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Veronica Neeson and Stephen Ryan, Woodlawn Park, Killarney, who celebrated their marriage in St. Mary's Cathedral, Killarney on Saturday, adhering to Level 5 Covid19 Health Guidelines. The couple were married by Fr. Niall Howard, Killarney Parish.

PICTURE: VALERIE O'SULLIVAN



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# THIS WEEK

05 : 02 : 21

Council plan to create seamless transition between the town and the park

- See Page 4.

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Aisling Crosbie.

## FROM THE EDITOR

This week we saw the tragic effects of the recent surge in the COVID-19 in Ireland with the highest death toll in any one day in the whole of the pandemic. While we are on the way to brighter days with the roll out of vaccines we much continue to collectively work hard and make sacrifices that will keep us all safe at this time.

We need to keep up our good work, flattening the curve and stay at home. Now is the time to protect ourselves and stay safe in order to receive our much awaited vaccines.

*#stayhome #staysafe #protecteachother #flattenthecurve*

## HELPFUL CONTACT NUMBERS

### COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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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.

### ST VINCENT DE PAUL

**T: 064 66 22668** - E: svdpkillarney@eircom.net

### AWARE

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*The stunning vista at Killarney Golf & Fishing Club taken at dawn by John White.*

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# EVERYBODY TO THE LEFT TO THE LEFT...

*Call for Park users to stick to the rules*



*The sign at the entrance to the Demesne clearly stating the rules.*

*It's our go-to place at the moment and how lucky we are to have it, but users of Killarney National Park are bending the rules and a local concerned resident has contacted Killarney Outlook with some concerns.*

"As an elder, walking in park for for my daily exercise, I notice how many pairs or groups keep good distance between themselves, but rarely fall back one behind the other ("indian file") when passing a walker on the other side of the path, so that person has to step sideways off the path into ditch or muddy grass to avoid them brushing past", she told Killarney Outlook.

"Walker signs say "keep left", but I begin to think I must be wrong, as so many walkers walk on the right, and seem to believe this is the correct side", she added.

The signs in the park are very clear. They request that all users, keep left and pass on the right. Bring their litter home and listen for bicycle bells.

They urge cyclists to ring their bell and cycle at a safe speed, while they encourage dog walkers to keep dogs on a short lead and clean up after their dogs.

Another concerned citizen has raised the issue of dogs in the park. While we highlighted the



*Bags of dog faeces which was left on the steps of the walkway between Millwood Estate and Port Road.*

fact that many dogs were off their leads in the park in the Killarney Outlook last month, there seems to be an unwritten rule that as long as you pick up after your dog has done his business, you can leave the bag after you.

One Killarney resident sent in a photograph of bags of dog faeces which was left on the steps on the walkway between Millwood Estate on St. Margarets Road and Port Road.

This seems to be an issue not only in the National Park but also throughout the town on the footpaths, which are used by everyone. We are so fortunate to have Killarney National Park on our door step for everyone to enjoy, so adhering to these little rules can make life easier for everyone.

## PLAN TO CREATE SEAMLESS TRANSITION BETWEEN THE TOWN AND THE PARK

Killarney is a compact town with over 12,000 of its residents living within a 10 minute cycle of the town centre. This week, Kerry County Council held a public webinar to share their presentation on the new Killarney Cycle Lane Project which will include five new cycle paths.

Kerry County Council is currently inviting members of the public to make submissions about the plans for the development of five new cycle paths in Killarney town. The proposed new cycling infrastructure includes cycle paths on Rock Road, Lewis Road, Park Road, the Gaelscoil Road and Deerpark Road.

David Doyle, Senior Engineer at Kerry County Council was introduced at the webinar by Brian Looney head of Digital at KCC.

Mr. Doyle brought the attendees through the project in a clear and concise way and answered questions posed during the webinar at the end. Some of the issues raised was the the speed limits on the roads concerned, the introduction of cycle lanes on main arteries and the introduction new toucan crossings in Killarney. A toucan crossing is the term for a type of pedestrian crossing that also allows bicycles to be ridden across. Since two can, both pedestrians and cyclists, cross together, the name "toucan" was chosen.



Plans in the proposed project include traffic lights at the new cinema on Park Road, the new cycle lanes on Rock Road to include landscaping and trees and a toucan crossing before the Countess Road junction with the roundabout at Park Road. The plan is about linking the town in a safe way for both locals and visitors alike.

The meeting was concluded by Angela McAllen, Killarney Municipal District Manager who

thanked everyone for attending.

The Part VIII process for such a development, under the relevant planning legislation, involves the public display of all relevant plans which can be downloaded from the Kerry County Council website.

**The five proposed cycle paths are as follows:**

Rock Road – Car Park northward to N22 Roundabout at Cleeny

Upper Lewis Road – St. Anne's Road junction to south of Bridgefield estate

Park Road – Park Road roundabout to the Friary Junction

Deerpark Road – Park Road junction to Gaelscoil Road junction

Gaelscoil Road – Deerpark road to Killarney Sport & Leisure Centre

Submissions and Observations with respect to the proposed development may be made in writing and clearly marked 'Part 8 – Killarney Cycle Lanes' and sent to the Administrative Officer, Kerry County Council, Roads, Transportation and Marine Department, Room 115, Áras an Chontae, Rathass, Tralee, Co. Kerry or e-mail to: roads@kerrycoco.ie. Submissions and observations must be received by 5.00 pm on Wednesday, 17 February 2021.



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‘Music is to the soul what words are to the mind’...

# A very different time for Killarney Musical Society



**N**ormally at this time of the year the members of Killarney Musical Society would be on the countdown to opening night at the INEC Arena, however it's a very different story this year.

"We were in the throws of final rehearsals this time last year for our production of *Joseph and The Amazing Technicolour Dreamcoat*", PRO for the society Orna Cleary O'Shea told Killarney Outlook.

"What a difference a year makes. As you are probably aware we found ourselves in uncharted territory these past few months and can honestly tell you that it breaks our heart that in our 36th year in existence, we are not in a safe and secure position to bring you a Musical this year", Orna added.

"It has been a heart breaking decision for the committee, many whom have been involved since our very first tread on the boards of the Arus Phádraig back in 1985, however we have had to take love, memories, nostalgia, comradery, friendship and laughter and tuck them all safely in our hearts for now as we are of the united opinion that the safety and well being of our ever faithful members, our amazingly generous sponsors,

and our truly special audiences, patrons and supporters is more important than any show", she added. "We thought 2020 was a strange affair, 2021 is shaping up rather different to what we all had hoped for and so we wish you all

safety, good health, happiness and joy for you and your families and loved ones for the year ahead. To all our friends of KMS that have lost loved ones during these times please know that you are in our thoughts and prayers, to those in our KMS family who have celebrated very special occasions in lockdown, we will celebrate with you all when it is safe to do so. We would also like to take this opportunity to urge all our friends and members of KMS to support our fabulous patrons in these difficult times and we will look forward to happy, healthy, safe and great days and times to come. Remember and cherish the memories we have made together so far and look forward to making many many more in the days and years ahead. Music is to the soul what words are to the mind.. So plug in those earphones, put on some music, turn up the volume and take yourself away to somewhere wonderful within your soul. We all need that somewhere special to escape to in these times", Orna said.





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# A dream come true for Máire



**A first book by budding author Máire O'Leary is, according to the Killarney based mum of two "a dream come true". Freewheeling to Love is a debut novel by Máire O' Leary set in Killarney, South Kerry and the Ring of Beara.**

"As an avid reader since childhood it is a dream come true to see my book in print", Máire told Killarney Outlook. Freewheeling to love is a fast paced modern witty tale of life, love and friendship. It is romantic fiction with the Killarney's leisure cycling scene as a backdrop. In Freewheeling to Love we meet Saoirse and Oisín who are best friends. When Saoirse falls for Donal, Oisín realises that despite his assertion that members of the opposite sex can be 'just friends', he is actually in love with his best friend. 'Freewheeling to Love' is a web of dilemmas including friendship, jealousy, sexual and emotional. "Freewheeling to Love is proof that a dream can become a reality, Máire said. "From what

started out as a bit of light entertainment for myself seven years ago during my pregnancy has resulted in this book", a delighted Máire added.

Máire grew up in Bantry, West Cork but now lives in Killarney with her husband and two boys. Máire is happiest in the great outdoors and living in Killarney, she is blessed with easy access to wonderful lakes, mountains, rivers and the beech. Her love of nature is evident throughout the book as characters become one with their landscape.

Máire plans to donate 10% of the profits to two charities South West Counselling Centre Killarney and Kerry Rape and Sexual Abuse Centre whom she regularly works with in her role as a Health Promotion Officer with the HSE. Máire says that she is delighted to be able to support these two charities who do trojan work in Kerry supporting those experiencing mental health difficulties and those who have experienced rape and sexual abuse.

## CLLR. RAISES CONCERN ABOUT DEENAGH RIVER

At the January 2021 monthly meeting of Killarney Municipal District, Councillor Michael Gleeson asked : As the build-up of gravel, earth and general river borne material continues to grow and grow into an ever larger island, now extending into the water channel along which the Deenagh River flows through the second Eye of the Kings Bridge at the Demesne entrance, is any Public Body prepared to undertake pre-emptive work to prevent both Eyes of the Bridge gradually but inevitably being, at least partially, blocked? Kerry County Council replied that the Deenagh River forms part of the Killarney National Park, MacGillycuddy Reeks and Caragh River Catchment SAC. Kerry County Council are currently liaising with the Environmental Assessment Unit of Kerry County Council in relation to the works required. Council Gleeson welcomed the reply and stressed the urgency of doing the

necessary work.

Councillor Geeson also asked if Kerry County Council would seek to determine if Irish Water has any immediate intention of completing the Reed Bed Facility in the Western Demesne.

Kerry County Council replied that the Killarney Drainage Area Plan is due for completion by Consulting Engineers in August 2021. The inclusion of an Integrated Constructed Wetland in the wastewater treatment options to be considered for Killarney Town has been suggested to Irish Water in the context of this Drainage Area Plan. Irish Water has been favourably disposed to the use of Integrated Constructed Wetlands in circumstances where these have been feasible and Kerry County Council will continue to advocate for consideration of this option.



## Vicky for The White House?

An idea posted on social media by Castleisland councillor Charlie Farrelly, Independent is gaining momentum, Charlie wondered if it would be a good idea for Taoiseach Micheal Martin would ask Vicky Phelan if she would feel up to making the short (approx) 50min drive from her base in Maryland to the White House in Pennsylvania Avenue, Washington DC on St. Patrick's Day to present the bowl of Shamrock to the new President Joe Biden.

"I believe it would put an end to all the controversy about whether he should or should not travel during these current Covid 19 restrictions. I also believe it would be a wonderful gesture from the Irish Government", Charlie said.

The idea continues to be a source of much comment and has reached the national airwaves, print media and social media platforms.





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**THIS WEEK'S BEEF COMES FROM CAHILLANES MEATS KILLORGLIN. THIS WEEK'S LAMB COMES FROM CAHILLANES MEATS KILLORGLIN.**



# SURVIVE TO THRIVE

## Fáilte Ireland Announces Details Of New €55 Million Scheme

**T**his week, Fáilte Ireland announced details of its new €55million Tourism Business Continuity Scheme. The announcement was made at a special virtual industry event watched by thousands of operators, providers and employers from across the tourism sector on Monday morning.

The allocation was secured by Minister Catherine Martin TD in Budget 2021 and Fáilte Ireland is responsible for developing and administering the scheme.

The scheme will support those tourism businesses that were not eligible for the Covid Restrictions Support Scheme (CRSS) payment or previous Fáilte Ireland continuity grant schemes.

The National Tourism Development Authority also announced its heavyweight domestic marketing plans, investment commitments in outdoor dining and urban animation and its strategic priorities for the year ahead. The event entitled 'Survive to Thrive', provided industry with details of Fáilte Ireland's plans that will help support resilience and survival in the short term and the recovery of the sector in the long-term.

The Minister for Tourism, Culture, Arts, Sport, Gaeltacht and Media, Catherine Martin T.D., delivered the keynote address. Welcoming Fáilte Ireland's priorities, the Minister said:

*"I welcome Fáilte Ireland's action plans for 2021 which I am confident will have a positive impact on the industry and will be key to helping it survive and thrive in the year ahead. I allocated €55million to Fáilte Ireland for the Tourism Business Continuity Scheme as part of Budget 2021 and this will be important to help those strategically important tourism businesses that are ineligible for other supports. The Government will continue to assess the impact of the COVID-19 pandemic on the economy and ensure that appropriate supports are in place. We*

*are now developing tourism for survival through the pandemic and recovery in the medium and long term."* In his address, Fáilte Ireland CEO Paul Kelly announced the main priorities for Fáilte Ireland this year to support the tourism industry. Grant schemes to provide financial assistance, domestic marketing at national and county level, urban outdoor investment, business and employee supports with a special focus on mental health and a new digital transformation programme were unveiled.

*"This has been the most challenging year tourism has ever faced. The sector's revenue has declined by a massive €6billion and tens of thousands of jobs have been lost. We are launching the first phase of the €55million Tourism Business Continuity Scheme on February 11th. This will provide those tourism businesses who have not received support through the Covid Restrictions*

*Support Scheme (CRSS) or previous Fáilte Ireland business continuity schemes, with direct financial assistance.*

*Domestic tourism will be the first to return and we plan to invest significantly in domestic marketing once domestic tourism can restart. Our research tells us that the 'Keep Discovering' campaign we launched prior to the COVID-19 pandemic resonates even more strongly with people now and we will be rolling the campaign out at both a national and county level to drive domestic tourism when the country re-opens.*

*We are also launching two new funding schemes in collaboration with our local authority partners to improve the quality of outdoor dining spaces in our key tourism destinations and enhance urban areas to make them more appealing to visitors."*



# KEY INITIATIVES FOR 2021

- A €55million Tourism Business Continuity Scheme<sup>1</sup> to help tourism businesses offset fixed costs incurred in 2020 and support them to continue operating through 2021.
- Heavyweight investment in Domestic Marketing to drive domestic tourism once the country re-opens including county-specific campaigns and a focus on Dublin.
- Employee, business and sector supports on areas such as strategy and leadership, finance and cost efficiency, food and beverage innovation, maximising revenue and service excellence to drive performance and help businesses navigate the challenges they are facing, as well as wellbeing services to support employers and employees at this difficult time.
- The enhancement of urban areas through 31 Destination Town<sup>2</sup> projects across the country and two new funding schemes - the Outdoor Dining Grant Scheme which will improve the quality of outdoor dining spaces and offer reassurance around safety and comfort, and the Urban Animation Grant Scheme to animate our cities and towns with innovative lighting and art installations.
- Preparing for the return of tourism by working with industry to build improved websites and online booking capability through a new digital transformation programme and continuing to keep Ireland front of mind for overseas buyers through a range of virtual sales events, including Meitheal, one of Ireland's largest travel trade shows.



## Kerry Tourism Industry Federation Appoint New Marketing Agency

After a competitive tendering process, Kerry Tourism Industry Federation (KTIF) is pleased to announce the appointment of O'Connell Marketing as the organisation's marketing and communications agency. The O'Connell Marketing team will in conjunction with the KTIF marketing group and oversight from the KTIF board and Kerry County Council strategically develop and implement an integrated marketing and communications plan for Discover Kerry, the consumer-facing brand for County Kerry. Director of O'Connell

Marketing Jean O'Connell who originally hails from Currow, has developed a highly sought-after bespoke communications agency within Ireland. The agency specialises in working with different Tourism, Hospitality and Destination brands with a focus on both the domestic and international markets. Jean and her team have offices in Wexford and Kerry but work remotely across Ireland and further afield on a variety of projects. The creative team behind O'Connell Marketing are diverse with

expertise in brand development, consumer and industry engagement, strategic marketing and digital communications. The team are results-driven, working as partners with their clients and collaborate with all stakeholders involved to deliver exceptional initiatives and campaigns.

