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Killarney Outlook continue to support local - See Page 4.



Aisling Crosbie.

FROM THE EDITOR

There was a spring in our steps this week as we enjoyed the beautiful weather. The stretch in the evenings is much more evident and is encouraging of what lies ahead as we continue to flatten the curve of COVID-19.

Sports clubs in Killarney were busy this week with jersey days and award ceremonies. The junior pupils of local primary schools and the Leaving Cert pupils in secondary schools returned this week for the first time in 2021.

The hard work and sacrifice of the majority of people is a factor in pushing the numbers down and we must continue to follow public health guidelines.

#staysafe #staylocal #flattenthecurve

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

T: 0818 222 024

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

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Killarney Outlook continue **TO SUPPORT LOCAL**

s we approach the unwanted milestone of A swe approach the dimensional state of the Killarney Outlook would like to assure our advertisers and readers that we will continue to do what we can to promote local businesses, services and clubs in the Killarney area. When the magazine arrives on the shelves every Friday morning we hope the photographs, news and offers from our advertisers brighten up your weekend in some way. We have been working closely with all 150+ distribution points to make sure all readers are catered for and for those who feel safer staying at home at the moment, our online edition is released every Friday morning as well. With a readership of 25,000 and online viewership of 2500+, your contribution to your local advertiser really is stronger than ever.

In the first few months of lockdown we became acutely aware that charities were one of the biggest casualties of Covid19. We took the decision to donate all the proceeds from our May 29th, 2020 edition to the Kerry Cancer Support Group. This charity has been transporting the people of Kerry to hospitals in Cork and Limerick for their cancer treatment since 2010. It was our pleasure to present Breda Dyland, Manager of the Kerry Cancer Support Group, with a cheque for ξ ,200 in early June. When we made the decision to reduce our advertising prices last March, we were encouraged by the outpouring of support by all advertisers and hope these reduced rates have gone some way towards easing the pressure everyone is under particularly in these past few months. We will continue to offer our reduced prices for advertising in Killarney Outlook for the foreseeable future:

- Full page ad for €80 + VAT
- Half page ad for €40 +VAT
- Quarter page ad for €20 + VAT
- Memorials for as little as €5

We recently spoke to some of those customers who are, despite the difficulties they have endured over the past 12 months, operating their businesses successfully with the help of The Killarney Outlook:

Here is what they have to say...

'We have found the Killarney Outlook to be of huge benefit to the growth of our business over the years. The advertising rates are extremely competitive and the Killarney Outlook staff are very professional and a pleasure to deal with. We would highly recommend the Killarney Outlook as an advertising platform.

Billy Hennigan, Auctioneer & Valuer

'Des in the Outlook is fantastic to deal with and Killarney Outlook prices for the past 12 months are very keen. We are delighted to work with the Killarney Outlook team.

T. Cronin & Sons Family Butchers

'The Killarney Outlook is a high quality publication that lets us communicate our latest offers for our brands very effectively to our customers. We always like to support local, I think the reduced pricing implemented to help businesses is a very kind thing to do during the pandemic' Paul Ahern, Head of business, Aherns, Castleisland

'We choose Killarney Outlook for all our advertising. They are always accommodating and creative. Since the pandemic the Outlook reduced their prices making it easier to continue with our advertising which is vital to us in the current climate. I couldn't recommend them enough!

Grainne O'Sullivan - Who's 4 Shoes

We at Killarney Outlook would like to send our heartfelt thank you to all who have supported us over the past year. We look forward to continuing to work with you and for you in the months and years ahead.

KATE WINS THE FANTASTIC FEBRUARY GIVEAWAY



Congratualtions to Kate O'Connor who scooped the prize in the amazing Fantastic February Giveaway organised by a group of High Street traders. The group came together to host an amazing competition in which one lucky winner will win a bundle of prizes.

The Fantastic February Giveaway was the brainchild of Grainne O'Sullivan at Who's4Shoes and with the help of her business neighbours, she gathered prizes and vouchers to the value of €1,150.

"With lockdown set to continue for another while, I decided everyone needed something to cheer them up.... and what better than winning something", Grainne told Killarney Outlook, and we are absolutely delighted that Kate won the prize. Kate, who is the daughter of Packie and Noreen O'Connor and brother of Padraig O'Sullivan has won the following: Killarney Carpet Centre with a €200 Instore Voucher.

Tara Louise Collins, Interiors with a one hour consultation (\in 250),

A kids bike to the value of €200 from O'Sullivan's Cycles,

A €100 voucher for ladies shoes at Who's4Shoes

A €100 voucher for childrens at First Step Footwear

A €100 voucher at Lynes of Killarney Dinner for Two at Murphy Brownes

A €100 voucher at Tommy Cronin Butchers.

"We just want to give something back to all the locals who have continued to support us over the past 12 months", Grainne added.

"We are all still in business because of these people and this is our way of saying "Thank You". *#shoplocal #thankyou*

ADVERTISING



Life is a *seesaw* for Firies NS pupils

The world is like a seesaw at the moment with all the ups and downs of life during COVID-19 and with this in mind the students and teachers at Firies National School have been using Seeaw over the past few weeks for remote learning.

They completed a whole school STEAM project for Engineers week, having to plan and design a seesaw using household materials.

"Over the past few weeks and months, life has been like a seesaw as parents have balanced work, life and home schooling. There have been many ups and downs. We have no doubt that there have been evening that parents have suffered post-traumatic Seesaw stress following a day of online learning or repetitive strain injury after movement skills with Joe Wicks/ Vincent Cooper", Eva Spillane at Firies National School told Killarney Outlook.

Seesaw, an educational platform for students of all ages, has been used to support the learning in Firies. It allows students the opportunity to create, reflect, share and collaborate. Students use creative tools to take photographs, capture videos, draw, record and document their learning both at home and at school. It allows for parent, teacher and student communication. Here are examples of some of the ways they use Seesaw in Firies National School across all areas of the curriculum:

Record and share

teacher/children reading books • Engage in written activities • Partake in class challenges/projects • Involve children in brain/movement breaks • Celebrate events – birthdays, pancake Tuesday, virtual sports days • Wellness Wednesday – mindful activities • Connect to Zoom sessions • Capture student voice • Link to other apps and websites • Send family announcements and messages • Empower children as active learners • Teach digital skills with creativity

"We worked on a whole school Seesaw project. Families planned and designed a Seesaw using materials that they had e.g. LEGO, building materials around the house, recycled materials from the shed. The photographs were compiled into a slideshow. Just like the seesaws created, our school community have shown that the perfect balance can be achieved when people work together", Eva added.







Where History Abounds - By Nicky Barry

Most people think of caretakers, as men in dungarees, Busy fixing broken things, in schools and factories, Like window panes in classrooms, broken by a ball, Or ancient radiators, in a cold reception hall. They could be up a ladder, clearing out a gutter, Or down in a basement, sorting out the clutter. And then there is another kind, a sustaining presence, Who lives in a building, and becomes part of its essence. Sean Looney MA is such a man, the liege of Muckross House, Who reads Joyce, Yeats, and Beckett, along with Marcel Proust. He has been the concierge there, since nineteen eighty eight, And still cannot believe his luck, to be so fortunate. Born and bred in Beauty's Home, he knows the history well, Of this noble building, and all the folks who dwelled, Within its walls since it was built, in eighteen forty three, And still today stands proudly, for all the world to see. Queen Victoria came to visit, in all her majesty, And Sean now is entrusted, to safeguard the legacy. By day he is a Muckross guide, who shows visitors around, The stately home he lives in, where history abounds.

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St. Brigid's Down Memory Lane





Team Photo from Junior B All Ireland Final school year 2002/2003 Catherine number 9.

In this week's Killarney Outook, *Sheree Murphy Teacher and PRO of St. Brigid's Secondary School* decided to take a trip down memory lane.

This week she chats with Catherine Dillane (née Morris) originally from Spá, Killarney but now living in Gneevguilla with her husband Shane, dog Penny and a future son or daughter who is due to arrive in May.

S: I will start with an easy question what year did you graduate from St. Brigid's?

C: I can answer that one anyhow, so we are off to a good start -2007.

S: Were you involved in any extra-curricular activities in school?

C: Ya I loved basketball. I did a small bit of football and athletics in Knockreer, but basketball was my main sport.

S: Have you any memorable moment from being involved in these extra-curricular?

C: In 1st year we made it to the B final and we had so much fun going around the country to the playoffs. I have a silver All Ireland medal from that year. Even though we lost, it didn't feel like we lost. It made us so close and a lot of the friends that I made through the basketball team I am still friends with today.

S: Can you remember who was captain that year?

C: Me girl!!!!

S: Brilliant fair play! Spill the beans who was your favorite teacher?

C: A lady called Sr. Miriam she was so nice we had her in 1st year for German. She brought the good out in everyone and saw the good in everyone.

S: So, you have a few words of German, do you? C: *Big fit of laughing* Ah no ...maybe how you say your name? I remember one day Sr. Miriam came into class; she had given us three simple sentences to do for homework. I had forgotten to do them, so I copied my twin sister's homework. The first sentence we had was what our name was in German. Didn't I copy down my twin sisters name instead of my own, so, I was caught rotten straight away!!!!

S: You didn't get away with that one so!! How was it having your twin sister with you in school?

C: Myself and my twin Mari were one of three sets of twins in our year. So nice to have Mari there I always had a friend. We could have easily gone our separate ways and make our own gang of friends, but secondary school brought us closer because we were part of the one friend group. **S: Do you think teachers would have thought you and Mari were very similar in school?** C: No, we were very opposite. I remember Ms.

Dolores McSweeney came up to Mari one day in school and said to her. "Mari, I know I don't have you today, but I have your twin Catherine, will you ask your mom to get her an A4 pad?" Poor Mari was getting all the messages to be brought home to mom that I should have been bringing home.

S: You mentioned yourself and Mari were part of the same group of friends, are you still in contact with this group of school friends? And did you make lasting friendships?

C: Ya I did, sometimes I used to think school was one big social event as I built so many friendships in school who I am still friends with today. I have such good memories from the school and from the people that were in my year.

S: What is your most memorable lesson?

C: Well I learned my lesson to do my German homework and not copy! Mr. Eddie Sheehy was the first person to make me realise how privileged I was. We used to bring in our old football boots for him to take to Kenya. Sure, some of us would have about 10 pairs of football boots thrown in the shed of all different sizes from years gone by. He made me realise there was a world outside of Ireland.

S: That is a lovely memory, what were your goals in school?

C: My main goal anyways was to escape the day from bumping into Ms. Kathleen Murphy and Ms. Peggy O'Leary when they were on uniform check as my skirt was a bit shorter than it should have been.

S: *Laugh* I hope you were successful! Would you change anything about your school days? Besides having your skirt too short.

C: *Laughs* Absolutely nothing because everything that happened in school I grew from. Maybe at times I should have knuckled down more academically instead of seeing it as one big social scene at times.

S: Who was the biggest joker in your year?

C: We were so lucky with our year. We had one of the nicest years, but I don't know does everyone think that about their year. Any class you went into you were always guaranteed a bit of crack from someone. Specifically, three from Killcummin stand out to me who sat at the back of 6 Green. They were three right good comedians Fiona



McSweeney, Deborah Murphy, and Mary Theresa Moriarty. Marie Foran and Oonagh Grooves gave me a good few skits in the day also.

S: How do you think the teachers would have described you?

C: Gets distracted easily, active, energetic and much room for improvement

S: What would be your message to current pupils in St. Brigid's?

C: Social Media I think has taken over the lives of a lot of teenagers these days. It is important for them to know that there is so many memories to be made outside of social media. Don't be looking at Instagram and wondering why your life isn't like that ,people will only put up what they want on Instagram so don't feel pressured by it. Make the memories while you're in school and don't regret it. Time goes so fast and everyone says it the best years of your life, but it really really is. Even now while I am talking to you Sheree, I have been happy thinking of all the memories. I hope they would be able to look back after their school years and have good memories.

S: Very inspiring words. Thanks very much for taking the time to talk to me I really enjoyed your trip down memory lane. Best of luck for the rest of your pregnancy and you never know if it is a girl, she might someday be a pupil in St. Brigid's.

C: You never know I might even call her Brigid! Thanks for getting in contact, I really enjoyed the trip down memory lane.

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



Family raise €13,000 walking in Margaret's footsteps



The family of the late Margaret O'Connor pictured donating a cheque fo €13,000 to Pat Doolan for the Palliative Care Unit in Tralee.

ollowing a 10km Christmas walking Challenge in memory of popular Kilcummin woman Margaret O'Connor her family has raised an amazing for the Palliative Care Unit in Tralee.

Everyone who know Margaret, knew what a wonderful energetic woman she was. Set dancing was her passion and she was known through the county and beyond.

Margaret passed away on August 9 last in the wonderful care of the Palliative Care unit Tralee and her family decided to do something in her memory over Christmas. They invited everyone to walk with their family and friends in their safe bubble on a day that suited them and donate to an account they set up in aid of the Palliative Care Unit in Tralee.

Margaret also participated in many competitions down through the years with success at the highest level.

When not pounding the floor in a polka set she could be seen on the hills and mountains, an activity she loved.

Her diagnosis and subsequent death came as a great shock to all who knew her.



Friends and family set up a fund for Palliative care in her memory. Her husband Tom and daughters Karen, Tara and Marguerite will be forever grateful to the doctors, nurses and staff of Palliative Care for the kindness and care shown to Margaret and to her family at a very difficult time.

€13,000 euro was raised in her memory and handed over to Pat Doolan from the Kerry Hospice Foundation this week.

"This is a testament to the popularity of Margaret and her family that such a phenomenal amount could be raised at these difficult times", Pat Doolan told Killarney Outlook.

Margaret's husband Tom expressed his heartfelt gratitude to each and every donor for remembering Margaret in such a meaningful way and was very happy to be able to give something back to Palliative care.

CALL FOR CHILDREN'S SHOE SHOPS TO BE SEEN AS AN ESSENTIAL SERVICE

Labour Party County Councillor Marie Moloney is calling on the Minister and the Government to allow the children's section of shoe shops to reopen.

The Government cannot say that this is not an essential service. I know of a number of children who have returned to school this week who are in dire need of new school shoes as their old ones are too small but there is nowhere to purchase new ones.

I am also aware, having been speaking with parents who have toddlers that have started walking, and those who need to upgrade a size, that they are badly in need of new shoes.. Everyone knows of the importance of good shoes especially in early childhood and it is recommended that children's shoe size need to be reviewed every 12 weeks. As this lockdown continues, it is essential that parents be able to access shoe shops to have their children's feet measured and shoes upgraded if needs be. Speaking about the call this week, proprietor of children's shoe shop, First Step Footwear, Grainne O'Sullivan said she totally agreed with Cllr. Moloney. "I think anything to meet the needs of growning children should be essential", Grainne said, adding that it can be done on a one to one basis in a safe environment".

ROAD IMPROVEMENTS IN KILLARNEY

Cllr. Michael Gleeson has shared the roads in Killlarney Municipal District ↓ Upper Lissivigeen [Nursery Road L.7047]]: €38,475 and €7,461 that are scheduled for improvement work mainly during 2021. Old Minish Road L..7067] €22,275 and €80,063. Church Road Clonkeen [L.11272 and L. 7058]: €22,275, €11,1138 and €79,000 Spa Road [L3010]: €180,000. Abbey Cross, Muckross [L.3016]: €220,500. Artigallivan [l.7049]: €45,325

Woodline Cross to Speed Limit [L.3018]: €30,937 Clash Road, Clash[L.11072] to Minish: €21,600 Kilcummin Village: €148,275 Chapel Lane, Killarney: €25,000 Hogan's Lane, Killarney: €25,000. Upper Park Road: €83,581





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Dr. Crokes honour their own at virtual awards



Supporter of the Year and Club Person of the Year were awarded to two Club Stalwarts and Donie O`Leary and P.J. O`Brien by new Club Chairman Matt O'Neill.

he Dr. Crokes annual awards night took place virtually on Saturday 27th February with a large crowd logged on to what was a wonderful presentation.

THE FOLLOWING PEOPLE **RECEIVED THE AWARDS**

Young Hurler of the Year Tom Doyle This young man has been to the fore from his time in our Saturday Morning Academy right up to the current day. Even though he was preparing for his Leaving Cert exam to be held later this year, he maintained his high standard of play. He excels in both hurling and football, as well as other sports outside of the GAA. But it is for his hurling displays that he receives tonight's award. He was a key player with Dr. Croke/Kenmare/ Kilgarvan U18 minor team and big performances with that team were acknowledged, when he was called up to the U20 Kerry hurling squad. He has also been called into the U20 Kerry football squad this year. As we know, our senior hurlers had a terrific year in 2020, winning the Intermediate Hurling Championship and our young hurler of the year was called up to the senior ranks. This promotion did not unnerve this man and playing in the full forward line, he was a thorn in the side of many defenders throughout the championship. He was at the end of many important scores on the journey to claim that Intermediate title.

