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Laura Sourke from BAKE, presents Eleanor O'Doherty with €1,000, proceeds of her Easter fundraiser for the Irish Cancer Society. Laura donated €10 from every box of cupcakes sold in memory of her mum and dad. She is pictured with her family, husband Daniel Cronin, sons, Lucas and Ciaran and Eugene O'Sullivan, Chairperson of the Irish Cancer Society, Killarney/South Kerry Branch.

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# THIS WEEK

09 : 04 : 21

Nathan's family call for donations as they reach the half million euro mark

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Aisling Crosbie.

## FROM THE EDITOR

As we marked 100 days of the COVID-19 vaccination programme this week we are enjoying longer evenings and hopefully better times ahead in the fight against the pandemic.

The people of Killarney and surrounding areas have always been generous and this week we see just how much, in the many fundraisers which were held for many different good causes.

From rowing to running and from baking to head-shaving, thousands have been raised over the last few weeks for numerous charities.

Hope you enjoy this week's Killarney Outlook.

#stayhome #staysafe #crushthecurve

## HELPFUL CONTACT NUMBERS

### COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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

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### JIGSAW KERRY

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### PIETA HOUSE

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Sunrise from Torc Mountain. The fog rolled in over Muckcross as the sun was rising.

PICTURE: Ashling Hartnett

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# Nathan's family call for donations as they reach the half million euro mark



*Sunrise - a time of hope*

Reflections at dawn...Denis and Marie O'Carroll and with their family, Aaron, Killian, Ryan, and Damien from Killarney, whose Son Nathan tragically took his life at just 14 years old in 2007, pictured at Ross Castle before last year's 'Darkness into Light' Sunrise Appeal. This year the event will take place at Sunrise on May 8th. PHOTO:VALERIE O'SULLIVAN

**H**aving raised an incredible €500,000 to date for Pieta House, the family of the late Nathan Carroll are asking everyone to come together by staying apart for Darkness into Light walk this year.

The sunrise event is going ahead on May 8th and everyone can take part in their own bubble and join Pieta and Electric Ireland for a special Darkness Into Light sunrise. This will give the gift of hope to those impacted by suicide and self-harm.

You can join in any way you can – walk, swim, bike or simply share your sunrise moment in your own unique way on 8th May in your own area in your own bubbles.

Nathan's Walk - Darkness Into Light is organised every year by the O'Carroll family from Killarney, Denis and Marie O'Carroll with their family,

Aaron, Killian, Ryan, and Damien in memory of their son and brother Nathan who tragically took his life at just 14 years of age in 2007.

Since the inception, the O'Carroll family have raised over half a million euros for Pieta House. In Killarney the annual 'Darkness into Light' walk is known as 'Nathan's Walk.'

"This year again, due to Covid-19 restrictions, we are inviting everyone to show community and solidarity awareness with those impacted by suicide by getting up at 5:30am on 8th May to share their sunrise moment and donate to [www.darknessintolight.ie](http://www.darknessintolight.ie)" Marie Carroll told Killarney Outlook.

"We would ask participants to re-use t-shirts from previous Darkness Into Light events, where possible, to reduce waste", Marie said.

"This year more than last, we need your help, so when you are registering, select Kerry and

select Nathan's Walk so the money we raise together stays together in Kerry," Marie said.

Research revealed that 1 in 5 Irish people are suffering from depression. And the need for Pieta's lifesaving services has never been greater as COVID-19 impacts not only on the nation's physical health but its mental health too. "We are so grateful to everyone who has supported Pieta over the years, and are very grateful for all your donations, which have now reached over €500,000, Marie told the Killarney Outlook.

Please donate to the sunrise appeal at [www.darknessintolight.ie](http://www.darknessintolight.ie) on Saturday May 8th, because during the darkest times, we're brighter together.

<https://www.darknessintolight.ie/.../defaultregistrationform>

*During the darkest times, we're brighter together*

*Join in any way you can – walk, swim, bike or simply share your sunrise moment.*

## ACTING SCHOOL APPLICATION LODGED



An application for planning for a Acting School has been lodged to Kerry County Council for West End House in Lower New Street, Killarney.

The site notice displayed at the premises says "Dromin" intend to change existing premises from restaurant and beauty salon to acting school in accordance with plans and particulars submitted. The premises which is a protected structure is owned by the

family of Hollywood Actor and Fossa and Killarney native Michael Fassbender. The family moved to Killarney from Heidelberg in Germany to Killarney when Michael was two years old. He was educated at Fossa National School and St. Brendan's College, Killarney. His parents, Josef and Adele ran The West End Restaurant in the premises.

Michael Fassbender has appeared in numerous Hollywood blockbusters including *Inglourious Basterds*, *X-Men*, *12 Years a Slave* and *Steve Jobs* and has had nominations for Academy Awards, BAFTA and Golden Globe Awards.



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# KILLARNEY REMEMBERS THE LATE DR VERONICA DUNNE

President Michael D. Higgins, led tributes to the late renowned opera singer, Veronica Dunne who passed away last week. "News of the death of Dr. Veronica Dunne, renowned opera singer, teacher and instigator of the Veronica Dunne Singing Competition, will have deeply saddened all those who love the power and beauty of music", the President said in a statement.

Throughout her life, Dr. Veronica Dunne captivated millions with her singing. The legacy she leaves lies in the talents of those scores of others whose talents and performances she unlocked with her enthusiasm, energy and commitment as a teacher and friend", he added.

Among those who Dr. Veronica Dunne trained was Killarney soprano Mary Culloty O'Sullivan.

Speaking to the Killarney Outlook this week, Mary said she had four great years with Dr Veronica Dunne.

"She was an amazing iconic lady who brought out the very best in me and all of her many students!

"To study with her was like winning the Lotto for any singer! She accepted only the best and you had to go through an audition process. I sang How Beautiful Are the Feet from Handel's Messiah and she accepted me straight away", Mary said.

"Her vocal exercises have been passed to all of my own students over the years and they have benefited greatly, as have I.

I am truly honoured to be a small part of her wonderful legacy. She will be truly missed by everyone throughout Ireland and beyond", Mary added.

Also paying tribute to the late Dr. Veronica Dunne were the members of the Hugh O'Flaherty Society who were deeply saddened to hear of the passing of their friend and Patron, Veronica "Ronnie" Dunne.

"Veronica was a dear friend of Msgr Hugh, - becoming acquainted with him in 1946 when she travelled to Rome for classical voice training at the young age of 18 years. At the request of her parents, Msgr Hugh undertook to look out for her safety and well-being in a post-wartime city, populated by thousands of allied troops and Italians trying to rescue their society from the disastrous fascist regime of Mussolini", Jerry O'Grady from the Society told Killarney Outlook. She recalled fondly of meeting Msgr Hugh at the foot of the airplane steps as she arrived in Rome - whereupon while welcoming her to Rome, he also issued a stern warning to her as follows - "I will have you back on the plane to Dublin in the blink



At a special tribute lunch hosted by Killarney Chamber of Commerce and Tourism to honour the life of Monsignor Hugh O'Flaherty at the Malton Hotel, Killarney, front row, Donncha Galvin, President, Killarney Chamber of Commerce Mrs Pearl Dineen, Niece of Mons. Hugh O'Flaherty, Dr Veronica Dunne, Guest Speaker, Mayor of Killarney Cllr. Patrick O'Donoghue, 2nd Row from left, Cllr Michael Courtney, Memorial Committee, Con Dineen, Fr Pat Horgan, Senator Paul Coghlan, back row from left, Gerry O'Grady, Chairman Killarney Chamber of Commerce, Cormac Dineen, Cllr. Michael Gleeson. PHOTO: VALERIE O'SULLIVAN



Killarney Soprano Mary Culloty O'Sullivan was trained by the late Dr. Veronica Dunne.

of an eye if you don't behave yourself while in Rome". He ensured that she was introduced to all of the appropriate people in Rome who might help her in her chosen career, bringing her along to the many society receptions and events to which he was regularly invited.

Veronica also recalled a sad occasion when Msgr Hugh brought her to visit the scene of

the terrible wartime atrocity at the Ardeatine Caves outside Rome, where on March 24th 1943 the Nazis executed 335 Roman citizens, in retaliation for the killing of 33 German Military Police in an Italian Resistance attack the previous day. The 335 victims had been selected at random from civilian prisons, suspected resistance supporters as well as those suspected of supporting the Rome Escape Line. On what was to be his first and only visit to the site, she said that Msgr Hugh wept openly at such a tremendous loss of lives, including many of his Escape Line associates.

When the Hugh O'Flaherty Memorial Society was officially launched at a lunch in Killarney in the Spring of 2008, Veronica travelled down from Dublin to be with us, and she generously made a substantial donation towards our Memorial Fund, and so became our very first Patron. Over the subsequent years, she continued to take an interest in our Society, joining us at events in Dublin and she used every opportunity presented to her on Radio, TV and in the Print Media to increase awareness of the incredible story of Hugh O'Flaherty. Veronica will be greatly missed by lovers of Classical Music around the world and by her many friends in the Hugh O'Flaherty Memorial Society. We extend our deep Sympathy and Condolences to her family. May she Rest in Peace.



Chatting about old times, Dr Veronica Dunne, a personal friend of Monsignor Hugh O'Flaherty, chatting with Pearl Dineen, Cahirciveen, a niece of Hons. Hugh O'Flaherty, with her husband Con Dineen and son Cormac Dineen. PHOTO: VALERIE O'SULLIVAN

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# ROWERS CLOCK UP 300KM FOR ALEXIS

A marathon 300km was rowed in the homes of members of Flesk Valley Rowing Club members on the evening of Good Friday April 2nd raising almost €6,000 to purchase a physio bench for little Alexis O'Mahony to support her ongoing physiotherapy needs.

"The club would like to sincerely thank everyone who donated so generously to our 'Rowing 300km for Alexis' event last weekend in aid of the 'Alexis O'Mahony' fund", PRO of the club, Karol Kelly told Killarney Outlook.

"The event proved a great success raising almost €6,000 to date. This money will be used by the 'Let's Help Alexis' fund to purchase a physio bench for Alexis and support her ongoing physiotherapy needs.

"We would like to thank Steve, Teresa and Alexis O'Mahony and everyone involved in the 'Let's Help Alexis' committee for your encouragement

and assistance", Karol added.

Last Friday evening (April 2nd 2021) was a unique first for Flesk Valley Rowing Club when the senior men in the club each rowed a virtual half-marathon on rowing machines together on Zoom and livestreamed on Facebook for a total of more than 300km. The lads have been training together online twice a week since before Christmas and decided to target an Easter half-marathon to bring focus to their training and to raise money for a very worthy local cause.

Those who took part also want to thank senior coach Tadhg Kelly, the club committee and all those who helped in any way to organise and support the event.

"Finally, thanks to the sixteen lads who allowed us into their homes, gardens and sheds to watch them row and suffer; although it wasn't



supposed to be a race, we all know 'everything is a race!', Karol added. Check out the Flesk Valley Rowing Club Facebook and Instagram pages to see pictures and video of the event.

The Go Fund Me page remains open if anyone would still like to donate. <https://gofund.me/8e870513>



## Marie's fundraiser reaches almost €50,000

As we go to print with this week's edition of Killarney Outlook we are delighted to let you know that the fundraiser set up by Marie Chawke in aid of three charities Irish Cancer Society Kerry Hospice Foundation Nbcrl Ireland has reached almost €50,000.

Marie decided to set up the fundraiser following her diagnosis last August. She is in the final stage of her treatment and on Good Friday,

April 2nd completed a 10km walk to raise funds following her treatment in Galway Clinic. She sends her heartfelt thanks to everyone who donated to her appeal which initially had a goal of €10,000.

For those who might still like to make a donation please visit my Go Fund Me page by clicking on this link <https://gofund.me/45f1144a>



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

# Killarney Artist Taking Part in Incognito 2021



**K**illarney artist, Tina Reed is among 19 Kerry artists who are taking part in this year's Incognito online art sale in aid of the Jack & Jill Foundation. A total of 19 artists from Co. Kerry are among the Who's Who of Irish and international artists taking part in this year's Incognito 2021 online art sale in aid of the Jack & Jill Children's Foundation.

The Incognito art collection is now live at [www.incognito.ie](http://www.incognito.ie) with the online art sale taking place on Thursday April 22 at 10am sharp.

What's so incredibly fun and exciting about Incognito compared with any other art sale is that the identity of the artists behind the paintings – for sale at €60 each – is kept top secret until the sale has closed.

The Incognito collection is made up of 3,000-plus original postcard-sized artworks in a range of mediums, from oils and pastels, to glass and metalwork, in a sale that is usually a sprint to the checkout. Everything sold out

last year in just 15 minutes!

Among the Kerry artists taking part are Tina Reed from Killarney, David Morrison from Ballybunion, and Yunjee Kim, Ber Earley and Kate Plum from Tralee. Some of the famous national and international faces taking part this year are U2's The Edge, rock star Bob Geldof, fashion designer Paul Costelloe, comedians Jason Byrne and Tommy Tiernan, artist Don Conroy and Nobel prize winner Dr William Campbell. So, whether you're an art collector or a bargain hunter, there's something for everyone at Incognito 2021.

In the five years since its inception, Incognito has raised almost €450,000 for Jack & Jill's home nursing care for children with highly complex medical conditions, including end-of-life care. This equates to more than 28,000 hours of specialist home nursing care provided by Jack & Jill nurses and carers the length and breadth of the country, including 12 families in Kerry.



