will be able to referee u11 Go Games blitz matches in the future.

FOSSA GAA CLUB NEWS

EASTER

On behalf of the club we would like to wish all our members a very happy Easter.

CHILD WELFARE COURSE

An online Childrens Welfare Course has been organised by our child welfare officer (Catherine) it is mandatory that you have this completed to work with children so please email Catherine (childrensofficer.fossa.kerry@gaa.ie) to book your spot for April 15th, 7pm ish. If you have never done one please make yourself available, we will fill it and book a second if needed.

STAY SAFE

As the number of covid cases begin to fall we hope everyone is keeping well and safe, pls keep to the guidelines set from the GAA for your safety and the safety of other's pls keep away from the pitch's and clubhouse we all need to do our part and hopefully soon we will all be back on the training fields.

COVID-19

CLUB SPECIFIC GUIDELINES

Club Games and Training

In level 5 and under the current restrictions, individual training only is permitted – neither adult nor underage teams may train collectively.



The 1992 All Ireland Club Champions Dr Crokes getting a guard of honour from Legion in the County League game that followed six weeks after their triumph. Legion won out on the day. PICTURE: TOMMY REGAN

GAA club grounds must stay closed.

Club games are not permitted.

Club Gym must remain closed until further notice.

LADIES

Great initiative from Lidl Ireland to help Ladies clubs. Fossa are asking all our members, players, friends, and family to come on board and PLEASE make the effort to start collecting tokens. Its very simple!

You need to download the Lidl Plus App, click Fossa LGFA and have it scanned every time you spend €30 you can collect tokens towards jerseys and cash for our club.

LOTTO

Lotto 27th March

10,17,18,28

€40.00 euro winners

Kevin Myers Barleymount,
Alex and Cliona Kelly coolick,
Angela Lynch Maulagh,
Eileen Hickey c/o m. Cunningham,
Geraldine Moloney c/o Dep. of Justice.

Next weeks draw €10,650.

Tickets on sale from Foleys Spar Fossa,(yearly forms also available here).

The Golden nugget, and usual sellers.

Thanks for all your support.

YEARLY TICKETS

Our yearly lotto Ticket can be bought for €100.00 (2 Draws free) or half a year for €50.00 (1 Draw free) forms available online, Foleys Spar Fossa or any committee member.

DR. CROKES GAA CLUB NEWS

LOTTO

draw took place on Monday March 29th numbers drawn were 1 8 11 28 JACKPOT €5,000 was won. 7 Patrons matched 3 numbers and receive €60, Ger Brosnan Port Road, O'Regans c/o Eddie, Sinead Courtney Corporate, Agnes Walsh c/o Malachy, Joe o'Carroll Corporate, cian & Leah McMahon, Mike Looney c/o Claire. Jackpot for draw on April 5th will be €5,000

We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis Road.



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We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below And follow instructions attached
https://play.clubforce.com/play_new.asp#Anchor

When you click on the link it brings you to the Clubforce Main page. From here click Club name Dr. Crokes GAA. This brings you to another page that you again put in Dr. Crokes, which in turn brings you to the Dr.Crokes home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app, on https://member.clubforce.com/tickets_m.asp?LL_ID=734

CLUB GENERAL MEETING

will be held on April 6th @ 8pm using Microsoft Teams. any member wishing to log in must contact Secretary Deborah Ann @ secretarydrcrokes.kerry@gaa.ie to receive link.

LEVEL THE PLAYING FIELD

We're calling on you to help your local LGFA club to "Level the Playing Field". Every time you spend €30 or more, and scan your Lidl Plus card at the till, you'll receive a stamp on your digital stamp card. If you spend €60, you'll get two stamps, €90 = 3 stamps, and so on.

Remember to scan Lidl Plus every time you shop to collect your stamps!

MEMBERSHIP

Registrations now open...This is a reminder that Dr. Crokes GAA member registration is now open for 2021 season.

If you want to register and cannot remember your password, please click the "Reset Password" button and follow the steps.

We ask that you register as soon as possible so as to reduce the significant burden of managing this process on club registrar and committee.

DR. CROKES SHOP

you can now shop worldwide new selection of Jackets, gilets masks and snoods and other items. Shop online <https://drcrokesshop.com>

MASTERS GOLF CHALLENGE

we will be holding another Golf Challenge on Masters on April 8th -11th. Cards are distributed to usual sellers or may be played online www.drcrokes.com. Best option is to click on guest link which will bring you directly to the card and if not a member of Dr. Crokes. If you are a member the guest link will default to your Clubforce log in <https://member.clubforce.com/membership>

FAMILY

Fun Competition in the next few weeks we will be running a fun competition all ready committed to participating are Colm & Mark Cooper Fionn and Cilian Fitzgerald Tony and Steve Brosnan Micheál and Mickey Joe Burns. Áine and Leah McMahon. Further detail to follow

Am Comórtais / Competition Time <https://www.gaa.ie/news/am-comorais-competition-time>
<https://twitter.com/officialgaa/status/1366810889882599426>

COVID UPDATE

Clubs in the 26 Counties/National Fixtures Programme In terms of the immediate future, it is expected that the Government in the South will publish any proposed changes to the current restrictions by the end of next week and we will communicate again with our Clubs and County's at that point in terms of the implications for

GAA activity. In the interim, we would again reiterate that the GAA have not decided on what competitions may or may not be facilitated in any revised national fixture programme for 2021. As we have stated previously, such decisions will be a factor of how much time is ultimately available to us, both for an inter county season and for the broader participation levels that will be necessary for a meaningful club season at both adult and underage levels.

Cover under both the Injury Benefit Fund and Liability insurance policy is conditional on clubs being in compliance with return to play guidelines and requirements.

- Particular care is advised in planning for travel to and from training – i.e. only persons from your own bubble should travel in the same vehicle.

- Games are not permitted until further notice.

- Use of other indoor facilities – such as bars, kitchens or meeting rooms – is not permitted under the current regulations.

- Outdoor Handball facilities may be used for Handball training

- Astro Turf facilities may be used by non-GAA bodies, presuming health guidelines are followed in relation to maximum numbers of 15.

- Walking tracks on GAA property may continue to be used.

- Other outdoor events, such as drive in bingo or fundraisers organized by our clubs and which involve people gathering in groups of more than 10 people are not permitted.

The above provisions relate to Club activity only. Collective Inter County training sessions are not permitted for any age group in either jurisdiction and breaches of this can and will be dealt with under Rule 7.2 (e).

2020 Injury Fund Extension to 31 May 2021

Given that no activity has been possible for January to March 2021 a further two-month extension of Injury Fund cover has been ratified by Coiste Bainistióchta. This will now take the 2020 cover term up until 31 May 2021.

This means that the GAA Injury Benefit Fund cover remains in place based on existing 2020 team registrations. Units do not need to register or pay for their 2021 teams until re-invited to do so. Details with regards to registering and payment for the 2021 GAA Injury Benefit Fund will issue once we have more clarity from Government as to what the coming months may look like.

It is a condition of the extended 2020 Injury Fund cover to 31 May 2021 that in advance of any permitted return to train or play in either April or May, "All players will still be required to be individually registered for the 2021 season on the new "Foireann" membership system." 2020 player registrations will "NOT" carry over into 2021 and cover will be declined if a player is not fully registered for the 2021 season in advance of any return to train or play in 2021.

Pause on "Loss of Wages cover" from 1 January 2021

Following discussion at a meeting of Central Council on Saturday 20th March last, it was agreed to review the following two options as alternatives to the current pause that has been applied to the loss of wages cover that forms part of the wider Player Injury Benefit Fund.