## Welcome boost for tourism business in Kerry - Griffin

Deputy Government Chief Whip, Brendan Griffin TD has welcomed the new nationwide €55 million investment by Fáilte Ireland and said it will provide a welcome boost for tourism businesses in Kerry.

Deputy Griffin said the funding for the Tourism Business Continuity Scheme was secured in Budget 2021 and Fáilte Ireland is responsible for developing and administering the scheme.

Deputy Griffin said: "The scheme will support those tourism businesses that were not eligible for the Covid Restrictions Support Scheme (CRSS) payment or previous Fáilte Ireland continuity grant schemes.

"I am confident this will have a positive impact on the industry in Kerry and will be key to helping it survive and thrive in the year ahead.

"The first phase of the Scheme opens for applications on the 11th February 2021 to businesses including outdoor activity providers,

visitor attractions not eligible for CRSS, caravan and camping providers registered with Fáilte Ireland and Cruise Hire companies who meet the eligibility criteria.

"The Government will continue to assess the impact of the COVID-19 pandemic on the economy and ensure that appropriate supports are in place. We are now developing tourism for survival through the pandemic and recovery in the medium and long term."

The National Tourism Development Authority also announced its heavyweight domestic marketing plans, investment commitments in outdoor dining and urban animation and its strategic priorities for the year ahead.

The event entitled 'Survive to Thrive', provided industry with details of Fáilte Ireland's plans that will help support resilience and survival in the short term and the recovery of the sector in the long-term.

Deputy Griffin said: "Amongst its key projects for 2021, Fáilte Ireland has also committed to the enhancement of urban areas through the 31 Destination Town projects across the country and two new funding schemes.

"The Outdoor Dining Grant Scheme will improve the quality of outdoor dining spaces and offer reassurance around safety and comfort, and the Urban Animation Grant Scheme will animate our cities and towns with innovative lighting and art installations.

"Fáilte Ireland has also committed to preparing for the return of tourism by working with industry to build improved websites and online booking capability through a new digital transformation programme and continuing to keep Ireland front of mind for overseas buyers through a range of virtual sales events, including Meitheal, one of Ireland's largest travel trade shows."





#GardaJerusalema



# DANCING GARDAI

## BOOST THE NATIONS SPIRITS

**F**ollowing a challenge from the Swiss Federal Police last month, An Garda Síochána have donned their dancing shoes to perform a mass socially distanced dance routine set to "Jerusalem" by Master KG.

Featuring many gardai from The Kingdom the dance was shot in places like Fenit, Banna Beach, Ballybunion, Blennerville and on the roof

of Tralee Garda Station. The idea of the dance was to lift spirit of the public during COVID-19 restrictions and the Swiss Gardai directly challenged the Irish to respond with their take on the dance. Among those who took part was Tralee Mary Gardiner who was spotted with her colleagues rehearsing for the dance on the roof of Tralee Garda Station. While they stuck to the dance routine for the challenge they added an

Irish twist with some Irish dancing by a Garda based at their training centre in Templemore. The Gardai have now challenged the people of Ireland to take part in the dance movement but have asked them to do it in their own homes and in their own bubbles.

You can post your challenge using the hashtag #GardaJerusalema.





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# Call for nominations for the Lee Strand/Kerry Garda Youth Achievement Awards

The Kerry Division of An Garda Síochána in association with Lee Strand Milk are calling for nominations for young people between the ages of 13 years and 21 years to recognise the great contribution young people have made and continue to make to their communities in Kerry during these challenging times.



Chief Superintendent Eileen Foster.

The celebratory awards ceremony will not take place this year due to restrictions. However, everyone who is nominated will receive an official Lee Strand Kerry Garda Youth Achievement Award certificate.

Awards will be presented to individuals who have made a positive contribution to their community and make it a better place to live. A Group Award will also be presented to groups of two or more people who have made an impact to their community. The Special Achievement Award will be presented to an individual who has overcome difficult circumstances, has defied all the odds and whose commitment deserves recognition. A Community Safety Award will be presented to an individual who through crime prevention or a safety initiative/innovation has made their community a safer place to live. The Overall Winner of the Lee Strand/Kerry Garda Youth Achievement Award 2020 will also be presented.

Chief Superintendent Eileen Foster stated "This has been a difficult year for everybody but perhaps especially for our old and young people. It is also, perhaps a time that we give the best of ourselves and throughout this



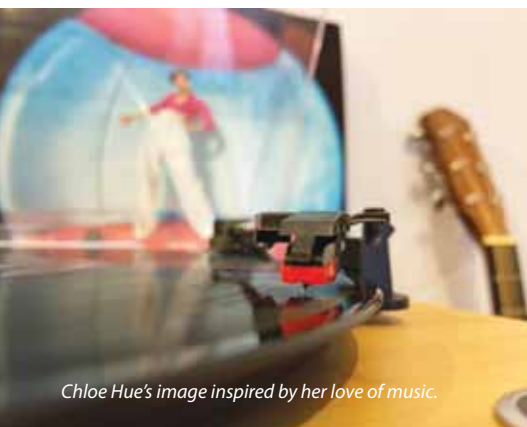
Kerry's Youth Recognised For Contribution To Communities At Awards Ceremony -The Lee Strand Garda Youth Achievement Awards . Pictured at last year's awards was Michael Horgan, Killarney at the Lee Strand Garda Youth Achievement Awards in the Ballyroe Heights Hotel. PHOTO: DOMNICK WALSH

pandemic young people are giving back to their own communities through voluntary work, sport or educational achievements. The Youth Achievement Awards, gives An Garda Síochána, an opportunity to engage with young people in a positive fashion and recognise these positive interactions, for the betterment of the community as a whole. The Garda Youth Awards will take on a different format this year to comply with restrictions, but without the continuous support of Lee Strand, the highly respected Local Co-op in the community, it would not be possible to acknowledge these achievements." Gearoid Linnane, CEO, Lee Strand stated "Lee Strand has a strong commitment to supporting initiatives within the local community and we are delighted to support the Kerry Garda Youth Achievement Awards since 1998. The awards provide a great opportunity to celebrate and recognise the achievements of the young

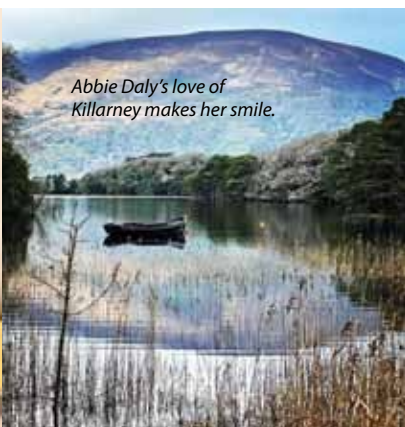
people of Kerry. Things are different this year, but one thing that is the same are our fantastic youth, who continue to make a positive impact within their local community."

The closing date for receipt of nominations is 12 noon on Friday, 26th of February 2021. Any member of the public can nominate a young person who they feel has contributed to their local community. Nominations are accepted from individuals, community and voluntary groups, schools and youth clubs/organisation. The winners will be selected by a panel of judges who are community volunteers from around the county under the chairmanship of Chief Superintendent Eileen Foster, An Garda Síochána. Nomination forms are available to download on [www.leestrand.ie](http://www.leestrand.ie) or email [tralee.community@garda.ie](mailto:tralee.community@garda.ie) For further details contact Tralee Garda Station on 066 7102311.

## TY STUDENTS DO "Something to make you smile"



Chloe Hue's image inspired by her love of music.



Abbie Daly's love of Killarney makes her smile.

At a time when a smile is something we all love to see, a group of TY students from St Brigid's Presentation organised a fun photography competition for the students in their school. They wanted to spread some light and get people involved in a fun activity during this difficult time. The theme of the competition was "Something that makes you smile". Students had the choice to take a picture of something that brought them joy and made them smile during lockdown. Over 45 students took part in the competition and entered lovely photos. The small group of TY students who organised the competition picked three winners who entered wonderful pictures. Each winner received a one for all voucher. Well done to Chloe Hue Meadhbh Bennett and Abbie Daly



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# KERRY PARENTS AND FRIENDS TO RECEIVE FUNDING



**E**ducation Minister and Kerry TD Norma Foley has this week welcomed the announcement that Kerry Parents and Friends Association will receive €106,900 from the Strengthening Disability Services Fund.

Kerry Parents and Friends Association (KPFA) provides residential, respite and day care services to adults with intellectual disabilities across Killarney, Listowel, Rathmore, Castleisland, Tralee and Cahersiveen. Announced as part of Budget 2021, The Strengthening Disability Services Fund is on top of the additional €100 million delivered in Budget 2021.

The one-off grants are being provided to reform disability services and to improve the quality of life of those who rely on these services and this much needed funding will provide building

works and refurbishment to the KPFA.

Minister Foley commented: "I welcome the news that €106,900 in funding has been awarded to a vital Kerry voluntary organisation that is at the heart of the community. This government funding will help the wonderful community at the Kerry Parents and Friends Association improve their facilities in a real and tangible way."

## Govt must accept role of rapid antigen testing in fight against COVID-19 says MEP Kelleher

"It is never the wrong time to do the right thing," says Fianna Fáil MEP Billy Kelleher as he called on the government to accept the need for rapid antigen testing in the fight against Covid 19..

"A number of months ago, I called for this type of testing regimen to be rolled out in appropriate settings such as factories, airports, health care facilities, and schools.

"In places where it is harder to avoid large volumes of people being in close proximity to each other, surely rapid antigen testing can lower the risk for everyone. They may not pick up all positive cases but they will pick up some, and remove the risk of further transmission," added the Ireland South MEP.

"For some reason unknown to me, the Department of Health and NPHET have failed to realise the strategic role this type of rapid test can play in catching and suppressing the virus.

"I appreciate that the accuracy of rapid antigen testing is not as high as that of PCR testing. However, the fact is, they do have a role. Many leading scientists and indeed the European Commission itself has advocated for their use.



"Moreover, the World Health Organisation in their interim guidance on this form of testing in September 2020 said, while accepting their lower levels of accuracy said, 'they offer the possibility of rapid, inexpensive and early detection of the most infectious COVID-19 cases in appropriate settings.'

"The facts and evidence around the behaviour

and effects of Covid-19 are continuously changing and it's only right that governments change their minds when that happens.

"I've written to Minister Donnelly requesting a review of the Government position. Every weapon in our arsenal against Covid-19 must be deployed concluded Kelleher.

## CALLS FOR WORK ON THE OLD KENMARE ROAD

Cllr. Patrick Connor-Scarteen has called on Kerry County Council to outline the extent of works on the Old Kenmare-Killarney road.

He also requested that the council liaise with the NPWS and put in place a plan for a proper cycleway and walkway.

The council replied that as outlined in the Update Report, the Council has been allocated a grant of €200,000 under the Outdoor Recreation Infrastructure Scheme to upgrade the

Old Kenmare Road in the Kenmare MD. The scheme will have a length of 4km and the trail will be finished to an acceptable standard for family and age friendly walking and hiking and possibly mountain biking. The intention is to improve drainage to reduce erosion, regrade and strengthen the road and provide a surface dressed finish where this is possible taking the constraints of the terrain into account.







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# TENANTS STRUGGLING TO BUY FOOD FOR THEMSELVES AND THEIR FAMILIES

**T**he HAP (Housing Assistance Payment) falls far short of rental costs in Kerry, according to a Fianna Fáil Councillor in the county. Speaking at this month's Municipal District meeting Councillor Michael Cahill said "Tenants in receipt of rent supplement payments are struggling to pay bills and buy food for themselves and their families, because they have to give top-ups to landlords each month". "State payments fall far short of rental costs in Kerry and I am calling on the Minister and the Department of Housing, Local Government and Heritage to increase as a matter of extreme urgency, the Housing Assistance Payment" said Councillor Cahill.

"Almost half of tenants are struggling to afford bills, buy groceries or provide for childcare and school costs etc" stated the Rossbeigh based Councillor.

"Many families are falling further into the 'Poverty Trap', with all the hazards and suffering that brings, because of high rental costs. My father always said rent was dead money and he was right. We must provide housing, but we must also ensure our tenants can afford at least a basic standard of living" added Councillor Cahill.

"The Simon Community recently released its 'Locked Out' report which states that 'Six of the 16 study areas did not have a single property available within either standard of discretionary HAP limits in any of the four family categories, while 95% of properties available within HAP limits were in Dublin'. The charity warns that a persistent and chronic lack of affordable housing supply will continue to drive some people into homelessness. This proves the need to deal with this issue is now long overdue" stated Councillor Cahill.

Motion No.3.Cllr. M. Cahill: That Kerry



County Council call on the Minister and the Department of Housing, Local Government & Heritage to increase as a matter of extreme urgency the Housing Assistance Payment (HAP) as Tenants in receipt of rent supplement payments are struggling to pay bills and buy food for themselves and their families because they have to give top-ups to landlords each month as State payments fall far short of rental costs. This matter needs to be addressed ASAP as almost half of all Tenants struggle to pay the bills, buy groceries or cover childcare and school costs, etc.

**Reply:** This is a matter for Resolution by Members. A Resolution on this matter was adopted at the January Council Meeting. Applicants who are experiencing financial difficulty with paying the balance of their monthly rent may apply for a discretionary increase in these limits up to a maximum of 20%. Each case is individually assessed, and a decision is taken based solely on the individual household's financial circumstances.

To date since the introduction of the Housing Assistance Payment scheme in Kerry in December 2016 a total of 2133 HAP tenancies have been set up with a total of 1623 active tenancies at the 31/12/2020. There were 607 new HAP tenancies set up during 2020.

A total of 905 HAP accommodated households applied and received a discretionary top up to their HAP payment and of these, 751 have received the full 20% top-up. There are currently 131 active HAP tenancies in the Kenmare MD. For the information of the Members the following is relevant information on the current situation.

The HAP limits for all Local Authority areas are set out in Circular 10/2017.

The HAP limits for Kerry are as follows

- (1) One adult in shared accommodation €200
  - (2) A couple in shared accommodation €230
  - (3) One adult €380
  - (4) A couple €410
  - (5) One adult, or a couple, with 1 child €525
  - (6) One adult, or a couple, with 2 children €550
  - (7) One adult, or a couple, with 3 children €575
- Councillor Cahill said "The HAP limits are more than double in Dublin and vary from 50% to 80% higher in Cork. I have examined the limits across every county throughout the country and to my disbelief I found that we are in a similar bracket to Sligo, Donegal, Tipperary and Clare.

The limits for County Kerry are amongst the lowest in the country and this needs to be addressed as a matter of extreme urgency."

## Kerry Airport eligible to apply for €21.3 million under new Regional Airports Programme

Education Minister Norma Foley TD has welcomed the announcement yesterday, February 4th, that Kerry Airport is eligible to apply for funding under the Regional Airports Programme which has a budget of €21.3 million for 2021.

The focus of the programme is to help Ireland's regional airports to maintain regulatory compliance in the areas of safety and security during Covid 19 restrictions.

Funding will be also be made

available to encourage airports to reduce emissions and to build resilience against the likely impacts of climate change.

Minister Foley said: "I welcome this funding at a time when our regional airport has been hit hard by the impacts of Covid 19. Kerry airport plays a crucial role in the connectivity of the region and it is imperative that Government support is provided during this pandemic."







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## The Skinny Baker

In this week's Killarney Outlook we have a new baking column for you to try out.... Denis Kelleher (theskinny.Baker) is living in Rathmore and began baking when he was 12 years old.