One of the postcard-sized artworks in this year's Incognito online art sale which goes live on Thursday April 22 at 10am. Visit [www.incognito.ie](http://www.incognito.ie)

Each piece sold translates into almost four hours of specialist home nursing care for local children, turning this beautiful art into a real currency for care.

*How Incognito Works:*

1. Register online in advance of the online sale on Thursday April 22 at [www.incognito.ie](http://www.incognito.ie) – with the sale likely to sell out in minutes, it will save precious time in your sprint to the checkout on the day.
2. Browse the collection of 3,000-plus postcard artworks, each numbered without artists' names identified.
3. Note down details of the artworks you wish to purchase for your wish list.
4. Be ready to go online on Thursday April 22 at 10am sharp when the sale goes live and choose your selected artworks.
5. Once your purchase is successful, let the suspense begin for your chosen piece of art to arrive in the post!

Full details on the purchase process can be found at [www.incognito.ie](http://www.incognito.ie)

For more information on Incognito 2021, visit [www.incognito.ie](http://www.incognito.ie) or follow us on Instagram @jackandjillcf, on Twitter @jackandjillcf, and on Facebook @2021Incognito, using the hashtag #Incognito21

For more information on the vital work of the Jack & Jill Children's Foundation, visit [www.jackandjill.ie](http://www.jackandjill.ie).

## Grant funding to assist child and **youth creativity in the county**

A real opportunity to create important access for children and young people in their local communities has been created.

Kerry Local Creative Youth Partnership (Kerry LCYP) at Kerry Education and Training Board has announced two strands of funding available to community based organisations, youth service providers, preschools & early years settings, youth groups and creative practitioners who wish to develop creativity projects for children and/or young people in their communities. Applications are being sought under the Creative Youth Grant Scheme and the Youth Theatre Grant Scheme for projects that are child and youth led, that are

highly creative in nature, and can be realised in 2021. Application forms can be downloaded from [www.kerryetb.ie/creativity-grants](http://www.kerryetb.ie/creativity-grants) Irish language versions are available on [www.kerryetb.ie/deontais](http://www.kerryetb.ie/deontais) Completed application forms must be submitted by email and by the closing date to Deirdre Enright, the Creative Youth Co-Ordinator at Kerry ETB. Only official application forms can be accepted.

In 2020 Kerry LCYP worked with more than one thousand six hundred and fifty young people experiencing disadvantage or exclusion. The intention is to support many more children and young people in 2021.



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# SUPPORT FOR SAFE TOWN CENTRE CAMPAIGN

The campaign to provide a safer town centre environment has received support from Killarney Chamber of Tourism and Commerce. Kerry County Council's Safe Streets – Safe Town – Safe County campaign which is necessary to ensure proper social distancing measures is in place during the ongoing Covid-19 pandemic.

The campaign is designed to provide a safer town centre environment – particularly for vulnerable and older people – while at the same time supporting the reopening of local businesses when that opportunity arises. Chamber acknowledges that the safety measures introduced last year worked really well when pedestrianisation was implemented, footpaths were significantly widened and age friendly parking zones were introduced. Killarney Chamber of Tourism and Commerce President, Cllr Niall Kelleher, said: "Kerry is doing exceptionally well in terms of keeping infection rates down but we all need to give it a little more time to enable the vaccination programme to be fully rolled-out before we make further plans".

Chamber notes that Plunkett Street, from its junction with Main Street to College Square, and the slip road at Kenmare Place will both



Plunkett Street will remain closed to traffic until October 31st as part of the Safe Streets - Safe Town programme.

remain closed to traffic until October 31 next and that alternative routes will be available. "The impact of these closures, as well as the other measures, are to be subject to further

review at that stage and, in the meantime, Chamber fully supports the Safe Streets project," Cllr Kelleher stated.

## DEER LODGE SCORES 100% COMPLIANCE



Deer Lodge, the purpose built residential mental health recovery unit in Killarney has scored 100% compliance. This week, The Mental Health Commission (MHC) published announced inspection reports on three of the country's 66 approved inpatient mental health centres.

Deer Lodge opened in 2017 and is situated on St. Margaret's Road, Killarney. The approved centre provided mental health care, psychiatry of later life, and mental health rehabilitation. The centre consisted of four households - Mountain View, River View, Wood View and Lake View. All were

connected by a central thoroughfare. The centre achieved 100% compliance on the inspection, an increase of 18% over its 2019 inspection, with no non-compliances recorded. There was one condition attached to the registration of the centre at the time of inspection relating to staffing, but the centre was not in breach of the condition and was compliant with the associated regulation. The report noted that within each of the four households, each resident had their own en suite bedroom with access to a sitting room, dining room, quiet room, kitchenette, and an internal landscaped garden area. The centre was kept in a good state of repair externally and internally and was clean, hygienic, and free from offensive odours. Recreational activities included arts and crafts, gardening, newspaper groups and music sessions; community outings in the centre's own bus; use of an electronic tablet; and cinema, using a projector. Recreational activities were provided on weekdays and weekends.



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# Cassandra and Ethan to help Keep Kerry Active

**K**illarney's Cassandra Buckley and Kilcummin's Ethan McGrath are just two of the eight Kerry Sports Providers chosen to offer programmes as part of the Keeping Kerry Active project, which urges Kerry people to support local sports business by availing of once off €10 offers to get back on the road to a more active life.

The programme is being supported by the Kerry Recreation and Sports Partnership with the support of funding from Sports Ireland and will be rolled out over the months of April, May and June for clubs and sports facilities as well. Cassandra who operates CB Fitness is hosting Getting your Confidence Back with Fun, a special programme aimed at all those who



may have left Covid get the better of them. Cassandra will introduce you to a wide range of fitness routines that will help you get going with classes beginning on Thursday 15th April 7pm (Each Week) Meanwhile Ethan who operates the of The Sequal Way will offer Keep it Moving a special programme aimed those wanting to improve their mental and physical resilience after a year in lock down by exploring wellness activities, mindfulness and exercise from the comfort of your own home with Emily O'Grady providing

the class beginning on Wednesday 14th April 2pm (Each Week) If you are a sports provider and want to avail of the funding to host a programme during May or June you can contact the Kerry Recreation and Sports Partnership by e-mailing keepingkerryactive 2021@gmail. You can catch the full range of programmes available on page 25.

# Lisa is KCC's First Visual Artist in Residence



Kerry County Council has appointed Lisa Fingleton as the county's first Visual Artist in Residence. The residency is funded by Creative Ireland with support from Kerry's Arts Office. Lisa is no stranger to working with the Arts Office, having been Filmmaker in Residence from 2006-2008 and in 2015, on her Municipal District Project "The Swimming Flagstone" in Lixnaw in 2019, as well as showcasing her work at the Kerry Visual Artists Showcase, facilitating drawing workshops at festivals and being awarded various arts bursaries, over the years. As part of her residency, Lisa would like to work with the people of Kerry to explore the cross sections between creativity and issues, such as

climate action and biodiversity, helping them to connect with the world around them. Lisa says "In the past artists painted often very idealised landscapes. What this global pandemic has shown us is our vulnerability, but also our capacity to adapt to unprecedented change and now we are being called to re-explore our relationship with nature and how we represent her." Lisa will commence her residency in mid-April and any individuals, artists, groups and schools interested in mentoring and being part of these projects should contact the Arts Office on arts@kerrycoco.ie / 066 7183541 for further information. Kerry County Council is supported by Creative Ireland and the Arts Council.

# Two Kerry Beaches make the list in Ireland's Top 10

A favourite for Killarney folk, Inch Beach has made it into the top ten of Irish Beaches selected by Lonely Planet. Trips to beach become very important last Summer amid the travel restrictions and both Inch and Banna Beach which also made it into the top ten were firm favourites with Kerry families.

The list of Ireland's best beaches, as chosen by Lonely Planet are as follows:

- Dog's Bay/Gurteen Bay, Co Galway
- Trá Mór, Dunfanaghy, Co Donegal
- Keem Bay, Achill, Co Mayo
- Streedagh Strand, Co Sligo
- Inch Strand, Co Kerry

- Banna Strand, Co Kerry
- Trawmore Bay, Achill Island, Co Mayo
- Ballyquin Beach, Ardmore, Co Waterford
- Ballymastocker Bay, Co Donegal
- Killiney Beach, Co Dublin



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# St. Brigid's *Down Memory Lane*



Sheree Murphy Teacher and PRO of St. Brigid's Presentation went down memory lane this week with **Geraldine Kearney** who is living in the same house she grew up in Knocknahoe Spá. Geraldine told Sheree that she moved "down the corridor" rather than to a different house/location when she got married to her husband Tony and had her three kids, Cathal, Tomás, Orlaith and not forgetting Lucky the dog.

**S: Hi Geraldine so what year did you graduate from St. Brigid's?**

G: The year 1991 Sheree. My three sisters before me also went to St. Brigid's Hannah, Mary, and Noreen but they saved the best for last in me!!!!

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

G: I was involved in the school basketball at lunchtime. I played it all the way up, not very well let me tell you though!!! The training was always a bit of crack as it used to be held outdoors. The basketball courts were over by the Sem wall, so we used to talk to the boys over the wall. The basketball matches were then held inside the gym hall, they weren't as fun being held inside!!!

**S: Did you have any favourite subject in school?**

G: I liked History and Geography. I was good at them and did not mind learning for them subjects. I had good teachers for both subjects. We used to have double Geography last two classes on a Friday evening. Last two classes on a Friday evening is never easy but we had Mr. Eddie Sheehy for them, and he was just sound out and interesting, so we took no notice.

**S: Did you go onto pursue anything in History or Geography?**

G: I suppose I did really as I went on to study Law and European Studies in Limerick afterwards. So, the History did stand to me.

**S: Had you a favourite teacher in school?**

G: Yes, my History teacher. She was excellent.

She had a genuine interest in her students. She wanted us to do the best and reach our potential. Even now when I bump into her, she would remember everyone's name.

**S: Did you go on any school trips?**

G: Yes, we got taken to Dingle in either 1st or 2nd year. All I remember from the trip was that it was in the middle of Winter and it rained for the entire trip. So that was my first memory of Dingle!!

**S: Oh no!!!! Did you make lasting friendships/ are you still in contact with old school friends?**

G: Definitely. Most of my friends still are the friends that I made in the Pres. Paula Clifford, Elaine O Shea, and Denise Mac would be my three main friends. We have a WhatsApp group where we talk and meet up regularly. A few years ago, we had a reunion. That was great crack and because of that reunion we have had further sub reunions. We got back in contact with people that we may have lost contact with, so the reunion was brilliant for allowing that to happen.

**S: That is lovely to hear that the reunion allowed old friendships to rekindle.**

G: Yes, I find a lot of us did leave Killarney initially after school. I went onto Limerick, then Dublin and studied French for a while in France before returning to Killarney. It is important for current students to be kind to the people around you as I find now that the people I went to school with are also the people I go through life with for example dropping our kids to extra activities etc. You eventually will cross paths with the people from your year again.

**S: Was there a defining moment in your time in St. Brigid's when you realised what you wanted to do with your life?**

G: Well I can tell you now none of us were going to be Olympic Gymnasts due to these "baby grows" we had to wear in PE. We all still talk about them to this day. At the time going off doing Nursing in the UK was always encouraged. I was adamant that I wasn't going to do that so probably out of defiance and from watching too much "Matlock" who was an American attorney I decided to become a solicitor. "Matlock" was the thing to watch on TV at the time along with Dallas and Glenroe!!

**S: Would you change anything about your school days?**

G: I genuinely don't think so. I have nothing but good memories from my time in St. Brigid's. I have a 10-year-old who is in 4th class in the Gaelscoil and I wouldn't consider any other school for her other than St. Brigid's.

**S: Brilliant, that is great to hear! Go on spill the beans who was the biggest joker in your year?**

G: Sinead O' Meara and Deirdre Teehan. They were always up for a bit of crack and a few laughs.



**S: Can you tell me any funny moments from you days in school?**

G: One moment stands out in 1st year. I was in 1 Yellow. Our lockers used to be located around the sides of a room with a table tennis game in the centre. One break time I was getting my books out of my locker and one of my friends pulled the key out of the locker messing and started running around the table. I chased after her and sure a few more joined in. In the heel of the hunt I fell over. I could see my key in front of me and I went to reach for it, but somebody caught it before me. I screamed some unprintable words and next thing the principal walked in. I used my powers of persuasion to get myself out of any great sanctions, but it did warrant a trip to the principal's office!!

**S: Oh no!! What were your main goals in school?**

G: To do the best that I could. I worked hard in school because I did want to go to University. My goal was to get there, and I achieved that. Working hard got me there.

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

G: They probably would have said I was a bit of a messer, but I was good spirited and a hard worker.

**S: What would be your message to current pupils at the school?**

G: Enjoy school, work to the best of their ability. Do the extracurricular activities because it is handed to them in school. When you leave school, you must go looking for the extra-curricular. When you are in school all these opportunities are just presented to you so they should make the most of that really. There is that saying that "Your school days are the best days of your life". A bit of a cliché but it is true! Listen to the teachers as they do have your best interests at heart. Don't be afraid to ask questions and finally be kind to the people around you. Look after the quieter people.

**S: Great advice. Thanks very much for speaking with me Geraldine.**

G: No problem I am usually the one asking the questions when I am back in my work office "Harrison O'Dwyer Solicitors" in Killorglin, so I was on the other side of the desk today answering the questions which was a nice change!