Young Male Footballer of the year **Cian McMahon**

Another young man, who has excelled at every age group and has honed and improved his footballing skills with each year. A young student in fifth year, he finds time to participate in a number of sports. But football is his passion. This year gave him little opportunity to play for Dr. Crokes, with only three games. However, he took every opportunity presented to him. He has

been a constant on Kerry Development Squads through the years and it was no surprise, when he was called into the Kerry Minor panel. It was in this realm that our young male footballer of the year got his opportunity to shine. And boy, did he shine, scoring vital goals and points at vital times in each game. The free-taking fell on his young shoulders and he did not shirk this responsibility, pointing a number of pressure free-kicks to keep the journey to Croke Park alive. 2020 young male footballer of the year is Cian McMahon. We wish Cian and the Kerry minor team and management continued success, when the 2020 All Ireland series recommences later this year

Young Ladies footballer of the year Holly Power

A wonderful young lady is this year's young female footballer of the year. In 2019, when she was about to break on to the Kerry minor squad, an illness halted her progress. Indeed, she had to step back from a very successful U16 Dr. Crokes team. However, she showed her true mettle and loyalty by supporting her team-mates from the sideline. Her perseverance, resilience and heart were truly demonstrated and she returned to play in 2020. She was soon back to her brilliant self-confident and self-assured presence within the squad and her performance with the ladies' senior team was heroic. Our senior ladies' team also had a terrific season, winning the Kerry Junior Championship and our young female player of the year put in a starring role in this great achievement for the club. A young lady with a bright future, it gives me great pleasure to announce our young female player of the year 2020 - Holly Power.

Holly was presented with the Michael Haulie Keogh Memorial Cup. Young hurler of the year, Tom Doyle and young male footballer of the year, Cian McMahon will share this perpetual trophy during the year. We thought that we would be chivalrous and give Holly the first rotation.

Junior Footballer of the year - Adam O'Shea

Our junior players had a very short campaign in 2020. However, it is a source of great pride to Dr. Crokes that we can, simultaneously, field three senior teams. When the county leagues were halted, the County Board organised a series of Junior league competitions. Unfortunately, on 40% of these games were completed. However, both Dr Crokes' teams fulfilled their fixtures 100%. Our junior player of the year, Adam O'Shea played a major role in these games. Of quiet demeanour, he lets his football skills do all the talking. He is a slick forward player and a keen marksman. His free-taking is up with the best of them. His style of play makes it easy to pick him out... that and the mullet haircut. A dedicated trainer and always available for games, he was pulled between the Division 2 and Division 6 management teams. However, both managers agreed on their joint nomination for the 2020 junior player of the year.

Ladies footballer of the year Rheanne O`Shea We move to the senior ladies' player of the year. This player returned to play in 2020, having recovered from a serious injury. Having seen her rehab in the gym (pre-Covid), I could see her determination to regain full fitness. Although she may thank Brendan O'Connor for his monthly challenges of five-minute planks and 100 burpees per day that he set for us morning gym goers. On her return to full training, this player was a leader on the field and helped push our senior ladies to a Junior Championship final. It was always a case of never say die. In the dying seconds of that final game and with Dr. Crokes a goal down, all seemed lost But this lady stood up and took responsibility. A last gasp charge through the opposition defence and a rasping shot saw the Fitzgerald Stadium net rattle and the game went to extra time. With her captain sidelined, due to injury, she stood up and showed great leadership to inspire her

teammates to a tremendous and well-deserved victory and claim the Junior Championship title. Senior ladies player 2020 is Rheanne O'Shea. Senior hurler of the year Jack Lenihan

Our senior hurler of the year is another man to come through our underage structure. He is an accomplished footballer as well as a hurler. He has been called up to many County teams and has two All Ireland Minor B Hurling medals among his many accomplishments. While he moved to Dublin, attending college there, this young man remained loyal to Dr. Crokes and has served the club well. A quiet man off the pitch, he shows his true grit and prowess on the pitch. A solid man in defence, there are few attacking players that can get the better of this Dr. Crokes' stalwart. He is known for his attacking abilities and supply the forward line and when the opportunity arises he can claim his own scores too. A vital part of last year's Intermediate Hurling Championship team, he claimed the man of the match award on three occasions, including for the final. While proficient in both codes, it is for his hurling performances that the recipient of the 2020 senior hurler of the year award is Jack Lenihan.

Senior Footballer of the year Miceal Burns This man can only be described as a warrior. He wears his heart on his sleeve and you are never in doubt about how he is feeling after a game. He is one of those people that you are always thankful that he is on your side. There are no half-measures, no half-heartedness, no let-up. It is always full throttle, full intensity and full commitment. Another member, who is proficient in both football and hurling. But it is football that he has concentrated on in recent years. He has played a huge part in our successes over the past number of years and was real leader on the pitch for Dr. Crokes, during 2020. Without fail, he leaves everything he has on the pitch and as I said earlier, a real warrior for our club. He has been a part of the Kerry minor and senior panels for a number of years now and how we longed to see him appear in Páirc Uí Caoimh last year - a game that would have suited him down to the ground.

I am sure all in Dr. Crokes are looking forward to seeing a lot more of this man in the black and amber and the green and gold.

Supporter of the Year and Club Person of the Year were awarded to to two Club Stalwarts and it also happens that both are our long serving delegates to East Kerry Board Donie O`Leary and P.J. O`Brien respectively. both are highly deserving of the awards.

A Special Award was made to former Chairman and current Central Council Delegate Patick O`Sullivan for his tremendous commitment to the club.

Special thank you to the people for putting the show together Events Committee chairperson Maggie McAuuliffe, Cultural Officer Rachael Foley Chairman Matt O'Neill and IT Officer John O'Shea. thank you to musicians Tony & Holly Power, Jean & Lily Foley Jack Lenihan and Fionbharr and Cilian Hickey. Thank you to Tom Tobin Killarney Medals and Trophies and John Lenihan Moneysense on sponsoring Individual Awards.





KILLARNEY LEGION ARE **"ONE GOOD CLUB"**

This week Killarney Legion took part in Jersey Day as part of the #OneGoodClub initiative. Members of the club from at home and around the world sent their photographs to the Killarney Legion Facebook page and the club have shared them with Killarney Outlook.

"This initiative, sponsored by Lidl, aims to promote positive youth mental health in partnership with Jigsaw. We hope these pictures are putting a smile on all your faces and helping everyone feel connected", Elaine O'Donoghue, PRO of the club told Killarney Outlook.

"Stay tuned over the next 10 weeks as we have numerous activities planned for members and the wider community. All you have to do is stay connected and get involved", Elaine added. #Connect #Be Active #Take Notice #Keep Learning #Give



























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BUSINESS

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BANK OF IRELAND ANNOUNCES CHANGES TO KERRY BRANCH SERVICES

Patrick O'Connor Scarteen.

n a shock announcement on Monday morning, Bank of Ireland announced changes to branch services in Kerry, with the closure of its Castleisland, Killorglin and Tralee ITT branches from September

They have agreed a new partnership with An Post providing banking services locally. The changes are in response to significant trends in how people are banking – Bank of Ireland is closing a number of branches nationwide and footfall at the closing branches is down on average by c60% since 2017, while digital usage has increased by one third.

The new partnership with An Post means that Bank of Ireland customers can now avail of banking services at their local post office – Castleisland and Killorglin both have a post office and there are 43 more in the county.

From September, the number of Bank of Ireland branches nationally will reduce by 88, the first significant change in numbers in almost a decade. The branches closing are predominately self-service locations with no counter service. The Bank will continue to operate one of the most



extensive branch networks in the country, with 169 branches, including six in Kerry. This will be complemented by the new partnership with An Post, offering Bank of Ireland customers services at more than 900 locations across Ireland, including over the counter cash and cheque lodgements, withdrawals, and balance enquiries. To further support over-65s and carers the Bank has a dedicated support line on 1800 946 146 (open 9.30am to 4.30pm, Mon-Fri).

Reacting to the news, Cathaoirleach of Kerry County Council, Patrick O'Connor Scarteen said that the announcement that BOI is proposing to close 3 branches in Kerry is a blow to its customers who feel let down and isolated as another vital service is withdrawn.

It is especially upsetting for customers in Killorglin and Castleisland. Also Abbeyfeale in West Limerick has many Kerry customers. It's a huge disappointment to the various communities.

"As a Qualified Financial Advisor and former Employee of EBS which has closed many of its Branches and Agencies i am familiar with the resulting loss to a community and staff involved", he told Killarney Outlook.

"The banks service large hinterlands and have loyal customer bases. These decisions do not take into account the extra distances people would have to travel. Not everyone can conduct their business online, nor do some feel comfortable with it.

Lack of competing financial services in a community or indeed at a national level is bad for the customer. Currently 30% of Kerry is without high speed broadband, therefore leaving many customers at a huge disadvantage.

Many elderly and vulnerable customers need to meet a Qualified Financial Advisor face to face to discuss their finances.

Although the retention of certain services in Post Offices is welcome, they may lack in some circumstances the space, privacy or Financial expertise available at a bank branch.

We all need to campaign for the banks to retain their branches", the Councillor added.

Following the announcement by Bank of Ireland of its intention to close three of its branches in Kerry, a Fianna Fáil Councillor has called on the Minister for Finance to outline a detailed plan of what financial services will be available to the people of rural Ireland in to the future.

"Up to now our main worry was about the closure of small rural Post Offices which are so crucial to rural life in Ireland" stated Councillor Michael Cahill. "But the announcement of the closure by Bank of Ireland of 88 of its branches, including in Killorglin, Castleisland and IT Tralee, has brought the devastation, for both business and private customers, to a whole new level" said the Fianna Fáil man.

"As a nation, we need a strong, clear plan to be put in place, whereby financial and postal services are mapped out and guaranteed to all of our people, not just those in the cities" said Councillor Cahill.

"Do customers all over Mid-Kerry now have to choose to do their banking in Killarney or Tralee, or must they approach another financial institution with their business?" asked the Rossbeigh based Councillor. "The Bank of Ireland branch in Killorglin covers a vast area including the Parishes of Glenbeigh, Cromane, Glencar, Beaufort, Milltown, Keel and Castlemaine to name but just a few."

"As many businesses are closed presently due to the Pandemic, which has put their finances under pressure, will other financial institutions want to take over their banking needs" asked Councillor Cahill.

"I believe that Banking in Ireland is in crisis again and is due a major overhaul. Banking needs to be upgraded in a way that is fair and equitable to all our people and this latest development is also a major inconvenience to our senior citizens who will now have to change to another Branch many miles away or to another Financial Institution," said Councillor Cahill.

"We can't forget the local branch staff, whose places of work are being closed and who must now be very fearful for their jobs."

"The bailout of the Banks has not delivered value for money to the people of Ireland and I believe now is the opportunity to change all that" added Councillor Cahill.

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KERRY MONTH OF ENTERPRISE OFFERING OVER 50 EVENTS FOR NEW AND GROWING BUSINESSES



MTU Ollscoil Teicneolaíochta na Mumhan Munster Technological University

Now in its eighth year, Kerry Month of Enterprise (KMOE) takes place during the month of March. KMOE, a collaborative interagency initiative, aims to shine a spotlight on just some of the enterprise activities on offer all year round across Kerry and remind businesses in Kerry of the wide range of supports available to them, especially at this challenging time.

The month is designed and delivered by a partnership including Munster Technological University, Kerry County Council, Kerry Local Enterprise Office, Enterprise Ireland, North, East & West Kerry Development; South Kerry Partnership Development, IDA, Udarás na Gaeltachta, IRD Duhallow and various companies and organisations throughout the county.

The month gives established businesses and budding entrepreneurs an opportunity to network and discover the assistance available to them in growing and sustaining a business in Kerry. The COVID-19 pandemic has highlighted just how important it is for business owners to access the supports available to them within their own region. The calendar of events for 2021, which can be viewed at www.kmoe.ie, includes over 50 online events across the month. The county-wide events cater for businesses at various stages of development across many sectors from startups to established and growing businesses. All businesses are advised to book in advance.

Highlights of the calendar of events for Kerry Month of Enterprise include the virtual Cantillon Conference 2021, titled 'Community 2.0 Transforming For Sustainability'. Hosted jointly between MTU and Kerry County Council, the conference focuses on leading change and fostering resilience and sustainability through climate change, digitalisation and rethinking the Diaspora in sustaining businesses into the future. Kerry Local Enterprise Office will host a series of virtual "Start Your Own Business" focused workshops, focused on branding, food business and sales and marketing, among others. Udarás na Gaeltachta will host sessions on how to boost your online presence in a post-pandemic world and managing remote workers and SKDP, IRD Duhallow and NEWKD will host a number of events focused on supports including Back to Work Enterprise Allowance, Well-Being in Remote Working and Accounting for New Small Businesses.

The Cathaoirleach of Kerry County Council, Cllr Patrick Connor-Scarteen, said: 'A great deal of time and effort has gone into arranging a wide range of events over the coming weeks with the diversity of the business sector in Kerry to the fore. I want to thank the many agencies involved for bringing together and exciting and engaging programme.' Kerry County Council Chief Executive Moira Murrell encouraged participation in the wide range of events: 'The Kerry Month of Enterprise is a great opportunity, particularly at this challenging time, for businesses to engage with each other and the supports on offer from a wide range of agencies and I encourage anyone in business to take part.'

Bríd McElligott, Vice President Research, Development & External Engagement at Munster Technological University said "The COVID19 pandemic has reinforced the need for supports for all industry sector within the Kerry region. Kerry Month of Enterprise offers a comprehensive spotlight during the month of March highlighting the various supports and initiatives that are available throughout the year. As we prepare for a post-covid business environment, we want to show-case the supports that are available to ensure that Kerry's economic recovery is maximised in as short a timeframe as possible."

A full schedule of events is available at www.kmoe.ie

Happy to be back is an understatement



St. Brigid's Presentation student **Saidbh Murphy** shares her thoughts on her return to school this week

Monday the first of March marked the return of Leaving certificate students to school.

Lunch packed, uniform ironed, school bag at the ready, all things we usually take for granted, yet on Monday the first of March I found myself excited as though it was the first day of first year all over again. We're back to school! These past few months have been a struggle to say the least. Almost one year ago, I sat in maths class on a Thursday evening listening to Ms. Moore say over the intercom that school would be closed for two weeks as the COVID-19 cases were rising. I must admit my friends and I weren't too upset about the prospect of the schools closing for two weeks neither were we envious of the Leaving Certificate class of 2020. Never did I think, that one year on I'd be in a somewhat similar position.

To say I am happy to be back in school is an understatement. This past lockdown has been quite the challenge for us leaving cert students. Personally, I found online school to be a challenge as I felt school never seemed to end and I would find myself studying and working at all hours of the day. On returning to school, we are provided with a much-needed structure to our lives at a time where structure is most needed. What were once seemingly mundane day to day activities have now become cherished moments, whether that be sitting outside having lunch with our friends or being able to have chats in the corridors on the way to class.

Recent decisions made by the department of education have brought us all much needed clarity in a time of much confusion. I have always been of the opinion that our minister Norma Foley has been working towards making the best decision possible in the interest of Leaving certificate students in this country in what is a very difficult situation. The decision to allow us to partake in the leaving cert as well as opt for predicted grades is the best case scenario we could have asked for. I am confident, despite the hardships we have faced, that we are in a good position to embrace the leaving certificate experience. Now that we are back in school, we have a clear vision of what is to come whether that be we sit every exam or we sit none. Personally, as a student who plans on sitting all of my exams, I find the recent announcements have alleviated some of the stress I have surrounding my leaving cert. The leaving cert itself is a milestone in any person's life, and this pandemic has tried its best to rob us of such an important time in our development as young people. However, through the tremendous work of our teachers and their commitment shown to us and our welfare throughout this pandemic, they have not allowed this to happen and for that I will always be grateful.

Now that we have been given the opportunity to return to school, we should fully embrace what comes our way and work our hardest towards achieving our goals, because in August when we receive our Leaving cert results we will know that, in the words of Robert Frost, our perseverance and determination will have 'made all the difference'.