1. Offer all our playing members who may feel that loss of wages cover is a prerequisite

for participation in GAA activities for 2021 to individually subscribe to a stand-alone GAA endorsed personal injury cover plan for 2021.

2. Review the 2021 Injury fund premium payable by each of the 1,500 units and potentially increase this premium by 25% to partly cover €1.3m of the forecasted €3m fund deficit to May 2022 if loss of wages cover is to be reinstated during this term. The funds ongoing deficit is primarily due to the absence of gate receipts during this term which ordinarily sub-vents the shortfall in the fund annually.

General In a general context, while there are undoubtedly some challenges ahead for the Association, there is also plenty of hope that with the availability of vaccines and the roll out of the inoculation programmes North and South of the border, a summer filled with Gaelic Games activity lies ahead.

In the meantime, we await the upcoming government announcements and will continue to communicate regularly with all units. We also request that you keep yourself updated with all communications given the fluid situation that we now find ourselves operating in. Finally, we want to remind you all of the importance of personal responsibility for our actions in relation to Covid-19 as we work together to ensure the safety of everyone in our community.

CONGRATULATIONS to Cian McMahon on his selection of Munster Minor Player of the Year.

SYMPATHY to Roland Neher and family on the death of his father Kurt. Ar dheis Dé go raibh a anam dilis.

EAST KERRY GAA

By Michael O'Mahony

RETIREMENT GOOD WISHES TO JOHN LENIHAN FROM ALL IN EAST KERRY GAA BOARD

After over ten years as fitzgerald stadium Event Safety Manager, & CE Supervisor John Lenihan retires last week We wish John the very best in his retirement on behalf of all in East Kerry GAA Event Safety Manager at Fitzgerald Stadium John Lenihan has called time on his role by announcing his retirement from the job, which made him one of the best-known faces at the Killarney venue over the last decade. John was

2017 East Kerry GAA Person of the Year and has given ongoing service to the GAA community in East Kerry, over many decades, ranging from club, through County (Coiste na ng), Fitzgerald Stadium and East Kerry GAA Board and extending to the broader community.

John played at all juvenile grades with Kilcummin right up to U21. He was involved as a mentor from U12s up, from 1988 right through early 90s, a very fruitful period at underage for Kilcummin. In 1991 the U14 team had a clean sweep in East Kerry and County U14 competitions and so they represented Kerry at the prestigious File competition in 1992. Former Kerry senior Mike Mc Carthy was among this exceptional group of players. In 1993 and 1994 John was a member of the organising committee when Kerry hosted the National File Pheil na ng in Kerry both years.

John served as secretary of Kilcummin coiste na



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ng for 11 years and was Delegate to East Kerry and County Coiste na ng. John also served on the County Coiste na ng in many capacities in the 1990s. He started as fixtures secretary for U12 games from 1993 to 1996 (reference Caoga Blian ag Fs), moved on to Secretary in the latter end of the decade and served as joint vice chairman in 2001.

His involvement in G.A.A. administration continued when John served as East Kerry Board secretary with chairman Ger Galvin, from the early 2000s up to 2007, moving on then to representing his club on the Board as a Delegate. The Chairman of East Kerry Board was also a member of the County CCC. When Ger was unable to attend a meeting of the CCC, John attended in his place.

John was a club referee for approximately 10 years in the 2000s, both District and County, mainly at juvenile football games.

John became involved in stewarding at Fitzgerald Stadium, Killarney, in 1971 at the young age of 16, for the Munster Hurling Final, Tipperary V Limerick. John attended any training that was provided for the stadium stewards and so built an extensive expertise over the years. and served as assistant to the previous incumbent, Billy Doolan. John is responsible for the organisation of major events in Fitzgerald Stadium. He is always keen to acknowledge the entire team that work with him I have a very good team with me and I cant speak highly enough of them. The demands on this role have increased in recent years with attendances of 38,000 to 40,000 at Munster Finals and Replays in the Stadium (due to the rebuilding of Parc U Chaoimh).

Other events hosted include 4 finals in File Pheil na ng 2016 Finals.

In 2012, recognising the importance of facilitating access to the necessary training for stewards, John organised a training course, presented by Munster Council, in Killarney to over 40 Stewards from around the County.

John has also been involved in voluntary Stewarding at a number of events in the area including the GAA Annual Congress (2004, 2006) in the Great Southern Hotel, in the tenure of Sean Kelly (Kilcummin) as Uachtarn CLG and at the Ordination of the Bishop of Kerry (2013).

John can always be relied on, by the East Kerry GAA Board, for support and assistance in organising events such as the Homecoming for Kerry All Ireland teams; The Killarney Parades for File Pheil na ng 2016, and to celebrate 50 years of Coiste na ng in Kerry in 2017, both of which started and ended in Fitzgerald Stadium. He also serves as acting club secretary on occasion.

CONGRATULATIONS

Congratulations to Killian Falvey Kerry (Annascaul) who has been named Munster U20 Footballer of the year - Congratulations to Cian McMahon Kerry (Dr Crokes) on his selection as Munster Minor Player of the Year - Congratulations to Cordal's Theresa Ann O'Mahony on her new appointment CE Scheme Supervisor in Fitzgerald Stadium. & Dr Crokes & Legion and Deerpark pitch pitch.

Theresa Ann played in various Cordal Coiste na nÓg Teams before progressing on to play in the Green & Gold of the Kerry Senior Ladies Best of Luck and wish her every success to Theresa Ann from all in East Kerry GAABoard.



Theresa O'Mahony has been appointed Community Employment Scheme Supervisor in the Fitzgerald Stadium. A native of Cordal, Theresa has previous experience in Community Employment as Manager of Castleisland Community Centre. At the recent A.G.M. of the Fitzgerald Stadium, Chairman Der Brosnan welcomed Theresa and wished her every success in her new role.

PICTURE: TATYANA MCGOUGH, FITZGERALD STADIUM PR

CONDOLENCES

to the following families

Mary Theresa Mc Carthy RIP Gneeveguilla & Mary McCarthy Glynn RIP Isle of Mann & Rathmore Ar dheis De go raibh a anam.

MILLTOWN/CASTLEMAINE GAA

CLUB LOTTO

Next Draw – Tickets are available at all usual outlets for our next draw which will take place on Friday, April 2nd with the Jackpot Prize of €12,600. Míle búiochas do gach duine to you all for your continued support of our Clubs Fundraising Lotto.

COISTE NA NÓG

It was fantastic to see the good news of a return to football not to far away. All our juvenile teams have been practicing at home and keeping fit with the help of their coaches and parents. Our U9 boys team are in the last week of there skills competition with the winner to be announced next weekend. The boys will be doing the hook kick challenge for there final week.

Our U13 team has also been busy running the equivalent of a few marathons between them each week to keep fit. Well done to all our juvenile players and coaches for all your hard work.

NATIONAL CLUB DRAW

If you would like to buy a ticket for the 2021 National GAA Club Draw, the proceeds will go directly to our club projects including our community walkway around the edge of our wonderful new sand based pitch.

You have a chance win a Renault Clio , all Ireland packages and lots of cash prizes. Tickets can be purchased by following this link <https://www.idonate.ie/raffle/Milltown-Castlemaine> . Draw at a cost of €10 each.

The draw will take place on 4th June, 2021 and again all the proceeds from tickets sold going directly to Milltown/Castlemaine GAA Club

We would like to thank you in advance for your valued support.

OTHER NEWS

If you have any old photos or stories relating to the history of Milltown/Castlemaine GAA we would love to hear from you. Please email us on milltowncastlemaine2012@gmail.com

LEGION GAA NOTES

AWARDS NIGHT 2021

Well done to all our award recipients.