"My mom always made brown bread and my sister mags was a great influence on me she is amazing baker", Denis told Killarney Outlook.

"I started my baking blog on Instagram and Facebook about 4 years ago, I usually bake at the weekends with my two young boys Noah and Henry and they love helping its great to spend time teaching them how fun baking can be, during the lockdown last year there was a lot of baking". This week Denis is sharing his recipe for :

## Chocolate Chip Fudge Brownie

### Ingredients

175g of real butter  
200g of sugar brown or white  
200g of bournville bar or 55% dark chocolate  
4 eggs  
1 teaspoon of vanilla essence  
100g plain flour  
150g chocolate chips

### Method

Pre heat the oven at 180 or gas mark 5  
Melt the chocolate and butter slowly in the microwave or in a saucepan. In a electric mixer or by hand beat the the sugar and vanilla essence together. Leaving the chocolate mix to cool for a few minutes Add the chocolate and the eggs into the sugar and vanilla mix and mix together. Next add in the sifted flour, and chocolate chips and mix until smooth. Line a 9 Ince baking tin with parchment paper. Pour the mix into the tin. Place in the oven for 25 minutes Leave for about 30 minutes before cutting . If u want u can dust the top of the brownies with icing sugar.



## Black-eyed Bean Stew



### Ingredients

- Spray Oil
- 1 Red Onion Chopped
- 4 garlic cloves crushed
- 1 green pepper chopped
- 3 carrots peeled and chopped
- 1 can chopped tomatoes
- 2 cups vegetable stock
- 1 fresh bay leaf
- 1.5 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon each chili flakes and paprika
- 2 tins black-eyed beans strained and rinsed
- salt and pepper to season
- Fresh Parsley to garnish



### Method

Spray a little oil in the pan and fry onions and garlic for about 5 minutes on a medium heat. Add carrots and peppers and fry for another 5 minutes. Add tinned tomatoes, stock, bay leaf spices and season to taste. Bring to the boil and then simmer for about 35-40 minutes. Remove bay leaf and discard. I served with brown rice. A small tip is when cooking the brown rice add a vegetable stock cube to the pot, this adds a lovely flavor and everybody will be looking for more ;-) I garnished with a

little fresh parsley which gives the dish a lovely fresh look.

This weeks dish is super easy to make, low fat and most importantly very tasty.

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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# Castleisland man in the run for an *Oscar* nomination

Shaun O'Connor on the set of 'A White Horse'.



**K**erry writer and director **Shaun O'Connor** is in contention for an Oscar nomination, after securing a place on the Academy Awards' 2021 longlist.

His short film 'A White Horse' tells the story of a scared and confused young girl in 1970s Ireland who enters a phone booth and rings home. Her parents are waiting for the call, and the conversation slowly reveals a hidden truth. 'A White Horse' stars Cora Fenton (The Young Offenders) and newcomer Amber Deasy, and was made with the Screen Directors Guild of Ireland ARRI Take Award. Filmed in Cork city and county, the story explores how mental hospitals were once used as catch-alls for people considered 'troublesome' or 'abnormal'. Among the accolades garnered to date, 'A White Horse' won the award for Best Irish Short at the Foyle Film Festival in November 2019 - recognition that has led to a coveted place on the longlist for the 2021 Oscars.

Shaun, who is from Castleisland is a UCC graduate of the MA in Film Studies Class of

2006, was inspired to explore this subject after discovering that gay conversion therapy was widespread in the British Isles in the 60's and 70's, and incredibly, is still legal in the UK and Ireland.

The director said his time in UCC had a formative impact on his successful career:

"The team and I behind 'A White Horse' are thrilled with the success of the film. Even though it's an Irish story, it's been amazing to see how much audiences around the world have responded to it," Shaun said.

"At Irish festival screenings we inevitably had people approach us afterwards to tell us how they related to the film, either in terms of their own past experiences or that of family members. To have the film speak to people like that, and also do so well on the international stage, has been incredibly gratifying.

"My time at UCC was pivotal in my filmmaking career. Doing the MA in Film Studies there introduced me to so much film history and gave me new ways to interpret and appreciate the medium. It was a formative experience.

And the college, course and lecturers have all been incredibly supportive of my work in the years since," he said.

Dan O'Connell, Head of the Department of Film and Screen Media congratulated Shaun on his accolade.

"We couldn't be happier for Shaun. Though he finished his studies with us many years ago, he is still a familiar face on campus both as a practitioner who shares his expertise through masterclasses and as a keen attendee at our many conferences and workshops. He has always been a great ambassador for the Department of Film & Screen Media."

"We have watched Shaun's career go from strength to strength and we're so proud of his achievements and honoured that we had the opportunity to teach him all those years ago! Shaun is a most valued UCC alumnus, and his powerful and evocative A White Horse deserves all the acclaim and admiration it has been garnering."

## SONIA SUPPORTS WORK PLACE WELLNESS

A Workplace Wellness programme has been launched by World Championships and Olympic Games gold and silver medal winner, Sonia O'Sullivan for the staff at South Munster Citizens Information Service.

Sonia launched the event via Zoom from Melbourne to encourage and inspire the team to participate in the wide array of activities planned for 2021 including mental health, healthy eating and physical activity initiatives. The team looked for her tips around motivation, training, nutrition, recovery and of course her own experiences on the track and in competition. Sonia, who is a big supporter of the Citizens Information Service said; "I am delighted to see Citizens Information prioritise Workplace Wellness especially at this time. I know from my father who volunteers there, what great work they do in supporting others and I'm glad to see them looking after themselves. They have a super programme planned and I wish them every success with it."



Centre: Sonia O'Sullivan

Left to Right on top: Lorraine O'Donovan, Regional Manager, South Munster Citizens Information Service (SMCIS) Frances Clifford, Development Manager (Kerry), SMCIS Ailis Brosnan - Infinite Wellness David Hickey, Information Officer, SMCIS Niall Cremin, Chair of SMCIS Board

Sonia is no stranger to supporting community groups and community based activities in Cork and Kerry and over the years she has participated in the Garnish Island Swim, she has run with St Brendan's Athletic Club in Ballyheigue and Banna Beach Saturday Run Club. She took place in the SRAC Atlantic Challenge Tralee-Dingle Peninsula Cycle and the Ring of Kerry Cycle but unfortunately Covid19 put paid to her plan to run the Cobh 10 Mile Road Race in 2021.

A team of "Wellness Champions" from Cork & Kerry was created to develop a Wellness Policy and Calendar of Events, based on feedback from their teams. The events include mental health, healthy eating and physical activity initiatives and ranges from Couch to 5k, Open Water Swimming, Cycling, Healthy Eating, CBT initiatives and much more.





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# PUBLIC URGED TO GET HEALTH CONCERNS CHECKED

**With the news that one in four people did not attend a GP or hospital appointment when they needed to during the lockdown of March-June 2020, the public are being urged to contact their GP if concerned about symptoms.**

February 4th this week, was World Cancer Day and the Irish Cancer Society and RTÉ's Marty Morrissey are urging people to contact their doctor if they are concerned about symptoms that may indicate cancer. The Your Health Matters campaign aims to increase awareness of the importance of early detection and encourage those concerned about symptoms



To mark World Cancer Day (February 4th) Marty Morrissey is supporting the Irish Cancer Society's Your Health Matters campaign.

to contact their doctor. HSE data shows that the number of suspected cancer cases referred through the Healthlink e-referral system dropped by more than 50% after the first wave of the pandemic.

RTÉ broadcaster Marty Morrissey whose close friend's daughter passed away from cancer this year said, "I don't know about you but my guess is, most of us are the same. Maybe we noticed something that doesn't feel right but instead of contacting our doctor, we put it on the long finger hoping it will go away on its own. But this year, even with everything that's going on, it's important to check it out.

If it's clear that's fantastic but if it's not, an early diagnosis could make all the difference. Don't delay in contacting your doctor, they'll want to hear from you. Or try calling the Irish Cancer Society Support Line to speak to a nurse. Your health matters and so do you. Please...Make your health a priority".

Early detection is crucial to successful treatment of cancer. Contact your GP today to arrange an appointment. If you have difficulties getting through to your GP call the Irish Cancer Society's Support Line on 1800 200 700 to speak with a registered nurse. Visit [www.cancer.ie](http://www.cancer.ie) for more information.

## Jane's Story

Jane Jackson, 46, underwent skin cancer treatment during the covid-19 pandemic

"It was my dental hygienist who spotted it – a mole at the back of my neck. She suggested I have it looked at, but after speaking with my husband, Roy, we both agreed to keep an eye on it, as we thought it looked fine. However, some months later Roy noticed it had started to change so I made an appointment to see my GP. Despite the pandemic I was seen the same day I made the call. The GP immediately made an appointment for me days later at the

dermatology department of the local hospital. I was anxious about how seriously the GP was taking this, and I was also very worried about going to the hospital in the middle of the health crisis.

It was decided at that appointment that the mole be removed immediately and sent for testing. Days later I was called back to the hospital and was told that the mole was a cancerous melanoma and that I had stage 1b skin cancer. I cried when I was told. My doctor was so kind and apologised for her mask and that social distancing meant she couldn't comfort me and that I couldn't have someone with me. Since then I've undergone further

testing and had more skin and lymph nodes removed. I now have to have full skin checks every 12 weeks as there is a 70% chance of recurrence.

My advice to others who are concerned about symptoms at this time is to just get them checked out with their doctor. Melanoma can spread quickly, so I'm glad it was caught when it was, but if I had acted when the mole was first noticed I could have saved myself a lot of pain and anxiety. Once you make the call your doctor will start the process for you. They'll make sure you receive the treatment you need, regardless of the current situation. All you have to do is pick up the phone."

## It's 'Time to Talk' with ALONE

**ALONE, the organisation which supports older people, is encouraging older people to reach out and strike up a conversation especially if they are feeling particularly isolated at the moment due to the extension of COVID-19 restrictions.**

The organisation has campaigned in this area for many years and are highlighting the concerns they have when it comes to loneliness, as its effects take hold and expand across a wider and new cohort of older people. ALONE are concerned by the increased impact loneliness is having which they can measure in their increased demand for their supports. Today, they are asking the public to continue to make time to talk and stay in touch with their older relatives, neighbours and friends.



**Supporting older people  
to age at home**

While ALONE acknowledges that current guidelines are in place to prevent the spread of COVID-19 and protect vulnerable groups, ALONE have already reported an increase in a wide range of mental health impacts among older people. The organisation has relayed the message that although we may be socially distanced, we don't want anyone to feel

socially isolated. With many of these growing issues having been identified pre-pandemic, older people have now been experiencing prolonged periods of isolation and limited social contact for almost one year. ALONE would like to remind older people that their services continue to be available to any older person who needs advice or support during this time.

Contact ALONE if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Their National Support Line is available seven days a week from 8am – 8pm on 0818 222 024. Further information can be found on [www.alone.ie](http://www.alone.ie).



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# Bliain tábhachtach ach strusmhar – *An important but stressful year*

*Lyselle O'Shea is a 6th year student in St. Brigid's Secondary School in Killarney. She is studying Higher Level Irish for the Leaving Cert and discusses her thoughts and worries about the Oral and Written exams through Irish.*

**M**ar is eol do chách, is bliain an-tábhachtach agus an-strusmhar í bliain na hArdeistiméireachta, lán de réamhscrúduithe, scrúduithe béil, tionscadail agus a leithéad. Ach, mar bharr ar an donas, táimid síte cosúil leis an chuid eile den domhain, ag méadú an brú atá orainn cheanna féin, deimhníodh cásanna, na srianta, gartheagmháil. Ba chomhair dúinn a bheith ag tacú lena chéile ach caithimid a bheith scartha óna chéile chun muid féin a chosaint agus ní amháin sin ach ár gcairde agus ár gclainne a chosaint. Go pearsanta, thosaigh mé an bliain seo le dóchas agus fuinneamh, rinne mé mo dhícheall, d'oibrigh mé go dian dícheallach go dearfach ag staidéar go déanach san oíche mar cheap mé go mbeinn ag déanamh an Ardeist traidisiúnta.

Nuair a chríochnaigh scrúduithe na Nollag, bhíomar go léir tuirseach, traochta, tnáite. Is follas go mbíonn gach dalta i mbliain na hardteiste faoi bhrú agus spíonta ach is é mo thuairim go raibh na ceithre mhí roimh an Nollaig plódaithe. Bhíomar ag foghlaim rudaí nua a bhí fós le clúdú agus chomh maith le sin - bhí orainn athdhéanamh a dhéanamh ar na rudaí a rinneamar sa bhaile ó Mí an Mhárta.



Anois, i Mí Feabhra, beagnach bliain ó thús an coróinvíreas, táimid ar ais inár n-aonar os comhair an scáileáin an lá ar fad agus chun a bheith macánta táim ag streachailt. Bhí mé thar a bheith cráite nuair a dhúnadh na scoileanna arís ach bhí orm a bheith díograsach. Ní mór dom a rá, tá an t-adh dearg orm i gcodarsnacht glan le mo chomhráithe scoile. Tá seomra ciúin, deas agus compórdach agam, ríomhaire glúine dom féin agus níl orm aire a thabhairt ar

deirfiúracha nó deartháireacha ní b'óige.

Táim an-bhuíoch as na múinteoirí go léir i Meánscoil Bríd Naofa don t-am agus tacaíocht a thugann siad dúinn gach lá. Bainim úsáid as an aip Teams agus is áit iontach é chun nótaí a fháil agus acmhainní a usáid ach níl aon cur síos ná insint scéal an luchar a bheidh orm nuair a bheidh mé ábalta é a scríosadh. Bheartaigh Ms. Moore suirbhé a dhéanamh chun tuairimí a bhailiú maidir leis na réamhscrúduithe. I mí Eanáir, d'fhógair sí go gcuirfeadh siad ar ceal iad. Táim thar a bheith sásta gur chuir sí na scoláirí san áireamh. Mhothaíomar go raibh luach orainn. Rinne sé socair dúinn. An bhliain seo caite, d'fhéachamar ar na scoláirí a bhí fágtha sa dorchadas agus bhíomar ag súil le athrú an t-am seo. Tuigim go hiomlán gur fadhb mór é don rialtas an ceist seo faoin Ardeist agus is soiléir nach mbeidh siad ábalta an saol is a mathair a shásamh. Is cinneadh mhór é agus ba chomhair pleanáil chúramch a dhéanamh ach tá díoma an domhain orm, i ndiaidh mí iomlán leis na scoileanna dúnta nach bhfuil soiléireachta faighte againn. Go pearsanta, ba bhreá liom an scrúdú béil a dhéanamh ach níl sé éasca é sin a dhéanamh go sabhailte. Ar aon dul leis sin, b'ionam suí síos i halla mór agus na scrúduithe traidisiúnta a dhéanamh, ach ní bliain traidisiúnta í seo. Níl sé ceart, cóir ná cothrom leanúint ar aghaidh. Táim dóchasach go mbeidh freagraí againn go luath. Neosfaidh an aimsir! (Scríofa le: Lyselle Ní Shé)

## Gluais/Glossary

Réamhscrúduithe – Mock's/Pre's  
Scrúduithe Béil – Oral Exam's  
Tionscadail – Project's  
Mar bharr an an donas – To make matters worse  
Ag méadú an brú – Increasing the pressure  
Na srianta – The restrictions  
Ag tacú lena chéile – Supporting each other  
A chosaint – To protect  
Dóchas agus fuinneamh – Hope and energy  
Rinne mé mo dhícheall – I did my best  
Go mbeinn ag déanamh an Ardeist traidisiúnta – I would be doing the traditional leaving cert

Tuirseach, traochta, tnáite – Exhausted  
Is follas – It is clear  
Plódaithe – Packed  
Athdhéanamh a dhéanamh – To do revision  
Ar ais inár n-aonar – Back on our own  
Chun a bheith macánta – To be honest  
Ag streachailt – Struggling  
Thar a bheith cráite – Very upset  
Dúnadh na scoileanna – The schools were closed  
Ríomhaire glúine – Laptop  
Aire a thabhairt do – Take care of/look after  
An-bhuíoch as na múinteoirí – Very grateful to the teachers  
T-am agus tacaíocht – Time and effort  
Na réamhscrúduithe – The Mock/Pre exams  
Go gcuirfeadh siad ar ceal iad – that they

would be cancelled  
Luach – Value  
Fágtha sa dorchadas – Left in the dark  
Fadhb mór é don rialtas – a big problem for the Government  
An saol is a mathair a shásamh – to keep everyone happy  
Pleanáil chúramch – Careful planning  
Nach bhfuil soiléireachta faighte againn – That we still haven't got clarification  
An scrúdú béil a dhéanamh – to do the oral exam  
Níl sé ceart, cóir ná cothrom – It's not right or fair  
Neosfaidh an aimsir – Time will tell



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# Primary Schools and Home Schooling

While the Coronavirus pandemic has affected people in different ways, one thing children in Ireland are sharing together right now is home-schooling...again!! This week, **students from Fossa National School** tell us their experience of home schooling and life during the 3rd lockdown

Hi! My name is Grainne Kelliher, I am 12 years old. I am in sixth class at Fossa National School. Like you, I am learning from home for the second time since March 2020. Home-schooling seems more organised second time around. Teacher posts daily work on Google classroom with explanation notes, videos and helpful online sites. We can post a comment or question on Google Class and she always responds. We present a project at our weekly Friday Zoom meeting.