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with cheese sauce

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### Sides

Skinny Fries €5 - Sweet Potato Fries €5 - Onion Rings €6 - Spicy Chicken Wings €6

# CALL FOR REMEMBRANCE GARDEN AT KILLARNEY HOUSE

**T**he stunning surrounds of Killarney House and Gardens has been suggested as a tranquil space where people can visit to remember loved ones lost during this Covid-19 Pandemic.

“Due to restrictions, we have all been deprived of our traditional practice of grieving loved ones by way of a wake or funeral and many cannot find closure as a result” stated Councillor Michael Cahill.

“I strongly believe that the provision of a Remembrance Garden, where people could find peace and quiet in a scenic setting, specifically in memory of those who passed away during the Pandemic, would contribute greatly to the mental health of our people” said the Fianna Fáil man.

“A small investment in a project such as this would pay huge dividends for the well being of all bereaved people in Kerry, and would also serve as a memorial to those friends and relatives, whose passing we were unable to mark adequately” said the Rossbeigh based Councillor.

“I believe Killarney House and Gardens would make the perfect location for this county project, as it already has peace, tranquility and beauty in abundance, with parking available in the town” added Councillor Cahill.

The Rossbeigh based Councillor said the traditional method had served us well in dealing with our grief in the past and he now felt that we need to put in place something suitable to replace it. “I am proposing that we develop



a meeting place where bereaved people can visit, sit, walk, stand and honour and remember those who passed on.” “A place of Peaceful Remembrance, a place of contemplation, a place of beauty and peace that is accessible to all” said Mr Cahill.

Councillor Cahill said the obvious site that springs to mind, would be in Killarney House and Gardens which is very accessible from the town and admired by all for its charm, beauty and peace. The Fianna Fail Councillor again called on the Council to write to the OPW and ascertain if a site can be secured, otherwise we

will have to look at other sites. Councillor Cahill pointed out that the Council own a number of sites throughout the county that may be suitable for such a project.

“This small gesture to all our loved ones that passed away during a particular difficult time, a Global Pandemic would honour them and help us all to heal,” stated Mr Cahill. Councillor Cahill also confirmed that he had written to the CEO of Kerry County Council, Moira Murrell and the Minister for the OPW in regard to his proposal.

## CALL FOR EXTENSION TO FUEL ALLOWANCE PAYMENT



There is a distinct need to repeat this year, the extension granted in 2020, of the Fuel Allowance paid to Social Welfare recipients in the State according to a Kerry County Councillor.

“This is an essential payment for many, particularly our elderly and more vulnerable”

stated Councillor Michael Cahill.

“Many of them, due to age and underlying conditions, need to continue cocooning for up to three weeks following receipt of their second vaccine” said the Rossbeigh based Councillor.

“That is some way off on the horizon for most and we all know from experience the need for heating in the month of April, and more so, if one is confined to the house” said Councillor Cahill.

“Last year, the Minister stated that ‘At a time where we wish people to stay at home to stay safe, it makes perfect sense to extend the Fuel Season for existing eligible customers, on a once-off basis, by four weeks’ and this applies even more so today” stated Councillor Cahill.

“A one month extension would go a long way to ease their health worries into the summer months and hopefully to a return to normality for all of us” added the Fianna Fáil Councillor.

## TENANT PURCHASE SCHEME

At a recent meeting of Kerry County Council, Councillor Michael Cahill called on the Minister for Housing, Local Government and Heritage, Darragh O'Brien TD to expedite the ongoing review of the Tenant Purchase Scheme. The Fianna Fail Councillor called on Minister O'Brien to take into consideration the circumstances of Pensioners who wish to avail of the Scheme and the circumstances of tenants with a Disability who wish to buy out their homes. The Rossbeigh based Councillor said that the circumstances of tenants living in Single Rural Cottages in the middle of farms should be given favourable consideration in the review. Councillor Cahill also said that the necessary changes should be made to allow tenants living in Part 5 Houses the opportunity to buy out their homes. Following Councillor Cahill's proposal, it was agreed unanimously to write to the Minister on the matter. The outcome of the review is due to be announced in the coming weeks.



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# IT'S TIME FOR LEAVING CERTS TO TAKE STOCK AND THEN GIVE IT THEIR ALL FOR THE LAST TERM



By Billy Ryle

**T**he Easter Holiday break provides every Leaving Cert student with a timely opportunity to relax and take stock of her/his personal situation before returning to school for the final term. In what has been two very disjointed academic years for the 60,000 plus candidates, who have signed up for the Leaving Cert exams, there is now more clarity and certainty.

When the Candidate Self-Service Portal (CSSP) closed on the 16th March, 57,182, Leaving Cert students, about 95%, had signed up for SEC-accredited grades and/or written exams, while 3,033 LCA students, or 91%, had registered. In late April/early May, candidates will be able to access the CSSP again in order to confirm their choices. Candidates will also be able to elect to sit an exam in a subject, which is already on their subject list, if they didn't already do so by 16th March.

It's very encouraging that such a high percentage of students has signed on for SEC-accredited grades but it's essential for all of them to stay focussed on their school work until the end of term. Students should appreciate that the SEC-accredited grades will be initially awarded by their subject teachers, who will estimate the percentage marks awarded to students. The marks will subsequently be subjected to an in-school alignment process and later a national standardisation process. In all, there are four in-school phases (listed below), so every student should make sure, by working diligently, that the best possible set of accredited grades is sent to the SEC on her/his behalf by the school. The SEC-accredited grade system recognises student achievement across the two years of Senior Cycle, and the student's expected performance in the Leaving

Cert exam. Learning during the school closure period of January-February-March 2021 is being taken into account as is, with caveats, learning during the 2020 school closure. Learning and outcomes from March right up to 14th May is also being taken in to account. So, even if a student is not sitting the exam in a particular subject, she/he should fully engage with the subject to keep the teacher sweet.

### Phase One: Teacher's estimation

Teachers will use their professional judgement, drawing on existing records and available evidence, to arrive at a provisional estimated percentage mark for each student.

### Phase Two: School alignment of marks

Subject teachers together will review the teachers' estimated percentage marks for students who are taking that subject.

### Phase Three: Oversight of the alignment process by the school Principal

The oversight of the alignment process will be undertaken by the school Principal.

### Phase Four: Transmission of estimated marks for national standardisation

The finalised data sets will be submitted by the Principal with the assistance of the examination aide no later than 3rd June 2021.

The traditional Leaving Cert exam begins on 9th June, which allows students nine weeks of focussed study. Students will achieve a grade in each subject they sit for in the traditional Leaving Cert exam. Some students will more than likely sit the written exam in all of their subjects. More may just sit for their strongest subjects. Complete statistics on this matter should be available after the CSSP has reopened and closed again in late April/early May. The icing on the cake is that the student will ultimately be awarded the higher grade in

each subject across both options.

So, it's all to play for. Enjoy the remainder of the Easter Holiday period. Decide what you need to do during your last few weeks at school. Aim to give it your very best so that you get the best possible outcome in terms of your grades.

### CHECKLIST

Leaving Cert students should now take stock of their personal situation. After two disjointed academic years, there is now more clarity and certainty. Leaving Cert students should stay focussed on their school work until the end of term. There are four in-school phases before percentage marks are submitted to the SEC

- ✓The SEC Candidate Self Service Portal (CSSP) reopens April/May to confirm levels
- ✓Closing date for late applications to CAO is 5.15pm on 1st May
- ✓CAO online change of mind facility (free) opens at 12.00 noon on 5th May
- ✓LCVP Links modules exam takes place on Sat., 8th May from 10am to 12:30pm
- ✓LCA practical performance test takes place from 17th May to 21st May
- ✓Leaving Cert Computer Sc. exam takes place on Sat., 22nd May, 9:30am to 12:30pm
- ✓LCA practical coursework interview takes place on week beginning 8th June
- ✓Leaving Cert exam takes place from 9th June to 29th June
- ✓The timetable for the written exams is available at [www.examinations.ie](http://www.examinations.ie).

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

## Castleisland Community College student Kevin Keane awarded UCC Scholarship

Kevin Keane a past pupil of Castleisland Community College was awarded a UCC Entrance Scholarship for the 20/21 academic year on the basis of his Leaving Certificate results. Kevin received the maximum points of 625 in his Leaving Certificate and he also achieved the ninety third percentile in his HPAT result. He is presently studying medicine in UCC. The Quercus Entrance Scholarship is awarded to students for their outstanding achievement.

Professor John O Halloran, Interim President of University College Cork, invited Teresa Lonergan (Principal) to the virtual Scholarship Awards Ceremony which was held on Tuesday, 30 March 2021.

Ms Lonergan stated that Kevin was a great role model for younger students, showing that it is possible to attend to one's studies but still balance extra-curricular activities with academic work.



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



# KILLARNEY HOSTEL SHORTLISTED FOR AWARD

**T**he Black Sheep Killarney has been shortlisted for an award by Hostel World as Extraordinary Sustainable Hostel. "To be shortlisted is such a huge achievement in itself and we're absolutely delighted," Noretta Brosnan told Killarney Outlook.

The Black Sheep is situated on lower New Street just minutes from Killarney National Park. The pink 19th-century townhouse, is home to a hostel with environmental goals (and chickens!). Ireland's temperamental weather hasn't

stopped the green-fingered team from producing fresh fruit and vegetables all year round in their polytunnel, home to a few hammocks too. Absolutely everything is carefully recycled and the communal kitchen's food scrap bin fuels the ducks and chickens, and the composting bin feeds the garden. You'll find energy-efficient lighting throughout and they offset their carbon by planting trees on a local farm, supporting the rewilding of their island too. Thanks to the regular flow of travellers, with similar sustainable ethos, Black

Sheep are always adapting their methods with wisdom from their global community.

The Black Sheep Hostel is among the top five on the short list including Cohort Hostel in England, Distant Relatives Ecolodge & Backpackers (Kenya), Welcommon Hostel, (Greece) and Salty Jackal Backpackers & Surf Camp (Namibia).

You can vote for The Black Sheep on <https://www.hostelworld.com/blog/extraordinary-sustainable-hostels/> The overall winner will be announced April 18th, following judge and public voting.



## DANIEL POSTPONES KILLARNEY SHOWS

Daniel O'Donnell has had to postpone his his previously re-scheduled INEC Arena shows this August until August 2022.

In a statement released this week, Daniel said he took the decision with a heavy heart.

He will now perform on Thursday 25th, Friday 26th, Saturday 27th and Sunday 28th of August, 2022 instead.

Original tickets are valid for the following corresponding dates:

- Thursday 24th September 2020 – Thursday 25th of August 2022
- Friday 25th September 2020 - Friday 26th of August 2022
- Saturday 26th September 2020 – Saturday 27th of August 2022
- Sunday 27th September 2020 - Sunday 28th of August 2022

He also thanked everyone for their continued support and is looking forward to getting back on stage in 2022.





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# Virtual Easter Marathon Challenge *for Muckross Rowers*

**F**rom beginners to seniors, members of Muckross Rowing Club took part in a virtual Easter Marathon Challenge

Club members Shóna and Áine O'Sullivan organised the virtual event for all its members, from beginners to seniors. The virtual event was a challenge, the participants of the virtual event had to run a marathon (42km) during the Easter break (27th of March- 10th April). A total of 81 club members signed up to complete the virtual challenge in the hope of winning the amazing prizes sponsored by Muckross Rowing Club's Chairman Seán Daly. The winners of these prizes will be picked randomly so that all participants remain motivated to complete the challenge.

The fine weather encouraged all our Virtual Marathon Challenge participants to get outside and clock up kilometres in an effort to reach the 42 kilometre goal.

"We gave updates on how the challenge was going each day on our Facebook page (Muckross Rowing Club) and our Instagram page (muckrossrc)", Shona O'Sullivan told Killarney Outlook.

There is a prize for the best picture taken during the Virtual Marathon Challenge and



the participants have been taking amazing photographs of local landmarks as they run past them. These pictures as well as videos are making the challenge more interactive.

The club also organised Zoom stretching sessions for the participants of the virtual challenge. Some of these stretching sessions

are being hosted by special guests. The first special guest was Aoife Cooper, a member of MRC, a qualified Physiotherapist and a Gold Medal winner at the European Junior Rowing Championships in 2012, in the Women's Pair. The second special guest was Aileen Crowley, a former Muckross Junior, who is a Rowing Ireland High Performance Squad Member in the mix for Tokyo 2020, set to take place this summer.

This week's special guests are Irish Olympic Rowers Paul Griffin and Cathal Moynihan. Paul Griffin will be hosting a technique session on Zoom. He will demonstrate and explain a good rowing technique in the boat and on a rowing machine. While Cathal Moynihan will host a Q&A session on all things rowing. Organisers Shóna and Áine O'Sullivan have decided to invite all club members not just those participating in the Virtual Marathon Challenge to attend these Zoom sessions as they would be of interest and benefit to all as Muckross Rowing Club prepare to return to rowing at the end of the month.

The winners of the prizes will be announced live on Instagram on Sunday the 11th of April.