Senior Men's Player of the Year Award.

This year's recipient of the O'Grady Cup is

Conor Keane . Junior Men's Player of the Year Award. This year's winner of the Jackie Lyne Trophy is Liam O'Toole. Senior Ladies Player of the Year Award. This year's winner of the Larry Horgan shield is Deirdre Lyne. Female Young Player of the Year Award. This year's joint winners are Shonagh Doody & Orliath O'Connor.

Jim Trant Trophy for our Male Young Player of the Year. The award this year goes to Darragh Fleming. Special Award for our Intercounty representatives:

Kerry Minor Men:

Darragh Fleming & William Shine

Kerry Minor Ladies: Keri-Ann Hanrahan.

ONLINE FITNESS CLASSES

Every Tuesday Night at 7pm, Please note that the consent form attached must be completed by a parent/ guardian for participants under 18 for all classes: <http://bit.ly/LegionConsent>. Please email secretary.legion.kerry@gaa.ie or check your teams' Coaching Groups for the online link to take part! #OneGoodClub

ANNUAL MASS

We would like to thank Fr Jim Lenihan for celebrating a beautiful mass this evening at the Cathedral. Thank you to all who contributed with readings, music & singing it was great, a very special mass.

LOTTO RESULTS SUNDAY 28TH MARCH

Numbers: 19,20,25,28 bonus 8

Match 3/lucky dips:

Pat Moynihan Tralee road

S Culloty Ballycasheen

Eileen Kelliher tiernaboul

Caoilim o Sullivan shanacloon Beaufort

Eileen Buckley gottaree aghadoe

Next draw Easter Monday 5th April jackpot €16,300.

Extra spot prizes of Easter Eggs x 5 so make sure to be in with a chance to win

Thanks for your support.

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- GLENFLESK
- BARRADUBH
- GNEEVEGUILLA

- RATHMORE
- KILCUMMIN
- CASTLEISLAND
- FARRANFORE
- CURROW

- FIRIES
- MILLTOWN
- CASTLEMAINE
- BEAUFORT
- FOSSA



KILLARNEY GOLF CLUB - MENS**INSTRUCTIONAL VIDEO SERIES**

Ahead of our hopeful return to golf next month, we will be sending out of a series of instructional videos. The Mens' Club has increased in numbers somewhat over the last few years, so it is hoped these videos will help guide some of our newer members and give a refresher some of our longer existing members. In the coming weeks we will cover some of the newer rules that came into effect last year with some on course examples. There will also be some instruction on how you can record casual golf scores if you wish to submit them towards your new WHS handicap. If you have any suggestions on some topics you'd like us to cover, please email us at menscomp@killarneygolfclub.ie

FLESK VALLEY ROWING CLUB

At 6pm on Good Friday (April 2nd) the men of Flesk Valley Rowing Club will each set out to row a half-marathon in aid of a very worthy local cause. Alexis O' Mahony is a four year old little girl from Killarney who has been living

with life limiting conditions since birth and requires 24hr physical and Intellectual care. The lads will be rowing individually on machines (in their kitchens, bedrooms, attics and sheds) but together online aiming to cover 300km

A GoFundMe page has been set up and all proceeds raised go directly to the Alexis O'Mahony Fund.

To donate please go to

<https://www.gofund.me/e28a749e>

Or contact club members See our Facebook page for more details.

CONGRATS

Congratulations to Flesk Valleys, Alison O'Sullivan on receiving a Lee Strand Garda Achievement Award for her work with the No Name club. Well done Alison!

GNEEVEGUILLA ATHLETIC CLUB**LOTTO**

No winner of our lotto draw 26/03/2021, numbers drawn were 10, 19, 25 & 28. Sellers prize winner Mairead Carmody. €50 y/T prize to John O' Neill Shinnagh, €50 to Nono Murphy Gneeveguilla, Diarmuid Casey Kiskeam, Jean

McCarthy Gneeveguilla & Pat Teahan Coom. Bonus not won numbers drawn were 21, 25, 26 & 28. Next week's jackpot €17,800 plus €1,000 bonus.

KILLARNEY CELTIC NOTES**CELTIC LOTTO**

Numbers drawn 5,7,14,24. There was no jackpot winner. Match 3 winners received €75. The next jackpot on Monday April 5th is €6,200. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com.

KILLARNEY CELTIC GEAR

is available online through www.bmcports.ie and the link can be accessed from the Killarney Celtic Facebook page.

CONGRATULATIONS

to club stalwart Packie O'Connor who celebrated a birthday with a big 0 recently. Former players Matt Keane and Shane Lowth featured for Treaty United in their Airtricity League 1st Division game away to Bray Wanderers which finished 0-0.

Kerry Racing News

While Jack Kennedy sat out the meeting, another of Kerry's Cheltenham Festival heroes, Bryan Cooper, was among the winners at Navan on Monday. Kennedy didn't take up his rides for the week after taking a fall at Thurles less than 24 hours after his historic Cheltenham Gold Cup success on Minella Indo. But Cooper got on the Navan scoresheet when teaming up with his Cheltenham Festival winning trainer Paul Nolan to win the second division of the two-mile maiden hurdle with 2/1 favourite Coventry which went clear after the final flight to score by all of seven and a half-lengths from the Jessica Harrington-trained Ya Ya Baby.

Listowel conditional rider Tom Kelly rode the first double of his career at Limerick on Sunday and he shared the first of his winners with Athea-based Eoin McCarthy. The pair combined to land the opportunity handicap hurdle with 14/1 chance Cosmic Rock which came from off the pace and got up in the dying strides to pip the I Don't Get It by three-parts of a length.

In contrasting style, Kelly won the handicap chase on the Enda Bolger-trained Midnight Maestro, the horse that gave him his first winner at Leopardstown's Christmas meeting. Never far off the lead and jumping well throughout, the 17/2 chance eased clear from the final fence to beat Henry de Bromhead's Game Of War by an easy five and a half lengths.



*The Bryan Cooper-ridden Coventry wins at Navan on Monday for trainer Paul Nolan.
PHOTO: CAROLINE NORRIS/RACING POST*



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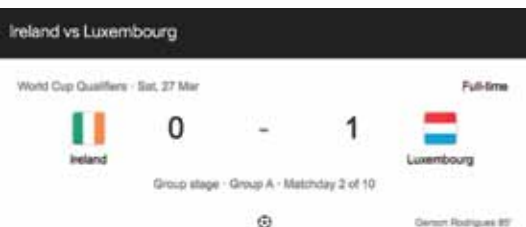


JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

SOCCER

Ireland 0 Luxembourg 1

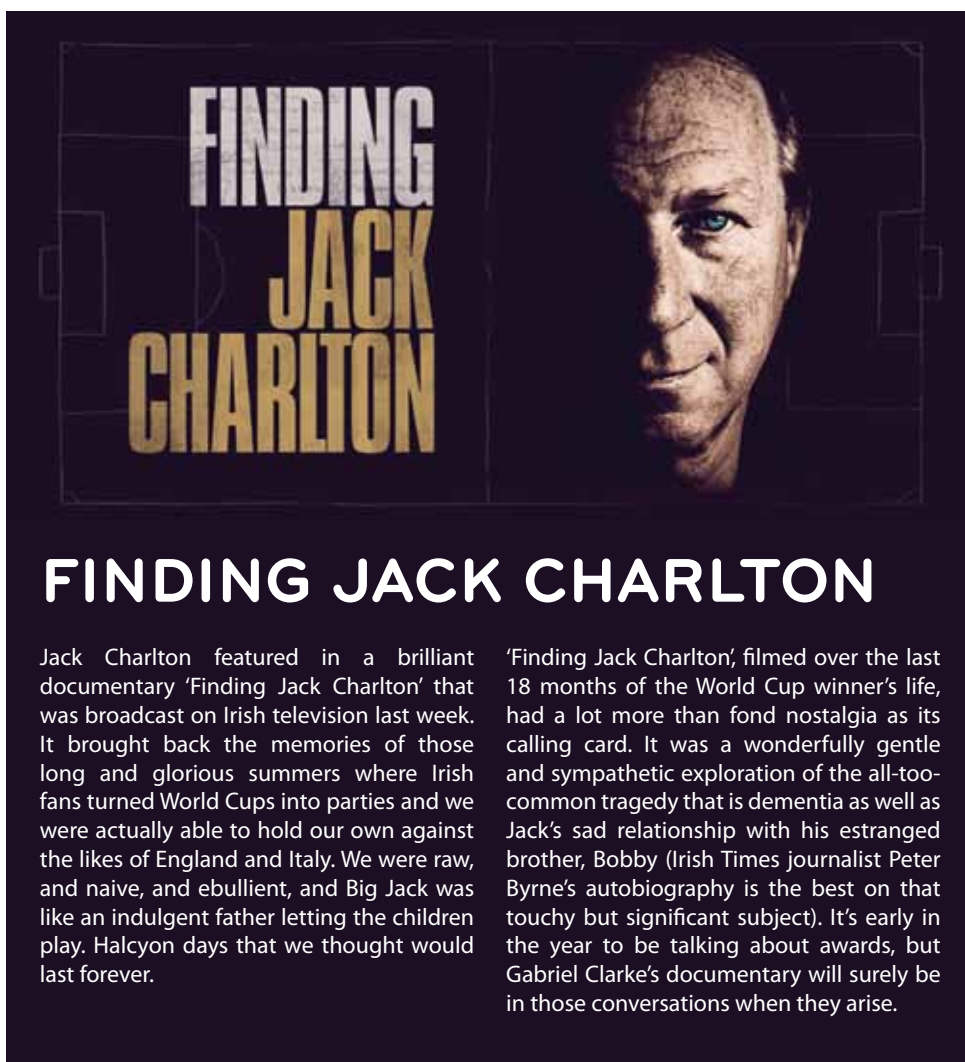


Ouch. There is absolutely no saving this one. This is a disaster and a serious indictment of Irish soccer. The worst thing about is that it comes after what I considered to be a very good Irish display against Serbia. I had real hope going into this one and it's the hope, as they say, that kills you.

The simple truth is that Ireland were red-hot favourites against Luxembourg and both could and should have beaten them. There were no great issues with team selection – yes, we had a long list of injured players, but aside from John Egan and Darren Randolph, who among them was really going to be crucial? Conor Hourihane? Callum O'Dowda? The much-hyped-but-yet-to-show-substance Adam Idah or Aaron Connolly? Kevin Long? Ah, lads, I can hear the scraping of the bottom of the barrel. I'm not meaning to offend these guys, great servants of the accuse and elite players at a tough sport, but they simply aren't at this level and their club status is a clear reflection of that. But we were playing Luxembourg, a team ranked 98th in the world by FIFA. They had only won just one away game in World Cup qualifiers prior to playing Ireland. This really should have been points in the bag.

3-5-2 had worked very well against Serbia – I was delighted to see it and still consider it our best approach for the future. Stephen Kenny wants Ireland to dominate midfield possession and play controlled football – great, so do I. The trouble was that Luxembourg were ready for it and pressed us hard in midfield. Their tackling was better. More significantly, their passing was an awful lot better. The hard truth is that Ireland were torpid and our wing backs especially were getting caught in no man's land. Were we tired after the game in Belgrade? I honestly don't know, but our energy levels definitely weren't the same.

Vincent Thill tested Gavin Bazunu early on, a tame enough effort. It was a lot more than Ireland could manage, though. An early injury to Matt Doherty didn't help, though he lasted until half-time. To be fair, Ireland did create one great chance, and it was superb play, a flowing move started by the young keeper and finishing with James Collins stabbing Calum Robinson's cross towards goal – the keeper saved it at close range more by luck than skill.



FINDING JACK CHARLTON

Jack Charlton featured in a brilliant documentary 'Finding Jack Charlton' that was broadcast on Irish television last week. It brought back the memories of those long and glorious summers where Irish fans turned World Cups into parties and we were actually able to hold our own against the likes of England and Italy. We were raw, and naive, and ebullient, and Big Jack was like an indulgent father letting the children play. Halcyon days that we thought would last forever.

'Finding Jack Charlton', filmed over the last 18 months of the World Cup winner's life, had a lot more than fond nostalgia as its calling card. It was a wonderfully gentle and sympathetic exploration of the all-too-common tragedy that is dementia as well as Jack's sad relationship with his estranged brother, Bobby (Irish Times journalist Peter Byrne's autobiography is the best on that touchy but significant subject). It's early in the year to be talking about awards, but Gabriel Clarke's documentary will surely be in those conversations when they arise.

It deserved a goal, and the whole conversation about Irish soccer might have been completely different. Might have, but probably not....it was our only shot on target. Luxembourg, especially Thill and Rodrigues, always looked the more likely side to conjure a goal. In fact, one very nearly arrived on 41 minutes, Bazunu having to race back to tip away an audacious effort at a volleyed lob from Rodrigues.

Stephen Kenny started ringing the changes at half-time, but it only seemed to sow confusion in the ranks – McClean (who replaced Clark on 60 minutes) and Browne as wing backs? Hah? I'd have Browne in the hole all day long ahead of Brady, whose four of five years ago is a declining memory.

Thill opened the second half with a dangerous free kick that curled just wide, but Browne should have done much better with a free header (to be fair, from a good cross by Brady). Thill almost bundled his way through for a goal – Bazunu doing well to block his path. Then it was Ireland's turn again, James Collins with an overhead kick that wasn't too far away.

A draw wasn't going to be good enough for

Ireland, and you could almost hear metaphorical whetstones on metaphorical knives for Stephen Kenny as the deadlock continued. Five minutes from time, it got an awful lot worse. A long ball by Luxembourg wasn't properly dealt with and Gerson Rodrigues pounced with an arrowing shot into the bottom corner, giving the hapless Bazunu no chance at all.

1-0. To Luxembourg.

The calls for Stephen Kenny's head have been growing steadily ever since. The FAI coming out and promising to stand by him doesn't mean much – our qualifying campaign is effectively in tatters already. They'll respond to public pressure on the matter and the likes of Paul McGrath and Tony Cascarino calling for Stephen Kenny's head won't help. Personally I see no point in changing the manager. We have been blaming management for the failings of the Irish team and the slow and steady decline over the last three decades, but the actual truth is that the likes of Giovanni Trapattoni and Martin O'Neill were hugely successful at club level, while Mick McCarthy is currently thriving at Cardiff. Most of these managers followed the

template of Jack Charlton in playing to Ireland's limitations, a pragmatic approach that had limited success. But during their time England's recruitment horizons were expanding far beyond English Irish, Scots or Welsh shores, with a consequent decline in investment in Irish players.

Getting rid of Stephen Kenny would cost us the buy-out of his contract (€550,000 a year) without having any effect on the quality of our players. That said, Kenny picked a strange time to take up the cudgel on behalf of migrant workers in Qatar. The likes of Norway and Germany have done so (and quite rightly) but with a lot more credibility than Ireland have right now.