This is new to us and gives us the opportunity to be virtually together as a class. We get the chance to catch up at the end of these sessions.

I really look forward to that, it is great fun! It also motivates me to keep working as there are so many distractions at home. When in school we would learn and say a prayer everyday together in preparation for

our Confirmation, it was exciting looking forward to it. Now we are preparing individually at home and it does not feel the same. I am lucky that I can do my school work from home with help from my Teacher and parents.

However, school is much more than reading and writing, certain home-school activities are harder to achieve or not possible when both parents are working (one from home) and not always available to assist. Also, the fun we have in class, games at break-time, competitions, sports days, Green School activities, dress-up days, shows and school tours are important to me but not possible while learning from home.

Most of all, I miss the contact and it feels much harder second time around.



## Lockdown from an Alexandria Carlton point of View

*This time last year, I didn't know what the word "lockdown" was but now it's all I hear about. Sixth class in lockdown was a daunting thought at first but now that I have grown accustomed to it, it's not so bad. Lockdown 1 with my family was a bit wild. It was stuffy with 3 kids all trying to manage homework and assignments. Now in lockdown number 2, it's calmer, a bit calmer anyway! My sister is in fifth year, so she is busy with studying. My brother is in third year, so he has lots to do with work and studying in such strange times like these. He doesn't seem to be too stressed anyway!*

I am in sixth class and the workload is manageable. Since I had a full term of sixth class completed in school, I had time to be comfortable with harder work. I wasn't surprised to go back into lockdown, but it doesn't make things easier. When I first heard that we were, I can't lie, I was excited. Now I'm sick of lockdown. It can be stressful with work and boredom on my mind when I try to concentrate for school. I'd go back to school in a heartbeat. I miss everything about it: seeing my friends, fun activities and just getting out of the house.

A typical day in lockdown for me goes something like this: I wake up... late. Not that late but if I woke at the times I do now for regular school, I'd miss my whole Irish lesson! I go downstairs for breakfast. My dad is at work already because he's an essential worker and my mom is downstairs when I wake up. I don't do zoom calls from Monday to Thursday, but my siblings do so they are already up, in their rooms on a call. So, I must be quiet. I start my work in my room and have it done within 3-4 hours. It's cruel isn't it!! My teacher, Mrs. Murphy asks for a photo of our work. On Fridays, we do zoom calls. We often do projects

during the week and present them on Friday. The first project we were assigned was on WW1. That one was quite interesting, I enjoyed doing it. We also did a Kerry project just last week. That was much easier as I already knew a lot about my own county. I like the zoom calls as they let me catch up with my classmates.

Something that I miss about school is P.E as well. It's fun to get outside with friends to exercise and get fresh air. I can still go outside for walks with my dogs and things, but it's not the same as doing it with friends. It's the little things I miss. Moving on from boring schoolwork (sorry Mrs. Murphy!) activities I like to do to keep myself busy in these awful times are art and gaming, yes gaming! I have been doing art for as long as I can remember. I have a whole row of drawers beside my desk just for paints. I like painting everything, from landscapes to people. It's something fun that I enjoy doing casually. I paint and I draw. Recently, I have been drawing more. I try to be as creative as possible.

I play gaming with my friends Dean and Ciaran. We play a lot! I love gaming just like my brother. And I'm definitely very quiet whilst doing it as well!

I like to keep in contact with my other friends Eabha and Trina just by texting them and sending them funny videos. I really wish I could do something with them but unfortunately, I can't. I also like to go horse riding which has been temporarily cancelled. I used to go every Friday. I loved doing so much and I can't wait to get back to it. It can be upsetting that I can't, but I know it's for everyone's safety.

In conclusion, lockdown sucks. Don't like it and it's frustrating, for everyone. Bring on the vaccines!



“Something that I miss about school is P.E as well. It's fun to get outside with friends to exercise and get fresh air.”



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# MORE THAN 50% OF CANDIDATES GET BETTER RESULTS IN DEFERRED LEAVING CERT, but what's the plan for the 2021 State exams?



By Billy Ryle

**The State Examinations Commission (SEC) released the results of the deferred Leaving Cert, Leaving Cert Applied (LCA) and Junior Cycle exams on Tuesday. Although 2600 candidates registered, only 2202 turned up for the deferred exams. 2155 of those were Leaving Cert candidates. The candidates sat an average of two subjects each. 1136 candidates, or just over 50%, were awarded higher grades than their calculated grades in one or more subject. Of the overall grades awarded, 39% were higher than, 28% were the same as and 34% were lower than the calculated grades awarded in September.**

Candidates who sat the Leaving Cert exam have access to an appeals process. They can access their actual marks and component marks from 9am, Wed. 3rd Feb. They can apply to view their scripts from 9am, Wed., 3rd Feb. to 5pm, Thurs., 4th Feb. They can view their scripts from noon, Tues., 9th Feb. to noon, Wed., 10th Feb. They can apply to appeal their results from 9am, Tues., 9th Feb. to 5pm, Fri., 12th Feb.

The SEC has provided the Central Applications Office (CAO) with the Leaving Cert results for candidates who haven't Calculated Grades. For candidates with Calculated Grades and who also sat Leaving Cert 2020, the CAO was notified of the higher subject grade achieved between the Calculated Grade and the written exam. Leaving Cert students who are entitled to a higher CAO offer on foot of these results, will receive a deferred college offer for the 2021/22 academic year. Colleges making improved offers to students will be in contact with them during the week commencing 8th February.

In order to take up a deferred offer, students must submit a 2021 CAO application. Formal CAO offers of deferred places will be issued in July. If

a student, who has started first year of a course, is now entitled to a higher CAO offer following the written exam and chooses to accept this offer in the 2021/22 academic year, she/he will remain eligible for free fees and SUSI funding, as appropriate, for the first year on the new course. Meanwhile, it appears that a decision on the format of this year's state exams is imminent. The longer the schools remain closed the less likelihood of the standard Leaving Cert exam going ahead in June. Leaving Cert students missed out on about twelve weeks of in-person teaching last year and have not returned to school at all after Christmas. With the virus still rampant it's unlikely that students will be back in class for a few more weeks.

The Junior Cycle exam is likely to be a casualty of the coronavirus again this year as it would be impossible under social distancing regulations to accommodate both Junior and Leaving Cert candidates simultaneously. Taoiseach Micheál Martin gave a strong indication in media interviews last Sunday that a hybrid combination of calculated grades and a modified written Leaving Cert exam is the preferred option of Government. It seems that three options are under serious consideration. The first is the hybrid combination of calculated grades and a modified written exam. The second is a calculated grades model fairly similar to last year while the third option seems to be a standard Leaving Cert exam, but deferred for a few months. However, students and their families need immediate clarity to reduce their anxiety and stress levels. Meanwhile, applications to CAO have reached record levels. By normal closing date of 1st February, 79,303 applications were received by CAO, well ahead of the 73,035 at the same time last year. With the addition of late applications to

CAO later in the year, the number of applicants in 2021 will be well over 80,000.

## CHECKLIST

- ✓ Results of the Leaving Cert, LCA and Junior Cycle were released on Tuesday
- ✓ 2202 sat the deferred exams, 2155 of whom were Leaving Cert candidates
- ✓ 1136 candidates, about 50%, were awarded higher exam grades than calculated grades
- ✓ 39% of grades were higher, 28% the same, 34% were lower than calculated grades
- ✓ A decision on the format of this year's state exams is imminent
- ✓ Students missed out on about twelve weeks of in-person teaching last year
- ✓ Students have not returned to school at all after Christmas
- ✓ It seems that three options for Leaving Cert are under serious consideration.
- ✓ The first is the hybrid combination of calculated grades and a modified written exam
- ✓ The second is a calculated grades model fairly similar to last year
- ✓ The third option seems to be a standard Leaving Cert exam, deferred for a few months
- ✓ Students need immediate clarity to reduce their anxiety and stress levels
- ✓ Applications to CAO have reached record levels
- ✓ By closing date of 1st February, 79,303 applications were received by CAO

**Billy Ryle is a Career Guidance Counsellor and Educational Commentator**  
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Tel: 0879808979

## A Thought and Feeling wins for Nicholas

A fourth class student at Scoil Realt na Mara, Killarney, was chosen as the winner of the inaugural Green-Schools Clean Air Week Poetry Competition. Nicholas Kirby's poem, A Thought and Feeling, was chosen by judge Sasha Terfous from a pool of over 1,000 entries to the competition.

Organised by the Green-Schools Travel programme, Clean Air Week focused on raising awareness of, and taking action on, air pollution in and around the school gate. This year a poetry competition was added to the week's celebrations, to allow students to think creatively about their journey to school.

In the past 12 months, many people got the chance to experience how their communities could benefit from improved air quality. During Clean Air Week in November 2020, Green-Schools asked schools to learn about how car journeys impact air quality and how air quality at the school gate can be improved when more students and teachers walk or cycle to school.



Nicholas Kirby.

## A Thought and Feeling

by Nicholas Kirby

*When I rode to School one day,  
A thought and feeling came my way.  
I thought of what the world would be,  
With only renewable energy.*

*I saw how our planet and our sea,  
Is being polluted carelessly.  
I heard the zooming cars go by,  
And heaved a long and heavy sigh.*

*I imagined that the trees could speak,  
What they'd say and how they'd weep.  
I smelt the air and felt the shame,  
I knew the humans were to blame.*

*We're losing our future,  
We're giving it away.  
But let's not lose hope,  
That's not our way.*



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# A Legion of Memories

In this week's Killarney Outlook, *Tommy Regan* shares some of his vast collection of photographs which he has taken through the years at his beloved Killarney Legion Club



*Front row..Jim and Patricia O Carroll,The Fogarty Family,Tralee Road.  
Back Row..Dara Lehane,Fergal O Carroll,David Regan,Enda Walshe,Weeshie Fogarty,Finbarr Walshe,Sean Costigan.*



*John Keane,Mary Regan,Joan Fogarty at the Field Day.*



*Cathal O Grady with some up and coming Ladies footballers.*



*The Mustangs Sally Team that took part in the GAA 7 a side held in Legion with ref Connie O'Shea.*



*At the 2010 Open Day...Brendan Murphy,Sean Hegarty,Denny Murphy, Eoin Carroll, Derek Pyne,Ross Lewis, David Murphy, Tom Slattery, Thomas Moriarty, Podge O'Connor.*



*The Tug of War in full flow under the watchful eye of Sean O'Sullivan.*



*The late Joanne Downey with friends at the Club Field Day.*



*Maria O Sullivan and her Ladies team.*





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## MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



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You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement then you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

**Tax Free Cash:** Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

**Taxable Cash:** You may also be able to take sum of your pension in taxable cash.

**Annual Pension:** This is a guaranteed income usually paid monthly for the rest of your life that is purchased with the money left after your tax free lump sum, this is subject to taxation.

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working. It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

*To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or [dermotcroninifa@gmail.com](mailto:dermotcroninifa@gmail.com)*

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Agent: ● Michael Coghlan Sherry FitzGerald Coghlan ● 95 New Street, Killarney ● Tel: **064 6631892 / 087 2668591** ● E: [info@sfmtc.ie](mailto:info@sfmtc.ie)

Price Region: **€130,000 BER: G**

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



# OPEL DELIVERS STRONGEST VOLUME GROWTH IN CRITICAL JANUARY MARKET

Opel delivered the strongest year-on-year volume growth in the Irish passenger car and light commercial market, for the all-important month of January 2021. Re-entering the top ten sales podium, with a combined market share of 3.3%, the German brand saw a vigorous 73% increase on January 2020, in a year that promises to see a complete Opel brand renaissance. James Brooks, Managing Director at Leeson Motors, Opel Importer in Ireland, said: "Despite the contract in the Irish new vehicle market this January, we are delighted to report a year-on-year growth of 34% in our new passenger car registrations and an incredible 280% increase in our new light commercial vehicle sales. This performance, driven by strong retail demand together with our inherent strength in fleet business, has delivered us a very strong start to 2021."

He continued: "My thanks and gratitude to the Opel Dealer Network; I commend our partners

wholeheartedly, for their tenacity during these extremely difficult trading times."

The January performance success comes as Opel now embarks on a complete renaissance. Indeed, armed with a stand-out new style signature, a new logo and new, more modern corporate identity, 2021 will be a critical year for the brand when it will bring to market no less than 8 new models, also rapidly ramping up its electrification programme. The dashing new Opel Crossland has just arrived in showrooms, the first in the range to sport the new Opel Vizor front face styling.

The all-new 100% electric Vivaro-e light commercial, recently voted International Van of the Year 2021, arrives in February, together with its passenger car Zafira-e Life version. The excitement now builds for Opel, as Dealers await the all-important new Mokka, due in April.

*The multi-award winning Opel Corsa remained Opel Ireland's best-selling model in January 2021 and is available at Ahern's Castleisland.*



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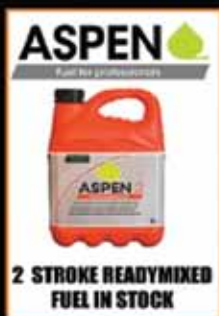


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# NEW OPEL CROSSLAND ARRIVES IN IRELAND



THE NEW OPEL CROSSLAND HAS ARRIVED AT AHERNS GARAGE MAIN OPEL DEALERS CASTLEISLAND.

**The** dashing new Opel Crossland has arrived in Opel Dealerships across Ireland. Crisp and compact on the outside, spacious and versatile on the inside, the new Crossland is the first in the range to adopt the Opel brand's unmistakable new Vizor front face signature. A replacement to the popular predecessor Crossland X, which has won legions of fans Europe-wide, the newly restyled Opel Crossland gains extra comfort and technology equipment and features an improved chassis. It retails in Ireland from €22,395, plus dealer delivery related charges.