## LOCK FREE LAURA **RAISES OVER €5000**

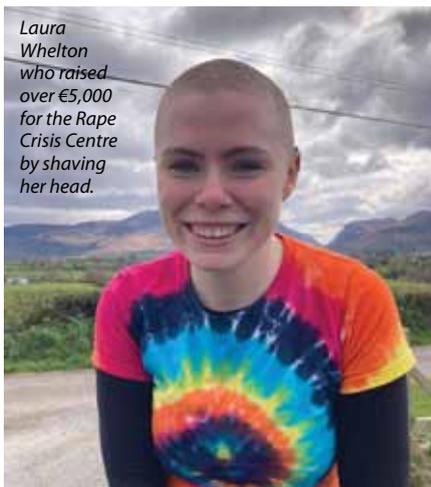
Hoping to reach €1,000 for the Kerry Rape Crisis Centre with a Head Shaving fundraiser, Killarney woman Laura Whelton has raised an amazing €5,000 for the charity.

Laura chose to do the fundraiser as an act of solidarity with woman who have had so much stripped away from them.

"It felt very liberating and I was just so grateful that I could help", Laura told Killarney Outlook.

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

"Laura is a supporter of the Centre & the services we provide & we are very grateful to her for selecting us as her chosen charity", Vera O'Leary, Manager of the Kerry Rape and Sexual Abuse Centre, told Killarney Outlook.



Laura Whelton who raised over €5,000 for the Rape Crisis Centre by shaving her head.



Laura gets a helping hand from her mum Fiona Coffey.

**"Let's Keep Active and Support Kerry's Sports Providers Online programmes"**

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**Programmes commence week of Monday 12th April 2021**

# KEEPING KERRY ACTIVE

## KEEP WELL

**#KEEPINGKERRYACTIVE**

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SPORT IRELAND  
LOCAL SPORTS PARTNERSHIP

### GETTING YOUR CONFIDENCE BACK WITH FUN:

A special programme aimed at all those who may have left covid get the better of them.  
**PROVIDER:** Cassandra Buckley of CB Fitness  
**START DATE:** Thursday 15th April 7pm  
(Each Week)



### SAVED ON THE LINE:

A special programme for aspiring and improving goalkeepers across all codes.  
**PROVIDER:** Joby Costello of Cosh Goalkeeping Clinic  
**START DATE:** Thursday 15th April 7pm  
(Each Week)



### MAKING FITNESS FUN FOR ALL:

A special programme aimed at getting people to embrace the basics of fitness that will help you on the road to better decision.  
**PROVIDER:** Sinead Sheahan (Sinead Sheahan Fitness)  
**START DATE:** Tuesday 13th April 7pm  
(Runs on April 15th, 20th and 22nd)



### PREPARING FOR THE CHAMPIONSHIP:

A special programme aimed at sports people who are looking ahead to getting back at it.  
**PROVIDER:** Jack Savage  
Jack Savage Health and Fitness  
**START DATE:** Wednesday 14th April 7pm  
(Each Week)



### STRENGTH AND CONDITIONING FOR SPORTS:

An introductory program aimed at explaining and implementing the correct techniques needed for a beginner Strength & Condition program. This is a taster course aimed at all age ranges, across all codes, both male and female.  
**PROVIDER:** Mikey Geaney MSc Sports Performance  
**START DATE:** Wednesday April 14th 7pm



### BANISH THE BELLY:

A special programme mixing good nutrition & tabata core conditioning.  
**PROVIDER:** Aine Fitzgerald of Afitbodygym  
**START DATE:** Saturday 17th April 8am  
(Each Week)



### STAND UP TALL:

A chair based physical activity for older adults and people recovering from injury.  
**PROVIDER:** Conor O'Neill of Confidence Wellness  
**START DATE:** Thursday 15th April 1pm  
(Each Week)



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A special programme for those wanting to improve their mental and physical resilience after a year in lockdown by exploring wellness activities, mindfulness and exercise from the comfort of your own home.  
**PROVIDER:** Emily O'Grady of The Sequel Way  
**START DATE:** Wednesday 14th April 2pm  
(Each Week)



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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.



### DAIRY MILK CHEESECAKE

*A great way to use up left over Easter eggs*

#### Ingredients

For the base

180g melted butter

400g digestive biscuits

For the cheesecake mix

263g dairy milk chocolate

1 teaspoon of vanilla extract

100g of icing sugar

2 /180g cream cheese

284g double cream

#### Method

1. Mix the melted butter with the mashed digestive biscuits and pour them into a spring form tin and flatten down with wooden spoon
2. Melt the chocolate slowly in a microwave or in a bowl over simmering water when melted leave to cool for a few minutes, be careful not to burn the chocolate,
3. Whip the double cream in a bowl and set aside
4. In another bowl mix the cream cheese, vanilla and icing sugar until fully mixed together
5. Pour in the melted chocolate and mix together
6. Next fold in the whipped cream into the mix and mix together
7. Pour the cheesecake mix over the biscuit in the tin and smooth the top with a spoon
8. Place in the fridge for 4 to 6 hours or overnight  
Drizzle some melted chocolate over the top

*This cheesecake tastes so good and so smooth it's like a moosse!*



# Vegan Shares

with Killarney Outlook



## Beansprout & Marinaded Tofu Stir fry



#### Ingredients

280g Firm Tofu cut into bite size cubes and marinated in marinade mix below for at least ½ an hour, preferably overnight

#### Marinade

4 tablespoons dark soya sauce

3 tablespoons Mirin (White rice vinegar)

1 tablespoon golden syrup

1 tablespoon Sesame Oil

2 garlic cloves crushed

1 teaspoon freshly grated ginger

When Marinaded, fry your tofu cubes In a flat based pan, on a high heat put a little oil in the pan and place the cubes of tofu in it fry for about 3 minutes (turning heat to medium after a minute of so) then flip the cubes of tofu to do the other side. Fry for another 3 minutes or so being careful not to burn them. Set these aside when done. (Top tip is not to move the tofu around while frying, leave it sit in the pan so that it will be nicely browned and crispy, if you move it around it will break the tofu up)

#### Method

Put your Sesame Oil in a wok and heat to high temperature add the spring onions and pepper and fry for about 5 minutes stirring often. Then add your soya sauce, mix well then add the beansprouts and mix it all together fry for another 4-5 minutes. Add the tofu chunks above and mix together. I served garnished with some fresh coriander. This is so delicious and high protein too so a win win.

For the beansprout stir fry

1 green pepper cut into very small cubes

4-5 spring onions finely chopped

500g beansprouts

1 tablespoon sesame seed oil

1 tablespoon dark soya sauce



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



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# “B Well Laid Bare”

Neilus Hayes Fitness & wellness coaching expert

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

Second up, Stefan McMahon, so let's find out more about Stefan.



**B WELL**  
FITNESS CLUB



**Neilus:** Hey Stefan, so welcome to your turn for the interview. So, Stef tell me bit about yourself?

**Stefan:** Hi Neilus. Well, born and bred in Arshan with my mom and dad and 3 brothers. Karl, Derick, and of course the baby of the family, Keith. Growing up in Arshan was brilliant as we played every sport known to man from soccer to basketball to tennis, to pitch and putt and GAA of course. I'm married to Fiona Buckley, who is from Arshan also and I've 2 kids Adam who is going to college in Tralee and Sarah who is preparing for the leaving cert.

**Neilus:** Yes, I know Fiona. Great basketball player. So, talk to me about your working life past and present.

**Stefan:** Ya, all Fiona's family could play basketball and good at it aswell. Anyway, my work life I started working with Bowlers first over in Tralee and then moved into Killarney working at Bowlers shop top of Ross Road. Then after a year working there, I got the opportunity to work for Wilson Socks so spent a few years involved in the manufacturing side of it. I also had a franchise company myself and other sales jobs. I then worked for a printing company, locally based, and was a manager for this company. As I played a lot of sports, mainly soccer and had a few injuries myself I looked to educate myself about helping people in pain and struggling with injuries. So, I went and got qualified with I.M.S.T (Institute of Massage & Sports Therapy) so after doing a year or so I decided to go full time with the Therapy and haven't looked back since. I work with Fossa GAA, Killarney Celtic so the transition to move into full time was made easier as I was getting more referrals for one-to-one sessions aswell. Then, I had a conversion with you and Edele to see could we bounce referrals and I moved into a Therapy room here at Bwell.

**Neilus:** As we know, covid hit so how did that affect your business, as your job is essentially hands on profession?

**Stefan:** Well, similar to most places, I had to

close my doors so then I got the opportunity to qualify as a Personal trainer and work with Bwell as we moved online and offered free classes in the first lockdown. So, then I made a connection or bridged the gap from my own profession to working with people in a Personal training session about how people's bodies move differently in certain exercises and what restrictions they may have doing an exercise. I always want to keep educating myself and bridging the gap was important.

**Neilus:** That is something we always talk about, bridging the gap from your profession to working with people in an exercise routine. Any advice for people that train a few days a week?

**Stefan:** Well, recovery is hugely important as the body needs to recover properly so stretching and foam rolling should be a part of every person's exercise days off. The body gets stronger in recovery so that would be on bit of advice I would certainly give people.

**Neilus:** I know from talking to you here privately, you really enjoy what you do when people enter your Therapy room.

**Stefan:** To be honest, I don't really call it a job as I love doing it and it can be a challenging to find the root cause of where the pain is coming from when dealing with people that are in pain. Sometimes a person might have back pain but the cause could be coming from a different area of the body so its great that people put their trust in me to help them to get pain free and find that root cause as we mentioned. And from working on the personal training with people I really enjoy getting people to their intended goal of maybe from weight loss to getting stronger.

**Neilus:** As mentioned you were involved with teams like Killarney Celtic, talk to me about your sporting background and achievements?

**Stefan:** Played with Celtic all the way from underage to seniors so won few trophies along the way. Actually, underage Celtic had a pitch near St. Fintian's Hospital and we used to get hammered the first few years but we progressed and got better. Senior level we won leagues and cups so was great to be involved with these teams. Played a bit of football but soccer was always my sport.

**Neilus:** I know you a long time, and I know that you aren't boastful of what you have

achieved in your soccer days so I'm bringing it up, you represented your country?

**Stefan:** Cheers for bringing that up. Yes, I played for the Irish Juniors where I travelled on a tour of Europe where we played teams from Belgium and Holland and was a fantastic tour as we were the first Irish team to travel Europe. I also played for Kerry on the Oscar Traynor teams and we had some success. I did go for trails with Cork City and played pre-season games against Man City and Southampton. That was a brilliant experience as I saw up close how good these full-time pros were. The likes of Matt Le Tissier, Francis Benali and Alan Ball who was manager at the time, and he won the world cup with England. So was brilliant and great to have the memories of them games.

**Neilus:** What memories to have playing against those teams, so let's go back a bit, where did you do to school?

**Stefan:** Primary school I went to St Oliver's National school or Ballycasheen as it known better as. When I finished primary, I went to the Sem for secondary from 1986 to 1991 and then I went to college in Tralee RTC as it was known then.

**Neilus:** To finish up, what does the future hold for you Stefan?

**Stefan:** When this covid passes and life gets back to some sort of normality, open up my business again and get people moving more freely and help them to get pain free. I always open to learning more about my own profession and keep educating myself with my Therapies and when I personal train people.

**Neilus:** Brilliant Stef.

**Stefan:** Thanks Neilus

## Qualifications in Fitness

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- Sports Therapist
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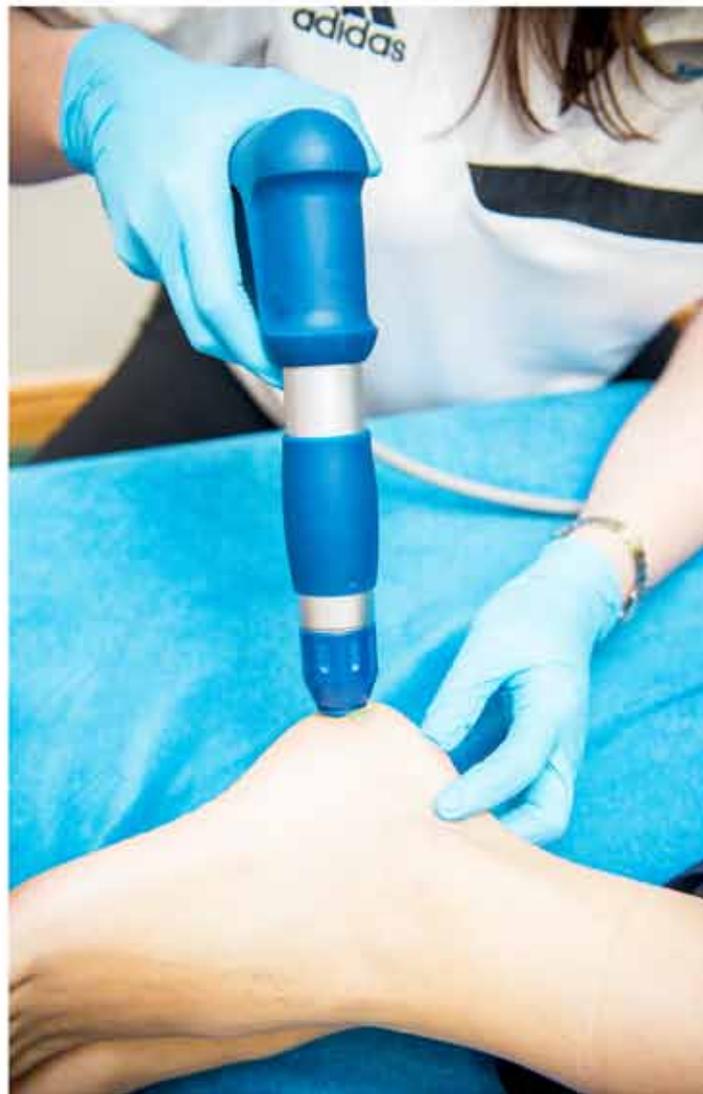
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*Ruth Allen and Fiona Healy O'Connor of*

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

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

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



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**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](mailto:dermotcroninifa@gmail.com)*

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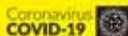
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Noreen at What Women Wants gives you some **beauty tips** while you are staying at home during Covid-19



## Rediscover your skincare routine

### You will thank yourself when this is all over

Embracing your daily skin-care routine will give you and your skin a lift plus it will make your life feel a little more normal right now.