Photo Competition

Launching on International Women's Day, 8th March 2021

"Woman's Eye – The Natural Beauty of the Kingdom as Captured by the Women of Kerry"

(Please register your entry at eventbrite) <u>https://www.eventbrite.com.au/o/the-phoenix-womens-centre-32668780823</u> Entry fee €5.00 for 3 entries

Once registered, send your 3 photos by email to: <u>phoenixphotocompetition@gmail.com</u> along with your contact details

Closing Date – 17th April 2021, midnight.

First Prize - **€250** Second Prize - **€150** Third Prize - **€100**

Judges: Breda Joy Journalist, Kerry's Eye; Author

and Paschal Sheehy, Journalist and RTE News Editor.

Rules: Photos should be taken between 8th March and 17th April in Kerry, Theme – the natural beauty and wild life of Kerry; landscapes, scenic views, seascapes, beaches, mountains, rivers, sunsets, parkland, forests, woodlands and wild life. Please note this is an amateur photography competition for Women in aid of the Phoenix Women's Centre.

Phoenix Women's Centre, Market Place, Maine Street, Tralee, County Kerry. Tel 066 9130430 Email: <u>info@phoenixwomenscentre.ie</u> www.facebook.com/PhoenixWomensCentre Company number 642116

CAREER PATH EXPO AT KERRY COLLEGE

erry College will take part in a CAREER PATH EXPO on Wednesday March 10th and Thursday March 11th from 3pm to 8pm.

CAREER PATH EXPO is a free, online, virtual, interactive education and skills event. It is aimed at helping career changers, school-leavers and returners to gather information about further education and training and third level options. Members of the Kerry College Admissions team will be on hand to answer questions and provide information on courses, apprenticeships and pathway programmes.

Admissions Officer John Herlihy present 10 Unique Course Choices at Kerry College at 3pm on Thurs 11 March. This 30 minute presentation will highlight programmes such

as Ecology and Practical Fieldwork Skills, Marine Engineering, Overhead Lines Operative, Fibre Installation Technician, Wind Turbine Maintenance Technician, Pre-Garda Studies and their custom designed suite of Digital Skills Production programmes are only available at Kerry College.

It's ideal for people seeking a start or career change or adults returning to education to get all the information they need on courses, apprenticeships and much more. The Admissions teams will attend each day to answers questions via chat or video message. Visit the website here: https://www. careerpathexpo.ie/

Registration is advised and is free, you can do it here: https://www. eventbrite.ie/e/career-path-expowednesday-10th-thursday-11thmarch-2021-tickets-128738876445



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AND THEY'RE OFF ... IN AID OF SOUTHWEST COUNSELLING SERVICE



Killarney Racegoers are having their annual Cheltenham Preview Night on Thursday 11th March commencing at 8PM.

This year's event is an online one with Ace Tipster Paddy Wilmott and Top conditional jockey Conor McNamara joining via Zoom and Vince Casey and John McEnery MCs for the night. The event will also host contributions from other leading lights in the industry.

The event is free to view on the Killarney Races facebook page facebook.com/killarneyraces. com. We are asking for donations through a gofundme page which will also be on the facebook page with all proceeds to the Southwest Counselling Centre in Killarney. There will also be a facility for you the public to get involved by asking guestions and comments throughout the event.

There will be a € 100 free bet prize sponsored by Brendan Tyther Bookmaker to one lucky person that listens live to the show and donates to the charity.

Maximum journey time suggestion for animal transport is disingenuous - MEP Kelleher

"To suggest that maximum journey times for live exports is the silver bullet is disingenuous," said Fianna Fáil MEP and Member of the European Parliament's Animal Transport Committee, Billy Kelleher.

Kelleher was speaking after a meeting of the committee where experts from across Europe, including Mr. Rob Doyle, Director of Veterinary Trade, from the Irish Department of Agriculture, addressed members.

"Sadly, there are some Committee members who are simply ideologically opposed to the transport of live animals. That is their prerogative, but it is a position that fundamentally does not stand up to scientific scrutiny.

"I was struck by what Mr. Doyle said in his contribution this morning that the real question is about data and not distance.

"Too many members of this Committee, and indeed those presenting, believe that arbitrarily implementing an eight hour maximum travel ban would solve all the issues. It simply will not.

"The real issue is a lack of data, and I'm delighted to see that a new Teagasc-led five year study, called Moove, will focus on gathering the scientific data on how animals fare while in transit. It is this data

that will allow for an objective assessment of what we need to do into the future.

"Ireland is ahead of the curve. We export healthy animals; we adhere to EU rules and in many instances, Ireland has implemented its own requirements that exceed the current EU rules.

"It was noteworthy today that many speakers complimented Ireland on its track record. While this is important, we cannot rest on our laurels. We must continue to seek the highest possible animal transport standards, and let the data speak for itself," concluded Kelleher.

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STUDENTS MOVING ON TO SENIOR CYCLE MUST NOW FOCUS ON LEAVING CERT SUBJECT CHOICE



or the second year in a row the Junior Cycle exam has been cancelled and replaced with an in-school assessment. So, it's time for TY students and Transition year students, who are moving on to senior cycle to select their Leaving Cert subjects.

Students study one of three Leaving Cert programs at senior cycle. The majority prefer the traditional Leaving Cert (LC). The Leaving Certificate Vocational Program (LCVP) is similar to the traditional Leaving Cert, except that students also take three Link Modules (Enterprise Education, Preparation for Work and Work Experience). The Leaving Certificate Applied (LCA) is strongly vocational. The subject areas are more practical than academic. Leaving Cert subject selection is very important because the subjects you choose will influence your further study and career. Give this process serious consideration and decide what senior cycle subjects suit you best. Leaving Cert students usually take seven subjects. Mathematics, Irish and English are compulsory. It's advisable to study a modern language, which some third level courses have as an entry requirement.

Your task is to select three optional subjects – four if not taking a third language. Make sure that your subjects fulfil the entry requirements for your courses of interest. Many colleges also impose additional subject requirements which are course specific. It's also worth knowing that a number of third level courses use criteria of selection, such as art portfolio, interview, audition and suitability test, in addition to Leaving Cert exam points.

Six subjects are used from any one sitting of the Leaving Cert exam to calculate total points' score. The potential maximum points' score in the Leaving Cert points' scale is 600 or 625 if

Higher Level Maths is one of the six subjects counted, as 25 bonus points are awarded for Higher Level Maths for H6 or above.

Students studying the LCVP may include the points awarded for the Link Modules as one of the six subjects used for calculating points - 66 points for a Distinction (80% to 100%), 46 points for a Merit (65% to < 80%) and 28 points for a Pass (50% to < 65%).

Keep the following criteria of subject selection in mind when making your choice. Firstly, if you have a flair for a particular subject, you will get tremendous personal satisfaction from studying that subject.

Secondly, note the subjects in which you are achieving good grades. The Leaving Cert exam is a test of achievement. Grades and points determine entry to higher education. Points' potential at higher (H) level is far greater than at ordinary (O) level. For example, H3 is worth 77 points while O3 is worth only 37 points. Study as many of your subjects at higher level as you can handle.

Thirdly, select subjects you are interested in because you will work harder at those. Of all the variables that determine success at school, at college and in your career, interest is the most critical. It's likely that the subjects that interest you at school will influence your college course choices in two years' time.

Fourthly, be aware of subjects that are required for any particular career interests you may have. Each college has a system of general and specific entry requirements which you must satisfy before you are considered for a place in a particular course. For example, the minimum general entry requirements for UCC are 2H5 and 4H7/O6.

The task facing you, therefore, is to select a subject grouping that will satisfy the four criteria of Flair (aptitude), Achievement,

Interest and Required. It may help you to remember that you need to make a FAIR choice of subjects. Study the information carefully, give careful consideration to your subject choice, think about your course options and the related careers. In the end choose wisely as this is the first step on your path to college.

CHECKLIST

 \checkmark Senior cycle students take the LC, LCVP or LCA

LCVP students also take three Link ModulesSubject selection at senior cycle is an

extremely important issue ✓ Leaving Cert students normally take seven

subjects ✔Mathematics, Irish and English are

compulsory subjects V Points' potential at higher level is far greater

than at ordinary level

✓ Each college has a system of general and specific entry requirements

✓When calculating points, use six subjects from one sitting of the Leaving Cert exam

✓You will get satisfaction from studying a subject for which you have a flair

✓ Take note of the subjects in which you are achieving good grades

✓ Select subjects in which you are interested

✓ Be aware of subjects that are required for your course interests

✓Make a FAIR choice of subjects - Flair, Achievement, Interest, Required

✔ Politics &Society, Computer Science and Physical Education are new LC subjects

Billy Ryle is a Career Guidance Counsellor and Educational Commentator Email: rylebilly@gmail.com Tel: 0879808979





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> Courses are offered subject to demand. Limited places available on certain courses.

O'Sullivan's Shop help to drive the recovery



A local family who run a shop on the banks of the River Laune are donating an amazing €1,000 worth of fuel to the Kerry Cancer Support Group. The O'Sullivan Family of O'Sullivan's Beaufort Bridge are delighted to support this amazing charity.

The sponsored diesel will be used to fuel the Health Link Transport vehicles to hospitals

in Cork and Limerick. Extra services are now being provided on these routes to insure physical distancing in line with guidelines due to Covid-19.

Kerry Cancer Support Group was established in 2007 and has been transporting the people of Kerry and West Cork to hospitals in Cork and more recently Limerick for their cancer treatment since 2010. Their motto is that "No one should face their cancer journey alone" and having covered up to 35,000 appointments in the past 10 years they hope that they are living up to that. They also provide information and support to families experiencing cancer and to schools and groups in the region with their different campaigns.

"We are delighted that O'Sullivan's have chosen us as their local charity. The past year has been a very anxious one for the charity and our service users but we have made the adjustments and are happy to say we have stayed on the road throughout. Knowing that locals support us always gives everyone a great boost and we stop outside the shop every day so their sponsorship means a great deal", Breda Dyland, Manager of the Kerry Cancer Support Group told Killarney Outlook.

O'Sullivan's Beaufort Bridge Shop is a family run shop, service station and hardware business situated on the N72 at the bridge over the River Laune, which is the gateway to the majestic McGillyciddy Reeks and Gap of Dunloe. They also provide fishing information, fishing permits and have an adjoining seated picnic area on the river bank and are open 7 days a week. The shop has been providing a free delivery service to its customers throughout the Covid Pandemic.

The Kerry Cancer Support centre at Maine Street in Tralee is very welcoming and people are always encouraged to drop in to discuss anything relating to their journey. Unfortunately, due to Covid we can no longer have an open-door policy so our centre is appointment only at the moment and we always have someone at the end of the phone who is able to help and take peoples details, reassure them and give information. Call 0667195560 for information.

Would you like to become a Friend of Recovery Haven Cancer Support House?

As charities across the country struggle to deal with the devastating impact of Covid19 on their fundraising efforts, cancer support charity Recovery Haven Kerry is calling on the public to pledge their support to a new initiative they hope will help stabilise their finances in 2021 and beyond.

The Friends of Recovery Haven initiative is offering businesses and individuals the opportunity to make Recovery Haven Kerry their charity of choice by making a one-off donation or weekly contribution via standing order. The weekly amount is completely at the person's discretion, but for those who choose to donate a minimum of \in 5 per week (or \in 250 per annum) the Revenue Commissioners operate a Charitable Donation Scheme which sees Recovery Haven receive an additional \in 112.33 from that donation.

Equally, if a company opts to donate €250 or more in a year, that company can claim a tax deduction, as if the donation was a trading expense. There is a four-year time limit for making a claim under the scheme. According to Recovery Haven Kerry manager, Siobhan MacSweeney, the aim of the scheme is to ensure a steady source of income in these uncertain times when most planned fundraising efforts have ground to a halt indefinitely.

"Over the past 10 years, the financial support we have received from the people of Kerry and beyond has been wonderful, and for that we thank them sincerely. But with the future still so unsure due to Covid19, charities across the board are looking at new ways to help secure a steady income and we hope this new scheme will help us do that." Recovery Haven Kerry offers emotional and psychological support to cancer patients, their families and carers through phone support, counselling, complementary therapies, courses, classes & group activities. All services are offered free of charge and are administered by recognised professionals. In 2020 the charity provided support services for 683 individuals, which included 660 counselling sessions and 826 attendances at our classes, groups and support programmes."This is an extremely challenging time for charities everywhere, so if people are in position to support our Friends of Recovery



Recovery Haven's assistant manager, Sharon Villa.

Haven scheme and help us continue to offer vital support to cancer patients and their families across Kerry, we would be so grateful," she said. To register for this scheme please phone 066 7169055/ 087 7657742 or email: marisa@ recoveryhavenkerry.com after which the relevant documentation will be sent directly to you to complete. Alternatively, you can download the forms at www.recoveryhavenkerry.com and return them to Recovery Haven Kerry, 5 Haig's Terrace, Tralee, Co Kerry.



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The OKI Signature Beef Burger C9

- 6oz Cronins Beef Burger, Slow Cooked Beef Brisket, Smoked Cheddar, Bacon, Tomato, Pickles, Dried and Fried Onions, OKI Burger Sauce & Relish (1,3,7,10,12)
- The OKI ¼ Pounder Burger €7
 - Cronins X Pounder, Bacon, Cheese & Onions, OKI Burger Sauce (1,7,12,3)
- Loaded House Nachos €8
 - Chilli Beef, Mozzarella Sauce, Tomato Salsa, Jalapenos, Guacamole & Sour Cream

Hand Cut Fries €4

House Fries with OKI Seasoning (1)

Garlic n' Cheese Fries €5

 House Fries, Melted Cheese, Garlic Sauce & OKI Seasoning (1,7)

The OKI Southern Fried Chicken Fillet Baked Mozzarella Pitta Pocket (v) C6 Loaded Potato Skins (v) C10 Burger C8 • Crumbed Mozzarella, Hummus, Pickled • Chilli Beans and Quorn, Toma

 Katsu Curry & Southern Fried Chicken Fillet, Smoked Cheddar, Lettuce, Ruby Slaw, Sriracha Mayo (1,3,6,7,9,10)

Miso & Bourbon Glazed Pork Ribs C12

House Fries & Kimchi Slaw (1,6,7,11,12)

Glazed Chicken Wings & House Fries €10

07

 Sriracha, Hoisin & Sesame Glazed Chicken Wings & House Fries

Kiddies €5

- Chicken Nuggets & House Fries (1,3,7)
- Fish Goujons & House Fries (1,3,4,7)

BBQ Pulled Pork Fries €7

 Chorizo, Smoked BBQ Sauce, Dried Onions & Melted Cheese (1,6,7,12) Crumbed Mozzarella, Hummus, Pickled Red Cabbage, Tomato Salsa & Harissa Mayo (1.3,7,9,10,11)

Gourmet Hot Dogs & House Fries C10 Killarney Beer Battered Fresh Fish of the

- BBQ Pulled Pork, Cronins Pork Sausage, Sauté Onions, Chorizo Jam, Cheese & Mustard Mayo (1,3,7,10)
- "Sloppy Joe"-Chilli Mince, Cronins Pork Sausage, Tortilla Chips, Sour Cream, Cheese, Spring Onions & Jalapenos (1,3,6,7,10)

Signature Loaded Taco Fries €7

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

Spice Bag Seasoned Fries C5

Cheese (1.3.7)

Day €13

 With Katsu Curry, Fried & Dried Onions (1,9,10)

 Chilli Beans and Quorn, Tomato, Avocado and Onion Salsa, Sour Cream, Yeast Flakes &

 House Fries, Tartar Sauce & Mushy Peas (1,3,4,12)

V (Vegetarian) VG (Vegan) Allergens: 1 Gluten, 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts, 6 Soybean, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame, 12 Sulphite, 13 Lupin,14 Molluscs



Don't forget to try our "Heat @ Home-Friday Family Feast"

This is a weekly changing two course "Heat @ Home" style menu serving a family of 2, 4 or more. Menu is available to view each week on our social media channels.

If you would like to avail of this experience then please place your order by Wednesday of each week, you may contact us by private message on Facebook/Instagram or by email at info@therusticpantry.ie

Collection will then be available from 5-8pm on Friday's from The Old Killarney Inn, Aghadoe V93 NW52

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Mike Kelly – a Kerryman at heart with a passion for great communication.London-born actor and coach with a life-time of visits to Ballinskelligs, South Kerry

Mike is delivering outstanding 1 to 1 sessions to more and more people in the Killarney area who need more confidence and consistency when they have to speak in online meetings and presentations.