James Brooks, Managing Director at Leeson Motors, Irish Importer of Opel, said: "The new Crossland of course retains all the key ingredients the Crossland X predecessor model had, that made it such a success for Irish buyers. Comfortable, practical, spacious, keenly priced and powered by efficient engines, our new Crossland model now brings to market the stand-out, new Opel front style signature and a smart new rear finish. Many more comfort and safety features have been added, to offer a really attractive package for drivers looking for the perfect compact family crossover with SUV looks."

He continued: "The arrival of the all-new Crossland heralds the start of a complete rejuvenation of the Opel model line-up in 2021. We look forward to 2021 with confidence, on the foot of a strong January performance,

with the excellent new Crossland now in our stable, and in anticipation of all-new Mokka, an electrified Zafira-e Life, our first all-electric light commercial vehicle, the new Vivaro-e, just crowned International Van of the Year 2021, and many more new model unveilings to follow this year."

Available in seven different body colours and in SC, SRI and a range-topping Elite trim, the new Crossland is powered by a choice of a 1.2 83bhp stop start petrol (134g CO2 WLTP) 5-speed manual, a 1.2 130bhp turbo stop start petrol (138g CO2 WLTP) 6-speed automatic, a 1.5 110bhp turbo stop start diesel (120g CO2 WLTP) and a 1.5 120bhp turbo stop start diesel (131g CO2 WLTP).

The new Crossland features the all-new Opel Vizor front face, which extends in one single sweep across the front of the vehicle, integrating both the grille and headlights, punctuated proudly in the centre with the Opel brand's legendary lightning-flash emblem. A hallmark signature of all new Opel models to come, the front Vizor face is married to an equally strong rear visual identity featuring a new, high gloss black tailgate panel housing the Opel logo and book-ended with stylish rear lights.

With prices starting from €22,395 plus dealer delivery related charges, standard equipment from level one SC includes hill start assist, cruise control with speed limiter, lane departure warning, enhanced traffic sign recognition,

6 airbags, leather steering wheel, manual air conditioning, rain sensing windscreen, automatic lights, 7" touchscreen with Apple Car Play and Android Auto, DAB radio, USB connectivity and 12-volt socket.

The sporty SRI trim, from €23,895 plus delivery, is packed with features over the SC trim, to include park assist front and rear, rear view camera, AGR driver's seat, 8-way driver seat adjustment with driver seat cushion extension and lumbar support, ambient white LED cabin lighting, driver's armrest, half-leather effect upholstery trim, a painted two-tone roof, tinted rear privacy windows, silver skid plates, 16" alloy wheels and LED front fog lamps.

The range topping Elite trim, from €25,395 plus delivery, is the ultimate in luxury. Standard equipment over the SRI trim, includes leather upholstery, AGR driver's seat and passenger seat, 8-way passenger seat adjustment with seat cushion extension and lumbar support, heated front seats, heated leather steering wheel, electronic dual zone climate control, an upgraded central console with lidded storage, sliding split folding rear seats with armrest, a 3.52 colour driver instrument display, a rear 12-volt socket and 16" alloy wheel upgrade.

The new Crossland has now arrived at Opel dealerships. Discover it virtually on Opel.ie or contact your local Opel dealer, Ahern's Castleisland for further information.



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Leon e-Hybrid Range Fuel Consumption l/100km (max-min) combined 1.3-1.2. CO2 emissions g/km (max-min) 30-27. Increased weight of a vehicle, such as the addition of optional extras may have an effect on the fuel consumption and CO2 emissions produced. Typical Finance Example: Leon e-Hybrid 204hp 065 kW, ROTRP €30,740. Deposit / Part exchange €9,322.46. 36 monthly payments of €299. Optional Final Payment €12,895.70. APR 3.9%. No minimum deposit required. Subject to lending criteria. This offer is made under a hire purchase agreement. SEAT Finance is a trading style of Volkswagen Bank GmbH Branch Ireland, authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Online Scrappage Voucher must be presented to the SEAT dealer up front. Scrappage voucher is not compatible with 0%, 1.9%, 2.9% or 3.9% PCF Finance. This model is eligible for an SEAT Grant. The finance example above is based on €5,000 grant. For more information please talk to your local authorised SEAT retailer. Terms and conditions apply.

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Finance Example: Opel Corsa SC 1.2 75bhp: Retail Price† €16,590. Customer Deposit / Trade In €6,439.25. Finance Amount €12,150.75. 36 monthly payments of €170. Total Cost of Credit €836.17. GMFV†† (Optional Final Payment) €6,803.43. Fixed APR 2.9%\* (Annual Percentage Rate) as at 01/10/2020. †Includes delivery & related charges. Model is shown for illustrative purposes only. ††The Guaranteed Minimum Future Value (GMFV) is payable if you renew or retain the vehicle at the end of the agreement. Further charges may be applied by your Opel Dealer subject to kilometre limits/condition of the vehicle. \*Lending criteria and conditions apply (Over 18s only). APR is inclusive of a documentation fee of €53.49. To qualify for this Finance Offer, a minimum deposit of 10% is required. Rate quoted is correct as at 01/10/2020 and is subject to change. Offer available on all new Opel passenger cars registered from 01/10/2020 until 31/01/2021 at participating dealers. This is a Consumer Hire Purchase agreement provided by Bank of Ireland t/a Bank of Ireland Finance. Ownership remains with Bank of Ireland until the optional final payment is made.

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On longer runs I would use the 1'2'3'4 technique which is for every four steps count 1..2..3..4 & repeat, again it keeps your breathing nice and steady, keeps you focused, takes your mind off everything else.

Also if you're running with a partner and chatting loads that can have an impact on your breathing so save the chats for the warm up & cool down.

Take notice of your stride length. Notice if it is too long, almost overreaching. This can cause havoc with your breathing as your body is reaching outside of its natural parameters and it's difficult to control a nice breathing pattern pace. We would advise keeping your steps within your body range, or think of it like running with your entire body rather than running with your body following your legs. Make sure your legs are underneath you, your core is engaged and your shoulders are over your hips. Sometimes we refer to it as pretending you are jogging on broken glass or hot coals, so you have a nice medium length stride that doesn't make you land hard and allows you to control the movements of your diaphragm and breathing.

Make sure your clothing is well fitted but not so tight around your ribs that you can't breathe properly. This is especially the case for women when choosing a sports bra. Wearing a high impact shock absorber is good but not too tight that it interferes with your running efficiency.

*If you want more tips on running economy or conditioning for running efficiency and injury prevention then get in contact with the B Well Fitness Club team to see what packages they have that can help you along.*

## REDUCING THE STRESS OF THE NATION DURING COVID

Hundreds of hours of free training are being offered by members of the Irish Society of Alexander Technique Teachers (ISATT) to help people deal with the tidal wave of stress caused by COVID.

ISATT members work extensively with people dealing with stress and anxiety, especially in the field of stage performance, helping them learn very effective coping skills. Amongst actors who have praised the technique are Hugh Jackman and John Cleese.

The Alexander Technique is an internationally proven method which teaches people how to change faulty postural habits, thereby enabling improved mobility and posture while relieving tension and stress.


As a result of covid, ISATT members were prompted to offer free stress and anxiety webinars after reading that a reported 170,000,000 doses of antidepressants had been prescribed in the first 9 months of last year.

Niall Kelly of ISATT says, "The increase in prescribing rates is being largely attributed to the challenges that have been posed by the repeated lockdowns, and the disruption in all of

our lives. Unfortunately, there is also a reported reduction in, or absence of, psychological counselling services to the public. Working collectively, we have put together a specific programme that can help people in dealing with the extra every day stress that has crept into our lives."

A panel of Alexander Technique teachers will provide a number of 30 minutes online sessions free of charge. They will focus on four crucial coping skills for managing and reducing anxiety and stress, regardless of the source. ISATT is also setting up a podcast to increase the availability of the sessions, both as audio webinars and recorded podcasts. Niall Kelly added, "People should always follow medical advice, and anyone prescribed medication by their doctor should complete their course. These webinars are designed to help people before they reach a stage where medical intervention is needed. Details on how the online course can be accessed are available on the Society's website, [www.isatt.ie](http://www.isatt.ie)



**ASTRID LONGHURST**  
Life, Inspiration & Body Confidence Coach/Author

8 positive affirmations to uplift your spirits and boost your wellbeing

A powerful and lovely way to help to boost your wellbeing and lift your spirits is to get into the daily habit of repeating certain positive sayings or affirmations. Enjoy these fabulous positive sentences that will help to focus your mind on what is great about your life and how easy it is to feel happy.

**Repeat these to yourself daily**

1. I believe that all things are possible.
2. Everything comes to me with ease joy and grace.
3. There is no downside when I focus on the upside.
4. No matter what is happening, I can CHOOSE to feel good.
5. It's time to be happy again – I claim my joy!
6. The entire Universe is working in my favour.
7. I love myself exactly as I am
8. I am so grateful for my body and my life.

*If you would like to create more harmony, joy and peace in your life and body do sign up for my 4-week online course starting February 22nd.*  
[www.astridlonghurst/events](http://www.astridlonghurst/events) for more details.

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Use a Phone / Tablet / Laptop / Computer

Contact Breda Noelle:  
Mobile: 087 - 793 6178  
Email: [breda@bnmindfulness.com](mailto:breda@bnmindfulness.com)



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

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PGdip. EXERCISE AND SPORTS MEDICINE  
Chartered Physiotherapist  
Approved by all major Health insurance providers.





## SPA GAA CLUB

### KERRY CAPTAINCY

Best of luck to our Kerry senior captains for 2021. Paul Murphy from Rathmore will lead the Kerry senior football team while Rathmore clubmate Aislinn Desmond will lead the Kerry senior ladies. Kilmoyley player Daniel Collins will captain this year's Kerry senior hurlers.

### AGM

A reminder that our Spa AGM will take place online through Microsoft Teams on Tuesday February 2nd at 7.30pm. Any queries please contact our Secretary Patrick at secretary.spa.keel@gaa.ie

### CONDOLENCES

Sympathies to the Allman family, Tiernaboul, on the passing of Pat Allman RIP. Condolences to Paddy O'Keefe and family on the passing of his sister Catherine McGillicuddy RIP, Gneeveguilla. May they Rest in Peace.

### NOEL O'SULLIVAN

Congratulations to Noel O'Sullivan from Ballaugh who has been elected as the new Chairperson of Council of Britain GAA at their AGM on Friday night.

### SPA LOTTO RESULTS 25/01/21

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. Numbers drawn: 14, 17, 18, 23. No winner and Lucky Dips receive €50 each to Sean Devane, Declan Kelliher, Michelle O'Connor and Kieran Lynch. Our weekly Monday night Lotto draws will continue for now and this week's JACKPOT is €6,600. Tickets are on sale through our website spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers.

### MASTERS BY RESEARCH

Kerry GAA are delighted & excited to announce a Masters by Research in collaboration with MTU Kerry, with the potential to progress to PhD. The project is titled: Quantifying physiological Performance and Attributes of Development Pathways in Elite Grade GAA Football Squads using GPS Data. Applications are invited for a master by research project for which a fee waiver scholarship is available. It would suit a graduate with an interest in sport with a bachelor's degree (second class honours or higher) in either science, computing, business or a related field. Interested candidates are invited to apply to undertake the master by research degree programme on either a full or part time basis. To APPLY please e-mail your CV with a short cover letter outlining your interest in the project area to research@ittralee.ie. THE CLOSING DATE FOR APPLICATIONS IS 1PM ON FRIDAY 12 FEBRUARY 2021. Informal enquiries on the project may be e-mailed to andrew.shields@staff.ittralee.ie

### ITEMS FOR NOTES

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

## KEEL GAA CLUB

### AGM

Keel GAA Club will hold its AGM virtually on Microsoft Teams on the 19th of February at 8pm. If you would like to be part of the meeting please send your email address to secretary.keel.keel@gaa.ie.

**PITCH:** We would like to remind all our members and local community that due to the current GAA guidelines that the field remains closed. We hope that we will be able to get back playing on it soon but until then we would appreciate your co-operation.

### WALKING TRACK

In accordance with GAA guidelines the walking track can remain open for use by the community with social distancing in place. Therefore, we ask all those who are using the walking track to maintain at least a 2m social distance from other walkers and to follow all COVID-19 guidelines when using the walking track. The lights will be turned on between 6:30-8:30 every Tuesday and Thursday evening. We hope that you can get active and also take part in the 'Every Step Counts Challenge'.

**INSTAGRAM:** Follow us on our new Instagram page to keep up to date with all our club news. Just search keel.gaa to find us.

### EVERY STEP COUNTS

4,000kms completed! Thank you to everyone who is taking part in the challenge. The aim of the challenge is to walk 4,000km and we have achieved that goal. The challenge continues until the 3rd of March. You can still join! Follow these steps to get involved: 1. Download the MyLife app from the App store or Google Play store 2. Register your details 3. Tap on the social tab on the MyLife app 4. Select challenges 5. Select the challenge for Munster 6. Tap on join & select Keel GAA. All details can be found on our Facebook, Twitter and Instagram pages.

### MKL GAELS

Congratulations to MKL Gaels who walked/ran over 10,500kms in 24 days for Tír na nÓg Orphanage. They walked/ran the distance from Castlemaine all the way to the orphanage in Tanzania. They have currently raised over €2,200 and have left the donation pages open for the week. If you would like to donate, go to the MKL Gaels Facebook page or search www.justgiving.com/fundraising/mkl-gaels.lgfa. Tír na nÓg was created by Tralee lady Louise Quill to alleviate the suffering of the Tanzanian children and provide a home where they would be nurtured in a loving, safe environment.

### IRELAND LIGHTS UP

Due to the current COVID-19 guidelines and restrictions, Ireland Lights Up will not go ahead and will be rescheduled.

## DR. CROKES

### HURLING

we have applied to CLG Chiarrai to enter a team in Senior Hurling championship 2021, also to enter a second team in Junior League. We are hoping our application will be successful.

### LOTTO

draw took place on Monday February 1st

numbers drawn were 11 13 14 17 JACKPOT €6,500 not won. 7 Patrons matched 3 numbers Tatyana McGough, Cait & Dara, Ann McCarthy c/o Maggie, Carolyn Myers, Donie Kelly c/o Larry, Betty O'Sullivan 160 Pinewood, Ava O'Leary c/o Mike receive €60. Jackpot for draw on February 8th will be €6,500

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. 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\\_newa.asp#Anchor](https://play.clubforce.com/play_newa.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,

**LAST MAN STANDING** we had a tremendous entry for this fundraiser thanks to all who participated. Another large number exited the competition over the weekend, up to date results are published on our Facebook page after each series of games.

### LEVEL 5 LOCKDOWN

#### CLUB SPECIFIC GUIDELINES

for activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted

Dressing rooms, showers and all other indoor training facilities should remain closed for club activities.

Club Gyms must remain closed until further notice.

No indoor meetings can be held.

All officer Training must be delivered online. Outdoor coaching education courses are not permitted.

No organised indoor gatherings can take place under the current restrictions.

Commercial use of indoor halls (for example by state bodies – e.g. HSE/Schools) is permitted where agreement was in place prior to March and relevant insurance are in place

No outdoor gatherings on GAA property are permitted.