#### Morning & Evening

##### 5 Simple steps:

1. Cleanse with lotion or gel wash.
2. Tone using alcohol free
3. Serum or Oil to repair
4. Eye cream or eye gel
5. Moisturiser (with SPF by day)

#### Twice a week:

1. Exfoliate to give skin a glow and help your skincare penetrate.
2. Apply a face mask to plump, hydrate and regenerate your skin.

To maximise results take your time, you have plenty!

Massage your face when cleansing or applying your moisturiser this helps to increase circulation and boost your collagen and elastin production.

Do this for yourself not the people you normally meet!

### This helps...

Get the right advice on products best suited to your skin.

Upon waking try to proceed ASAP with your morning skincare ritual.

Apply a layer of tinted moisturiser or a mineral BB Cream for extra protection.

Brush up your eyebrows and spritz on your favourite perfume

Indulge yourself or your partner/sibling with homemade scrubs or foot masks.

Do your evening skincare ritual early while you have energy and time.

Include your neck and chest in your regime.

Great skin is not simply a matter of good DNA — your daily routine has the biggest impact

**Noreen Mangan**

Tel: 0646630712

[www.whatwomenwant.ie](http://www.whatwomenwant.ie)



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



**Be REAL not REACTIVE!**

Do you find yourself consistently flying off the handle at the smallest thing or feeling emotionally overwhelmed by life's events? During this time of lockdown, many people's emotions have run high leaving them feeling stressed, frazzled and worn out.

The key to managing your emotions is to notice when you are being reactive rather than responsive. When you are responsive, you are able to address a situation in alignment with your values in a conscious and adult way. However, when we react to something, we don't give ourselves the time to choose how we would truly like to deal with the situation. Indeed, reactions are usually pre-programmed habitual ways of being that arise from our subconscious mind. One of the main problems with reacting is that you keep generating the same old outcomes. Nothing can change whilst you keep engaging in the same old thought patterns, behaviour and feelings.

**Ask yourself this great Coaching question**  
The key is to begin to choose solutions that come from your heart rather than your head. Ask yourself this great coaching question...

**"What would be a more efficient way to deal with this situation? One that is more compassionate, empathetic, loving and peaceful for me?"**

Just asking this question stops the automatic reactive response and gives you the time to step back a little and make choices that come from your heart and reflect the REAL you, rather than your reactive self.

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### WHAT IS POST-WORKOUT NUTRITION?

**Post-workout nutrition is an intriguing topic and rightfully so. The basic idea is threefold:**

- The body deals with nutrients differently at different times, depending on activity.
- What you consume before, during, and especially after your workout is important.
- By consuming particular nutrients after your workouts (aka post-workout nutrition), you improve your body composition, performance, and overall recovery.

**Generally, post-workout nutrition has three specific purposes:**

- Replenish glycogen
- Decrease protein breakdown
- Increase protein synthesis

**In other words, athletes/exercisers want to:**

- replenish their energy stores
- increase muscle size and/or muscle quality
- repair any damage caused by the workout

**In doing so, they want to increase performance, improve their appearance, and enable their bodies to remain injury-free.**

Proposed benefits of good post-workout nutrition include:

- Improved recovery
- Less muscle soreness
- Increased ability to build muscle
- Improved immune function
- Improved bone mass
- Improved ability to utilize body fat

**These benefits seem to work for everyone, regardless of gender or age.**

**B Well Nutrition plans are tailor made to you energy demands and activity level so don't hesitate to contact us if you would like to book a consultation today. Contact 087-7643449**

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## When was your last Sight Test?

As well as an eye health check, a sight test may detect signs of underlying general health conditions, such as diabetes, high cholesterol, and high blood pressure. It is especially important in early identification of leading causes of preventable blindness such as glaucoma and diabetic retinopathy. Everyone should have a sight test every two years or more often if recommended.

### Glaucoma

Glaucoma affects 1-2% of the population, and is a leading cause of sight loss. In the majority of cases, glaucoma is asymptomatic, so regular sight tests are important for detecting glaucoma. The majority of patients with glaucoma are diagnosed following referral from an optometrist. Without regular sight tests, the prevalence of late presentation, sight threatening glaucoma, would rise.

### Diabetic retinopathy

People with diabetes are at a high risk of developing retinopathy and possible blindness if untreated. Attending regular sight tests allows signs of developing retinopathy to be identified

### Risk of falls

Uncorrected vision in older people also increases the risk of falls. Falls are the leading cause of disability and death from injury among people over 75 in the UK

### Risks for children

Undetected conditions such as amblyopia (lazy eye) have been shown to affect reading ability and therefore may impact on future educational attainment.

Hyperopia, or long sightedness, has also been linked to poorer literacy in young children. Spotting vision problems through regular sight tests is critical to a child's future health and education.

### Driving risks

Undiagnosed vision problems can increase the risk of accidents, particularly those that affect distance and side vision.

**More people than ever can now avail of a free sight test using their PRSI or medical card. To find out more call in store or contact us on 064 6636477**



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## SPA

**>DARKNESS INTO LIGHT 2021**

This year the annual Darkness Into Light event will take place on Saturday May 8th and will again be a socially distanced event. Everyone is encouraged to join Pieta House and Electric Ireland for Nathan's Walk 2021, but it will be a different Darkness Into Light sunrise, and give the gift of hope to those impacted by suicide and self-harm. Join in any way you can – walk, swim, bike and simply share your sunrise moment in your own unique way on 8th May in your own area in your own bubbles. Visit [www.darknessintolight.ie](http://www.darknessintolight.ie) for details and register for the Kerry event to support the annual 'Nathan's Walk'.

**>LATEST GOVERNMENT UPDATE**

In the latest national address, Taoiseach Micheál Martin announced a gradual easing of restrictions over the coming weeks. The main points are outlined below, with good news for the GAA as inter-county training resumes from April 19th and juvenile training (under 18) can resume from April 26th. The main points are as follows and full details as always are available on [www.gov.ie](http://www.gov.ie):

From April 12th: The 5km limit will be extended to county-wide travel; Members from up to two households can meet outdoors; There will be a phased return of the construction industry, starting on April 12th for those involved in the construction of housing & childcare facilities; All school classes at primary and secondary level to resume

From April 19th: Senior level inter-county training can resume (with National Leagues expected to start in May); Training for elite athletes approved by Sport Ireland can resume

From April 26th: Outdoors sports training for juveniles (under 18) can resume; Golf and outdoor tennis can resume

Outdoor visitor attractions such as zoos and wildlife parks can open; Up to 25 mourners can attend a funeral; Two people who have been fully vaccinated can meet indoors or outdoors

At the end of April and into May there will be a review on the phased re-opening of other sectors - non-essential retail, personal services, all non-contact sports training, religious services, museums, galleries and libraries - and additional freedoms for those who are fully vaccinated.

Towards the end of May, and depending on progress, there will be a review on the re-opening of hotels, B&Bs and guesthouses in June and all hospitality sectors to be opened in the summer.

From there, and with the rollout of the vaccine in its advanced stages, they hope to look at the re-opening of all remaining sectors.

There are now 4 different vaccines in use in Europe and despite the delays in supply, the vaccination program is well underway in Ireland. The good news is that the vaccine supply is set to increase dramatically in April, May and June. The walk-in test centres in areas with high numbers have been well received, and antigen testing is expected to be introduced shortly.

By the middle of April, it is expected that all over 70s will have had their first dose and by mid/late May, all over 70s will be fully vaccinated.

By the end of next week, it is expected close to 1 million vaccines will have been given out. By the end of May, close to 3 million doses of the vaccine will have been administered, that number will increase to 5 million by early July, and 6 million vaccines administered by the end of July.

Next update, including a decision on return of GAA at club level for U20 and Senior, is due on April 26th.

**>GAA RESPONSE TO THE NEW GOVERNMENT ANNOUNCEMENT**

**Statement from GAA on 30.03.2021 following latest government announcement:**

A chairde, I know you will be aware by now of the positive announcement by the Irish Government this evening that non-contact underage training in pods of 15 will be permitted from April 26th and that full contact Inter-County training at adult level can re-commence from April 19th.

These are hugely welcome developments and allow us finally to begin

planning on-field activity for the remainder of 2021. However, it should also be noted that these dates are conditional and will very much depend on what happens in terms of the overall COVID-19 picture in the coming weeks. For that reason, it is more important than ever that no collective training sessions are held between now and the Government indicated return dates. Breaches in this context will not only be dealt with under our own Rules but would likely put the broader plan to return to activity in serious jeopardy. As you will appreciate, we need to receive further clarity on aspects of what was announced today before finalising our plans for a return to training and ultimately games. We also need to finalise competition structures and dates for the up-coming inter-county season, as well as ensuring advice is provided for all clubs in relation to how they can safely recommence underage activity (and in the case of the 6 Counties, adult club training from April 12th). At this point, we can only confirm that Senior Inter County teams both North and South are likely to be permitted to return to collective training from Monday, April 19th. We hope to be in a position to confirm the fixture calendar and competition structures for inter county by the end of next week.. We also hope to have finalised updated versions of our Return to Play documents for both inter-county and club activity ahead of the stated dates for resumption North and South of the border. In the interim, we would ask for your patience while we complete this work and we look forward to communicating in detail with you all again next week in relation to the resumption of GAA activity. Is muidne, le meas, Labhrás Mac Carthaigh, Uachtarán Tomás O Riain, Ard Stiúrthóir.

**>SPA LOTTO RESULTS 29/03/21**

Numbers drawn: 5, 19, 22, 24. No winner and L lucky Dips receive €50 each to Sean Devane, Noritta Cronin, Colin Moynihan and Melissa Foley. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €7,000. Tickets are on sale online on [spagaa.com](http://spagaa.com) or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

**>REGISTRATION**

Spa GAA club registration for 2021 is open online through [www.spagaa.com](http://www.spagaa.com). Registration for the year ahead is required for all members and this year, due to the ongoing restrictions, we are asking everyone to sign up online through the link to clubforce. Any adult members who want to be included in the club text messaging system going forward, please contact the PRO on 0851216359 or [pro.spa.kerry@gaa.ie](mailto:pro.spa.kerry@gaa.ie).

**>SYMPATHY**

Our condolences to Fiona and Micheál O'Leary on the passing of Michael Fogarty RIP, Kanturk. May He Rest in Peace.

**>FINAL CHANCE TO SUPPORT LADIES****GAA LIDL PROMOTION**

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

**>ITEMS FOR NOTES**

Any items for the club notes please contact [pro.spa.kerry@gaa.ie](mailto:pro.spa.kerry@gaa.ie) or 0851216359 before 8pm on Sundays.

Written by: Deirdre O'Sullivan-Darcy

**IF YOU HAVE A SPORTING STORY... Contact Aisling on: 086 0400 958**



**DANNY HEALY-RAE TD**

**CIlr MAURA HEALY-RAE**



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

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

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

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

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

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

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CLINICS THROUGHOUT MUNSTER

**RATHMORE GNEEVGUILLA**

**>SYMPATHY**

To families of Margaret Hickey Anaskirtane, & her family Neilus, Mairead (Darmody), Timothy, Flora and John on the passing of Timmy Hickey, husband & father & grandfather. To his sisters Margaret, Siobhan, & Kathleen, brothers John and Michael & extended family. Timmy was laid to rest on Monday in Rathmore. To Donal Cronin Tureencahill and his sons Jerry and John on the passing of Noreen wife & mother. To her brothers Daniel and Denis, sisters Eileen, father-in-law Johnny, mother-in-law Betty & extended family. Noreen was laid to rest on Wednesday in Gneeveguilla. To Steve Glynn Isle of Man on the death of his wife Mary McCarthy Ballycullane & Isle of Man. To her brother Patrick McCarthy, sister Kathleen, brother in law John Kennedy & to all the extended Leaders & Coakleys McCarthys & families. Mary was laid to rest on Good Friday in Rathmore. Mary Timmy, Noreen May they rest in peace.

**>RATHMORE GAA CLUB ANNUAL MEMBERSHIP**

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

**>REFEREES**

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

**>RATHMORE LADIES**

Please support Rathmore Ladies in the Lidl Plus APP: Download/open the Lidl Plus app and follow the prompt Select Rathmore Ladies. Spend over €30 in store and scan your Lidl Plus card to earn a stamp. Collect 6 stamps and submit your completed stamp card by Sunday, April 11th (users can submit multiple completed stamp cards) Brilliant prizes to be won for the club! Get collecting!

**>RATHMORE & DISTRICT CREDIT UNION**

are delighted to announce that Mary Prendergast from Milltown has been elected at a recent board meeting as Honorary Life Vice President of the Credit Union. This is in recognition of the trojan work she did down through the years promoting the ethos of the Credit Union in Milltown and the local environs. The credit union is a non profit organisation and was set up to help and serve the local people. Mary would have seen much change but continued to be an advocate in spreading the news and working to develop the growth of its membership. In 2016 prior to the transfer of business to Rathmore, Milltown had over 2500 members. The Board Of Directors, Management and Staff would like to thank her for her endeavours and believe the recognition is richly deserved.