How a love of live events led Mike to Communication Coaching

At the heart of what I do is communicating well under pressure. Those times when there is a little more at stake and it's not enough to just say stuff, we have to deliver.

Mike's journey into the world of effective communication began 25 years ago when he earned a place at the prestigious London Academy of Music and Dramatic Art (LAMDA).

'This is where I really learned about being at your best when all eyes are on you, those 'spotlight' moments. Preparation, how to deal with nerves, being laser-focused in the build-up to a performance. I also learned how to breathe!'

Mike's three years at LAMDA led to roles in London's West End and numerous TV and film credits including Silent Witness for the BBC, The Martian with Matt Damon and a cameo with Daniel Craig in one of his early films, A Kid In King Arthur's Court.

'I made the discovery 10 years ago that so much of what I do is transferable to the work-place and have never looked back. For the past year I've flatout coaching virtually. I think even with the easing of restrictions these virtual platforms are here to stay. So it just makes sense to feel really at ease and confident with our online presence. A huge bonus is how much of my coaching will also help when people return to face to face speaking and presenting.'

How does this help you?

10 years on and Mike has coached thousands of people around the world. I could never have dreamt how impactful, enjoyable and empowering this work can be.

The camera can suck the life out of us if we let it. We can lose our personality, our energy and this damages our legacy.

These enjoyable sessions change all that.

Contact Mike at : mike@speakthespeech.co.uk





Spoil Mum This Mother's Day With A 'Plaza At Home' Experience

Say Thank You With Afternoon Tea

The Killarney Plaza Hotel & Spa have launched a gorgeous range of gifts and experiences to celebrate Mother's Day at home this March. Available now on The Plaza at Home – the hotel's online shop features a collection luxurious products and offerings, carefully curated to bring a touch of elegance and luxury to you and yours.

THE PLAZA MOTHER'S DAY AFTERNOON TEA

Dust off the fancy china and air your finest linen for a bounty of sweet and savoury treats, that will leave Mum feeling spoilt silly with a decadent Mother's Day Afternoon Tea Experience to savour at home this March.

Don the gladrags and say thank you with a stylish afternoon featuring a seasonal menu that celebrates the land including Baked Limerick Ham Sandwiches, Prawn Brioche Rolls, Brie & Honey Toasted Focaccia, Traditional Irish Scones, Battenberg Cake, Peanut Butter & Jelly Opera Cake, After Eight Macaroons and so much more! All served with a selection of superior leaf tea and the option of adding a bottle bubbly.

Starting from €50 for 2 people sharing, the Plaza at Home Mother's Day Afternoon Tea is available to order from the 20th of February until the 14th of March.

To book visit www.plazaathome.ie. Orders can be collected at your preferred time or delivered directly to your door within a 10km radius.

CREATE YOUR OWN GIFT ONLINE WITH THE PLAZA AT HOME

If you won't get to visit your Mum in person this Mother's Day, why not say thank by sending her a surprise 'Plaza at Home' experience or gift box to brighten up her day. Visit plazaathome.ie to browse the wide range of gift options available including the 'Ultimate Mother's Day Experience'

Featuring Afternoon Tea for 2 with a Killarney Plaza Branded luxurious robe, scented candle, bespoke Mother's Day signature Cocktail Kit, Decléor skin care kit and a bottle of Veuve Clicquot NV Champagne for \in 219

Our Bespoke Mother's Day Cocktail Kit: Mother Knows Best.

The bubble filled 'Mother Knows Best' is harmoniously fruity, while still giving that orange citrus kick.

Allow mother to kick back and relax in the evening with this Dingle Vodka based concoction: flavoured with Mandarin Aperol, homemade pink grapefruit syrup, fresh orange, orange tinctures and agave, finished off with sparkling prosecco.

- 1. Add Ice
- 2. Shake
- 3. Top up with prosecco
- 4. Sip
- 4 exquisitely themed cocktails with two snipes of prosecco for €32



THIS MOTHER'S DAY

BY EXPERIENCING

PLAZA AT HOME

The Plaza at Home Mother's Day Afternoon Tea is available to order from the 20th of February until the 14th of March. Classic Afternoon Tea for 2 people sharing | Starting from €50

Visit plazaathome.ie to browse the wide range of Mother's Day Experiences available. The 'Ultimate Mother's Day Experience' Includes a Luxurious Plaza Branded Robe, Candle, a bespoke Mother's Day Cocktall Kit, Decléor Skin Care, Afternoon Tea and Champagne.

> visit PLAZAATHOME.IE or call +353 (0)64 66 21111 DELIVERY AVAILABLE WITHIN 5KM

Kerry County Council to receive funding of €2,110,112 for Housing Adaptation Grants - Griffin

Kerry County Council will receive exchequer funding of €2,110,112 to provide home adaptations for older people and those living with disability and mobility issues, Deputy Government Chief Whip, Brendan Griffin TD has said.

Deputy Griffin said, "I am delighted that my colleagues, Minister of State for Local Government and Planning, Peter Burke TD, and Minister for Housing, Local Government and Heritage Darragh O'Brien TD have announced a €75m fund for Housing Adaptation Grants for Older People and People with a Disability.

"These grants are important as they help our older citizens and those with disabilities and mobility issues in Kerry to remain living independently in their own homes for longer should they wish and will also facilitate early return from hospital.

"The grants are 80% funded from the exchequer by the Department of Housing, Local Government and Heritage, with 20% funding from the relevant local authority.

"Kerry County Council will have a combined total of €2,637,640 to support people in Kerry with the repairs and other adaptations



Application Form - Housing Adaptation Grants for Older People & People with a Disability

they need to live in their homes, which is most welcome. Grants of up to €30,000 are available to help people with a disability in carrying out works required to make a house more suitable for their needs, up to €8,000 to assist older people to have necessary repairs or improvements carried out and up to €6,000 for mobility aids. Deputy Griffin concluded "These grants can help create employment opportunities for builders and businesses in Kerry and help reduce the dependency on our health services by supporting independent living for as long as possible. "Minister O'Brien also stated that while the current shutdown in construction activity remains in place,

people should know that housing adaptation works can continue with the consent of the homeowner and once public health guidelines are adhered to."

Announcing the funding, Minister Burke said, "I am pleased that funding for our Local Authorities to administer this scheme has been increasing year on year since 2014. This shows the importance that is attached to the scheme and the Government's commitment to older people and those with a disability.

"These grants have an huge impact on the quality of life of the many beneficiaries and play a vitally important role in helping people with a disability and people who are reaching an age in life when they are less mobile, to continue to live independently in their own homes.

"As Minister of State with responsibility for housing for older people and people with a disability, I am fully committed to assisting individuals to stay in their own homes and within their own communities for as long as possible and these allocations today will facilitate this goal for many" he concluded.

Churchtown Burial Ground, Beaufort

Councillor Michael Cahill has again warned that Churchtown graveyard in Beaufort is close to full capacity and that an alternative burial ground must be sourced as a matter of urgency.

"Churchtown must now be very close to full capacity and it is a source of deep upset to many residents, that their final resting place may have to be outside of their own parish, due to a difficulty in sourcing additional suitable ground for the purpose of burials" stated the Fianna Fáil man.

"And this week, that upset was made even worse by the flooding of pathways and a Elasting solution" added Councillor Cahill.

number of graves in the Burial Ground due to heavy rainfall" said Councillor Cahill.

"I have raised the matter of flooding at a meeting this week with Council Engineers and Officials and requested that they bring forward proposals as a matter of priority that they believe may unlock a solution to this problem. The flooding problem in Churchtown and the issue of acquiring suitable lands has to be addressed as a matter of priority" stated the Rossbeigh based Councillor.

"This affects everybody in Beaufort and a concerted effort must be made to find a



LOOSEHORSE LOOKING FOR QUIZ APPLICANTS



LOOSEHORSE

Applications are now open for a new family quiz for RTÉ called Home Advantage and the company behind it are looking for participants from Kerry.

The guiz is called Home Advantage and works with one player in studio and the rest of the family playing along from home, this really is a team game!

You don't need to be a hard-core guizzer either. If everyone in the family knows a little, it might be enough to win a lot ... because there is a top prize of €5,000 up

for grabs!

So whatever your "family" is why not get in touch with us and find out more about taking part in the newest quiz on Irish TV! To apply: loosehorse.submit.com

The teams consists of 2 adults and 2 children. Children must be between the ages of 9 and 16. One adult will be playing in studio, while the rest of the team will play from home. Teams must be members of the same household.



ENROLMENT 2021/22

KILCUMMIN NATIONAL SCHOOL IS CURRENTLY ENROLLING FOR SEPTEMBER 2021.

Please contact Kilcummin National School by email at kill43163@gmail.com or by phone on 064 6643163.

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PLEASE CHECK OUT OUR WEBSITE AT WWW.KILCUMMINNS.COM FOR MORE INFORMATION ALSO.

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Open Monday to Thursday from 8am to 9am and 2pm to 6.00pm and on Friday from 8am to 9am and 2pm to 4.30pm.

The service is open in line with the Kilcummin National School calendar.

If you would like to find out more please contact Jennifer O'Sullivan on 087 9663770.



Fossa N.S

10 12

There was nothing but smiles for the pupils at **Fossa National School** when they returned to school this week. The Senior Infants had a busy week baking lemon drizzle cake, going for a Spring nature walk along The Fossa Way as well as morning play!



ATTENTION FARMERS, LANDOWNERS & PROPERTY OWNERS

Are you using an unregistered right of way to access your lands? Do you have a water supply or septic tank outside your registered lands? Are you aware of the implications of the land and conveyancing law reform act 2009?

Did you know the deadline to register your right of way / easement is the 30th of November 2021

Register your right of way

We are now taking appointments for

March / April surveys

FOR FURTHER

INFORMATION

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72 Main Street, Macroom, Cork



DONATE A CALF FOR FOR CANCER In Memory of John

Just over a year ago John McGrath and Erin Stack were young and in love and looking forward to building a life together in their beloved North Kerry. Sadly, a tragedy that is all too familiar for far too many Kerry families intervened and John was diagnosed with terminal Oesophageal Cancer in January 2020. He was admitted to Palliative Care in University Hospital Kerry under Dr Patricia Sheahan.

Over the course of a long and challenging year, John battled his illness with a courage, compassion, and humour that would surprise no-one lucky enough to know him. Erin was by his side through it all and often heard speak his invariable saying in regard to the great care he received in the Palliative Care Centre - " It's great to have it, bad to want it".

John had always planned to do an annual fundraiser for the Centre, having experienced first hand the extraordinary difference they



make every day. Unfortunately it wasn't to be, as John slipped away in January, just a year after his initial diagnosis.

After the initial surge of grief, Erin wanted to celebrate as well as commemorate John by carrying out his wish for another fundraiser to try and help others who were facing the same situation he had. Among the close-knit Kerry farming community that had supported the pair and their families right from the start, the idea of 'Donate A Calf' was born.

"We are asking farmers to bring their chosen calf or calves to the Listowel Mart on March 24th and donate the sales proceeds made to Palliative Care. The Mart has very generously agreed to forego any charges for these sales. The calves will be sold in their own section. This appeal is targeted towards securing as many calves as possible so that as much funds can be raised to keep this service," explains Erin.

"If there are non-farmers out there that would

like to get involved, and we know all too well that cancer touches everyone, we are strongly encouraging them to get involved and get in touch. Even if it's just for a talk or a bit of support on either side, we'd love to hear from them.We all know that fundraising has been decimated because of covid, but I can tell everyone from first hand experience that this service remains absolutely vital for so many people in the community. I'd like to thank everyone who has given us all so much help, support, and encouragement in this important fundraiser, most especially Barney O'Connell and everybody at the Listowel Mart. It means an awful lot to all of us".

"Hopefully on March 24th we can celebrate John's life and make a difference for many others at a time when they most need it."

For more information, please get in touch by email at info@donateacalf.com or by phone at 087 1755324

KNOW when to self-isolate or to restrict your movements



-Dr Anne Sheahan backs an interagency campaign from the HSE, an Garda Siochana, Cork City Council, Cork County Council and Kerry County Council.

The public can help to turn the tide on Covid-19 in Cork and Kerry in the

coming weeks by knowing when they should selfisolate or restrict their movements.

That's the message from acting Director of Public Health for the region, Dr Anne Sheahan, who is backing an interagency campaign on the importance of self-isolation or restricting movements when needed. The joint campaign comes from the HSE, an Garda Siochana, Cork City Council, Cork County Council and Kerry County Council. Dr Sheahan explained that there's been a slow but steady drop in the number of cases of Covid-19 in the region in recent weeks, and there's now a key opportunity to drive the infection rates as low as possible.

"We need to reiterate our message about staying at home in all cases if any of the following apply: • If you're concerned about any symptoms, stay at home and contact your GP

• If you're waiting for a test, or for the results of a test or of course if you have a positive test, then you must stay at home

• If you're the close contact of a case – stay at home • If you're a case yourself – you need to stay at home, and stay in your own room." Dr Sheahan added:

"I understand how difficult this can be, and that in particular self-isolation can be difficult. However, the work we are putting into testing and tracing cases of Covid-19 and contacts of people who have Covid-19 is only one part of the puzzle. The people we test and trace must stay at home and where appropriate, stay in their rooms."

Dr Sheahan added that the Department of Public Health HSE South still occasionally encounters cases where someone is phoned with the news that their Covid-19 test is positive, and they have been out and about in public places between being referred for a test and getting that result.

"You may feel fine and have no symptoms, but as soon as you are referred for a test you and your household must stay at home. The people we contact who have positive results and who have not done this often feel incredibly guilty, as they may well have been spreading Covid-19 unnecessarily. Almost everyone receives a test appointment within 24 hours now, and results are sent back to you as quickly as possible. So please, for the sake of one or two days, self-isolate once you have been referred for a Covid-19 test. Don't put yourself in a position where you have unknowingly spread the virus. Don't be the one to pass it on. "This week's campaign from the HSE, an Garda Siochana, Cork City Council, Cork County Council and Kerry County Council aims to remind the people of Cork and Kerry that although self isolation or restricting your movements can be very difficult, they are absolutely key to keeping rates of Covid-19 under control.

Self-isolating means staying in your room, and this applies to anyone:

- Waiting for a Covid-19 test appointment.
- Waiting for the result of a Covid-19 test
- With a positive test result
- Or With any symptoms of Covid-19.

Meanwhile, restricting your movements means staying at home, and all agencies are stressing the importance of the entire household staying at home when once one member of the household has tested positive for Covid-19. You will be advised by the HSE how long you need to stay at home for.



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there is always a reason to le source the second se





Pupils at Glenflesk National School were all smiles when they saw the balloons and gifts that greeted them on their return to school this week.



Senior Infants students & teachers Marie Westlake & Maire Murphy, were delighted to return to The Holy Cross Mercy School in Killarney, oday after twelve weeks due to COVID 19 restrictions. Photo: Sally MacMonagle



Junior Infants students Amelia Burke, Nathan Moloney Murphy and Alexndra Halinik all aged 5, were delighted to return to The Holy Cross Mercy School in Killarney, today after twelve weeks due to COVID 19 restrictions. Photo: Sally MacMonagle



Senior Infants student Connor O'Brien, along with classmates Katie Maudling and Juno Hussey were delighted to return to The Holy Cross Mercy School in Killarney, today after twelve weeks due to COVID 19 restrictions. Photo: Sally MacMonagle



All smiles.....Jennifer Cahill & Mick O Connell married in Muckross Church last Friday photo credit Lovestory.

SEND YOUR REASON TO SMILE TO: news@outlookmags.com





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Detached 3-4 bedroom two storey residence on elevated site, with mountain/lake views from first floor. The property whilst requires modernisation offers the purchaser the opportunity to finish to own requirements. Excellent location, convenient to Killarney National Park/Loreto National School.

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The Skinny Baker

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



This weeks its blondies and they are so easy to maket

Blondies Ingredients

250g plain flour 1 teaspoon baking powder 1/2 teaspoon salt 300g light brown sugar 2 eggs 2 teaspoons vanilla extract 100g white chocolate chips 125g Raspberries lcing sugar for dusting

Method

- 1. Pre heat oven to 180 fan
- 2. Line a square tin with parchment paper

3. Sift together the flour, baking powder and salt in a bowl and set aside

- 4. Mix the butter and sugar together until smooth
- 5. Add the eggs & vanilla and mix until smooth
- 6. Add the flour, baking powder and salt mix into

the wet mixture and mix 7. Add the white chocolate chips and half of the

raspberries 8. Spoon the mixture into the tin and smooth it out, press the remaining raspberries into the mixture 9, Bake for 35 minutes, leave to cool down and remove from the tin, cut into Squares and dust with icing sugar.