**EXCEPTION:** Walkways may stay open for use by the community with social distancing in place.

## EAST KERRY GAA NEWS

By Michael O'Mahony

### CONDOLENCES

to following deaths

to following families

Bertie Cahillane RIP Killarney, Paddy O'Sullivan London. Aidan Cremin, Beaufort, Catherine McGillicuddy Gneeveguilla, Aunt of Sean



O'Keeffe Chairman of East Kerry Coiste na nOg.  
Nora Horgan RIP is a sister to Jim O'Connor Referee Scartaglin  
Ar dheis De go raibh a anam

**CONGRATULATIONS**  
to Paul Murphy Rathmore who was selected by Executive of East Kerry GAA Board after East Kerry Team won county championship last year and Daniel Collins Kilmoley on being

named Kerry Senior Football and Hurling Captains for the 2021 season. at rennily county Board meeting Congratulations to Aislinn Desmond Rathmore has been selected to Captain the Kerry LGFA Senior Ladies in 2021

## Blast From The Past ... Tug Of War Championships



The Listry team who came second in the Open Tug of War championships in the 1970s. The competition was held during the Sneem Lamb & Wool Festival. Front row from left: Kevin Riordan, Des O'Connor, Tony Sweeney, Owen Sweeney, Mascot, Eamonn Hobbins, Seamus Hobbins. Back Row: Tadgh McGillycuddy, Michael O'Sullivan, Tom O'Leary, Johnny O'Connor and Tim Dwyer. PHOTOGRAPH COURTESY OF THE SWEENEY FAMILY, LISTRY.



### OUTLOOK SPORTS

#### GNEEVEGUILLA ATHLETIC CLUB

##### LOTTO

No winner of our lotto draw 29/01/2021, numbers drawn were 10, 15, 24 & 29. Sellers prize winner Hickey's Centra, Rathmore. €50 Y/t prize winner Flor & Jack O'Riordan Annaghmore, €50 to Tim Fitzgerald Kiskeam, €40 each to Joan O'Callaghan Clounts, Noreen McSweeney Lisnaboy & Jerry O'Connor Knockanes. Bonus not won numbers drawn were 1, 2, 3 & 21. Next weeks jackpot €16,200 plus €1,000 bonus.

#### DEERPARK PITCH & PUTT CLUB

##### LEVEL 5

Following confirmation of the extension of Level 5 Public Health Restrictions until at least March 5th, we unfortunately remain closed for play until at least then. We will look at running the U16 Matchplay at the earliest possible date available once they are lifted.

#### KILLARNEY CELTIC

##### CELTIC LOTTO

Numbers drawn 5,6,11,21. There was no jackpot

winner. Match 3 winners received €150. The next jackpot is €16,000. 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.bmc sports.ie](http://www.bmc sports.ie) and the link can be accessed from the Killarney Celtic Facebook page.

##### COVID 19

Following the move back to Level 5 restrictions, all activity at Killarney Celtic is suspended until further notice.



**Be Responsible - Be Safe**

**outlook**  
MAGAZINES



## KILCUMMIN NEWS

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

**BOG WALK**

Walk Brochures are available at the Rural Development Office and Kilcummin Post Office. Following recent feedback from walkers, we would very much appreciate if the following was observed by all users of the walk; (1) Bring your rubbish home with you and help keep this environment clean. (2) Keep your dog(s) on a lead when you come in contact with fellow walkers or wildlife. This is a beautiful amenity in our Parish, and we should all strive to make it a clean, safe and friendly place to enjoy.

**KILCUMMIN LOOKING GOOD**

We hope that everybody is staying safe and well during these difficult and challenging times. We would ask people who bring their dogs out for a walk to clean up after them and to respect other road/footpath users with children, buggies etc. Thank you.

**KERRY COMHAIRLE NA NÓG – YOUNG VOICES. LOCAL ISSUES**

Are you aged between 12 and 17 and living in Co. Kerry? Are you interested in issues that affect young people? Would you like to have a say in policies that impact on your life? Then Comhairle na nÓg may be for you! Benefits of joining include learning new skills, make new friends, attend monthly meetings and National events. Two year membership is required.

Please email Ann Marie to find out more annmariespillane@kdys.ie

**COOLICK NATIONAL SCHOOL**

Coolick National School is currently enrolling for September 2021. Please contact the school at coolickns@gmail.com or 0669764549 for an enrolment application form.

**COOLICK PRE-SCHOOL**

Coolick Pre-school is now enrolling for September 2021. Morning Session 9.00-12.00 (limited availability) and Afternoon Session 12.30 -3.30. For further information please

contact Ciara Moynihan on 0871181993 or 0669764549

**KILCUMMIN N.S. 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.

**KILCUMMIN RURAL DEVELOPMENT**

Please visit our website www.kilcumminparish.com to view your weekly newsletter, parish news etc. also available is a link to the church webcam. You can visit us on facebook at Kilcummin Rural Development.

**RECOVERY HAVEN CANCER****SUPPORT HOUSE**

Recovery Haven Cancer Support House operates through Level 5. As we enter another extended period of lockdown and restrictions, people are understandably incredibly anxious, worried and finding it more difficult to cope. This is particularly true for the more vulnerable in society - among them, cancer patients, their families and carers. At Recovery Haven Kerry, we want to reassure you that we are still here for you. While taking every precaution advised, we are here to offer emotional support and practical help to those affected by cancer, their families or carers. While much of our group and therapy work is currently on hold due to Covid 19, we are still offering phone support, counselling and a range of online classes (Stretch and balance, yoga, pilates, stress management, mindfulness, look good feel better programme, men's support group and Cancer Thrive and Survive 6 -week self-management programme) throughout Level 5. So, if you or someone you know is in need of support contact us now on 0667192122,

email:reception@recoveryhavenkerry.com

**KERRY ETB COMMUNITY EDUCATION PROGRAMME**

COVID-19 has had a huge impact on communities throughout Kerry. The Kerry ETB Community Education Programme has responded by making a number of courses available online. Kerry ETB understands that not everyone is confident in accessing courses online, but we are available to support individuals to do so. While nothing can replace the learning and social interactions that occur when we meet face to face, we are mindful that people may become disconnected if we do not respond. Therefore, our tutors are available to deliver courses and provide a platform to keep communities connected. Courses are aimed at adults in Kerry who are living alone, adults who have underlining health issues that have resulted in them cocooning and adults who are caring for a vulnerable adult or child. All courses are free of charge to these groups. Register your interest on www.fetchcourses.ie using relevant course codes on the notice in the Church porch or by contact John on 086-1279381.

**'THE KINGDOM CONNECTS'**

Kerry ETB are also taking names of those who wish to learn to use their smartphone, tablet or other portable device for the purpose of staying connected with family and friends. This course will be delivered by our team of ICT tutors who have many years of experience working with people who are not confident around technology! We aim to get adults, particularly those living alone, to develop new skills to ensure we reduce social exclusion at this time. For further information please email Michelle Anne mhoulhan@kerryetb.ie | 087 2486070 or Tracy tcorridon@kerryetb.ie | 086 0753059



Hilliards staff taken in the early 60s. Picture: Gerry O'Donoghue, Killarney, currently based in Canada.



## RATHMORE | GNEEVEGUILLA NEWS

Written by: Michael O'Mahony | Email: momahony14@gmail.com

**RATHMORE TOWN PAVEMENT AND SAFETY PROJECT**

Following a request for an update, Councillor Michael Gleeson has been informed by the Executive engineer that the contractor has been appointed for the Rathmore Town pavement and safety project. It is anticipated that the enabling works on the project will commence in mid February, 2021. Councillor Gleeson very much welcomes the response and states that the works on completion will greatly enhance the town."

**WEDDING BELLS** congratulations to Valerie Lenihan & Denis Fitzgerald who got married on Friday last we wish them both long happy life together.

**RATHMORE PARISH COVID-19 - UPDATE**

The new Covid regulations will remain in place until March 5th 2021. These regulations have the following implications for religious services,

1. Public worship may take place only online or through the use of remote means.
2. Baptisms: Save for cases of emergency, baptisms are postponed until further notice.
3. Church Opening: Churches remain open for private worship. All those attending church for private worship or for the purposes of cleaning the church must wear face masks or face coverings.
4. House visits/First Friday visits should not take place save for cases of emergency or where it is necessary to minister to the sick or dying.
5. Updated guidelines on Funerals Attendance at funerals is to be restricted to 10. We too look forward to when that number can be increased.
6. No removal to the church the evening before. People not attending the funeral liturgy should avoid congregating immediately outside the church building or around the hearse. Guard of Honour should not form or congregate on church grounds.
7. For the sake of the great majority trying to keep to the public health guidelines, we ask people, difficult as it is, not to approach the bereaved in the church grounds or cemetery to sympathize.
8. As per the public health guidelines regarding social and family gatherings, there should be no wakes or large gatherings for prayers in the house of the deceased nor gatherings in cemeteries.
9. Support for the bereaved can be expressed through social media as an alternative to attending the funeral. Often it is possible to link to a local church for a funeral ceremony via a webcam/Facebook Live. We invite people to pray for the deceased and family of the deceased in their own homes at the time of the funeral Mass.

**SYMPATHIES**

To Denis, Breda, Neal, Mairead, Donal, Phyllis & extended families on the death of your mother Sheila Murphy Knocknagree whose funeral took place on Thursday in Knocknagree. To Caroline & Con Murphy & family Scrahanfadda on the death of Caroline's father Edward Rowland whose funeral took place in Mayo. May Sheila & Edward rest in peace.

**RATHMORE PARISH OFFICES**

are to remain closed to the public. Any query please phone, leave a message and we will get back to you. There will be no collection service for mass cards. Mass cards can be ordered by telephone to the Parish Office (064) 7761669 or email : rathmore@dioceseofkerry.ie and we will then send out in the post

**NOVENA TIME IN KNOCKNAGREE**

We are delighted to announce that despite lockdown, we will continue the tradition of the Lourdes Novena in Knocknagree. Strated last Wednesday 3rd Feb to Thursday 11th Feb There are a few slight changes.

Firstly, the time of the Novena will be 7pm ... those who presently watch us online have been used of that time.

•The Masses of the weekend February 6th and 7th will come from Rathmore Church (6p.m Saturday and 11.30p.m Sunday). However, as you will see below the Rosary will come from Knocknagree Church at 5.40p.m on the Saturday and at 7p.m on the Sunday. The link for Knocknagree church <https://www.ipcamlive.com/5f4127a47386c> You can also go on the Rathmore MCN Site as you usually do, scroll down the page to Messages from St Joseph's Church Rathmore and click on the words after Knocknagree Novena.

**RATHMORE GAA CLUB**

Kerry Captain Congratulations to Paul Murphy on becoming Kerry Senior Football Captain for 2021. We wish Paul the very best of luck in the year ahead. Best of luck also to Shane Ryan and to his brother Mark who has recently joined the Kerry Senior Football Panel. Every Step Counts Join Rathmore GAA club to walk the combined distance of a trip around Ireland. Simply download the MyLife app See Rathmore GAA Facebook page for details. [PLAY.CLUBFORCE.COM](https://www.facebook.com/rathmoregaa)

**RATHMORE GAA CLUB****RATHMORE LADIES FOOTBALL**

Rathmore are privileged and honoured to have both the 2021 Kerry Senior Men's and Kerry Senior Ladies captaincy. Paul Murphy and Aislinn Desmond will lead both Kerry teams into the 2021 campaign with the full support of everyone in the Rathmore Community. Both Aislinn and Paul alike are two conscientious and industrious backs for Rathmore GAA and Rathmore LGFA. They are deserving recipients of this honour. Both have worn their club and county jersey with pride over the years and have being rewarded for their endeavours with numerous team and individual accolades. Their achievements are endless; All Ireland titles, Munster medals, O' Donoghue Cup titles, All Star awards and County league medals, etc. Most notably and recently, Aislinn claiming the prestigious Senior County Championship title with Rathmore Ladies in 2020. A first for the club. From everyone in Rathmore Ladies; the Committee, trainers, players and supporters, we wish Aislinn and Paul the very best for the upcoming year with club and county. Rathmore G.A.A Aislinn Desmond Paul Murphy  
IRD Duhallow is inviting young people (aged 16 to 35) to have their say in expressing how the COVID-19 pandemic has impacted the lives of young people locally. Click on the following link: <https://forms.gle/1TQt5iBtUpGnbnrNM8>

**BUSINESSES OPEN IN RATHMORE PARISH**

Rathmore  
McCarthy's Londis,  
O'Keeffe's Food & Filling Station,  
Reens' Pharmacy,  
Christy's Take Away  
McCarthy's Butchers,  
Rathmore District Credit Union,  
Blaze Pizza & Grill,

Hickey's Centra & Filling Station,  
Kerry Agri Store Rathmore,  
Rathmore Post Office  
Linda's Restaurant Open for take away only Friday-sunday 10-6  
O'Keeffe's Hardware & O'Keeffe's Oils  
Sapphire Sign  
Washbasket Dry Cleaners & Laundry  
Guerins' Foodstore Filling Station, Ballydaly Cross  
Gneeveguilla  
McCarthy's Quick Pick,  
Paddy O'Keeffe's General Store  
Knocknagree  
King Plaza Take Away  
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.

**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.  
Meentogues NS (064) 7754500  
[meentoguesns@gmail.com](mailto:meentoguesns@gmail.com)

Enrolment Application Forms for september 2021 are available on the school website [www.meentoguesns.ie](http://www.meentoguesns.ie) granted. Shrone N.S. are enrolling now for september 2021. Enrolment forms are currently Available. Contact Michelle on 0857845849 or e-mail us [shronens@gmail.com](mailto:shronens@gmail.com)  
ST. VINCENT DE PAUL Rathmore Branch LOCAL CONFIDENTIAL CONTACT 087 3462332

**NOW ENROLLING**

Hollymount National School For September 2021 Forms available from School from the 8th of February 2021. Spacious classrooms suitable for social distancing. Before you make up your mind Call or Email for more information 064 -7758269. [hollymountns@gmail.com](mailto:hollymountns@gmail.com)

**IRD DUHALLOW****ATTENTION ALL WALKERS**

We are rescheduling our planned walk at Shrone, We're aiming for February 13th, please ring IRD Duhallow to register in advance of this date If the current restrictions are still in place, we will reschedule for a later date  
Call IRD DUHALLOW at 029 60633 to Register.

**NOTES**

if you would like to add to the notes, please email Michael O'Mahony ([momahony14@gmail.com](mailto:momahony14@gmail.com)) or ring or text 087-6676817. before 6pm.sunday, Following a request for an update, Councillor Michael Gleeson has been informed by the Executive engineer that the contractor has been appointed for the Rathmore Town pavement and safety project. It is anticipated that the enabling works on the project will commence in mid February, 2021. Councillor Gleeson very much welcomes the response and states that the works on completion will greatly enhance the town." Also welcome by Cllr Maura Healy Rea & Cllr Niall Kelliher .



## FOSSA NEWS

Written by: Shane Kelly

### FOSSA SENIORS

We wish our senior team and management the **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. GAA club grounds must stay closed. Club games are not permitted. Club Gym must remain closed until further notice.(Hopefully we will have more on this in the next couple of weeks).

### LOTTO

Club lotto is unfortunately suspended for the foreseeable future due to COVID-19 restrictions, thanks for your continued support.

#### CONGRATULATIONS

Congratulations to Rathmore's Paul Murphy and Aislinn Desmond on their nominations as Kerry senior captain's for 2021, best of luck to both from all at Fossa GAA.

## LISTRY NEWS

Written by: Anne Sugrue O'Brien

### DEEPEST SYMPATHY

Listry Gaa would like to send deepest sympathy to The Healy Family.

#### DEEPEST CONDOLENCES

Listry Gaa would like to send deepest condolences to The O'Donoghue family Rockfield on the untimely death of Stephen O'Donoghue RIP. Deepest condolences to Jerry Coffey Lahard on the recent death of his beloved sister Peggy Leane RIP Milltown

#### LISTRY GAA MEMBERSHIP

The GAA is changing the platform that its membership data is managed by members/clubs. From this year members must pay their membership online. We will be putting our membership rates on the new system in the next week or so but we are asking members to

create an account ASAP so we are ready to go when system is live. To create an account log on to [www.foireann.ie](http://www.foireann.ie) and fill in all relevant information required on the account. For those with kids please fill in the Family details also. This is the same platform that parents logged on to last year to fill in Covid Health Questioners so most of you will have an account set up already. It is important that you still check all details to ensure everything runs smoothly and set your Families up on the system.