Given the historic failings of the FAI and the dominance of GAA in particular in Irish sport, one can make a strong argument that our decline is just a reversion to the mean after the heady days of the Charlton era. Soccer in Ireland traditionally had to contend with A. a hostile GAA, B. a perception that it was a 'garrison game' i.e. a largely unfair perception of it as pro-British and anti-Irish, C. historically awful administrations, riven with accusations of corruption from the very beginning and the infamous 'Split' between Dublin and Belfast, D. a failure to expand beyond urban environs for decades (with the honourable exceptions of Sligo and Longford), and E. a complete over-reliance on England to develop players of a national quality.

Irish soccer has stagnated for a long time, with no proper development pathway, a sub-standard league that lacks broad support, and inept administration at all levels. Roy Barrett had the temerity to suggest that the FAI continuing to pay Robbie Keane's contract may affect staff morale – yes, Roy, I suspect that the €70 million gaping hole in your finances because of maladministration might be a bigger problem? Meanwhile, other nations, especially smaller ones, have tightened up. Ireland's loss to Luxembourg wasn't the only underdog biting moment. Armenia, 99th in the world, beat Iceland (46th) 2-0. Spain, ranked 6th in the world, struggled to beat Georgia (89th) with a last minute winner and eked out a draw against a limited but game Greece (53rd). In our own group, Portugal coughed up a draw to Serbia – that would have been good news for Ireland in other circumstances. Pride of place has to go to Malta, though. The team ranked 176th in the world somehow managed a 2-2 draw with Slovakia (33rd).

It's an unfortunate reality that Irish supporters have been very slow to face, but the manager of the Irish team is neither the origin nor the cure for our problems. The woes of the Irish team are only one symptom of a much deeper malaise. Stephen Kenny can't do anything about that. Nor can he magically produce goalscorers – we simply don't have any.

He'll probably end up scapegoated, like every Irish manager before him, except one, Jack Charlton.

Treaty United 0 Bray Wanderers 0

Newly formed Treaty United played their first ever League of Ireland match and came away with a hard-earned point. Harder earned than it needed to be, it must be said, with midfielder Sean McSweeney picking up a fairly careless second yellow card in the 66th minute that put his side under a bit of pressure for the remainder of the game. Neither side could conjure a winner, though. Killarney man Matt Keane was excellent for Treaty United in the middle of the field – in fact, he came closest to breaking the deadlock in the first half, but couldn't keep his blistering effort down. With the team reduced to ten men, manager Tommy Barrett replaced him in the 67th minute with Ardfer native Shane Lowth, a more defensive minded player.

GAA

One documentary that is already up for an award, and may well have won one by the time you are reading this, is the Laochra Gael episode featuring Kerry's own Kieran Donaghy. The programme featured his rise to GAA stardom via *The Underdogs*, his basketball career and passion, and it very sensitively handled his troubled but ultimately affectionate relationship with his father. The programme was shortlisted in the sports category in the inaugural RTS Ireland Television Awards.

St. Brendans Congratulate Munster Minor McMahon

St. Brendan's College wish to congratulate our student, Cian McMahon who was recently awarded the Munster GAA Minor Footballer of the Year for 2020 by the Munster Council.

Cian, a member of Dr. Crokes GAA Club in Killarney, also captained our Under 16.5 football team in 2020 who were successful in winning the Munster Frewen Cup and secured their place in the McGirr Cup All Ireland Final for this grade.

This is a remarkable achievement for Cian and hopefully, this is just the start of what will be a successful sporting journey for Cian as he wears the Green and Gold, both for the Sem and for Kerry!

RUGBY

Pro14 Final: Leinster 16 Munster 6

Ardent Munster fans will sympathise with Irish soccer supporters – they are in much the same straits themselves. Not only have they concluded a full decade without a trophy but this was their sixth defeat in a row to their hated rivals. Worse, it was arguably the easiest victory of them all. Leinster, with one eye on Europe, could afford to start with Johnny Sexton, Tadhg Furlong, Ryan Baird, and James Lowe.

Leinster took control right from the start, with Robbie Henshaw in particular bringing his tremendous Six Nations form to the



provincial side. Ross Byrne slotted an early penalty. Henshaw is instrumental again in nearly setting up the opening try, but the final pass is misdirected – a real let-off for Munster. Leinster kept the pressure on, with Munster's discipline faltering in the face of Leinster's onslaught. Ross Byrne doubled the lead with another penalty but Joey Carbery replied in kind. There was just 3 points in it but in fairness, it didn't remotely reflect Leinster's superiority in virtually every facet of the game. The only problem for Leinster was translating that into scores, with the final pass going astray on several occasions. The closest they came was when CJ Stander held up Scott Fardy over the line – it's sometimes easy to forget how much immense power Stander packs. Joey Carbery's second attempt at a penalty with the last kick of the half drew Munster level at 6 apiece.

Leinster seemed to take a more direct approach in the second half and it paid rich dividends. Jack Conan was initially held up next to the posts but eventually crashed over for a try that Byrne converted. To make things worse for a creaking Munster, Peter O'Mahony had to depart with a blood injury while Johnny Sexton came into the fray for Ross Byrne. In fairness to Munster, the flesh might be weaker than in the days of O'Connell and O'Callaghan, but the spirit at least is still willing and they battled all the way. It was a losing battle, though, emphasized by another Leinster penalty before the finish.

With JJ Hanrahan, Darren Sweetnam (on his way to join Ronan O'Gara at French club Rochelle), CJ Stander (returning to South Africa), and Billy Holland (retiring) all unavailable for next season, Munster have a serious rebuilding job on their hands. This defeat will, unfortunately, call into question whether Johann Van Graan is the man to do it.

Hanrahan Signs For French Club

Currow native JJ Hanrahan looks set to leave Munster and sign for French club Clermont Auvergne. Hanrahan played for Munster originally and also spent two years with Northampton before returning. He has rarely been first choice, currently playing second fiddle to the returning Joey Carbery, and the move to a French club may well prove a big step forward for him – French club rugby is both more lucrative in general and also of a higher standard in general. JJ impressed

the French side earlier on this season, scoring 24 points against them in a Champions Cup match.

The 28 year old told munster rugby.ie that "it was difficult to hear the news regarding my future with Munster Rugby, however, it has been a dream come true and a privilege to represent my home province and wear the jersey for eight years. I have lifelong friends from this club, and I am very proud to represent the people of Munster and in particular the people of Kerry. Equally, I believe I am going to a club with very similar traditions and values in Clermont and it's an opportunity I am extremely excited for. Currently my main focus is to give everything I have to the Munster jersey during my time left here in Ireland."

ROWING

Killorglin Duo Set For European Championships
Killorglin has been a wellspring of rowing talent in recent years and it doesn't come as any surprise to hear that Monika Dukarska and Aileen Crowley have been selected to represent Ireland in the Womens' Pair at the European Rowing Championships in Varese, Italy, on April 9th-11th. The pair qualified for the Olympics at the 2019 World Rowing Championships. Aileen Crowley won bronze at the 2020 European Rowing Championships in Poznan – Monika Dukarska missed out through injury but the two time World Champion is back in top form and the Killorglin pair will look to build on Ireland's big success at last year's European Championships.

ATHLETICS

Killarney athlete Jordan Lee and his coach Tomas Griffin and their journey to the 2021 Paralympic Games feature in PepTalk's Employee Wellbeing Programmes, used by hundreds of the world's biggest corporate employers throughout the world.