HAPPY BAKING EVERYONE



Spicy Rice Noodle Soup

Ingredients

- 2 tablespoons oil2 cloves garlic crushed
- tablespoon fresh ginger grated
 heaped teaspoons Thai red curry
- paste
- 1 can coconut milk
- 1000ml vegetable stock
- 250ml water
- (Squeeze lime juice and chopped fresh coriander to garnish)



Method

Heat oil in pan add garlic, Thai red curry paste and ginger fry for 2 minutes. Add vegetable stock, coconut milk and water and bring to the boil. Add your rice noodles and simmer for about five minutes until noodles are soft. Put your noodle soup in a bowl and give a squeeze of lime juice over it and sprinkle some fresh coriander to garnish. This is such a tasty lunch and so quick and easy to make.

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


MONEY MATTERS.

By Dermot Cronin, Financial Advisor



When Can You Access Your Pension & What Are Your Options When You Want to Retire?

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

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FORGIVENESS

Last week we discussed Compassion, and an essential component of developing Compassion is forgiveness. Forgiveness is not a behaviour as such, more of an internal state of being and feeling. Something has happened to cause us to feel resentful, angry or bitter towards someone else. When we feel wronged, hurt or even betrayed we have a negative feeling towards someone or something. We know from many faiths, psychology and life in general that this baggage of negativity harms us more than anyone else, because we carry it!

The first step of forgiveness is learning to let go, as these negative feelings stand in our way of solving problems or finding a healthy way to change. It really is not simple nor easy to let go that negative feeling, but if we can understand that it releases us more than the other person it would be an excellent start. We are attached to that anxious hurt and negative internal feeling, and by releasing that negative emotion we can think more clearly and thus it allows us to be able to respond to the situation rather than just react blindly.

By forgiving, it is almost like climbing up an emotional ladder or flying above our emotional river, so that we can get some distance or perspective on those feelings and emotion. Once we forgive, we can get perspective of the emotions by feeling without getting overwhelmed, then we can learn emotional signals. By doing this we can calm down and use our logic to respond.

In order to forgive, we do need to understand ourselves better, we need to learn to deal with our raw, almost primitive feelings. Elizabeth Kubler-Ross who has written about and worked with grief for many years said that the root of all emotions is fear. These feelings of fear lead to out-of-balance anxiety and a sense of resentment which can in turn lead to aggression rather than a healthy reaction.

Many people confuse forgiveness with forgetting, or condoning or excusing offences or wrongful behaviour. It does not obligate us to reconcile with the person who harmed us, or release them from legal accountability. Instead it brings the forgiver peace of mind, freeing us from corrosive anger or other negative feelings. In this way it empowers us to recognise the pain we suffered without letting that pain define us, enabling us to heal and move on with our life.

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

SouthWest Counselling Centre, Killarney is open and providing attardable professional telephone and online counselling to pavents, adolescents and adults during the Covid 19 cmis at its Killarney Centre (Lewis Road).

Contract 064 6635415 or Email: Info@southwestcourselling.ie Registered Charity No: CHY 14775.

SouthWest Comparing Centre is a not for-profit organization. All funds raised through fundiciping are for pervice provision 'Learn the importance of selfcare'

5. Do not over stretch or rub eyes,

rays and reduce risk of skin cancers

6. Wear sun factor daily to lessen aging

7. Experiment with facial exercises for

the eye area to increase muscle tone

8. Take regular 5-minute breaks from

your computer screens to rest your

9. Take skin supplements to enhance

your skin from within including your

Choosing an eye cream is difficult as

you may need some or all the following,

antioxidants, vitamins, AHA's, protein

peptides, stem cells, retinol.

result for your condition.

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Get good advice to get the best

this skin is delicate

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eyes

eves

loreen at What Women Wants gives you ome **beauty tips** while you are staying It home during Covid-19

Prevent Aging Eyes Never too early to start - Part 2

The skin around your eyes ages 5 to 10 years faster than the rest of your face therefore it needs special attention. Eye creams are formulated with smaller molecules to enhance penetration, while respecting the delicate eye area. They can have both immediate and long-term benefits from instant brightness and smoothness to a revitalized and lifted result.

To help prevent aging eye

1. Remove eye makeup carefully with a specific cleanser

2. As puffiness stretches the skin leading to bags and lines, reduce it byAvoiding heavy face creams around your eyes

• Reducing salt intake and drinking enough water

• Clearing your sinuses with saline solution or similar

• Elevate your pillows to help lymphatic drainage

3. Get sufficient sleep to prevent dark circles and tired eyes

4. Wear sunglasses to prevent squinting

which causes lines



HERE ARE OUR SIMPLE TIPS TO STAY POSITIVE AND HAPPY - PART 2

• Help others

Volunteering or doing charity can boost your spiritual health and give you internal peace. Buying a big house and cars will not increase your overall happiness in the long run. Contributing to the betterment of the people will also make you realize how much fortunate you are than others.

Researchers found that when we dedicate a little time or money in helping others, this has a significant effect on our happiness. This is because our total focus will be on how you can give or be of service to others and paying less attention to negative people and things around you.

Go outdoors

Nature always gives us positive energy and helps us think positively. In today's busy world and desk-bound jobs, it has become impossible to go out and spend some time with nature. Spending some time outside in good weather will increase your energy, boost your mood and help you work efficiently. If going out isn't an option, you can always surround your workplace or home with plants.

Meditation

Meditation will improve your focus, attention, clarity and will keep your mind calm. It keeps you from getting stressed out and keeps you happy in the long run. It is beneficial for both the body and mind.

Meditation helps you to concentrate and pay attention to the present and accept it without judging. It is useful in forgetting about the past and not worry about the future.

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.



Embrace what you CAN control, let go of what you can't

The Pandemic has made many people feel powerless and out of control. The mind always loves to know the outcomes and solutions of a situation, however, sometimes it is not possible to know the answers. This can cause great anxiety for many people as their minds keep focusing on what is not known.

Follow these three top coaching tips for what you CAN control and let go of what you can't.

1. You can control how you respond to a situation. You always have a choice in how you CHOOSE to feel. 2. You can control your habits, patterns and behaviours. Many people have been feeling triggered by the events of lockdown and have found that they have been eating or drinking more to help them to get through this time. Even the smallest change will have a great effect when you begin to change your habits or behaviour.

3. You can control where you place your attention. Are you spending hours looking at the news and feeling dismayed by what you see or are you reading your favourite book or focusing on things that make you feel good?

When we take charge of the things that we can control it increases our sense of autonomy and moves us away from feeling powerless. This boosts our sense of wellbeing, positivity and health!

www.instituteforbodyconfidencecoaching.com

DENTAL AND **GP PRACTICES**

side effect of the Covid -19 pandemic, GP and Dental practises in the county are not presently in a position to take on any new patients with Medical Cards, according to a Kerry County Councillor.

Constituents have been in contact with me advising of this dangerous situation and are in a sheer state of panic wondering how to deal with their health issues" Councillor stated Michael Cahill. "I have been contacted by individuals in Killorglin, Cahersiveen, Killarney, Dingle and other parts of South Kerry who are extremely angry in regard to this matter. One East Kerry mother said it was unbearable to watch her 7 year old daughter suffer. We are talking about people who can not afford Private Health Insurance and in many cases people that are not in a position

It appears that as another to pay a Doctor or a Dentist" said Mr Cahill.

> "The HSE need to immediately advise how this situation came to pass and what solutions can now be put in place" stated the Fianna Fáil man.

> "If you or your loved ones have health issues, you are entitled to be seen by the appropriate Health Professional and the HSE must ensure that this is the position" said Councillor Cahill. "This is another stress and strain that does not need to be landed on the shoulders of an already over burdened public" said the Rossbeigh based Councillor.

> "We need immediate assurances that everybody's needs will be seen to and seen to now" stated Councillor Cahill. "There is no point in having a Medical Card if you can not use it" he added.

Health for Mind&Body 🛇 🍪 🗇 🗸

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RATHMORE GNEEVEGUILLA

>IRD DUHALLOW HOME INCENTIVE SCHEME

There are home insulation grants available through the Sustainable Energy Authority of Ireland (SEAI) for homeowners whose properties were constructed prior to 2006. These grants are to assist the home owner upgrade their home in an affordable manner and help save thousands of euro over the lifetime of the home. Works carried out include attic and cavity wall insulation. Grants of up to €850 are available to qualifying households. IRD Duhallow will carry out a free survey on your property to determine what works can be funded. To apply, contact Colm Crowley or Joanne O'Connor on 029-60633 or email whs@irdduhallow.com

▷SENIOR ALERT SCHEME

Personal Monitored Alarm IRD Duhallow delivers the Seniors Alert Scheme in Cork and Kerry. It enables older persons (65yrs+) to continue to live securely in their homes by providing them with a free personal monitored alarm and pendant. The alarm is supplied & installed free of charge with one year's monitoring. To apply, contact Joanne on 029-60633 or email whs@irdduhallow.com

>RATHMORE GAA

It is that time of year again.

It is time to renew your Yearly Lotto Ticket and join the RED CIRCLE.

This year we have the option for you to provide your information and make your payment (€90) on-line. If you cannot make the payment on-line then you can pay by cash or cheque. Contact Donal @ Washbasket 087 3552021 or George 087 7448954. The first draw will be on the 8th March and the cut off time will be 8.00pm on that night for entry for the signed Kerry Jersey by our two Kerry Captains.Thanking you for your support and best of luck.

≻KILLARNEY LIBRARY

Is currently closed due to Covid-19 Level 5 restrictions. A range of free online resources are available to all members 24 a day on www.kerrylibrary. ie. These online resources include eBooks, AudioBooks, digital magazines, digital newspapers, digital comics, eLearning for up to 500 courses, and language learning for up to 100 languages. eBooks and AudioBooks can be downloaded directly from the Kerry Library website using a PC/ laptop. For members using an iPad/iPhone or Android tablet/phone, the BorrowBox app will need to be downloaded to the device from iTunes/ Google Play Store. To keep up to date with online activities, all patrons can follow us on Facebook (KerryLibrary) and Twitter (@KerryLibrary).

≻COVID VACCINATION CLINIC

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

≻SYMPATHIES

Carmel O'Sullivan (nee O'Sullivan) RIP (Carhomeengar, Kenmare, and formerly of Ballaugh, Killarney, May she rest in peace.

>COVID-19 SUPPORT LINE FOR OLDER PEOPLE

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID19. Professional staff are available to answer queries and give advice and

reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024. Rathmore parish 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.

≻COVID-19 UPDATE

The new Covid regulations will remain in place until March 5th 2021.

1. 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. 2. Updated guidelines on Funerals Attendance at funerals is to be restricted to 10. We too look forward to when that number can be increased.

3. 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. 4. 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.

5. 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.

6. 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.

► GNEEVEGUILLA COMMUNITY DEVELOPMENT COUN CIL GNEEVEGUILLLA BASKETBALL CLUB

had our weekly draw for our Share the Bucket on Friday evening 27/02 /21. The Jackpot was€331.This weeks winner is This weeks lucky winner is Tom Carmody who won €331. Congratulations to Tom this week's jackpot winner. Guaranteed winner every week, go to our Facebook page to find out how and where you can play. REMEMBER if YOU are not in you can't win. https://www.facebook.com/gneeveguilla a/Draw takes place every Friday eve @8:30 pm on Facebook live

>MEALS ON WHEELS

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

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







Apply with cover letter and CV on or before March 12th to: Scamps & Scholars Childcare Centre, Langford Street, Killorglin, Co. Kerry or at <u>info@scampsandscholars.ie</u> / Tel: 0669762525

FOSSA

>CHILD WELFARE COURSE

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

≻STAY SAFE

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

>COVID-19 CLUB SPECIFIC GUIDELINES

Club Games and Training

In level 5 and under the current restrictions, individual training only is permitted – neither adult nor underage teams may train collectively. 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 back this weekend tickets available from Foleys Spar Fossa and usual sellers this weeks jackpot is €10,050.

≻LADIES

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

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

≻BIRTHDAY WISHES

A very happy birthday to club member Micheal Talbot who celebrated a special birthday recently.

▶WEDDINGS CELEBRATIONS

Congratulations to Former senior player and selector Mick and his wife Jen O'Connell on their marriage last weekend we wish you many years of happiness.

>CONDOLENCES

The club would like to pass on our condolences to the Nora and the family of Mike Kelliher (Musician) brother of (Patie) Lismongane. Member of our winning 1970 under 16 team, and a regular participant in Scor and Tops of the clubs. May he rest in peace. Also to pass on to the family of Colette Flynn (née Tarrant) Barleymount West, and late of New Street, Killarney. May she rest in peace.

The club would also like to extend our sympathy to Sheila Kelliher Gap Road on the death of her brother Patrick O Shea Shanacashel Glencar. Also to the family of Jonathan Bassett Countess Road Apartments and Aghadoe, Killarney, may they rest in peace.

GLENFLESK



>NATIONAL CLUB DRAW 2021

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

►BACK ON TRACK

The walking track is back open after the extensive flood damage from earlier this week. A fresh surface was installed around the entire track. Many thanks to the grounds committee and other club members who undertook the work and to lan Roche, JR Spares, Pat Lucey, Pat Doherty and Brendan Brosnan who provided and operated the machinery and trailers. All pitches remain closed until further notice.

>BARRADUFF COMMUNITY FIELD ORGANISATION

Barraduff Community Field Organisation are giving you the chance to win a 3-bedroom 2-storey detached dwelling house in Barraduff, Killarney, Co. Kerry worth €270,000 for just €100.

Limited number of tickets here >

www.winadreamkerryhome.com

Imagine, living the country life, being part of a vibrant local community with the ability to work from an office or a hot desk in Barraduff, with a relatively short commute to Cork or Limerick. It truly is the Dream Home.

Plus, the house is not the only prize - there is a 2021 car and eight other prizes including a \in 1,000 hotel voucher, \in 1,000 cash, new furniture valued at \in 1,000, hotel vouchers and spending money as well as other cash prizes and 1000l of home heating oil.

≻KILLARNEY LIBRARY

Killarney Library is currently closed due to Covid-19 Level 5 restrictions. A range of free online resources are available to all members 24 a day on www.kerrylibrary.ie. These online resources include eBooks, AudioBooks, digital magazines, digital newspapers, digital comics, eLearning for up to 500 courses, and language learning for up to 100 languages.

eBooks and AudioBooks can be downloaded directly from the Kerry Library website using a PC/laptop. For members using an iPad/iPhone or Android tablet/phone, the BorrowBox app will need to be downloaded to the device from iTunes/Google Play Store. To keep up to date with online activities, all patrons can follow us on Facebook (KerryLibrary) and Twitter (@ KerryLibrary).







MID KERRY PHARMACY HAVE A VACANCY FOR A SHOP ASSISTANT

Computer skills preferable
3 Day Week

Please send your CV to PO BOX NO. 8, Outlook Magazines, Walsh Colour Print, Tralee Road, Castleisland, Co. Kerry.

KILCUMMIN

≻COMMUNITY ALERT

Kilcummin Community Alert would like to offer their sincere sympathies to the O'Connor Family, Milleen on the sad passing of their parents Pat and Ciss. Pat was a member of Community Alert for many years and also held the role as Secretary for a number of years. May they rest in peace.

►VACANCY

A vacancy presently exists on the Kilcummin C.E Scheme for an Assistant in a Thrift Shop/Coffee Shop in Killarney town. It is for 19.5 hours per week. This is a development opportunity and no experience is necessary as full training is provided. For confirmation on your eligibility contact your local INTREO office or the C.E. Supervisor on 086-1579381.

If interested please forward your CV to Kilcummin Rural Development Office, email info@kilcumminparish.com

≻KERRY ETB

Kerry Education and Training Board, Community Education Programme in Partnership with Social and Health Project (SHEP) are again offering the ReConnect Programme. This online course aims to support the Community and Voluntary sector in Kerry (paid and unpaid) in this extraordinary time. It will take place on four Mondays mornings March 22nd and 29th and April 12th and 19th from 10.30am to 12.30pm. To register for the course please go to the website www.fetchcourses.ie. using the course code 325814. For further information contact Michelle Anne Houlihan at mhoulihan@kerryetb.ie

≻KERRY ETB

Kerry ETB Community Education Programme is organising a short course "Sugar Free Living" The course is aimed at adults with diabetes and people who care for a child/adult with diabetes. To register for the course please go to the website www.fetchcourses.ie course code 325794.

>COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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

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



BEAUFORT

SYMPATHY

Sympathy is extended to the Coffey family, Graune on the passing of Peggy Coffey.

>SPORTS PREDICTION QUIZ

Thank you to everybody who took part in this year's quiz.

Thank you to all the quiz sheet sellers. Updates will be given after each event.

≻NEW REFEREES' COURSE

A new G.A.A. referee online course will be held in March. If anybody is interested in doing the course, please contact the Club at 087 9975737.



KEEL GAA CLUB

CLUB EXECUTIVE 2021

President: John Hilliard, Chairperson: John Ladden, Vice Chairperson: William Evans, Secretary: Dónal Ashe, Assistant Secretary: Linda Flynn, Treasurer: Rachel Hilliard, Assistant Treasure: Aidan Benson, PRO: Ailís Murphy, Assistant PRO: Tommy Griffin & Jason Foley, Children's Officer: Orla Nolan, Chairperson of Coiste na nÓg: PJ Ryan, Secretary of Coiste na nÓg: Mary T Murphy, Coaching Officer: Sean O Dowd, Registrar: Brian Prendergast, County Board Delegate: Ian Foley, Mid-Kerry Board Delegate: Dónal Ashe, Mid-Kerry Board CCC: Noel Murphy, Scór Officer: Julie Grey, Alcohol & Substance Abuse Prevention (ASAP) Officer: Mike Murphy, Health and Wellbeing officer: Mike Murphy, Field Maintenance Officers: Jason Foley, Noel Murphy, Colin Clifford & Ian Foley, Oifigeach Gaeilge: Ailís Murphy. If you would like to get involved in the club at any level, please contact one of the officers.

MY LIFE EVERY STEP COUNTS CHALLENGE

10,000km completed! Thank you to everyone who is took part in this challenge. It was great to see so many of our community involved. **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.

PITCH

We would like to remind all our members and local community that due to the current GAA guidelines that the field remains closed.

MILLTOWN/

CASTLEMAINE

CLUB LOTTO

Next Draw – Tickets are available at all the usual outlets for our next draw which will take place on Friday 5th March with the Jackpot Prize of \in 12,600. Many thanks to you all for your continued support of our Clubs Fundraising Lotto.

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GOOD LUCK

The very best wishes to all the students, teachers, SNAs and school staff returning to the classrooms tomorrow (Monday, March 1st 2021).

We hope that everything will continue to improve and all the students will fill our classrooms once again in the coming weeks.

COISTE NA NÓG

Our juvenile teams are busy training ahead of the return to football hopefully in the not too distant future. Teams are busy with 2km time trials, pick up challenges and much more.

This Sunday evening, February 28th our U11 Boys Team had their team meeting and fun quiz. A big thanks to Garry Murphy and his coaches for arranging the quiz and especially to Liam Doherty for once again doing a fantastic job of organising

NÓTAÍ CULTÚRTHA & TEANGA

Dia dhaoibh gach duine. Caitríona Uí Dhuinneacha anseo, is mise Oifigeach Gaeilge agus Cultúrtha nua an chlub. Ba mhaith liom buíochas a ghabháil leis an gcoiste sa chlub as an deis iontach seo a thabhairt dom agus táim ag súil le bualadh libh go léír chomh luath agus is féidir linn.

Hello everyone, Catherine Dennehy here, I'm the club's new Cultural and Irish Officer. I'd like to thank the Club's Committee for giving me this wonderful opportunity and I'm looking forward to meeting you all as soon as we are able.

Anois tá Seachtain na Gaeilge ag tosnú inniu. Dar ndóigh mar is eol daoibh, leanfaidh sé níos faide ná seachtain. Cé nach mbímid in ann bualadh le chéile i mbliana bímid ag cur na Gaeilge chun cinn sa chlub le linn an tréimhse. Ba mhaith liom gach duine agaibh, óg nó aosta, a spreagadh le páirt a ghlacadh sa cheiliúradh. Beidh na sonraí, chomh maith le nascanna d'acmhainní

a great quiz. With the sun shining down on Paddy Burke Memorial Park this afternoon we hope that a safe return to football for all of our players will not be too far away.

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CONDOLENCES

Everyone at Milltown/Castlemaine GAA Club wishes to offer their sincere condolences to the family of Noreen Griffin, who passed away yesterday. Our thoughts and prayers are with Noreen's husband Tom, who is our club president, and the entire Griffin family.Noreen and her family have been involved with the club for many years -always willing to give their time and assistance. Noreen's grandchildren continue to play with the club at various levels. We are thinking of you all at this sad time. Ar dheis Dé go raibh a hanam.

2021 NATIONAL GAA CLUB DRAW

ExtendedThe National GAA Club Draw has been extended. To be in with a chance of winning make sure to purchase your tickets before May 1st 2021. There are some fantastic prizes up for grabs including: Renault Clio Car / An All-Ireland Final Package incorporating two Premium All Ireland Final tickets / A two night stay in the Croke Park Hotel / A variety of cash prizes up to €2,000. To keep in line with guidelines to help reduce the transmission of Covid-19, in particular our contacts with people, we are making the tickets available online. Tickets can be purchased by clicking on the following link https://www. idonate.ie/raffle/Milltown-Castlemaine-Draw at a cost of €10 each. The draw will take place on 4th June, 2021. With the proceeds from tickets sold going directly to Milltown/Castlemaine GAA Club. We would like to thank you in advance for your valued support.

OTHER NEWS

Check out our club website on the link below: https://www.milltowncastlemainegaa.ie/ If you have any old photos or stories relating to the history of Milltown/Castlemaine GAA we would love to hear from you. Please email us on milltowncastlemaine2012@gmail.com éagsúla le fail ar mheáin shóisialta an chlub le linn na coicíse seo chugainn agus is cuma cén leibhéal Gaeilge atá agaibh, tá suíl againn go mbeidh rud suimiúil ann le gach duine.

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Now Seachtain na Gaeilge begins today. Indeed, as you know it will last more than a week. Even though we cannot meet up this year we are promoting Irish in the club throughout. I would like to encourage every one of you, young or old to take part in the celebration. The details will be available on the club's social media during the coming fortnight, along with links to various resources and we hope that no matter what level of Irish you have there will be something of interest for everyone.

SPA GAA CLUB NEWS

REGISTRATION

Spa GAA club registration for 2021 is open online through spagaa.com. Any adults (over 18) who want to be included in the club text messaging system please contact the PRO on 0851216359 or pro.spa.kerry@gaa.ie.

CONDOLENCES

Our condolences to the Devane family on the passing of Siobhan Devane RIP, Ventry. Sympathies also to the Cronin family on the passing of Noreen Cronin RIP, Tiernaboul. May they Rest In Peace

CONGRATULATIONS

Congratulations to Batty O'Sullivan who has won €16,000 in the Killarney Celtic club lotto recently. ANNUAL CONGRESS

The GAA welcomed a new President at the weekend and we wish Larry McCarthy, New York GAA, the best of luck as he takes over from John Horan. Congratulations to Kerry's John Joe O'Carroll from Asdee GAA who has been elected as a Trustee of the GAA and to Willie O'Connor, Kerins O'Rahillys GAA who has been appointed to the National Appeals Committee. Motion 17 last weekend also saw an end to Kerry's involvement in the All Ireland Junior Championships, with the new Junior Championship format seeing the two finalists in the British Championship play New York GAA and Kilkenny GAA in a four-team semifinal line up.

CONGRATULATIONS

Congratulations to John Clifford from Laune Rangers GAA who received the GAA President's Award for his lifelong commitment to the GAA.

NO UPDATE ON RETURN TO PLAY YET

Announcement from GAA in response to the national Living with Covid plan outlined by government last week: "As you will be aware by now, the Irish Government yesterday published their "Covid 19: Resilience and Recovery 2021" plan. There is no immediate change for

GAA | AROUND THE COUNTY

sport outlined in the plan and as per our last communication to you, it is clear that no on-field activity will be permitted - even at inter county level – until Easter at the earliest.

We will be seeking clarity on certain aspects of the provisions on sport in the new Government document and while the document does envisage the return of inter-county games at Level 4 and of some club games in Level 3, it remains impossible to plan a revised Master Fixtures calendar for 2021, as there is no indication at this point of when these Levels may kick in. The exercise is further complicated by the need to align our plans with whatever is permitted by the NI Executive for Counties and clubs in that jurisdiction.

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

The next signpost on the road for society is likely to come in the week leading up to Easter. We will again communicate directly with Counties and Clubs at that point and once Government make clear whether they see any further relaxing of restrictions (for example allowing inter-county training or games) being permitted.

We also want to assure you that we will publish a revised National Fixtures calendar at the earliest possible opportunity.

We thank you again for your patience and understanding of a very trying situation and we look forward with optimism to the resumption of GAA activities at all levels later in the year.

Is mise, Sean O hÓraín & Tomás O Riain" SPA LOTTO RESULTS 22/02/21

Numbers drawn: 8, 19, 24, 26. No winner and Lucky Dips receive €50 each to Gerard Cronin, Knockmanagh; Maura Kennedy, Listry; Adam Herlihy, Cumeen and Niall O'Connell, Online. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €6,800. Tickets are on sale online on spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

GOOD LUCK

Best of luck to all students, teachers and school staff returning to the classroom this week.

LIDL SUPPORTING LADIES GAA

Lidl Ireland are encouraging clubs to support their ladies teams by collecting stamps on the Lidl app each time you spend a minimum of \leq 30 in store. Just download the LidlPlus app, select your club and start collecting! Open from February 15th until April 10th, and each time you spend min. \leq 30 and scan your app at the till, you will receive a digital stamp. Once six stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total. Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to \leq 5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

ITEMS FOR NOTES

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

DR. CROKES GAA CLUB

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draw took place on Monday February 22nd numbers drawn were 3 8 14 25 JACKPOT €5,000 was not won. 6 patrons Matched 3 numbers and receive €70.Geraldine Tagney c/o Larry, Eddie Tatler, Mark & Pat Clifford, Assumpta O`Donoghue, Daragh & Philip Stack Colm Tracey Jackpot for draw on March 8tht will be €5,000

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

CHELTENHAM BUSTER 16TH -19TH MARCH

€1, 500 entry fee €20. Pick a horse in each race on 4 days of Cheltenham Festival. If your horse wins you get 10 points plus the number of points for SP of your horse. 6 points for second 3 points for 3rd. enter online by text, whatsapp or by returning your card to Vince Caseys office before 11.30pm on each day of racing. Further info Vince 0872461599 Conor 0874075766. Daily updates onhttps://member.clubforce.com/tickets m. **MEMBERSHIP** Registrations asp?LL_ID=734 now open...This is a reminder that Dr. Crokes GAA member registration is now open for 2021 season. If you want to register and cannot remember your password, please click the "Reset Password" button and follow the steps.

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

You can register online using the link below... Here's looking forward to a successful 2021 for us all...! https://member.clubforce.com/ memberships_cart_m.asp?LL_ID=734&intMF_ ID=7826#Anchor.

We are appealing for members to download app on their phone as this will be the main means of communicating going forward. If possible if registering more than one member you give individual phone and emails. (for communications).

LAST MAN STANDING

we had a tremendous entry for this fundraiser thanks to all who participated. 3 participants remain Sean Collins, Anton O`Callaghan, and Der Brosnan.

DR. CROKES SHOP

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

VIRTUAL ST. PATRICKS DAY PARADE

We are looking for 10 to 15 second video clips of our juvenile members (or senior members, if you are brave enough) in club and national colours to put together a virtual Dr. Crokes' St Patrick's Day Parade on our club media platforms on 17 March. So, get inventive and submit your video clips through WhatsApp to 087 955 4831. Then, sit back and enjoy our Dr. Crokes' St Patrick's Day Parade to be aired early on our National Festive Day. FAMILY Fun Competition in the next few weeks we will be running a fun competition all ready committed to participating are Colm & Mark Cooper Fionn and Cilian Fitzgerald Tony and Steve Brosnan Micheál and Mickey Joe Burns. Áine and Leah McMahon. Further detail to follow. HEALTH & WELL Crokes' Health & Wellbeing Club-Phase 3

We can't go to Croke Park in person, but all of our members can link-in there. They are planning several initiatives for clubs such as ours and it is all going to be free.

FIRST UP IS THE-----

GAA MUSEUM VIRTUAL BOOK CLUB

You can still learn more about Gaelic Games and the history of the Association by becoming a member of their new virtual GAA Museum Book Club. Each month the GAA Museum team will choose a well-known GAA book to read and review. At the end of the month, the museum will host a free online interview with the author, in which you can submit questions and comments. The ambition of the book club is to review some of the great GAA books and to give us all a muchneeded sporting boost as we stay at home.

You can find out more and how to get involved via the following link: https://crokepark.ie/bookclub It is a simple sign-in and away you go then;

I have already asked Croke Park to consider featuring excellent GAA books written by Dr Crokes' members.

1 How to play Gaelic Football published in 1914 Author Dick Fitzgerald

2 King in a Kingdom of Kings (2008) The biography of Dick Fitzgerald. Author Canon Tom Looney .Any queries, you may contact me. Eamonn Fitzgerald r Crokes' Health & Wellbeing Club-Phase 3 .We can't go to Croke Park in person, but all of our members can link-in there. They are planning several initiatives for clubs such as ours and it is all going to be free.

First up is the.... GAA MUSEUM VIRTUAL BOOK CLUB

I have already asked Croke Park to consider featuring excellent GAA books written by Dr Crokes' members.

1 How to play Gaelic Football published in 1914 Author Dick Fitzgerald

2 King in a Kingdom of Kings (2008) The biography of Dick Fitzgerald. Author Canon Tom Looney.If you have any queries, you may contact Eamonn Fitzgerald fitzgeraldfam48@gmail.com 0876298606

To whom it concerns and/or applies check into the Croke Park

FEBRUARY WELLBEING CALENDAR

Irish Life Health have developed a Calendar of



resources for February, with a Focus on Women's Health & Cancer Care, it is available to view and download here:

WorkLife-February-Wellbeing-Schedule_Health. pdf (irishlifehealth.ie

PLAYERS INSURANCE 1. Because all GAA activities are discontinued at the moment any claim for injury is unlikely to be entertained by the Player Injury Fund Administrators if sustained during personal training activity or during other training before clubs are given the green light to resume activity by GAA Headquarters. Until then all players must understand that they participate in training activity at their own risk.

2. Heretofore the Player Injury Fund could pay injured players €300 per week for 26 weeks in respect of Loss of Wages. All clubs have now been notified by GAA Headquarters that for the moment and the immediate future Loss of Wages Claims WILL NOT be paid.

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. SYMPATHY to former hurler Johnny Dunphy on the recent death of his father Tom and to underage hurler and footballer Charlie Keating on the death of his uncle Mikey Callaghan. Ar

dheis Dé go raibh a n-anamacha dilis.

BALLYHAR-FIRIES GAA

2021 MEMBERSHIP

Membership fees for 2021 are now due and everyone is advised to register as soon as possible. For 2021 and going forward all membership registration will be online. Follow the links on our social media accounts. Alternatively, you can make contact with Club Secretary Kevin Cronin, Peter Costello, Paudie O'Sullivan Hurling or Fiona Walsh or any club officer/ Mentor or Member and they will be able to give you further details. All players must be registered before playing or training. Membership will be live from March 1st. Family Membership - €100

Adult Member - €55

Adult Player - €65

Juvenile - €30

Student (over 18) - €40

Due to challenges associated with club finances through Covid-19 we would request that members consider participating in the Club Lotto which is the key fundraising platform for the club. **COACHING RECRUITMENT 2021**

Our club is delighted to introduce our new coaching recruitment and selection process for 2021. This process ensures coaches recruited by Firies Football, Hurling & Ladies Football Club adhere to best practice guidelines adopted by the Club, thus safeguarding our players, coaches and the Club in an inclusive, safe and developmental environment. In accordance with best practice guidelines, our club extends invitations to interested participants to apply for coaching positions for all codes within the club; Football, Hurling and Ladies Football. Any queries regarding same may be directed to emailfiriescoistenanogchairman@gmail.com. Our cub recognised that we have a responsibility to children, young people and their parents/ quardians to ensure that our coaches are selected. supported and trained to fulfil their roles in a careful, sensible and effective environment.