#### LISTRY GAA AGM

Due to Covid restrictions we will hold our AGM for 2020 online . Date is Friday February 12th commencing at 7.30 pm. In order to organise this we need an email address from all paid up members . If we don't receive your email address,

unfortunately we will not be able to invite you to attend. Please forward your email address to the following email ; [secretary.listry.kerry@gaa.ie](mailto:secretary.listry.kerry@gaa.ie) . The AGM this year will incorporate both senior and juvenile AGM's. The nomination papers will be posted on our website over the weekend and if anybody wishes to send a nomination or a motion please forward to the secretary's email above before Friday next February 5th at 6pm. We are hoping all will go according to plan and the link you will need to join the meeting will be forwarded by email a few days prior to the meeting.

## BEAUFORT NEWS

Written by Cliona Coffey

### SPORTS PREDICTION QUIZ

Our 2021 Sports Prediction Quiz is open for entries. The entrant is asked to predict the result of 30 sporting events of 2021.

It will be one of our main fundraisers for Club development this year and we are appealing for your support. Entry forms are available from usual sellers and Carson's shop. The quiz can

also be done online at [www.beaufortgaa.com](http://www.beaufortgaa.com) or Beaufort G.A.A Club facebook page.

Entry is €20 for one entry or €50 for three entries. Syndicate entries welcome. Closing date is 14th February 2021.

Online filled entries can be emailed back to [beaufortgaclub@gmail.com](mailto:beaufortgaclub@gmail.com). Thank you for your support.

### 2021 GAA CLUB SEASON CHANGES

Changes since last year is that all teams up to Under 17 will be at uneven age groups.

A new registration system will also be in place. More details will be sent to members when they are known.

## GLENFLESK NEWS

Written by: Seamus Healy

### COVID19 SMALL GRANT SCHEME

We wish to acknowledge with many thanks the COVID19 Small Grant Scheme allocation of €1,420 from the Kerry Recreation & Sports Partnership and Sport Ireland. This grant is to cover the cost of hand sanitisers and Covid compliance supplies which were installed at each pitch and in the club grounds.

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## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

### RTE SPORTS PERSONALITY OF THE YEAR

**W**ell, we've had our first little whiff of sulphur and scandal in sports for 2020. Was Katie Taylor a worthy winner of the RTE Sports Personality of the Year Award? Should we be marching in the streets? Or writing strongly worded letters to the Irish Times, at least? Possibly looking for a quick mention in the Dáil? I think we should.

Sam Bennett demands justice – not in an in-your-face kind of way, you understand, he actually comes across as quite a classy individual, but it's not really about him anyway. Look, by the time that you read this, the whole ball of media-driven nonsense will have thankfully evaporated into the ether.

RTE is actually a good service, considering how they are pinched for resources compared to the BBC (who are brilliant, easily the best in the world). The RTE Sports Personality of the Year, like the IRMA Awards and, oh may we be spared, the IFTAS.

RTE tends to have its inner coterie, well paid and not always shining talents – Amy Huberman comes across as a lovely person, but she contrasts with the likes of the great Dermot Morgan or lesser luminary Brendan O'Carroll in terms of comedic talent, but RTE have given her contracts the boys never received from the national broadcaster. I'm honestly not having any digs here.

RTE do most things right, but the idea that their Sports Personality of the Year Award was some kind of institutional and authoritative statement is simply nonsense of the sort Joe Brolly, a nice but over-excitable man, used to spout during GAA games.

The 2020 candidates were good choices. Meath jockey Colin O'Brien won the Irish Oaks and the 2000 Guineas as well as the Breeders' Cup on Tarnawa. Champion flat jockey for the second time. You can't argue with those credentials, in all fairness.

Ciaran Kilkenney is one of the most talented footballers in that awesome Dublin team, he scored 1-20 from play in five championship games. He's also a brilliant and dedicated hurler (I remember talking about him when he was fourteen, genuinely). His nomination was a formality, in my opinion, and frankly I am a big admirer of him as an individual.

Likewise Gearoid Hegarty in the hurling. Kilkenney were so dominant for so long it was actually detrimental to hurling as a spectacle for the general public; but the emergence of the likes of Galway, Clare, resilient Waterford, etc have probably made it the most consistently exciting sport of them all in recent years. Hegarty lit up the hurling championship



*Sam Bennett - Jimmy's choice for Sports Personality of the Year.*

like few players ever have this year (I'll whisper it, Tadhg De Burca was an actual sporting highlight of the year in his own right for me; I honestly just loved watching him this year). Hegarty was an automatic on the shortlist. Sanita Purspure added a European gold to her two World titles.

I keep going back to that in rowing; Kerry have Olympians in the sport and World Champions. Monika is right up there with Sanita (they tried doubles together; they literally operate at an elite level of talent). I was lucky enough to have the late and great John Kelly talk to me about the history of rowing in Killarney and it dwarfs anything else we have got (yes, including GAA) in terms of tradition.

John had that wonderful joy and appreciation of Killarney's sporting and cultural traditions and I never met a more generous man for sharing his fabulous wealth of knowledge. Thanks to him in particular, I've always had and always will have a soft spot for the rowing, tough sport that it is.

All of those were worthy contenders, and no-one had any issue whatsoever about that. The soccer team that failed to qualify for...eh well, anything, and the rugby team that came third out of six nations can't really complain.

I did think that the gymnast, Rhys Clenaghan, might be in with a shout, but 2020 was obviously an in between year for him like so

many others. We had no golfer really click on any headlights this year either; it happens.

The last contender aside from the winner was cyclist Sam Bennett. This guy had some year. I mean, truly phenomenal. Won and held the Green jersey, the first Irish cyclist to do so since Sean Kelly in 1989 all the way on the Tour de France. Coincidentally, the only two Irishmen to achieve the feat both hail from Carrick-on-Suir.

The holding of the green jersey was as impressive as the getting it in the first place; Bennett showed character there when a lot expected the relative Irish unknown to fold pretty easily, he did the exact opposite before winning the final stage at the Champs-Élysées. This is a true annus mirabilis.

Katie Taylor is someone who lifted this nation. In terms of overall impact as a female athlete (and 2020 was meant to be the year that we both celebrate and promote female sports), I put her second only to Sonia O'Sullivan (in fairness, if I start listing the Kerry legends, we'd be here all day, I'd reckon Niamh O'Sullivan would top my own list) in national terms.

But Katie, in my own opinion, did not have a 2020 that really put her in brighter headlights than usual, despite fastening her grip on her deserved world number one rating and sealing her grip on a belt that's nearly bigger than she is. She did it with the same brilliant class as always.

Those were two great fights, real deals, against Delfine Persoon and Amanda Serrano, two class acts in their own right. But I didn't feel any boxing world shaking.

Sports Personality of the Year? It should obviously have been Bennett. Instead, just to nicely salt the little barb, they actually managed somehow to even get his photograph wrong. In fairness, that's bad. That's the kind of mistake that really, really doesn't do any Irish sport any favours.

Cue outrage. The usual have-a-go heroes ready to stand and call for heads to roll. Cycling, they thunder, deserves better than this. We have a lot of these people, unfortunately, and far too few Sam Bennetts. As you might imagine, the kind of guy who is a dedicated professional and is actually a big deal in a big out-there world where real achievements make him stand out, did not so much as flicker a hair at RTE's faux pas.

It's not a big deal, it's not a controversy. But Sam Bennett has got as much personality and quality as anyone in Irish sports, and that should be the simple lesson that we all come away with



## KERRY CAPTAINCY

It isn't common – in fact it has been extremely rare over the course of Kerry's sporting history, for one club to have the captaincy of two Kerry senior teams. This year, however, Rathmore have that rare honour, with Paul Murphy captaining the Senior Men and Aislinn Desmond captaining the Senior Ladies.

In fact, their great East Kerry Championship rivals of the past decade, Dr. Crokes, also had that honour relatively recently, with Gavin White and Amanda Brosnan the respective captains.

It would probably have happened in camogie back in the day – you'd also have had husband and wife possible captaincies with the likes of the famous Geaneys Mary and Dr. Dave in Castleisland or that great North Kerry duo of Mick Finucane (gaelic football, though Mick was a genius at many sports and a gentleman with every one of them) and his first wife Peggy, a great camogie player.

Killarney Legion certainly had the honour of dual captaincy – in fact, it's sometimes forgotten that the great Johnny Culloty in his annus mirabilis of 1969 when he lifted the Bishop Moynihan, Neilus Flynn, and Sam Maguire, was not the only dual player on that great Killarney team – if nothing else, his brother Mickey was as stylish a hurler as you could hope to see as well.

Look, I never bought into this idea that having the Executive rather than the County Champions select the captain would have any real impact on Kerry's prospects against Dublin – it quite frankly struck me as a lame attempt at misdirection, they have clearly been beating us with football, not magical leadership. Kerry have had no shortage of leaders; do you think that this will be the first year that Paul, or of course Aislinn, inspire their teams?



Rathmore club members Paul Murphy will captain the Senior Men and Aislinn Desmond will captain the Senior Ladies.

## JOE PAT PRUNTY

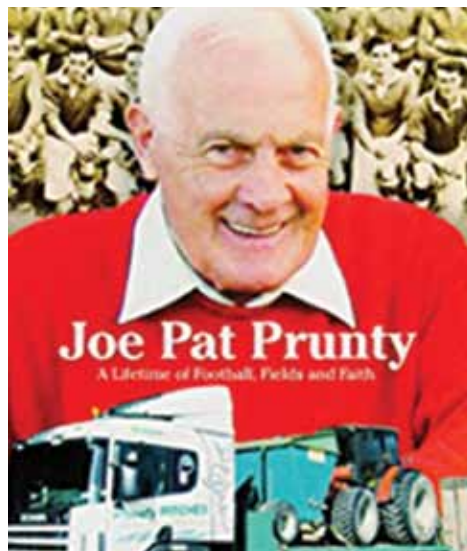
There have been some absolutely brilliant Irish sports books over the years.

I believe that I have mentioned the likes of Kieran Shannon's 'Hanging from the Rafter' and English's 'Stand Up and Fight: When Munster Beat the All Blacks' before. Joe Pat Prunty would seem initially an odd choice for a book, and in fact the recent book on his life 'Joe Pat Prunty: A Lifetime of Football, Fields and Faith', covers a much wider and I must say, more interesting range than just sports (all the good ones do) but it is a brilliant addition to the canon nonetheless. I don't bother with damnation of faint praise or any of that, by the way. I have had no hesitation in calling out some of the recent sports autobiographies by Kerry footballers as fairly poor (Donaghy and Galvin's are exceptions to the general rule of blandness; Denis Coughlan of Cork's is a recent classic). The rest? Don't bother, and I sincerely mean that.

Joe Pat grew up on a 50 acre farm in Offaly in the 1930s – those of you with the slightest awareness of Irish history will be aware of how much fun and how easy a living that was at the time! It was even less fun in a wet, boggy Offaly than in the likes of Kerry. Joe Pat was already skilled at getting the best out of bad ground as a young man in his twenties and he kept learning all his life; it was to stand him in good stead.

The 1950s brought a transformation. TK Whitaker and Sean Lemass' economic reforms opened up farming markets, De Valera's nonsensical economic war with our biggest market and closest neighbours was finally abandoned.

Irish farms found external markets, supermarkets started to make shopping that much easier for a rising middle class who could now afford it, and machinery like



the tractor made life so much easier. Joe Pat Prunty, a man steeped in that way of life but with the rare ability to see beyond it, was a man made for such times.

He was working two tractors full time for local farms by now, beat the great ploughman Bill Cassidy in a National Ploughing competition which (then as now) is still a great way for farmers to stay up to speed with the latest machinery, and bought a machine for clearing ditches.

Meanwhile, the new Irish prosperity was leading to a social boom as well. With the awful drag of emigration no longer the only future for Ireland's young people, sports clubs, especially of course the GAA (soccer was mostly city-based and the FAI were as sharp and efficient back then as now, let's just be nice) were central. Take a look at how many GAA clubs were actually founded in the late fifties, early sixties; they simply couldn't keep the people before. JP Prunty was a great

GAA man himself, winning four Fermanagh championships with Roslea Shamrocks. In 1959 he was part of a Junior team who shocked none other than Kerry in the Home Final. That Kerry team included two well known local names, none other than Jackie Looney of Dr. Crokes and Jimmy Redpath of Killarney Legion.

His business was growing. He joined with inventor Cecil Moffat to invent the Mini-Trencher, which could pack ground and make better ditches than ever before. Agriculturist John Mulqueen showed him how to experiment with sand to make for soil that could take pressure – less crucial for crops or cattle but vital for playing pitches. It was, quite literally, a revolution. Over the next four decades, Joe Pat Prunty would be responsible for transforming hundreds of pitches all over Ireland and England. He was awarded an MBE by Queen Elizabeth for his services in sport, that's not something they do lightly. Could you imagine Joe Pat Prunty joining Freddie Flintoff or David Beckham for a pint? Funny enough, now that I actually think about it, yes, I actually could. He was that sort of man.

It was Michael O'Connor, who as Chairman of Bord na bPairceanna in the seventies, ensured that a lot of pitches were purchased and invested as GAA trusts. It was a move that was decades ahead of its time and, like many most successful projects, never got the praise it actually deserved over the years.

It was Michael and Dan Kelliher (whose expertise was fashioned in some of the most famous grass in Ireland, that of Muckross House and Gardens) who met with Joe Pat Prunty in Wynn's Hotel in Dublin. Decades earlier, one 'Small' Jer O'Leary, another great Crokes stalwart, had met with one Frank Dineen among others in Wynn's Hotel and helped broker the GAA purchase of the old



athletic grounds on Jones' Rd. You know it nowadays as Croke Park.

Dan Kelliher was kind enough to speak to me about his and Michael's historic meeting with JP Prunty. "The Prunty Pitch cost over £70,000. It was a huge decision and fair play to the committee. Myself and Michael O'Connor brought up sample sods to the committee to explain what we were talking about. Shortly afterwards we signed the contract in Wynn's Hotel in Dublin and it was all systems go. Joe Prunty did the design and the late John Mulqueen was the soil scientist –we became great friends after."

The Fitzgerald Stadium was the first Prunty Pitch in Munster. It remains the most iconic. We owe Pat Joe Prunty an awful lot.

## KILLARNEY MAN TO CHAIR GAA COUNCIL OF BRITAIN

The GAA's enormous social contribution hasn't just been confined to these shores, of course. In fact, in many ways it was an even more important tie to home and a way of life for the Irish diaspora.



Congratulations to Noel O'Sullivan from Ballaugh who has been elected as the new Chairperson of Council of Britain GAA at their AGM on Friday night. Noel's brother Andy has been a long-standing stalwart of Spa GAA and the two brothers have served as Chairmen at the same time in their respective areas.

## MASTERS BY RESEARCH

The upgrading of IT Tralee (famously, the first of the old 'RTC's) Kerry GAA are delighted & excited to announce a Masters by Research in collaboration with MTU Kerry, with the potential to progress to PhD.

The project is titled: Quantifying physiological Performance and Attributes of Development Pathways in Elite Grade GAA Football Squads using GPS Data. Applications are invited for a master by research project for which a fee waiver scholarship is available. It would suit a graduate with an interest in sport with a bachelor's degree (second class honours or higher) in either science, computing, business or a related field.