**>GNEEVGUILLA COMMUNITY DEPARTMENT ASSOCIATION & BASKETBALL CLUB**

had our weekly draw for our Share the Bucket on Friday evening 2/04/21. The Jackpot was Dan O Donoghue lucky winner of €450. Well done & Congratulations to this week's jackpot winner of €450. 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.

**>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.

**>HELPFUL CONTACT NUMBERS**

Jigsaw Kerry: (Young Peoples Health in Mind) Contact 066-7186785 Email: [kerry@jigsaw.ie](mailto:kerry@jigsaw.ie) Pieta House: Contact 01 6010000 or [www.pieta.ie](http://www.pieta.ie)

**>COVID-19 SUPPORT LINE FOR OLDER PEOPLE**

ALONE has launched a national support line and additional supports for older people who have concerns relating to COVID-19. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.

**>ILLEGAL DUMPING**

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

**>COVID VACCINATION CLINIC**

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

**>ST. VINCENT DE PAUL**

Rathmore Branch LOCAL CONFIDENTIAL CONTACT 087 3462332

**>NOTES**

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

*By Michael O' Mahony*



Dave Herlihy on Left with Derry Healy litter picking at Clohane, Glenflesk last Saturday morning.



Brendan O'Brien Litter picking at Clonkeen Glenflesk Saturday morning last.



**MTU**

Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University

**JOIN US FOR OUR  
NURSING POSTGRADUATE  
PROGRAMME OPEN  
EVENING**

**APRIL 14TH 2021  
7 - 8PM**

**TO REGISTER VISIT  
WWW.MTU.IE/  
ADVPRATICENURSING**

## POSTGRADUATE ADVANCED PRACTICE NURSING PROGRAMMES

**New for September 2021, MTU Kerry Campus are offering a number Advanced Practice (Nursing) Pathways for registered nurses.**

The Advanced Practice (Nursing) programmes are offered to qualified, experienced nurses who wish to pursue a career as Advanced Practitioners and register as a Registered Advanced Nurse Practitioner with the Nursing and Midwifery Board of Ireland. They are blended learning programmes comprising of taught modules and a substantive practice placement. The taught modules are delivered online with face to face delivery every 4 weeks at MTU Kerry Campus.

PRE-REQUISITES → PROGRAMME → ON GRADUATION

PATHWAY	PRE-REQUISITES	PROGRAMME	ON GRADUATION
<b>1</b>	Level 8 degree in Nursing and a Registered Nurse Prescriber	Master of Science in Advanced Practice (Nursing) Cost: €10,800	Registered Advanced Nurse Practitioner with NMBI
<b>2</b>	Masters in Nursing	Postgraduate Diploma in Science in Advanced Practice (Nursing) Cost: €7,200	Registered Nurse Prescriber AND Registered Advanced Nurse Practitioner with NMBI
<b>3</b>	Masters in Nursing and a Registered Nurse Prescriber	Postgraduate Certificate in Science in Advanced Practice (Nursing) Cost: €3,600	Registered Advanced Nurse Practitioner with NMBI

The Department of Nursing and Healthcare Sciences at MTU Kerry Campus offer a range of other postgraduate opportunities for qualified nurses:

- Certificate in Nursing/Midwifery Medicinal Product Prescribing
- Certificate in Wound Management
- Certificate in Acute Medicine Nursing
- Certificate in Emergency Nursing
- Diploma in Developing Safe Environments in Health and Social
- Diploma in Leadership
- Master of Science in Nursing
- Master of Science in Professional Nursing

Other new programmes under development in the area of:

- Palliative Care
- Inflammatory Bowel Disease Care
- Integrated Care
- Problem Gambling Addiction



[www.mtu.ie/advpracticenursing](http://www.mtu.ie/advpracticenursing)

**FOR MORE INFORMATION CONTACT:**

Admissions Office  
+ 353 (0)66 7145638  
admissions@ittralee.ie

Academic Enquiries  
Catrina Heffernan, Programme Lead  
Catrina.Heffernan@staff.ittralee.ie

**KILCUMMIN**

**>KILCUMMIN GAA**

Kilcummin GAA Club presents ‘Share the Pot’ with the club and winner sharing the winnings 50/50. Live draw will take place on Facebook with a guaranteed winner. Tickets are €2.50, four draws €10. Play online at [www.kilcummingaa.com](http://www.kilcummingaa.com). First draw will take place on the 18th April.

**>SYMPATHY**

Sympathy is extended to the families of the late Paddy Casey, Tournonough and Pauline Baxter, Ballinamanagh who died recently. May they rest in peace.

**>WASTE DISPOSAL**

It is illegal to burn household or garden waste at home, in your garden or workplace. Burning waste can pollute the air by releasing harmful chemicals into it. There may be many toxic chemicals in waste items such as synthetic materials, preservatives, gels, bleaches and plastics. Burning of such wastes in low-temperature uncontrolled fires creates toxic and dangerous by-products which are not destroyed by the fire but become airborne on soot particles. These can end up being inhaled or being washed out of the air and deposited onto surrounding soil and vegetation, where they can readily enter the food chain. Please care for our environment by disposing of your waste in a responsible manner.

**>TRÓCAIRE BOXES**

Thank you so much for handing in your Trócaire envelopes / boxes for this very worthy cause. Anyone that have not already done so can drop it in to the Parish Office letter box. Mile Buíochas.

**>KILCUMMIN LOOKING GOOD**

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

**>GAA MEMBERSHIP**

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

**>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](mailto:info@kilcumminparish.com)*



*Catriona Crowley on left with Corrina Favier busy picking litter at Glenflesk last Saturday morning.*

**GLENFLESK**

**>GLENFLESK LADIES**

We hope to be back training in the coming weeks, Once again we are appealing to anyone that might have an interest in being involved in helping or coaching our underage girl teams. We are looking for coaches for U12/U10/U8/U6 teams.. Unfortunately if we don't get coaches for these age groups we will not be in a position to provide football for these age groups.. Please have a good think to see if ye can spare a little time to help.We look forward to hearing from you.. If interested Please email Glenflesk ladies secretary at [glenflesk.kerry@lgfa.ie](mailto:glenflesk.kerry@lgfa.ie)

**>LITTER PICKING**

Thanks very much to everyone who came out last Saturday and cleaned up our roadsides, thanks to all who continue to keep our roads looking tidy, well done.

**>GLENFLESK GAA ONLINE SHOP**

For all your Glenflesk GAA gear or a nice gift for somebody just click on the link below.  
<https://www.oneills.com/shop-by-team/gaa/ireland/glenflesk-gaa.html?fbclid=>

**>WIN A DREAM KERRY HOME**

Have you entered for your chance to Win a Dream Kerry Home? Not only is the house up for grabs but there's also a 2021 Car Outlook valued at €17,000 and loads more!!! All for just €100!!! - don't delay, buy today > [www.winadreamkerryhome.com](http://www.winadreamkerryhome.com)



## CONTRADICTIONS

When there are two sets of facts or ideas or pictures that conflict but maybe true. When science has proven something, and then we hear that another scientist has disproved this, what do we believe? Contradictions can also be of a personal nature, when we experience the mental discomfort or anxiety when we have conflicting beliefs or values or emotions within ourselves. Often to cope with this we use protective measures, or psychological defense mechanisms to help reduce that internal or external anxiety. These measures can help us manage the situations better, and what is most important is to find your ways, guided by the ideas or thoughts of others, e.g. this article, but finding your way in the end.

One of the tasks of developing into an adult is to be able to tolerate contradictions. We all remember the times in our life when we needed things to be "either" "or", and that it was too hard for it to be both! As we mature, usually, we begin to be able to accommodate differing opinions and these contradictions are less challenging to us. There are many ways to cope with contradictions, and the key elements are to tolerate difference, managing ambiguity and to be flexible. In examining traits mentally strong people poses it is their ability to live with contradictions that strengthen them, it is their ability to be vulnerable and yet strong. So putting down that mask or shield we have to protect can be a rewarding risk to take, allowing us to live more openly and honestly. Another wonderful contradiction to integrate and practice living with is that life is precious and fragile at the same time. Live in the here and now, but never lose sight of the past nor forget to look where you are going. Otherwise we trip over the same obstacle every time we walk on the path of life!

The ability to trust people and at the same time be wary of them is another contradiction that can build resilience emotionally. This helps us understand that people can let you down, no-one is perfect but with healthy wariness we learn to choose relationships which are more trustworthy, and to confront those that are not. The celebration of difference, which is part of managing contradictions is the cornerstone of tolerating diversity and requires flexibility. The metaphor of "if the branch does not bend then it will break" is useful for us to learn from nature.

The emerging positivity that will grow with tolerating contradictions is beautifully captured in the idea that by recognising your limitations you are able to find the endless possibilities. In not hiding your limitations, you are then open to possibilities that you never noticed before, allowing you to seize the opportunities that are possible. Go for it!!!

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

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

Contact 064 8636416 or Email: [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)  
Registered Charity No.: CHY 14775

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

# FULL TIME OPERATIONS ASSISTANT

## Required for Killarney Town Centre Pharmacy

- Pharmacy experience a distinct advantage
- IT Skills Essential
- Will involve weekend work at busy times

Email CV and Cover Letter to [pharmacyrole@gmail.com](mailto:pharmacyrole@gmail.com)

## Bia Ganbreise A West Cork Bakery

is looking for candidates to fill the position of a  
*Production Operator*

*Skills & Experience required include:*

- Previous experience in the food sector would be preferable.
- It will be a permanent position, Monday to Friday.

Send CV to:

[manager.freefrom@gmail.com](mailto:manager.freefrom@gmail.com)



## RECRUITING?

FOR MORE INFORMATION CONTACT  
DES ON: **087-6593427**



LISTRY

>DEEPEST CONDOLENCES

Listry GAA would like to send deepest condolences to The Butler Family, friends and neighbour's, Ballymalis on the recent death of Patrick Butler RIP.

>SPORTS DIRECT

Running in a new light: To celebrate the extra hour of daylight, our sponsor Sports Direct has launched our new campaign, 'Running In A New Light' which is focused on getting all of us back outside, back running and embracing the longer evenings. They are encouraging you to get involved: come and join us on our special 'Sports Direct Run Club' on Strava, and tag your 'Runners Receipts' on Instagram whether you run or walk. Fantastic prizes up for grabs, 3 x GPS watches, 5 x Nike Pegasus 38, Training session with adidas expert, and many more prizes, for more details check it out on our instgram. If you have any assistance for for more details you can contact Derry 085 7485226.

>GAA - RETURN TO PLAY

It was confirmed last week that GAA intercounty teams allowed to return on April 19th, U18 non contact training across all outdoor sports in pods for no more than 15 can return to play from April 26th.GAA senior inter-

county teams will be allowed to return to collective inter-county training from April 18th. We will encouraged our players, coaches and members to still follow the HSE guidelines. We are delighted to return to GAA action is just around the corner.

>KERRYRAPE CRISIS KERRY

Listry GAA are asking to support for Laura Whelton, Pallas as she shaves her hair off. in aid of Kerry Rape Crisis Laura attended Faha National School and we wish Laura all the best with her charity event. You can support by clicking <https://www.idonate.ie/fundraiserKRSAC>

>LISTRY GAA MEMBERSHIP 2021

is now available to purchase. Register/Log on to [www.foireann.ie](http://www.foireann.ie) to chose your relevant membership category. For those that just want use of the new walking track we have introduced a new category to cover just this option at €30. All other membership categories have use of the track also. Any queries please contact Mike Tangney 087-6162786.



DR. CROKES GAA CLUB NEWS

LOTTO

draw took place on Monday April 5th numbers drawn were 1 3 13 14 JACKPOT €5,000 was not won. 4 Patrons matched 3 numbers and receive €100, John O`Leary, Sinead Sugrue c/o Enda, Patrick O`Brien c/o Larry, Kathleen Moriarty c/o Eddie Jackpot for draw on April 12th 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](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.Crokeshop home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app,

TEAM MANAGEMENT

B team for 2021 will be managed by James Fleming he will be assisted by Philip O`Connor, Tommy Brosnan, James Jones and Paul Downey.

MEMBERSHIP

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

We are asking all members to download the clubforce app using the following link

IOS: <https://apps.apple.com/ie/app/mcf/id1270809419> Android: <https://play.google.com/store/apps/details?id=com.girt.ebadism.mcf> if you already have the App installed since last year you will have to log out & log in again to refresh the App. We will be using the app & email for communicating with members & parents on information on the anticipated return to play & club & team news, below is the link directly to pay your membership which is now due for the coming year [https://member.clubforce.com/memberships\\_cart\\_m.asp?LL\\_ID=734&intMF\\_ID=7826#Anchor](https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=7826#Anchor)

DR. CROKES SHOP

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

MASTERS GOLF CHALLENGE

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

COVID UPDATE

I know you will be aware by now of the positive announcement by the Irish Government this evening that non-contact underage training in pods of 15 will be permitted from April 26th and that full contact Inter-County training at adult level can re-commence from April 19th. These

are hugely welcome developments and allow us finally to begin planning on-field activity for the remainder of 2021. However, it should also be noted that these dates are conditional and will very much depend on what happens in terms of the overall COVID-19 picture in the coming weeks. For that reason, it is more important than ever that no collective training sessions are held between now and the Government indicated return dates. Breaches in this context will not only be dealt with under our own Rules but would likely put the broader plan to return to activity in serious jeopardy. As you will appreciate, we need to receive further clarity on aspects of what was announced today before finalising our plans for a return to training and ultimately games. We also need to finalise competition structures and dates for the up-coming inter-county season, as well as ensuring advice is provided for all clubs in relation to how they can safely recommence underage activity (and in the case of the 6 Counties, adult club training from April 12th).