LOTTO

Lotto results from Monday 1st March Numbers drawn were 3, 12, 23, 24 No jackpot winner .5x €30 Patricia Riordan, The Castle, Firies Denise O Sullivan, Gerah, Farranfore Margaret Kelly, Farranfore Mary B O Sullivan, Killeagh Helen Healy, c/o butch Congrats to all our winners The next draw will take place on Monday 8th Thanks to everyone who purchased a ticket and don't forget to get one for next week!! Get your lotto tickets online via the Firies page on Clubforce or tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Firies, Hendersons Shop and Bar Firies and from all the usual sellers. We thank these businesses for their continued support. Thanks you all for your continued support.

FIRIES GAA WEBSITE

The Club is in the process of getting the website updated and this is a call out to all club members who may have any old photos, match reports, Club History pieces or any other information relevant to the club. If you would like to see this information on the club website, could you please email it to pro.firies.kerry@gaa.ie.

FIRIES GAA GETS THE GREEN LIGHT FOR NEW FACILITY

Firies GAA are excited to announce that Kerry County Council has granted planning permission for playing pitches at their facility near Firies village. The club which is in existence since 1962 has seen an explosion of growth over the past 10 years. The club has 550 members, 300 of which are juveniles. The club adopted the "One Club" model in 2020 and now includes over 200 female members with ladies football teams up to minor level. Firies also has a vibrant hurling club catering for juvenile hurlers in the mid Kerry hinterland. Last week Kerry Country Council granted planning for a facility at Ballinvarrig, Firies which includes two grass pitches. The plans also include for a community walking track which takes in part of the old Farranfore to Valentia railway line. Club chairman Tom Kelliher said this is great news for the club. 'While Páirc Eamonn in Farranfore will continue to be our main pitch, this new facility will facilitate the growing numbers of underage players across all codes'. Mr Kelliher said there is just not enough space or time slots available at Páirc Eamonn for the huge numbers now at the club and training for youth teams is suffering as a result. He acknowledged that planning is just the beginning of the process and said there's a long way to go in terms of raising funds for the pitch. The chairman said this past year has been very difficult for everyone, but today's news gives the community in Firies a ray of hope for the future. Mr Kelliher said the facility has the support of local community groups and he looks forward to stepping up fundraising for the new training facility as soon as Covid restrictions are lifted.



13,000 reasons to smile.... Congratulations to Elaine O'Shea Murphy, her daughter Shannon and husband Mike who recently won the Rathmore GAA Club lotto. The all important cheaue for €13.000 presented by Rathmore G.A.A chairperson Bernie Reen

🚳 GAA I AROUND THE COUNTY

EAST KERRY GAA NEWS

By Michael O'Mahony

Condolences to the following families who recently suffered bereavements.

The Devane, Cronin, O'Connor and Daly familes on the passing of Siobhan Devane RIP, Ventry. Siobhan is grandmother of James Devane Spa goalie. Noreen Cronin RIP, Tiernaboul. Mother of Mossie Cronin former spa player. Pat & Nora O Connor RIP Kilcummin & the family of Baby

Lily Ellen Daly RIP Firies , neice of former Kerry footballer Donal Daly.

Ar dheis De go raibh a anam GAA MUSEUM BOOK CLUB GETTING IRELAND'S ADULTS COVID-VACCINATION READY

The Irish Gerontological Society held a public lecture on Wednesday the 17th of February in an aim to boost uptake and increase the efficacy of the HSE COVID-19 vaccine rollout. They are asking that people spread the word about this event among older family members, friends and networks which is available to view here:

COVID Vaccination Ready | Irish Gerontological Society (irishgerontology.com)

GAA Museum launches new virtual Book Club A GAA Book a month up for discussion

While it's not possible to visit the GAA Museum or it's Library & Archives in person right now, you can still learn more about Gaelic Games and the history of the Association by becoming a member of their new virtual GAA Museum Book Club. Each month the GAA Museum team will choose a well-known GAA book to read and review. At the end of the month, the museum will host a free online interview with the author, in which members can submit questions and comments. The ambition of the book club is to review some of the great GAA books and to give us all a much-

needed sporting boost as we stay at home.

Books will vary each month and will include histories, biographies, autobiographies and memoirs - all of which are selected from the museum's own library. Members can make suggestions for upcoming books too via the website. To become a member, sign-up on www. crokepark.ie/bookclub

The first pick is one that's close to the heart of the GAA - 'The Bloodied Field' by Sunday Times journalist Michael Foley. In this publication from 2014, Foley recounts the story of Bloody Sunday and the shootings in Croke Park that changed history. The book is described as a 'deeply intimate and detailed account' where Foley tells the personal stories of those killed, of the police and military personnel involved and of all the families left shattered in the aftermath of the day. For those who don't own or can't borrow a copy of the book, the GAA Museum Gift Shop is offering a 20% discount on The Bloodied Field for the month of February. You can purchase at the reduced rate on www.crokepark.ie/Shop/The-Bloodied-Field The next book will be announced on Friday 5th March. The Book Club aims to raise awareness and celebrate the GAA Museum Library & Archive - the national repository for the GAA's records, archives and publications. Its mission is to collect a copy of every book published by the GAA and every book written about the GAA. The GAA Museum and its archives house almost 20,000 items in its collection. Readers, researchers and students can access the archive in Croke Park by appointment when it's safe to do so. Until then you can search the archive on crokepark.ie/library Sign up now to join fellow book lovers and GAA enthusiasts and get reading. For more information and to become a member, visit crokepark.ie/bookclub.

LEGION GAA

Killarney Legion have been selected to represent Kerry in the LIDL One Good Club Programme in partnership with JIGSAW. We are looking for volunteers to help out. No football experience needed. The Programme is made up of simple actions aimed at boosting your mental health and wellbeing. The steps include 'Connect', 'Be Active', 'Take Notice', 'Give' and 'Keep Learning'. We plan to carry these actions out through events and campaigns. For more information click: https://ladiesgaelic.ie/Igfa-hub/clubs/lidl-onegood-club/ If you would like to get involved in this club initiative, feel free to message the page. **MOTHERS & OTHERS**

Our Mothers n Others are taking part in this Irish Life challenge! Follow the steps below, Join up as part of the Killarney Legion Team! Get involved. Just tap on the following link:

http://web.mylife.irishlife.ie/challenges/5fdb47d 213498020d97e3bbe?lc=en_IE

COVID 19

In these times there is a group of volunteers to help with shopping/odd jobs if you need help. Ring in confidence 0877766551 if you need us. **CONGRATULATIONS**

Congrats to senior player Darragh Doherty's grandparents Seamus & Noreen who celebrated a golden anniversary at the weekend, Congrats from all at Killarney Legion.

Kerry Racing News

Jack Kennedy might have expected more on the day but no doubt was happy to leave Fairyhouse with a winner on Monday. He suffered a reversal when soundly beaten on the Gordon Elliott-trained Showbusiness at the beginning of the session but got on the scoresheet when another odds-on favourite Folcano obliged in the opening division of the two-mile and three-furlong maiden hurdle. Kennedy had to work hard on the 4/9 favourite which got the better of the Peter Croke-trained Carrig Rock by a neck.

Kennedy rode one of Elliott's two winners at Thurles on Thursday. Jamie Codd won the hunters' chase on Jury Duty and Kennedy was on board the impressive Grand Paradis which won the Grade 3 Markaye Contracts Ltd Michael Purcell Memorial Novice Hurdle in clear-cut fashion. Owned by Andrew Brown and Gemma Brown, the 7/2 shot was out on his own before the final flight and beat John Kiely's Goodbye Someday by all of 13 lengths.

Kevin Brouder won the two-mile handicap hurdle at Naas on Sunday on the Charles Byrnes-trained Light Brigade. He just lasted home on the five-year-old to beat the Ross O'Sullivan-trained Bythesametoken by three-parts of a length at odds of 4/1.



Jack Kennedy (red cap) and Folcano got the better of Carrig Rock to win at Fairyhouse on Monday. PHOTO: PATRICK MCCANN/RACING POST



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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

SOCCER Killarney Players Sign for New LOI Team

The League of Ireland's new season has seen a lot of clubs look towards youth and junior players to build up their challenges (a model, frankly, that should be the basis of the League in future), and two Killarney players will be making the step up next season when they line out with Treaty United of Limerick in next season's First Division. I mentioned in last week's column that I liked the look of Treaty United (essentially the former Limerick FC, with Tommy Barrett returning as manager, a well set-up Markets Field in the city as their home ground, and an impressive sprinkling of experience in their squad); I had no idea at the time that the club would have such close links with Killarney!

Back in 2010-13, Chairman Noel Brosnan and manager Karl McMahon led Killarney Celtic to three out of four Premier titles. A key figure on that team was the captain, Brian Spillane, and he continued their run of success when he took over the mantle of manager. They have now won three Kerry Premiers in a row and a whopping five Greyhound Cups on the trot (as well as their second Munster Champions Trophy last year), while coaches like Ramona Keogh have gone on to higher things at a national level. Circumstances may have forced the under-funded LOI and Junior Soccer scene to form closer links (there used to be a strong disconnect within the FAI between the various strands of Irish soccer), but it looks a far healthier model to me.

Shane Lowth was a feared predator in Killarney in juvenile soccer, but as a visitor and a highly respected threat rather than part of the native fauna - he played with very strong Kingdom Boys team back then (now affiliated with Tralee Dynamos), and his pace and blistering shot saw him as a regular top scorer in the juvenile leagues while Killarney Celtic were beginning to dominate on the senior front. His link to Killarney is fairly recent - he played for Celtic last year, having joined from Tralee Dynamos, and that one troubled by covid, but he finished it with a league and cup double. The now 23 year old from Ardfert took an unusual route after that. He played with a number of LOI clubs like Limerick (the fore-runner of Treaty United he will not be in unfamiliar territory next year), where his brother Darren joined him in 2016, and Cobh Ramblers. With things getting tighter



Newly signed soccer player, Matt Keane pictured with Evan Looney and Paul Sherry (Chairman) at Celtic Park with the FAI Junior Cup. PICTURE:MARIE CARROLL-O'SULLIVAN

in Irish soccer, the brothers took the brave step to join Kidderminster Harriers in England's National League North. Shane is a physically strong player with a superb shot and a wealth of diverse experience at this level that should suit both him and Treaty.

If Shane Lowth is a relative newcomer to Killarnev Celtic, Matt Keane is the exact opposite. The popular schoolteacher from Kilcummin has been a stalwart of Celtic's senior team from a very young age and integral to a lot of the senior team's recent success - he won the Aidan Cronin Memorial Award (Club Player of the Year) in 2020. Matt is a central midfielder who – and I'm referring to playing style here, not any foolish hyperbole – plays like a young Roy Keane. Box to box, tenacious tackle, quick and very accurate passer, strong shot, and a very prolific goalscorer (Matt has a knack of coming up with the winning goal on the big days!). He is also a dual player of note, having played an integral role in Kilcummin GAA winning an Intermediate All Ireland in Croke Park in 2019. Matt is also a highly respected and successful coach at juvenile and youths level (he guided Celtic Youths to the title last year), further proof if it was required of his game intelligence.

Playing with Treaty United is obviously a massive opportunity for both Matt and Shane to bring their game to the next level (or return to it, in Shane's case). But I think it's fair to say that having players of this calibre step up to the challenge in their jersey is a great opportunity

for Treaty United as well.

Obviously, guite a few of us will be hoping to follow Shane and especially Matt's progress here was finally some good news for LOI fans on the viewing front. Thanks to RTE generosity (they'll pay full production and profits will go direct to clubs - it's astonishingly generous, in fairness), WatchLOI will be continuing for 2021, reversing its initial cancellation after a disappointing 2020. Moreover, the showing of the Womens' National League (for free) and the First Division on a new AI platform, LOITV, will correct an obvious imbalance in last year's coverage (frankly, the Premier was over as a contest long before it finished) by showing First Division and Ladies' matches (I'm delighted that Vera Pauw has signed a new contract as Irish manager, by the way; I think she is brilliant with limited resources).

The relegation of Shels and Cork City (they are a very young team this year – maybe too young), plus the addition of Treaty United, actually makes this year's First Division much more intriguing than it's big brother for me; the Premier looks all too eminently predictable. That said, I think Shamrock Rovers (Robbie Keane, while waiting for his FAI contract to be sorted out, has been a volunteer coach with them in recent weeks) will have it much tougher than people think. Dundalk are the obvious challengers, but there are a few dark horses in there as well.

GAA PRESIDENT'S AWARD FOR LAUNE RANGERS' STALWART

If you wanted to embody the Laune Rangers club, you would find one name recommended to you straightaway by everybody for the role – and you wouldn't look far beyond him once you met John Clifford. He played for Laune Rangers from garsoon to greybeard on the field, lining out as a senior player in four decades. He won medals along the way – a Mid Kerry Minor in 1968, captained them to a Novice County in 1970, Mid Kerry League and Championships in '73 and '83. A small enough haul of medals, you might say, for such long service. And if so, you'd be missing the whole point of a GAA club.

Being a part of Laune Rangers isn't a part of what John Clifford does; it is a part of who he is. If his contribution on the field was impressive, it was almost a triviality compared to what he meant to the club (a term synonymous with community in cases like this). He has served in umpteen officer roles, plenty of which were carried out with unseen endeavour and excellence. He has been Delegate to the Mid Kerry and County



John Clifford pictured watching the U10 Parish League in 2019.

Boards, he is the current President of Bórd na nÓg in the club, and he played a big role when Kerry hosted the National Féile in 2016. Every adult in Laune Rangers – or far beyond – would know John Clifford. More impressively, so do the children.

Our own Seán Kelly introduced the GAA President's Awards (Gradaim an Uachtaráin) in 2004 as a way of recognising the simply enormous contribution of people on the



John Pictured in 2018 at the Central Region Final with his grandson Cian.

GAA Congress Decisions

There were 37 motions put forward, and almost all passed fairly comfortably (the idea of a TMO was rejected). I'll be honest; it raises questions about the robustness of the debate and the strength of the democratic process. The most exciting moment was an exchange between our own Sean Kelly MEP and John Horan regarding the designation of GAA as non-elite - honours evren and kudos to two sincere and passionate men. The biggest changes are the introduction of a split season next year (it passed without a murmur), the effective ending of the current Junior Football Championship, penalties and sun bins for denying goal-scoring opportunities, no joint captains, 13-a-side games where necessary, no maor foirne, limit on number of clubs in county championships, and dead balls moved forward in the case of interference with the taker.

Most of the changes would hardly shake pebbles. But the introduction of a split season? That one will shake the ground! I'll be up front; I'm in favour and have been for the bones of two decades; the inter-county behemoth has been chewing up the club game for years now and choking fixture schedules – change had to happen. But it comes with risks, most especially will the GAA public buy into it? Watch this space, I guess!

Kerryman Appointed as Trustee

New Yorker Larry McCarthy's installment as Uachtaráin CLG (he originally hails from Bishopstown in Cork), replacing John Horan, who handled a very challenging tenure very well, was obviously well flagged. Less so, but a brilliant move, was the appointment of Asdee's John Joe O'Carroll as a Trustee of the GAA for a three year period. I have had many dealings with John Joe during his long service as a County Board Officer, an absolute gentleman and a tireless worker on the ground. As already mentioned, Patrick O'Sullivan, the popular former County Chairman, has stepped down from his role as Club Chairman (very few people have given this much dedicated service to club and county) to become Central Council delegate. Willie O'Connor of Kerins O'Rahillys, meanwhile, the former County PRO, will be a member of the incoming President's Central Hearings Committee. I wish all of the new incumbents the best of luck in their roles.

Divisional Changes in Kerry

Kerry's District Board Review Committee reported to the County Board and as a result, there have been some changes to the dibvisional structures in Kerry. Most significantly, the Tralee and St. Brendans District Boards have agreed to appoint a Competitions Control Committee from both divisions in order to streamline fixtures - the two are very closely entwined and include a fairly strong hurling presence; hopefully this three year move will help streamline quality games, especially at juvenile level. The ratification of Kenmare Shamrocks, Kilgarvan, and Tousist from the former Kenmare District Board to East Kerry passed easily enough last year, but the mooted switch of Templenoe is proving more traumatic. To be honest, it's one thing to join a team who are favourites to retain the County Championship - and did - it's another thing to join South Kerry, especially when you are coming in against clubs who are likely to see you foremost as very genuine rivals for their beloved Jack Murphy Cup. The South Kerry Championship is contested at least as hotly as any other!