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## FITZGERALD STADIUM MUSEUM



There is a growing push to revive a project to build a social and historical museum at the Fitzgerald Stadium. I won't lie; I cross-referenced the numbers visiting Muckross House and gardens and the County Museum in Tralee before and the decline in visitor footfall over a decade was alarming,

to say the least. We do need to accept the fact at the start that this project will not be remotely self-sustaining. It won't even come close; I have no doubts about that.

But so what? Why does money always have to be the bottom line? Killarney has always been flathil in regards

to investing in tourism and generally that policy has reaped good long term benefits.

I would, of course, love to see the likes of the Aras Pádraig back hosting a revived Tops of the Town and the likes – they were fantastic days and recent talent shows have demonstrated a huge appetite for such things. A museum that celebrates our sporting past and GAA glories (I've seen more than one well-known bandwagoner suggest piggy-backing his preferred sports onto the project, that kind of greed can rapidly kill a project like this stone dead) would be hugely welcomed and would, in my opinion, fill a void that has been shamefully neglected in Kerry.

Have you heard the stories of how Dr. Eamonn O'Sullivan eschewed tactics and just stuck to rigid positioning? Because it's nonsense; he was a far more astute man than that. Kerry famously had one of the first managers of any GAA team in Mick O'Dwyer in 1975 – elected selectors outranked trainers up to that point. And it was an effective system in many ways. Do you know the many, many incarnations of the County Championships and how players could play themselves onto the Kerry team with their displays (I often think that our development pathways are actually a bit too streamlined nowadays)?

All of these are debates that I think could enhance our appreciation of the contribution of the GAA to our social as well as our sporting history (and the links to politics, educational development, the clergy, gaelic language and culture. People have no real idea how much the GAA influenced Kerry society, and a local museum would help to remind us who we are.....and help us to re-ignite that fire; we could do with that kind of warmth nowadays. I really hope this project gets off the ground; a lot depends on the County Board, of course





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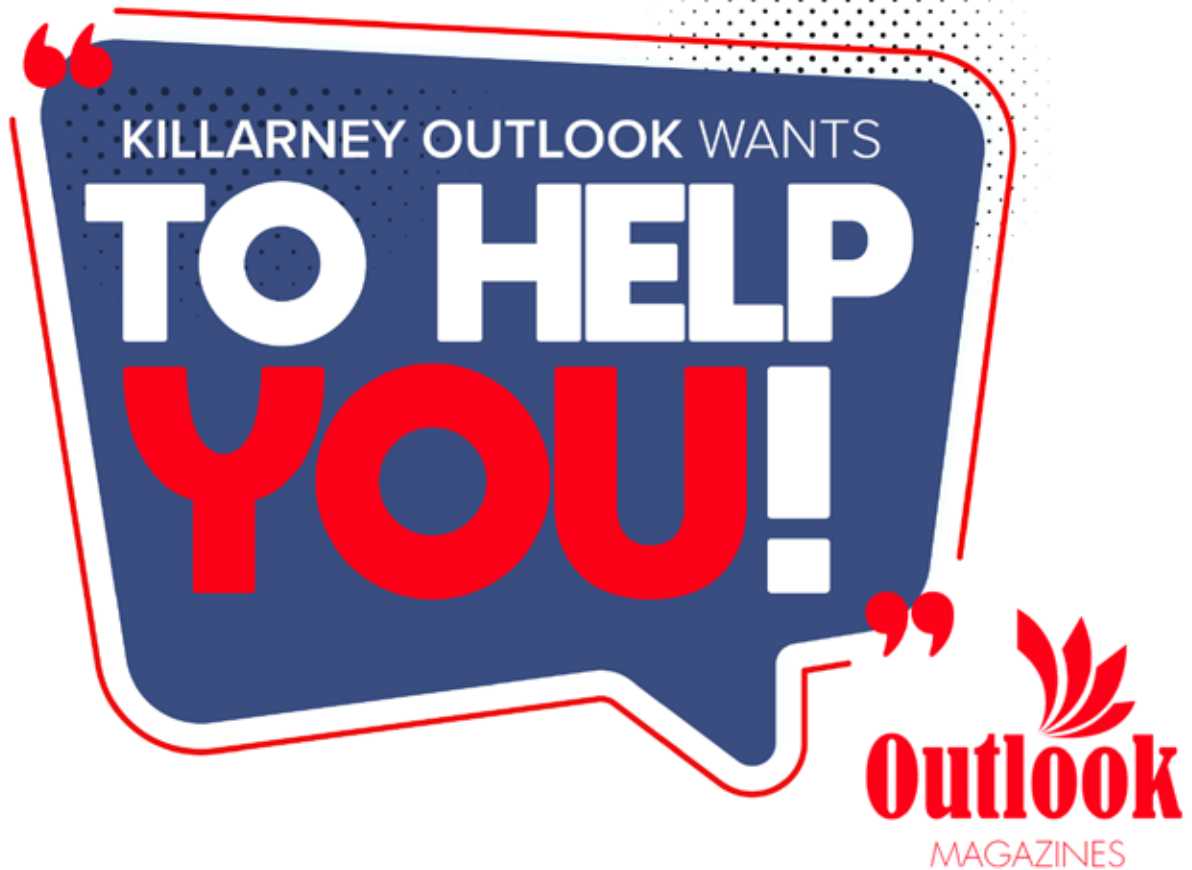
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06

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## LONELINESS

As social beings, we are hard wired to connect and most of us feel the need for rewarding social contact and relationships. Loneliness is the feeling we get when our need for this type of contact is not met. This is especially significant at this time when we have been asked to stay at home. Loneliness of course is not the same as being alone. We may choose to be alone and live very happy lives without much contact with others. Or indeed we may have much online social contact, and yet feel very lonely. Loneliness can have a significant impact on our mental health and can contribute to mental health problems, such as anxiety and depression. Loneliness can have many different causes and affects people in different ways. Some people feel lonely due to their personal circumstances (e.g. moving to a new area, loss or bereavement). For others however, loneliness can be a deeper more constant feeling that comes from within.

Connecting with the world around us can be a great way to combat loneliness. This may be having a small conversation with the cashier when we pay for our groceries or saying hello to someone we meet in the street. Phoning or sending an email to family and friends can be a good reminder that we do have people in our lives.

Our brain can try to make sense of the feeling of loneliness by telling us things such as 'It is because nobody loves me' or 'There is something wrong with me'. These thoughts are not facts – and can make us feel worse. Thus it is important to accept how we are feeling without overreacting. When we feel lonely, the tendency might be to withdraw into ourselves and this can be counterproductive. The healthiest thing to do if we are feeling lonely is to reach out and cultivate friendships. Reaching out can be difficult and at times we will resist it. However, think of it in the way you might approach exercising - whilst we may feel tired or lazy it is a beneficial thing to do. We need to tackle loneliness one step at a time. It may involve finding a new hobby or joining a club or exercise class. Another skillful way to combat feelings of loneliness is to volunteer as it's a great way to meet new people and also to learn new skills.

Loneliness is a profoundly human emotion and a signal that our need for connection is going unmet.

SouthWest Counselling Centre is open and providing telephone and online counselling at this time. 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 6636416 or Email: [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)  
Registered Charity No: CHY 14775

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



Welcome back dear reader "you shall not be afraid of the terror by night" (Psalm 91:5). Night terrors are a real struggle for many, both young and old. Fear can manifest in such ways as insomnia, obsessively checking doors and locks, bedwetting, nightmares, or fear of being attacked. These can all be rooted in a spirit of fear from past traumas. Everything appears much worse at night. As children many of us were terrorised by the threat of the 'boogie man' but we can still be dealing with that type of fear only now it arises in a different format.

Friend, God does not want you to be afraid at night - or at any time of the day for that matter! Fear is not from God, it is a weapon the devil uses to keep people in bondage. The sense of out of control fear and overwhelming stress in the atmosphere right now because of Covid, is aggravating difficulties preventing good sleep. If you are enduring pressure at work, or in your relationship, or in your finances, night time when everything goes quiet, is when thoughts start racing and it can be so lonely and isolating especially if others are in the house sleeping soundly. If this describes you listen, you are not alone. This is something many people struggle with during difficult seasons in life. It is a horrible feeling to be woken up by a nightmare, or to not be able to drift off into sleep because of fretting and being consumed by irrational fears that seem so real.

So how do we deal with fear? Bring it to God. Talk to Him and ask Him to reveal His love and peace to you. This will come through the study of His Word. Fear is the opposite of faith so work on your faith in God. How? By taking His Word which is His promises to you and applying them to your circumstances. "Faith comes by hearing and hearing by the Word of God." (Romans 10:17) A good place to start strengthening your faith and displacing fear is in the book of Psalms. King David wrote many of these inspired by the Spirit of God, but they were not all written when he was in a positive frame of mind. Very often they were cries from the heart when he was overwhelmed with terror. "What time I am afraid, I will trust in You" (Psalm 56:3).

Pray - Lord Jesus, I ask You to come into my life as my Lord. I ask You to fill me with Your peace. You are my Shield, the Lifter of my head. I will lie down and sleep sweetly for You will protect me. (Psalm 3:3-6; Proverbs 3:24). I renounce all fear and trust You instead. In Jesus Name I pray, Amen.

**See more at [wordofvictory.net](http://wordofvictory.net)**



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## Gardening with Killarney Outlook

by John O'Sullivan

### FOCUS ON EARLY SPRING

Now is a good time if you are planning a new garden or trying to add some colour to an established garden to plant some early flowering spring shrubs. One of the best known shrubs is the Camellia and these popular shrubs are starting to flower in most places at the moment. The Camellia is a very valuable shrub in the garden as it can give a focal point to any shrubbery all year round with its glossy green leaves and showy blooms from early spring. A lot of people think that Camellias are a difficult shrub to grow, but in fact they are no more difficult than Rhododendrons or azaleas, and most varieties on sale now are hardy. When choosing the spot to plant your Camellia, make sure it is sheltered from cold winds as they can damage the flowering buds as can frost. When planting your Camellia make sure to mix plenty of moss peat with the earth, rather than on its own around the plant, as it will tend to root out quicker. Camellias are also ideal for growing in containers. Remember if you are planting your Camellia in the ground, that it might be small initially but most will grow to the size of a small tree, so allow plenty of room around it. There is very little maintenance with Camellias only to prune out old dead wood, clean up the old blooms that fall to the ground, and to mulch around the base of the plants every spring with some moss peat. There are a lot of other good spring flowering shrubs, here is a list of just a few: Forsythia, Cythsis, Corylus, Berberis, Darwunnii, Ribes and Skimmia.

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

## CALL FOR CLAMPDOWN ON RUBBISH DUMPING

Councillor Michael Cahill has called again for a total clampdown on rubbish dumping in the county which he describes as disgraceful, unacceptable and out of hand at this stage.

"It is embarrassing to see the amounts of household rubbish that have been tipped at the side of the road or in small wooded areas in scenic spots all around the county" said the Fianna Fáil Councillor.

"Reports of dumping are coming in rapidly from places like Glencar, Killorglin, Caherdaniel, Ballinskelligs, Beaufort. Our beaches are also being targeted, the likes of Derrynane, Rossbeigh and Cromane, to name but a few and it cannot be allowed to continue" stated Councillor Cahill.

"A concerted effort needs to be made by Kerry County Council now, to trace the perpetrators of these crimes and ensure that they will not be able continue to pollute and desecrate the natural beauty of this county on a continuing basis" said the Rossbeigh based Councillor. "The beauty of our surroundings is a sign to us of the health of our environment and everybody needs to treat it with respect and kindness" said the Fianna Fáil man.

"We must all make that effort to bring our own rubbish home with us, to be disposed of through the Refuse collection system or at our Transfer Stations. It is a matter for us all collectively to protect our environment" added Councillor Cahill.

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Rubbish dumped in Mill Road in 2020 which was subsequently taken away by the relevant authorities.





## Hope

The past year has brought great change to the whole world. There is a lot of fear, a lot of uncertainty, a new awareness that life changing events, over which we have no control, can happen very suddenly,

*But God still loves the world.  
Assurance can be found in God's word.*

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*Hebrews 11:1*

*Now faith is confidence in what we hope for  
and assurance about what we do not see.*

# IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF  
**FRANK JONES**



KILLARNEY, CO. KERRY.  
WHO DIED MAY 4TH, 2018

*Without your kind and gentle smile  
And sweet familiar face  
A treasured life is missing  
And the World a sadder place,*

FROM YOUR  
LOVING FAMILY

## TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to:  
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and the verse and photo you  
would like to include.

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*Please include a contact name,  
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## 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.

## 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

## 9TH ANNIVERSARY

IN LOVING MEMORY OF  
**MARGARET (PEG)  
O'MAHONEY**



GULLANE, GNEEVGUILLA.  
WHOSE ANNIVERSARY  
OCCURS ON FEBRUARY 5TH

*We sat beside your bedside,  
Our hearts were crushed and sore;  
We did our duty to the end,  
Till we could do no more.  
In tears we watched you sinking,  
We watched you fade away;  
And though our hearts were breaking,  
We knew you could not stay.  
You left behind some aching hearts,  
That loved you most sincere;  
We never shall and never will,  
Forget you, mother dear.*

From your Husband John, Son, Michael and daughter-in-law, Siobhan, kids, Oisín, Ciara and Ryan Gerard. Daughters, June and Oriana, Son-in-law Conan, kids Bruce, Max, Benjamin and Conan Jr.

## 9TH ANNIVERSARY

IN LOVING MEMORY OF  
**DENIS DERO  
O'SULLIVAN**



SCRAHAN COURT &  
MAIN ST. KILLARNEY.  
WHO DIED ON  
FEBRUARY 11TH.

*We miss your smile, your gentle ways  
Your good humoured nature  
brought sun-filled days.  
You were considerate, caring,  
loving and true.  
Thanks for the memories, Denis,  
thanks for you.*

*"Just the smile that is spreading all  
over his face could warm up the  
room and set fire to the place."*

Fondly remembered and missed  
by your loving partner, Michelle x

Anniversary Mass in St Mary's Cathedral,  
Saturday 13th February at 6.15am.

## 1ST ANNIVERSARY

IN LOVING MEMORY OF  
A DAD AND GRANDAD  
**THOMAS KELLY**



BARRADUFF VILLAGE  
WHO DIED ON  
8TH FEBRUARY 2020.

*Not a day passes by Dad  
that you don't cross my mind.  
Not all of you departed  
when you left our earth behind.  
In my heart there is a place  
that only you can hold.  
Filled with loving memories  
more priceless than gold.  
I know you still hear me Dad so please know  
this is true that everything I am today  
is all because of you xxx*

Always loved and sadly missed by your  
Daughter Lorraine, Son in law Danny and  
Grandchildren Stephanie, Rachael,  
Mark and Aoife xxx

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days. Publication of prayer and favour will be granted.

M.K.

## NOVENA TO ST. CLARE

### IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena.

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen

Your request will be granted no matter how impossible it may seem.

N.T.

## NOVENA TO ST. ANTHONY

O Holy St. Anthony, gentlest of Saints, your love for God and Charity for His creatures made you worthy, when on earth, to possess miraculous powers.

Miracles that waited on your word, which you were ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request) the favour that I seek. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be held in your arms, and the gratitude of my heart will ever be yours. Promise publication.

M.K.

## NOVENA TO ST. CLARE

### IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena.

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen

Your request will be granted no matter how impossible it may seem. A.C.

## 3RD ANNIVERSARY

IN LOVING MEMORY OF

**JAMES  
FERGUSON**



GLANMIRE, CORK  
07-02-18  
REST IN PEACE

*'Love knows not its own depth  
until the hour of separation'*

Always remembered by your aunts Breeda, Mary, Annette, Rosarie and all your cousins.

## 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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