At this point, we can only confirm that Senior Inter County teams both North and South are likely to be permitted to return to collective training from Monday, April 19th. We hope to be in a position to confirm the fixture calendar and competition structures for inter county by the end of next week.. We also hope to have finalised updated versions of our Return to Play documents for both inter-county and club activity ahead of the stated dates for resumption North and South of the border.

In the interim, we would ask for your patience while we complete this work and we look forward to

2020 INJURY FUND EXTENSION TO 31 MAY 2021

Given that no activity has been possible for January to March 2021 a further two-month



## KNOW YOUR RIGHTS CAO LATE APPLICATION

**Question:** : *The closing date for applying to college was 1 February. Can I still apply?*

**Answer:** You apply for almost all full-time undergraduate courses through the Central Applications Office (CAO). This includes, for example, university and institutes of technology undergraduate courses such as Higher Certificates at Level 6 and degrees at Levels 7 and 8.

The closing date for 2021 CAO applications was 1 February 2021. However, late applications are allowed up to 5.15pm on 1 May 2021.

There is a fee to apply for courses through the CAO and late applications pay an increased fee. Late online applications cost €60.

Regardless of when you applied, you can access your application to change the courses you picked or the order of courses. This Change of Mind facility is free. It opens on 5 May and closes on 1 July 2021 at 5:15pm.

If you want to be assessed as a mature applicant, or if you want to be considered for the HEAR and/or DARE schemes, most colleges require you to have applied to the CAO by 1 February 2021. You must submit your completed application for DARE and/or HEAR by 1 March 2021 and submit all your supporting documents by 15 March 2021.

There are also some restricted courses which you cannot apply for after 1 February 2021.

The CAO's handbook lists all the courses on offer and gives information on how to apply.

Decisions on offers of places are normally made in August and September, after the results of the Leaving Certificate have come out. A detailed schedule of the offer rounds is in the CAO handbook.

It is important to note that there is no central applications body for Post-Leaving Certificate (PLC) courses. Students must apply directly to the individual colleges. You should check the closing date for PLC courses with the college where the PLC course is taking place.

You can get information about supports for business during COVID-19 on [citizensinformation.ie](https://citizensinformation.ie). During the COVID-19 pandemic, you can find comprehensive integrated information online at [citizensinformation.ie/covid19/](https://citizensinformation.ie/covid19/) and you can get daily updates on what's changed on Twitter at [@citizensinfo](https://twitter.com/citizensinfo). You can also get information and advice from:

- **Tralee** on T: 0761 07 7860 Mon - Fri (10am - 4pm)
- **The Citizens Information Phone Service:** Call 0761 07 4000 - Monday to Friday (9am - 8pm)
- **Our national call back service:** Visit [citizensinformation.ie/callback](https://citizensinformation.ie/callback) to request a phone call from an information officer.



## *A Word of Victory*

Welcome back dear reader as we studied the crucifixion of the Lamb of God and celebrated His Resurrection, one characteristic of the Lord Jesus Christ evident throughout the Bible is His humility (John chapters 18, 19, 20). Jesus, the Son of the Most High God was born on this earth as a humble little baby. He grew up as an ordinary person like you and me, but He never sinned. He faced the same temptations, but did not succumb to the bait of Satan. He had rightstanding with God because He lived a sinless, perfect life and He exchanged that righteousness for the sins of all who would believe in Him. It would not have been possible dear friend for us to pay the price that our sins demanded, because the wages of sin is death. And death is separation from God. So God in His mercy came up with a plan of Salvation where He gave His Only Begotten Son as a sacrifice to pay for the sins of mankind and in that one act Jesus redeemed us back to the Father in righteousness. Paul writes that Jesus...."though He was God, did not think of equality with God as something to cling to. Instead He gave up His divine privileges; He took the humble position of a slave and was born as a human being. When He appeared in human form He humbled Himself in obedience to God and died a criminal's death on a cross" (Philippians 2:6-8 NLT)

Jesus understands everything that you are going through friend. He is not the author of your difficulties, sickness or pain, but He is the solution for them! This is why He came - to remove the power of sin and curse and instead give His healing power, His love and His mercy to anyone who will believe in Him – "for whoever calls upon the Lord shall be saved." (Romans 10:13). Jesus Himself calls us to rest under His banner of love and salvation. "Come to Me all you who are weary and burdened and I will give you rest. Take My yoke upon you and learn from Me, for I AM gentle and humble in heart and you will find rest for your souls. For My yoke is easy and My burden is light" (Matthew 11:28-30). The word yoke here means 'a bar that tied two cattle together to plough a field' - a heavy burden to bear.

Recently we looked at how to pray for your children and your spouse. Lockdown is not an easy journey. But we can learn from Jesus. He is always merciful and willing to see the best in each one of us. Let us make a decision to do the same. The devil is out to steal your peace by highlighting negatives so that you will explode under the weight of burdens. Don't give him your peace. Instead, set the atmosphere in your home by partnering with Jesus and operating in humility and love.

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



Check us out on Facebook.

E: [wovkillarney@gmail.com](mailto:wovkillarney@gmail.com) | Phone/Text - 087 4471797



extension of Injury Fund cover has been ratified by Coiste Bainistiochta. This will now take the 2020 cover term up until 31 May 2021.

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

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

Pause on "Loss of Wages cover" from 1 January 2021 Following discussion at a meeting of Central Council on Saturday 20th March last, it was agreed to review the following two options as alternatives to the current pause that has been applied to the loss of wages cover that forms part of the wider Player Injury Benefit Fund.

1. Offer all our playing members who may feel that loss of wages cover is a prerequisite for participation in GAA activities for 2021 to individually subscribe to a stand-alone GAA endorsed personal injury cover plan for 2021.

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

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

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

**BEST WISHES** to Cait Griffin who is currently recuperating from surgery,

## MILLTOWN/CASTLEMAINE

### EASTER WISHES

Beannachtaí na Cásca oraibh go léir Ó CLG Baile an Mhuilinn/Caisleán na Mainge

## Honour bestowed on Mary



Mary Prendergast has been elected as Honorary Life Vice President of Rathmore & District Credit Union. Mary, from Milltown was elected at a recent board meeting.

Mary has dedicated herself to promoting the ethos of the Credit Union in Milltown and surrounding areas and it is in recognition of this work that Mary has received the honour.

The credit union is a non profit organisation and was set up to help and serve the local people.

Mary has seen much change throughout her years, and has continued to be an advocate in spreading the news and working to develop the growth of its membership. In 2016 prior to the transfer of business to Rathmore, Milltown had over 2500 members.

The Board Of Directors, Management and Staff would like to thank her for her endeavours and believe the recognition is richly deserved.

Easter Blessings on all of you from Milltown/Castlemaine GAA

### CLUB FUNDRAISING LOTTO

Lotto Results for Draw on Sat 3rd April 2021:

Numbers Drawn: 11 / 25 / 26 Bonus No: 31

There was no winner of the Jackpot but well done to the winners of our consolation prizes:

Eileen Riche & Erin Kovac - €50 / McCarthy Family - €50 Deirdre Corkery - €25 / Margaret Wrenn - €25 / Michael Quirke - €25 / Muireann McAuliffe - €25

Congratulations to our winners and míle búiochas do gach duine, for your continued support of our Clubs Fundraising Lotto.

### NEXT DRAW

Tickets are available at all usual outlets for our next draw which will take place on Friday 16th April with the Jackpot Prize of €12,600.

### COISTE NA NÓG

It has been another busy week at home for our juvenile players but soon we hope to see all the girls and boys of our club back out on the field practicing their skills.

U13 – The U13 Boys have been busy improving their running times and keeping fit ahead of the return to action. The team have been making great use of the wonderful weather conditions by running, cycling and getting in lots of outdoor exercising. Well done to the boys for their efforts along with their parents and coaches for the fantastic encouragement they have shown.

U9 – This week saw the conclusion of the U9 boy's skills competition, with the final skill being the hook kick. Many household items were put to good use this week as the team saw how close they could get to their chosen target with hook kicks (both feet as always) from 10 metres. Well done to all of the players who took part for their fantastic effort over the past 6 weeks and to Paul Twiss & Liam Doherty for organising. Also the parents who encouraged the players to practice and even helped out with the weekly draws.

Finally in a wonderfully contested competition where all players put in a big effort, a huge congratulations to Luke Twiss who was the

winner of the U9 skills competition. Well done Luke on being so consistent across the 6 weeks with all challenges and enjoy your well earned prize of some Milltown/Castlemaine club gear.

Art Competition and Jersulema Dance – Well done once again to all of our entries into our Jersulema Dance & 'Design your own Milltown/Castlemaine jersey competition'. The boys and girls all received an Easter treat this week for their fantastic art work and dancing.

A big thank you also to the parents for assisting the boys and girls with their entries, whether it be getting the paints out, cleaning the paint up or recording the dance routines, we thank you sincerely for helping out.

Thank you also to our fantastic Coiste na nÓg sponsors Foleys Spar, Milltown for allowing our entrants to collect their Easter eggs in store, . . .

### NATIONAL CLUB DRAW

You can support our Clubs Community Walkway and field development project by buying at ticket for the National Club GAA Draw.

Go to [www.idonate.ie/raffle/Milltown-Castlemaine-Draw](http://www.idonate.ie/raffle/Milltown-Castlemaine-Draw) to enter for just €10 and be in with a chance to win a Renault Clio Car, All Ireland Packages and lots of cash prizes.

All proceeds go directly to Milltown/Castlemaine GAA club, thank you sincerely for your continued support.

### FIELD DEVELOPMENT PROJECT

A big thank you to all who have assisted with the numerous jobs of late. Our clubhouse is shining in the clubs green and white, stop nets have been installed behind all goals and the goal posts stand high over the new sand based surface at Paddy Burke Memorial Park. There have been several other tasks completed of late including over 1.5km of cable for the lighting of our training pitch and the lighting of our community walkway. The lighting poles for the community walkway will also be erected in the coming weeks. The works that have begun in the past week include the laying of stone for our community walkway and the fencing around our main pitch. Please keep an eye on our social media pages for more updates.

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- FARRANFORE
- CURROW
- FIRIES
- MILLTOWN
- CASTLEMAINE
- BEAUFORT
- FOSSA





**CLUB FROCE APP**

Milltown-Castlemaine GAA Club are delighted to announce a technology partnership with ClubForce (<https://clubforce.com/>) The ClubForce platform will allow members to efficiently manage all aspects of their involvement with the club via a single source, the ClubForce App. The ClubForce integration will start this week through enabling on-line lotto ticket sales with the online member registrations to follow shortly afterwards. Over the coming weeks, the club will hold a series of virtual meetings, to introduce ClubForce, talk through the functionality and answer any questions you may have. If you have any queries on the ClubForce functionality or rollout, please contact Liam Doherty (086 041 3593) or Danny McClure (087 653 6631).

**KEEL GAA CLUB NEWS**

**CLUB MEMBERSHIP**

We are looking forward to welcoming our juveniles back on the field at the end of the month. Before then, please ensure your membership is paid for the coming year. To register, please visit <https://www.foireann.ie/>. This new system has been introduced by the GAA this year. We will share advice on our social media from the GAA which will assist you in completing your membership. If you cannot access social media, contact [pro.keel.kerry@gaa.ie](mailto:pro.keel.kerry@gaa.ie) and we will share the relevant information with you.

**KEEL GAA BINGO**

Many thanks to everyone who supported our Keel GAA Community Bingo on Monday night. It was great to have so many involved from near and afar during the current restrictions. All proceeds that were raised are going towards Keel GAA Coiste na nÓg. Due to popular demand, we will be holding another Community Bingo on Friday the 16th of April via Zoom. Bingo Books will be on sale in Benson's, Helena's Local XL, Cronin's Castlemaine, and Kelly's Londis Milltown. We would like to thank the shops for supporting us by selling our Bingo books. It is greatly appreciated. If you cannot purchase your book from any of these shops, contact [pro.keel.kerry@gaa.ie](mailto:pro.keel.kerry@gaa.ie) Please register for Zoom via the link on our social media. Please contact [pro.keel.kerry@gaa.ie](mailto:pro.keel.kerry@gaa.ie) if you have any queries.

**COMMUNITY GAMES**

THE 2021 Community Games is going virtual. Keel-Kiltallagh Community Games are delighted to kickstart 2021 with the following events: Art, Handwriting, Model Making, Sole Music, Solo Singing and Solo Recitation. Please see the Keel-Kiltallagh Community Games Facebook and Instagram pages for registering for the events and age calculator.