MOTOR-RACING

Lewis Hamilton is already hot favourite to retain his Drivers Championship for the fifth year in a row and record eighth time in total after holding off Max Verstappen to win the Bahrain Grand Prix. It was a close-run thing; Verstappen actually overtook Hamilton with three laps to go but faced being penalised if he did not surrender the lead, having run off the track during the overtake. He currently shares the record of seven titles with none other than Michael Schumacher, whose son Mick made his debut in the race. The debutant finished 16th, last of the classified runners, but it was nonetheless a very decent debut. It's worth remembering that his father failed to finish in his first ever Formula 1 race for Team Jordan, the Belgian Grand Prix in 1991.

TENTATIVE RETURN TO SPORTS ACTION

The Government's announcement of the easing of restrictions last Tuesday has given some light at the end of a long, dark tunnel for a lot of people, especially those who are hoping for



Killarney athlete Jordan Lee and his coach Tomas Griffin.

PICTURE: MARIE CARROLL O'SULLIVAN

some return of normal sporting activity.

Inter-county GAA teams will be allowed to return to full contact training and challenge games from April 19th. Adult club training resumes in Northern Ireland a week earlier, on April 12th. The GAA will be hopeful of completing a regionalised and compacted National League before running off a Championship that is expected to include a back door. Minor and juvenile non-contact training in all sports in pods of 15 can resume on April 26th. The GAA have accepted the possibility of the club season extending into 2022 – here in Kerry, the 2020 Club Championships have yet to be completed. The GAA are expected to release a national fixture list next week.

It has to be stressed that all fixtures and dates are dependent on circumstances, with Nphet already cautioning the Government that numbers of infection could rise.

The GAA have urged all teams and clubs to adhere strictly to the timetable laid out, with the disappointing news this week that Cork County finalists Castlehaven are under investigation by the gardai for an alleged breach of restrictions by holding a full training session.

Ireland's scheduled hosting of four European Championship matches (Poland, Sweden, and Slovakia as well as a quarter-final tie likely to involve England) has been placed under threat after UEFA announced that it wanted at least 25% capacity in all hosting stadia. It has requested that guarantee by April 7th, an unrealistic time frame certainly in Ireland's

case. As it is, the Departments of Health and Sport are working on making exemptions to quarantine rules for visiting teams and officials.

Ireland 1 Qatar 1

Ireland's dismal run of form continued on Tuesday night. Ireland's friendly with Qatar was looked on as a chance to get back on scoring track after that enormously disappointing result to Luxembourg, but Ireland failed to build on a promising start. James McClean had an early shot deflected to the net after a very well-worked corner. Qatar had an initial ruling of a penalty overturned – Bazunu's challenge had been outside the square – but other than that it was Ireland doing the pressing, albeit still without much in terms of a cutting edge in the scoring zone. Their best chance was actually a defender's deflection again, with the keeper making a good save, while Shane Long's long goal drought continued as he failed to convert a one-on-one chance. Nonetheless Stephen Kenny's side was much the happier at the halfway mark.

It all went wrong just two minutes after the resumption, the defence allowing Mohammad too much room to get off his shot. 1-1, a bad goal to concede, and Qatar grew in confidence from then on. A pity, because once again Ireland seemed to lose energy levels as the game went on. A late free header by Josh Cullen couldn't get past the Qatari keeper and Ireland's chance to record a first win in 13 games, 10 of them under Stephen Kenny, continued, leaving the manager under increasing public pressure.



COPING WITH GRIEF

Whilst we may often think of grief resulting from the death of a loved one, any loss can cause grief. These losses may include divorce or the break up of a relationship, a miscarriage, loss of a pet, loss of our health, a job, a cherished dream, a friendship, financial security, or selling the family home.

Grieving is a highly individual and personal experience and the way in which we grieve can depend on many different elements. These include our personality, our life experiences, our faith, the nature of the loss, our resilience and coping style. Grief can be like a roller coaster – with ups and downs. Powerful feelings can come unexpectedly some more intense and longer lasting than others. Feelings can range from shock and disbelief, to guilt, sadness, anger, fear and frustration. Physical symptoms are also common such as weight loss/gain, insomnia, fatigue, nausea, aches and pains. Forgetfulness and poor concentration are also symptoms of grief. All of these feelings are perfectly normal and there is no right or wrong way to feel. Sometimes people can feel guilty about their anger – but it is okay to be angry.

It is important not to go through this alone and to talk and share your feelings. This may be with family and friends or you may prefer the support of a counsellor. Counselling can offer the space and time to talk through your feelings and overcome obstacles to your grieving. Allowing yourself time to experience your feelings is very important even if, at times, they are difficult. For many people their faith, prayer, meditation or going to church can be a great solace in times of loss. Support groups where you can share your sorrow with others who have experienced similar losses can be also be of tremendous help.

It is vitally important that you take care of yourself when you are grieving. You are coming to terms with a major upheaval in your life so give yourself permission to take things a bit easier. Your energy may be low, so do not place too many demands on yourself and make sure you get enough rest and sleep. It is important to look after your physical health by eating healthily and getting some exercise each day. Don't rush things and put off making major decisions such as moving home or changing jobs for at least six months to a year.

SouthWest Counselling Centre is open and providing telephone and online counselling while restrictions apply. Please contact us in confidence.

SouthWest Counselling Centre, Killarney is open and providing affordable professional telephone and online counselling to parents, adolescents and adults during this Covid-19 crisis at its Killarney Centre (Lewis Road).

Contact 064 8636416 or Email: info@southwestcounselling.ie
Registered Charity No: CHY 14775

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



A Word of Victory

Welcome back dear reader.... 'the life of the body is in the blood' (Leviticus 17:11 NLT). This week we celebrate the death and resurrection of the Lord Jesus Christ, the Lamb of God who sacrificed His life so we could be forgiven of our sins and set free. When Jesus was eating 'the last supper' with His disciples, He was actually celebrating Passover which was instituted by God for His people to remember how He miraculously delivered them from slavery (Exodus chapter 12).

God promised that He would deliver His people from their enemies and He did. He told Moses to have each family kill and prepare a perfect lamb. They then put the blood of the lamb over the doorpost of their houses and stayed inside that night while the angel of death swept through the land. The death angel could not cross any threshold that had the blood of the lamb upon it. This is why the Israelites celebrate Passover. God's people were passed over by the spirit of death protected by the blood of the lamb as judgment was poured out upon their oppressors.

Later God told Moses to take two goats and kill one and shake its blood over the people as they gathered to confess their sins and worship God (Leviticus 16:1-34). This blood temporarily covered and made atonement for their sins. The remainder of the blood was poured upon the other goat known as the 'scape-goat', who was then hunted out into the wilderness ceremonially taking all the people's sins with him. But the forgiveness that the people received was only a short term remedy and had to be repeated every year.

When Jesus took the bread and cup that night at Passover, He told His disciples that He was about to become the one-time-for-all Passover Lamb (Hebrews 10:1-39). This New Covenant God made with mankind replaced the blood of goats and lambs which was never a permanent solution for sin. So God sent His Son Jesus to become our scape-goat, the Lamb of God (John 1:36; John 3:16). Jesus was beaten beyond recognition, so that He resembled a hunk of meat upon the Cross. This beating was for our bodies to receive healing (Isaiah 53:3-12). He was nailed to the Cross to pay the price for our sin and curse because 'the wages of sin is death' and 'cursed is everyone who is hung on a tree' so that we could be made righteous and live blessed. Jesus became sin for us - this is why the Father turned His face away from Him, because God cannot look at sin. Jesus died all alone so that we could be forgiven of our sins and restored back to God as if we had never sinned and receive eternal life. He took our sins and paid the ransom that we could never pay. And God then raised Him back to life on Resurrection Sunday defeating death and sin forever (Mark chapters 14, 15, 16). Hallelujah this is the Good News!