Crokes Awards Night

Well done to Dr. Crokes on a fantastic Awards Night. Despite being fully socially distanced and hosted on the club's facebook page (well done to IT Officer JC O'Shea and his hardworking crew), it had an air of genuine celebration enhanced by the club's Scór entertainers. The club, of course, had quite a year to celebrate. Their senior footballers bowed out of the Senior County Championship at semi-final stage (in what was unquestionably my Game of the Year), the Hurlers won the County Intermediate Final and have taken the step up to senior, and the Ladies won the Junior Final against Mid Kerry in another thriller.

A special presentation was made to Patrick O'Sullivan, who stood down as Chairman of the Club (Matt O'Neill now holds the chair) to take up a position as Kerry Delegate to the GAA's Central Council. I note on wikipedia that the legendary Eugene O'Sullivan was a delegate to Central Council, as well as Munster delegate and County Chairman. He also played senior for Crokes at the time – in 1904, when Crokes played Listowel, he marked Thomas F. O'Sullivan, County Secretary and also Munster and Central Council delegate!

Award winners on the night included Senior Footballer of the Year Micheál Burns, Senior Hurler of the Year Jack Lenihan, Senior Ladies Ladies Player of the Year Rheanne O'Shea, Young Footballer of the Year Cian McMahon, Young Hurler of the Year Tom Doyle, Young Ladies Player of the Year Holly Power (the three Young Players of the Year Will share the Michael Haulie Keogh Memoprial Cup), Junior Player of the Year Adam O'Shea, and the hugely popular choices for Supporter of the Year Pa O'Brien.

LADIES GAA TEAM OF THE YEAR

Louise Ni Muircheartaigh was unquestionably our best hope – she was again phenomenal in what I considered a good year to Kerry despite that honourable defeat to Cork

Senior Player of the Year: Aimee Macken (Armagh). I'd have put the house on the excellent Carla Rowe of All Ireland champions Dublin, to be honest -shows you what I know! Macken also scored the Goal of the Year against Dublin in the All Ireland semi-final.

Intermediate Player of the Year: Vikki Wall (Meath) Junior Player of the Year: Eimear Smyth (Fermanagh)

RUGBY

AIL Anniversary

This year marks the 30th anniversary of the inaugural AIL Final, in which Cork Con beat Garrowen in a cracking last game of the season in Dooradoyle to take the title in a thrilling finale. This pre-dated the play-off series, which arrived in 1998, and which I disagree with in any sport – a league should be a test of consistency; let the vagaries of championships have the peaks and troughs. Play-offs bring glamour and revenue, but don't reward a whole season. Kerryman Donal Lenihan was centre that day before going on to greater things with both Ireland and the Lions, but has spoken often of his affection for the club and the AIL where the grassroots of the game live and breathe.

Six Nations

Ireland 48 Italy 10

Job done, and done well. Alright, it's a limited Italy and we all know it (30 defeats on the trot, 139 points and 19 tries conceded in this Six Nations), and quite frankly we'd get very few if any of those very poorly defended tries against any of the other teams. But we won after two defeats and we scored tries after struggling offensively. I'd have snapped your hand off for it beforehand; I've seen Irish teams lose to Italy. The hosts made a good start, but once Ringrose powered over, we were always going to push on and did so. Yet again, our biggest heroes were the trench brigade of Ringrose, Henshaw, and Beirne, with honourable mentions to Connors, Keenan, and impressive sub Casey. I'd have liked to see a bit more experimentation while the game was in some small melting pot - we really do need to start looking forward - but Farrell was under pressure and a solid win puts all questions on hold.

Wales 40 England 24

I always suspect England of under-performing to their potential and their current muscle power is going to be a massive weapon at the next World Cup. Right now, though, that prowess is surprisingly directionless. Wales themselves won their last Grand Slam with more power than precision. This year's Six Nations has been different, though, with Wales picking pockets more deftly than the Artful Dodger in Dickens' famous novel. It was howls of incredulous laughter all through from me, if



Paul Nagle who along with Craig Vreen finished fouth place in the Finnish Rally.

ye want the truth of it.

None more so than here, and it was hilarious. Wales, quite frankly, got every soft call going – somebody was finally listening to all them hymns and arias!

Actually, when England got back to level, especially with both Halfpenny and Biggar off the pitch, I was sure they would push on to the win. But Wales responded, especially Callum Sheedy, while England just effectively collapsed completely by the finish – that last try spoke of broken men.A Triple Crown for the Valleys, they deserve every bit of credit.

Refereeing

Wow, but there is wailing and gnashing of teeth in many lands! The standard of refereeing in the Six Nations was, apparently, dreadful. Yerra, there's a lot wrong with ye if that's yere biggest complaint. Should lain Henderson's try have been allowed? Ah, of course. Referee Mathieu Raynal and touch judge Romain Poite (whom I think is a great referee) messed that one up. And what's more, Raynal wasn't overly gentle in slapping down Johnny Sexton's complaints. But I'm fine with that, and I'd say Johnny is too (he spoke well afterwards and has been biter as well as bitten himself with sharp verbals on occasion).

Josh Adams first try for Wales was ridiculous. Well carved out (Biggar judged the kick perfectly, real skill), but in fairness ref! You are the one who asked England captain Farrell to talk to his team and there were water carriers on the pitch. Basically, ye have to freeze where ye are but they can keep playing? I found it funny, but it was harsh.

As for Rees Zammit and the 'knock-on'? Just no. Honestly, I knew at the time that although it was a fumble, it wasn't a knock-on (the camera angle from slightly behind him didn't help). Perfectly legitimate, albeit absolutely haunted by luck, try for Wales. But the amount of whining and complaints and outrage from English commentators? A landslide, and they are demeaning themselves. England's discipline was poor and Wales, despite all the lucky breaks, still showed enough skill, heart, passion, and guile to be worthy Triple Crown winners.

Referees are human and do make mistakes. But they were absolutely not the difference between winning and losing in any of last week's games.

MOTOR-RACING

This one is a bit eclectic; kindly indulge me. Many of you will remember quiet-spoken Eddie Jordan attending sports events in Killarney, especially GAA games. Eddie was always a popular if very low-key visitor. It is 30 years ago that the former bank official who entered Formula Three back in the early '70s, long before the slightest trace of glamour came near that level of motor-racing, decided ambitiously (most people thought he was deranged) to enter into Formula One. Drive and perseverance took Eddie right to the top of the game just as it was hitting its popular and lucrative peak.

Heading into the Belgian Grand Prix, the little Irish team was already stunning the big giants of the game. Jordan couldn't match their deep pockets and assets, but he had assembled an incredible team and he was resourceful. This winter rabbit was thriving among the hungry foxes. They were in trouble now, though, with driver Bertrandt Gachot suspended after a contretemps with a taxi driver. He needed a driver, and there was a Formula Five prodigy anxious to make his debut.

Michael Schumacher and Eddie Jordan. It has to be the most unlikely pairing in Formula One history. The partnership only lasted one race (Benetton quickly lured Schumacher to their books), and clutch problems sadly meant that Michael didn't finish on his debut. Nonetheless, memories of that 1991 race linger as testament to the power of one man's dreams.

Breen and Nagle Finish Fourth in Finland

I suppose you can't exactly say that they pulled it out of the fire, given that the Finnish Rally takes place in weather so cold that it would give the likes of Ernest Shackleton or Tom Crean pause, but Craig Breen and his Killarney co-driver Paul Nagle had to exercise every last bit of their formidable skill to finish in fourth place and put points on the board. Ott Tanak was the overall winner, having led all the way to the finish.

SNOOKER

Higgins Takes Players' Championship

A colourful character, to say the least, but noone has ever denied that John Higgins has phenomenal skill. Having been out of the limelight for quite a while, it was almost like a blast from the past having himself and the Pocket Rocket himself, Ronnie O'Sullivan, face off in a final for the first time since 1995. Higgins literally hadn't dropped a single frame right up until the semi-final, and only dropped one in that. O'Sullivan, who has dominated this competition in recent years, put it up to him, but Higgins was rampant to win the Cabot Cup on a 10-3 scoreline.



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COVID-19

Last week, the government announced its Resilience and Recovery Plan for 2021 in response to COVID-19. A limited return to school is underway however most of the remaining Level 5 restrictions will remain in effect until Monday, April 5. Ahead of this date, a further review is planned to determine whether current restrictions may be eased further from April onwards. It is hoped that it will be possible to extend the 5km limit for travel from home and permit certain outdoor activities and meetings beyond one other household. A staggered start of easing in other areas, including sport, construction and other outdoor activities may also take effect though it is important to state that no dates are confirmed. After a period of prolonged lockdown through the winter months, it is encouraging to know that we may only have a number of weeks until we can meet outdoors again. We greatly look forward to a return to the boathouse whenever possible.

GNEEVEGUILLA ATHLETIC CLUB

No winner of our lotto draw 26/02/21, numbers drawn were 7, 8, 13 & 21. Sellers prize winner Mairead Carmody. €50 Y/T prize to Helen Rahilly Reaboy, €50 to Shane Carmody Gneeveguilla, €40 to Nellie Collins Lyreacorrin, Ciaran Finnegan Gullane & Martina Gleeson Essex England. Bonus not won numbers drawn were 16, 17 20 & 21. Next weeks jackpot €17,000 plus €1,000 bonus.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 11,12,24,28. There was no jackpot winner. Match 3 winners received \in 50. The next jackpot on Monday March 8 is \in 5,400. 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.bmcsports.ie and the link can be accessed from the Killarney Celtic Facebook page. Please check our Facebook page for a chance to win Killarney Celtic gear. Following the move back to Level 5 restrictions, all activity at Killarney Celtic is suspended until further notice.

BEST WISHES

To Matt Keane and Shane Lowth who have signed for League of Ireland 1st division side Treaty Utd for the 2021 season.

DEERPARK PITCH & PUTT CLUB LEVEL 5

Following last Tuesday week's announcement it will be after Easter at the earliest now before there is a possibility of a return to play. The Committee will issue further announcements as more information becomes known.

MEMBERSHIP

Please note that when we can reopen for play that membership for the 2021 season will be due. Anyone looking for further information is asked to contact Club Registrar Margaret B Looney on 087 9265747.



Killarney RFC members Gearóid and Cathal Sugrue from 2019 Munster Rugby Summer Camp meeting Craig Casey in Killarney Craig won his first Irish Cap debuting again Italy last weekend.





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

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

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

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FOCUS ON ROSES

Every garden should leave a space for roses. The colour and scent will provide plenty of interest in your garden from early summer to late autumn. There are a lot of different classes of roses to choose from but most of the time it is the hybrid tea or floribunda roses that are usually used. A hybrid tea rose produces the showiest blooms of all roses. There is a huge range of hybrid team roses to choose from so take your time as not all hybrid tea roses are as good as each other. For example some blooms are affected by wet weather and some can be more vigorous than others so if you are going to have a mixed rose bed make sure that they are all going to grow to about the same size.

Floribunda roses: There are lots of good reasons to plant a floribunda rose even though the blooms lack the size and fragrance of the hybrid rose. The advantages of the floribundas would be the continuity of its flowering. Most floribunda roses will flower from early summer till late autumn and the flowers usually provide a much larger splash of colour than the hybrid tea rose.

Planting roses: When planting a rose, the most important thing to do is prepare the soil well as all roses are very hungry plants. Incorporate a lot of well rotted farm yard manure "horse manum" if possible before planting. When your roses are planted make sure you firm them in well with your heel as this will avoid any root disturbance later. Pruning your roses: In early spring, cut out any old wood and any stems which are damaged. The pruned surface should be white if it is brown, prune back futher. Remove any stems which rub against another so you will end up with an open centre. You can now prune about a third of the stems that are left. In the autumn you can remove dead flowers and tidy up the rose. Make sure to feed your roses throughout the growing season. *Next week I will focus on Confers.*

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with Killarney Outlook



KNOW YOUR RIGHTS

Retiring at 65 and social welfare payments

Question: : I have to retire at 65, and can't claim my State pension until I'm 66. What can I do?

Answer: Many people, under their contract of employment, you are 66.

benefit. This is paid until you reach 66 and can claim a State only available to people aged 65.

To qualify for this benefit, you must have stopped work, be If you were an employee, you must have paid at least 39 PRSI

children.

You will continue to get credited contributions while you are The quickest way to apply for the scheme is through MyWelfare. ie. You can also email forms@welfare.ie

You can read more about this new payment for people who retire at 65 on citizensinformation.ie

COVID-19 on citizensinformation.le. During the COVID-19 pandemic, you can find comprehensive integrated information online at citizensinformation excession on a tegrated information online at citizensinformation ie/covid19/ and ou can get daily updates on what's changed on Twitter at citizensierlo. You can also get information and edvice from. Tralee on T: 0761 07 7860 Mon - Fri (10am - 4pm). The Citizens Information Phone Service: Call 0761 07 4000 - Monday to Friday (Sam - 8pm) Our national call back service: Visit citizensinformation le/callback to request a phone call from an information officer.



Welcome back dear reader, personal safety is a big concern right now. Because of the virus we have entered a season where people are literally afraid of each other - cautious and fearful of catching the virus or of doing something wrong that would cause their loved ones to get sick. This is not a good way to live. People have become groomed to walk in fear by constantly listening to the news media reports.

Fear is from the devil and does not come from God. We must be careful about which spirit is controlling our lives and who is behind it. If it is faith based on the hope that shines in our hearts because of knowing what Jesus did to save us, and being led by His Spirit; then that is from God. But if we are controlled by terror and fear that paralyses it is a ploy by the devil to keep us bound in captivity to defeat and despair.

"For God has not given us a spirit of fear, but of power, and of love, and of a sound mind." (2nd Timothy 1:7). Fear is a demonic spirit that seeks a body to dwell in and operate through. It is one of Satan's greatest demons that he uses to terrorise people with. We can open a door to the spirit of fear, inviting it to come in through ignorance of God's Word. In the Scripture above, Paul the apostle reassures his spiritual son Timothy that it is his relationship with God which has empowered him to live in victory and peace, as, even though he was only a young man, the endless and unmatched power of God was living inside of him - displacing the spirit of fear. It is no different for you and I friend. Many years may have passed between then and now, but the same demonic spirits of fear still prey upon God's people. So it is up to us to learn what God's Word says about fear and about finding safety and peace to walk in the freedom that Jesus won for us at the Cross. Just as Noah and his family entered into the Ark to be saved from the trouble which came upon the earth so today we enter into the Ark of God's Son Messiah Jesus for Salvation. (Psalms 23, 27, 61 and 91; Isaiah 41:10; Isaiah 43:1-3; Romans 8:15)

Pray....Dear God; please help me understand Your Love for me, and of Your great power which delivers me from all harm and fear. I renounce the spirit of fear and instead rejoice in the power of Your love which brings me peace and stability. Lord Jesus, You are my Refuge, and my place of safety where I am shielded from trouble. Teach me Your Word so that I might live delivered from fear as I trust in You. In Jesus name I pray, amen.



E: wovkillarney@gmail.com | Phone/Text - 087 4471797

IN MEMORIAM

TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to: maura@outlookmags.com and the verse and photo you would like to include.

If it is a repeat anniversary we will have your photo and verse on file just call Maura on: **087 7160372** (*Tuesday to Thursday*)

Please include a contact name, address and telephone number.



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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 mater how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted. In thanksgiving.

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

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

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

3RD & 1ST Anniversaries & Acknowledgement

Kelly (Coolcuslough, Killarney) & HUBER (Reno, Nevada)



In Loving Memory of John Kelly Coolcuslough, Killarney WHO PASSED AWAY 5TH FEBRUARY 2018

Joan (Kelly), Adam D., Adam J. and Mikey Huber RENO, NEVADA WHO PASSED AWAY 4TH MARCH 2020

On the 1st anniversary of Joan (Kelly), Adam D., Adam J. and Mikey Huber, we wish to thank Joan's aunts, uncles, cousins and all their families, our extended families, all our neighbours, work colleagues and so many friends, who helped us cope with our sad loss. Thanks to all who joined us in a beautiful memorial mass with Fr. Niall Howard and concelebrants. To Michael O'Shea and Fr. Niall who attended Joan and her family's interment in Aghadoe Cemetary. Rest in Peace. To those who sent lovely cards, letters,

signed the condolences books, and brought food to the house. The Holy Sacrifice of the mass will be

offered for your intentions.

We remember with love, John, and Joan and her family, You are forever in our thoughts.

Rest in Peace Dear Loved Ones

Anniversary Mass on Friday 5th March 2021 at 6.15pm St. Mary's Cathedral.

Lovingly remembered by Sheila, Patrick, Kathryn, Denis, Bernie, Patsy, Grace and Marie

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