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.



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Word of Victory is a paid advert and does not represent the editorial views of this magazine.



Gardening

with Killarney Outlook

by John O'Sullivan



ALPINES

The vast majority of alpine plants are easy to grow in any reasonably well drained garden soil. alpines are ideal plants for rockeries and gaps in stone walls and they will give you colour from early spring right through the summer. the most important thing when choosing your alpine plants is to make sure you find out the growth rates so that one alpine plant won't take over other alpine plants in the rockery.

A good example of this would be an alpine called Cerastium (snow in summer) which is quite a quick growing alpine and spreads quickly in a short space of time. it can tend to take over small rockeries. having said that it is a beautiful plant with silver foliage and is covered, as the name suggests, in beautiful white flowers.

It can be pruned back to keep it under control.

There are also lots of alpines which are compact and can make perfect mounds and shapes. alpines are also great fillers for stone walls. an ideal plant for this would be a Campanula or aubrieta.

the aubrieta is a pink flowering plant that you see growing out of a lot of grottos. alpines can also be used in containers such as in troughs or window boxes but try to choose ones that are evergreen so that you will have some colour all year round.

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Artist's Corner



Adam Moynihan, who enjoys Sketching during lockdown. Adam is 10 years old and is a pupil at Lissivgeen National School.

Adam Moynihan

If you have a painting you would like to include in Artist's Corner... email it to **news@outlookmags**

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John 3:16

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

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Remembering your loved one

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NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O Saint Joseph, assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O Saint Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me, and ask Him to return the Kiss when I draw my dying breath. 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 matter 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.

PRAYER TO OUR LADY OF MOUNT CARMEL

Oh, most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven.

Oh, Blessed Mother of the Son of God; Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me you are my Mother.

Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity. (Mention your request here) There are none

that can withstand your power.

Oh, Mary, conceived without sin, pray for us who have recourse to thee. (say three times).

Holy Mary, I place this prayer in your hands. (say three times).



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NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF
JOHN BURKE



**RATHPOOK, MILLTOWN
WHO PASSED AWAY
2ND APRIL 2020**

As we lovingly remember John on his first anniversary, we his family would like to express our sincere gratitude to all those who sympathised and supported us on our sad and sudden loss.

Our heartfelt thanks to our relatives, neighbours, friends and wider community who offered condolences & messages of sympathy, who telephoned & sent mass cards and who dropped in food during those difficult days. To those who would have liked to have attended John's funeral but were unable to due to COVID-19 restrictions, thank you for keeping us in your thoughts.

We would like to thank Killorglin gardai, fire station and the emergency services who came to John's aid on the day of the accident. To Dr Edmund Prendiville who took great care of dad over the years and who also attended the scene of the accident. Warm thanks to Joe and his staff in Mulvihill's Pharmacy in Killorglin for their care and professionalism over the years.

John was a proud and loyal supporter of the Milltown/Castlemaine GAA club and was honoured to be the club president. We would like to thank them for their guard of honour on the day of the funeral and for the lovely tributes dedicated to him.

Sincerest thanks to Fr Kevin Sullivan for his comforting words and for celebrating a very meaningful mass in such difficult times. We would also like to thank Mary Ellen O Connor who sang so beautifully at the mass. Thanks to Flynn's Funeral Directors and gravediggers for their professionalism in arranging John's funeral and preparing him for his final resting place.

As it is impossible to thank everyone individually, please accept this acknowledgement as a token of our gratitude.

John's first anniversary mass will be celebrated on Sunday 11th April at 11.15 in the Sacred Heart Church Milltown.

Missed everyday by his wife Frances, sons Liam, Seán & Séamus, daughters Maura, Siobhán, Nóirín & Deirdre, sons & daughters in law, grandchildren, brother Jim, sister Nora, sister-in-law Marian & brother-in-law Maurice & extended family.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF
SEAMUS O' CONNOR



**KILLARNEY AND KEEL,
CASTLEMAINE
DIED 7TH APRIL 2020.**

As we lovingly remember our Dad Seamus on his first anniversary, we his family wish to express our sincere gratitude to all those who supported and sympathised with us on our very sad and untimely loss.

Our heartfelt thanks to our relatives, neighbours, friends and wider community who joined us via live stream to celebrate Seamus' life from all over the world. To all those who called, sent mass cards, flowers and messages and participated in the various Guard of Honours.

A special word of thanks to Fr. Niall Howard who celebrated a beautiful meaningful funeral mass and also to all those who participated in the mass. Also to Fr Kevin O' Sullivan for his support and arrangement of mass for the burial of Seamus' remains in St. Gobnait's, Keel.

Our Thanks to O'Shea's Funeral Directors for organising the funeral arrangements in these challenging circumstances.

Our sincere and heartfelt thanks to all the wonderful healthcare staff of Cork University Hospital for providing the high standard of care and dignity to Dad in his final days.

While it is impossible to thank everyone individually due to covid restrictions, please accept this acknowledgement as an expression of our family's gratitude for your support. The holy sacrifice of the mass will be offered for your intentions.

ANNIVERSARY MASS

Seamus' First Anniversary Mass will be celebrated on Saturday 3rd April at 7.30pm in St. Gobnait's Church, Keel which will be livestreamed on

www.castlemaine-parish.com

NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe.

1ST ANNIVERSARY

IN LOVING MEMORY OF A
WONDERFUL BROTHER

SEAMUS O CONNOR



LATE OF GLOUNONEA GROTTTO,
KILCUMMIN, KINSALE &
KILLARNEY
WHO PASSED AWAY DURING
HOLY WEEK ON THE 7TH OF
APRIL 2020.

*Seamus, I visited your sacred space today, not
too far away.*

*It breaks my heart in two and I still can't
believe it is dedicated to you.*

*A golden heart stopped beating, hard
working hands at rest.
It broke our hearts when we heard the news
that you had gone.
But God only takes the best.*

*You were someone who loved to bring a smile
as you went on your way.
And never failed to brighten up a dark and
gloomy day.
And when you left this world, it seemed as if
the stars had all gone out.*

Always remembered & never forgotten.

Love from your loving sister Siobhan & your
late friend and brother-in-law, Dodo - they
are now together in heaven.

1ST ANNIVERSARY

REMEMBERING MY BROTHER,
JIM, AND DEAR FRIEND

SEAMUS O CONNOR



WHO LEFT US ON
7TH APRIL 2020

*Your actions were always kind
A generous heart and an active mind
Anxious to please and loathe to offend
A loving brother and a loyal friend.*

*There are no words...
We miss your huge presence every day –
the chats, the craic and your kind nature.*

*The day you were so cruelly taken from us
we lost a wonderful friend.
We were so privileged to have had you in
our lives
and now we take comfort from the cherished
memories we have and
we thank you Jim for constantly capturing
those precious moments on video*

**Seamus's 1st Anniversary mass
will be celebrated in Our Lady of
Lourdes Church, Kilcummin on Thurs
8th April 2021 at 7.30pm. (www.
churchservicestv/kilcummin)**

Helen & Humphrey xx

1ST ANNIVERSARY

IN LOVING MEMORY OF A
DEAR BROTHER

SEAMUS O CONNOR



LATE OF KILCUMMIN
& KINSALE
WHO DIED ON 7TH APRIL 2020

Brother

*You gave no one a last farewell,
Nor ever said good-bye.
You were gone before we knew it,
and only God knows why.
A million times we will miss you.
A million times we will cry.
If love alone could have saved you,
You never would have died.
In life we loved you dearly.
In death we love you still.
In our hearts you hold a place,
no one else can fill.
It broke our hearts to lose you,
but you didn't go alone,
for part of us went with you,
the day God called you home.
We will meet again someday
I know in a better place.*

*I thank God He made you our brother
While you were here on earth.*

Sadly missed by Mike, Margaret, Michelle,
Tomas & Cathal

1ST ANNIVERSARY

IN LOVING MEMORY OF

SEAMUS O CONNOR



KILCUMMIN, KILLARNEY
AND KINSALE
WHO DIED ON
7TH APRIL, 2020

*Though your smile is gone forever
And Your hand we cannot touch
We have so many memories
Days of laughter we loved so much*

*Your memory is our keepsake
With which we'll never part
God has you in his keeping
We have you in our hearts*

*Your kind heart and gentle manner with our
Residents will never be forgotten –
Always sharing a joke and a song and
brightening up everyone's day.*

Fondly remembered by the Management,
Staff and Residents Of
Our Lady of Lourdes Care Facility,
Kilcummin.

1ST ANNIVERSARY

IN LOVING MEMORY OF MY
DEAR BROTHER

SEAMUS O CONNOR



KILCUMMIN, KILLARNEY
WHO PASSED AWAY ON
7TH APRIL 2020.

*I miss you every day Jim.
You were one of the best.
Life hasn't been the same since you left us.*

You will never be forgotten

Your brother, Tom.

1ST ANNIVERSARY

REMEMBERING MY
DEAR FRIEND

SEAMUS O CONNOR



WHO SADLY PASSED AWAY ON
THE 7TH APRIL, 2020.

*Happy times come and go,
But great memories linger on.*

*His souls been blessed,
Now he's laid to rest...*

I will miss you always,

Your friend Kevin.

1ST ANNIVERSARY

IN LOVING MEMORY OF

SEAMUS O CONNOR



LATE OF KILCUMMIN & KINSALE
WHO DIED ON 7TH APRIL 2020

*The fear of death follows from the fear of life.
A man who lives fully is prepared to die at
any time.*

Sadly missed and never forgotten.

Peter, Rosarii, SORCHA, Erin, Rachel & Paul.

1ST ANNIVERSARY

IN LOVING MEMORY OF OUR
DEAR COUSIN

SEAMUS O CONNOR

KILCUMMIN, KILLARNEY
& KINSALE

WHO DIED ON
7TH APRIL 2020

*We have special memories of you being such
a kind hearted person - the life
and soul of the party. Always so generous
and welcoming in KITTY O'SE'S IN
KILLARNEY AND KINSALE – you will always
be greatly missed.*

From all your much loved cousins in

Cork & Kerry.

XXX

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In Loving Memory

1ST ANNIVERSARY

IN LOVING MEMORY OF A
LOVING BROTHER & UNCLE

**SEAMUS
O CONNOR**



KILCUMMIN, KILLARNEY
WHO DIED ON 7TH APRIL 2020

*You burst into this sleeping world on a
pleasant Autumn day
Life for us soared to a high until you were
called away
You were a gift from Jesus to a humble
mortal clan
You showed us how to laugh and sing and
how to be a man
On that bright spring day when you left us
when you could give no more
Our Lord had chosen to bless you and return
you to his own shore.*

Always loved and never forgotten.

Your sister Brenda, Nephew Shane
Nieces' Lorraine & Claire and partners xxx

1ST ANNIVERSARY

TREASURED MEMORIES OF OUR
LOVEABLE UNCLE

**SEAMUS
O CONNOR**



LATE OF
KITTY O'SÉ'S, PEARSE STREET,
KINSALE AND KILLARNEY AND
FORMERLY OF KILCUMMIN,
KILLARNEY.

For a Special Uncle

*Uncle Seamus
There are uncles to look up to,
Uncles who are wise,
Those who are good friends,
Those who advise....
There are uncles who are loveable,
Uncles who are fun,
and then there is you...
Your all these in one.*

Gone yet not forgotten, always in our hearts.

Always remembered and missed by your
niece Paula, Liam, Jason & Sean

1ST ANNIVERSARY

IN LOVING MEMORY OF

**SEAMUS
O CONNOR**



LATE OF KILLARNEY & KINSALE
WHO DIED ON 7TH APRIL 2020

*Seamus you were a beautiful person, who
touched the lives of so many people in
this world.
Always so kind & generous with the
biggest heart.
We were so blessed to have had you in our
lives & call you our uncle & friend.
Always remembered & never forgotten.*

Love from your niece Aoife & Donnagh X

1ST ANNIVERSARY

REMEMBERING OUR DEAR AND
PRECIOUS UNCLE

**SEAMUS
O CONNOR**



WHO DIED ON
7TH APRIL, 2020

*Jim, you were a very special Uncle
Who we loved so dear
Always looking out for us
So generous and sincere
We miss your voice coming through the door
You'd light up the house with your big hearty roar

We will be forever grateful
To have had you in our lives.
We miss your infectious smile, laughter and song
And we will make sure it survives.*

*Will ye go lassie go,
And we'll all go together.*

Forever in our hearts

All our love. Sean, Tracey,
Damien & Ashley xxxx

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

A BEAUTIFUL SOUL IS NEVER
FORGOTTEN

REST IN PEACE

CHERISHED EVERLASTING MEMORIES
OF

**SEAMUS
O'CONNOR**



KILCUMMIN, KILLARNEY, CO. KERRY
& KINSALE, CO. CORK
WHO SADLY PASSED AWAY ON
7TH APRIL 2020

As I remember Seamus my Partner, Best Friend and Soul
Mate on his first anniversary, I would like to sincerely thank
the many expressions of sympathy and kind gestures
to me following the sad loss of Seamus. I wish to offer
heartfelt thanks to the many wonderful relatives, friends,
staff, customers and extended family for their unwavering
support, who telephoned, sent text messages, social
media messages, mass cards, sympathy cards, perpetual
enrolments who provided me with support and kind
gestures in these challenging times.

Seamus did not get the send-off he truly deserved.
A special word of thanks and appreciation to all those
who cared for Seamus. Dr Maggie O'Regan Kinsale, The
fantastic ICU Consultants in Cork University Hospital who
cared for Seamus and gave me the chance to be able to
talk to Seamus for 3 days before he unexpectedly and sadly
passed away. Patrick Seigne who has become a special
friend, Ivan Hayes, Rob Plant, Brian O'Brien, Jan Brohan,
Annmarie Leo, Parvaiz Hafeez, Patrick Hassett, Barry Kelly,
John Chandler and Gulnaz Tiernan. Consultant Michael
Henry for his kind letter of condolences and Louise Finn
social worker for her phone calls and card and wild flower
seeds to set in memory of Seamus.

Thank you to all who participated in Seamus funeral
requiem mass especially Fr Niall Howard the wonderful
music and singers who gracefully enchaned Seamus
funeral requiem mass. A big thank you to Mike and Mary
O'Shea and staff of O'Shea's Funeral Home for their utmost
sensitivity, attention, guidance, professionalism, and
courtesy shown to me at this extremely sad time and for
handling and managing Seamus funeral arrangements.
As it is impossible to thank everyone individually please
accept this acknowledgement as an expression and a
token of my deepest gratitude. The holy sacrifice of mass
has been offered for your intentions.

Seamus 1st Anniversary Mass will be celebrated in Our Lady
of Lourdes Church Kilcummin Killarney on Thursday 8th April
at 7.30pm under government restrictions.

**Seamus you were my favourite Hello but my hardest
goodbye.**

**Death leaves a heartache no one can heal love, leaves
a memory no one can steal
Eileen.**

NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all
of the Saints for favours received. And thanks
to the universe.



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