**FOSSA GAA CLUB NEWS**

**CHILD WELFARE COURSE**

An online Childrens Welfare Course has been



*The first Legion Ladies team to represent the club at Senior level  
Front Row...Geraldine Healy,Maura Lyne,Geraldine Bartlett,Ann Looney,Susan Moloney,Mary Cronin,Antionette Brennan,Marie Brosnan,Sheila Fogarty Back ROW...Mikey Lyne(Sel),Olive Hickey,Breda Healy,Mairead O Connor,Margaret Lyne,Noreen O Donoghue,Margaret Murphy,Susan Curtin,Pat Lyne,Phil Curtin,Denny Murphy(Manager).*



*On the other side of the lens ,renowned photographer Michelle Cooper Galvin presents the Cooper Cup to Bernie O'Connor with Larry Fagan.*

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](mailto: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: (Underage returns at the end of the month) 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.

**LADIES**

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

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

**LOTTO**

Date 4th April 2021 Numbers Drawn 6,1,21,25 €40 WINNERS BILLY O'LEARY, O'KELLY'S VILLAS; SUSAN O'KEEFE, DROMIN FOSSA; MAUREEN MCCORMICK, CURRAGH; A.K.I.L SWEENEY, LACCABANE FOSSA; NIAMH COFFEY. FUNDRAISER: Fossa GAA are asking for support for Laura Whelton as she shaves her head for the Kerry

rape Center.(Details on our social media sites for info and link) Laura has been involved in training the Fossa u6's for the past number of years. We wish Laura all the best with her charity event.

**CONDOLENCES**

The club would like to pass on our deepest sympathy on the untimely passing of Noreen Cronin-O'Connor to Donal, Jerry and John. Noreen was serving East Kerry GAA Child Welfare Officer. May she rest in peace.

**LEGION GAA CLUB NEWS**

**COACHES**

Coaches for this coming year 2021; we cannot wait to get back on the playing field and welcome everyone back. The U-6 Academy will also be kicking off every Saturday morning shortly too! Dust off the boots.

Academy Co-ordinator Ted Healy  
 U-11 Fergal Moynihan, U-13 Brian Looney  
 U-15 Philip Gammell, U-17 Minors John Keane  
 U-19 Eoin Donnelan  
 Ladies Coaches  
 U-12 - Donal O'Leary, U-14 - Ted Healy  
 U-16 - John Doona, U-18 - Shaun O'Connor

**LEGION LOTTO**

Support the club via our weekly lotto!!!  
 Play online: <https://cutt.ly/sy5E1UC>  
 Or get tickets at: Hegarty's, Sheahan's Centra, Healys, New St, Ulster Bank, The Reeks and FourStar Pizza.

This is our most important avenue for fundraising - thank you for your support.  
 Jackpot €6,300 plus bonus €10,000.

**CLUB MERCHANDISE**

Our shop remains open for orders - Plenty of stock Available - 1/2 zips , jackets, hoodies, bags, hats and kits for juveniles. Place your orders direct with Maura on (087) 763 4372.

**ONLINE FITNESS CLASSES**

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

**EAST KERRY GAA NEWS**

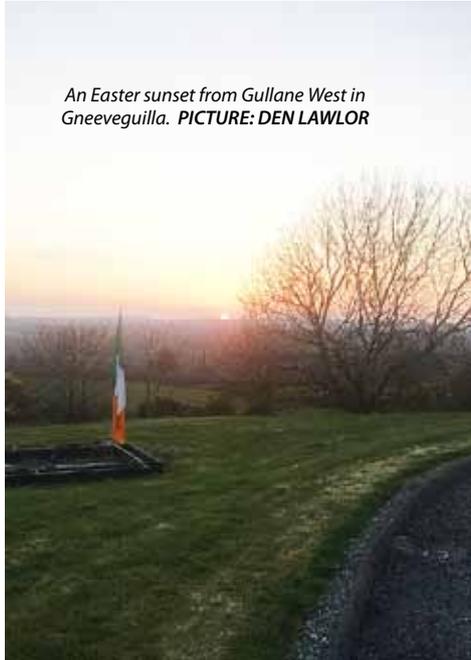
By Michael O' Mahony

**CONDOLENCES**

We extend deepest sympathy on the untimely passing away of Noreen Cronin-O'Connor R.I.P. to Donal, Jerry and John, to all her relatives & friends and Gneeveguillagaa Noreen, serving East Kerry GAA Child Welfare Officer, will be sadly missed  
 Ar dheis Dé go raibh a hanam dílis.  
 Allso sympathy to families of Mary Maccarthy Glynn RIP Rathmore  
 Ar dheis De go raibh a hanam dilis.

**WORKSHOP**

A workshop for all Club Coaching officers will place online on Tuesday 13th April at 8pm.



An Easter sunset from Gullane West in Gneeveguilla. PICTURE: DEN LAWLOR

The purpose of the workshop is as follows:  
 - Discuss the role of the Club Coaching Officer  
 - provide some guidance and advice on the role  
 The Club Coaching Officer is an important role within a club and our aim within Kerry Coaching and Games is to provide support and assistance to the person(s) performing the role. The meeting will take place on Zoom and a link will be sent out on the day before.

**BALLYHAR-FIRIES GAA**

**2021 MEMBERSHIP**

As it looks like April 26th is the date all underage players have been waiting for to get back out on the pitch, there is no better time than now to get your 2021 membership. Our club membership is now open for all players and members.

A new system of registration is being introduced this year through the return to play app ([www.foireann.ie](http://www.foireann.ie)) that was used last year to declare players were healthy to attend training. All registrations should be completed under this system and payment for all standard membership is paid online. Go to [www.foireann.ie](http://www.foireann.ie) or 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 is now live.

Family Membership - €100 Adult Member - €55  
 Adult Player - €65 Juvenile - €30  
 Student (over 18) - €40 - Remember no membership no play. It should be noted for families registering for membership on the foireann system, they should setup a family first, create an account for your spouse/partner and add any kids to the family section. Once you do that and go to buy adult and kids membership, their names are populated in the drop down menu.

**LOTTO**

Lotto results from Monday 5th April  
 Numbers drawn were: 1, 12, 22, 28  
 No jackpot winner  
 5x €30 Margaret Kelly, Farranfore  
 Jackie Quirke Margaret Moriarty, Farranfore  
 James Ellard, Currow Rd, Farranfore  
 Morgan McMahon, Castle Farm

The next draw will take place on the 12th April  
 Thanks to everyone who purchased a ticket and don't forget to get one for next week!!

Get your lotto tickets online via the Furies 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 Furies, Hendersons Shop and Bar Furies and from all the usual sellers. We thank these businesses for their continued support. Thanks you all for your continued support. 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.

**LIDL SUPPORTING LADIES GAA**

Lidl Ireland are encouraging clubs to support their ladies teams by collecting stamps on the Lidl app each time you spend a minimum of €30 in store. Just download the LidlPlus app, select your club and start collecting! Open from February 15th until April 10th, and each time you spend min. €30 and scan your app at the till, you will receive a digital stamp. Once six stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total. So make sure you have register Furies Ladies GAA as your club of choice. 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 €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

**COACHING 2021**

Furies Football, Hurling & Ladies Football coaches had the utter privilege to welcome "the coaches coach" Mr Liam Moggan to our coaching pre-season preparation on Friday night.

Liam is a leading sport coach focusing on coach education & development in Ireland across a range of sports where Liam is often referred to as the "Coaches Coach". Furies Football, Hurling & Ladies Football are delighted to witness Liam's expertise. With our impending return less than a month away, our coaches can refocus on their responsibility to our children and young adults. Many thanks to Liam for joining us where his foresight & knowledge is undoubtedly priceless to our coaches. "No one will see the hours you spend planning but they will see the hours you don't."

**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.furies.kerry@gaa.ie](mailto:pro.furies.kerry@gaa.ie).

**MUCKCROSS ROWING CLUB****RETURN TO ROWING**

With the latest update of the government's plan for public health restrictions in response to COVID-19, we are eagerly looking forward to Monday, April 26 which has been set as the date for a wider return of outdoor sports at underage level. From this date, Junior 18 club members will be permitted to return to group outdoor training in pods of 15.

**EASTER VIRTUAL MARATHON**

Congratulations and well done to all our members who completed the club's Easter Virtual Marathon Challenge. Members were challenged to run a total of 42km over the past two weeks with spot prizes for those meeting the mark. Over 80 club members got involved and a special word of thanks goes to Shona and Aine O'Sullivan for organising a great lockdown challenge. Sincere thanks also to special guests Paul Griffin, Cathal Moynihan, Aileen Crowley and Aoife Cooper who facilitated Zoom sessions with top tips on training, stretching, technique and all things rowing!

**EUROPEAN ROWING CHAMPIONSHIPS**

This weekend, we send best wishes to former Muckcross rower and Irish rowing champion Aileen Crowley who is racing for Ireland with fellow Killorglin native Monika Dukarska in the Womens Pair event at the European Rowing Championships in Varese, Italy. Aileen and Monika secured Ireland's place in this boat class for Tokyo 2020 with an 8th place finish at the 2019 World Championships and are now looking to cement their places in the boat for the rescheduled Olympics. Their heat takes place early this Friday morning, with semi-finals set for 10:03am Irish time on Saturday. On Sunday morning, the B and A finals are scheduled for 07:55 and 11:21am. RTE will carry coverage and latest updates can be found on the websites and social media channels of World Rowing and Rowing Ireland. Best of luck to Aileen and Monika!

**DEERPARK PITCH & PUTT CLUB NEWS****RE-OPENING**

The club notes the announcement last week of the intended re-opening of all courses on Monday April 26th next. We await further details in the weeks ahead about what such a re-opening will entail. The club re-iterates its intention to play

the 2020 U16 Matchplay for all of last year's U16 members. Further details will follow on that.

**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.

**FLESK VALLEY ROWING CLUB****ROWING 300KM FOR ALEXIS – FLESK VALLEY ROWING CLUB**

The club would like to sincerely thank everyone who donated so generously to our 'Rowing 300km for Alexis' event last weekend in aid of the 'Alexis O'Mahony' fund. The event proved a great success and at the time of writing an amazing €5,500 has been donated. This money will be used by the 'Let's Help Alexis' fund to purchase a physio bench for Alexis and support her ongoing physiotherapy needs.

Thanks to Steve, Teresa and Alexis O'Mahony and everyone involved in the 'Let's Help Alexis' committee for your encouragement and assistance. See [www.facebook.com/letshelpalexis](http://www.facebook.com/letshelpalexis) to meet Alexis and learn more about her. Last Friday evening (April 2nd 2021) was a unique first for Flesk Valley Rowing Club when the senior men in the club each rowed a virtual half-marathon on rowing machines together on Zoom and livestreamed on Facebook for a total of more than 300km. The lads have been training together online twice a week since before Christmas and decided to target an Easter half-marathon to bring focus to their training and to raise money for a very worthy local cause.

Many thanks to senior coach Tadhg Kelly, the club committee and all those who helped in any way to organise and support the event. Finally, thanks to the sixteen lads who allowed us into their homes, gardens and sheds to watch them row and suffer; although it wasn't supposed to be a race, we all know 'everything is a race!' Check out the Flesk Valley Rowing Club Facebook and Instagram pages to see pictures and video of the event. The Go Fund Me page remains open for the rest of the week if anyone would still like to donate. <https://gofund.me/8e870513>.

**KILLARNEY COMMUNITY GAMES**

Community games are running a series of virtual events over the next few weeks

Virtual Community games events are now open on [www.mycommunitygames.com](http://www.mycommunitygames.com)

**THERE ARE 7 VIRTUAL EVENTS**

Art  
Handwriting  
Model Making  
Solo Singing  
Solo Dance  
Solo Recitation  
Solo Music

Each event has different age categories. Full details on the website.

Enter on line before 5th May 2021

**GNEEVGUILLA ATHLETIC CLUB****LOTTO**

No winner of our lotto draw 02/04/2021, numbers drawn were 16, 20, 22 & 27. €50 yearly ticket prize winner Mike Mangan Beaufort, €50 to Donnagh O' Leary Barradubh, €40 each to Nellie Collins Lyreacorin, Peter O'Donovan Tureenchahill & Margaret Cahill Tullig. Sellers prize winner Mairead Carmody. Bonus not won, numbers drawn were 3, 20, 21 & 24. Next week's jackpot €18,000 plus €1,000 bonus.

**KILLARNEY CELTIC****CELTIC LOTTO**

Numbers drawn 5,7,18,22. There was no jackpot winner. Match 3 winner received €150. The next jackpot on Monday April 12th is €6,400. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at [clubforce.com](http://clubforce.com).

**KILLARNEY CELTIC GEAR**

is available online through [www.bmc sports.ie](http://www.bmc sports.ie) and the link can be accessed from the Killarney Celtic Facebook page.

**TREATY UNITED**

Matt Keane and Shane Lowth helped Treaty United record their 1st league win of the season when Treaty defeated Wexford FC 1-0 last weekend.

**RETURN TO TRAINING**

The possibility of a return to training has moved a little closer following the recent government announcement. In the meantime we ask all our members to follow all guidelines and stay safe.

Killarney Celtic sends its best wishes to Lotto Committee member JC who celebrated a birthday with a big milestone recently.

**Kerry Racing News**

Brothers Michael and Paddy Kennedy combined to win the first race of the Fairyhouse Easter Festival when Salt Wind took the Boomerang, ie Maiden Hurdle in convincing fashion at the County Meath venue on Saturday. Owned by Karen O'Driscoll, the 9/4 favourite had loads in hand as he scored by four and a half lengths from the Noel Meade-trained Part Time Farmer. Kevin Brouder notched up another notable success when winning the Grade 3 Baron racing.com Chase on the John Ryan-trained Waitnsee. The 7/2 chance was much too strong for the Henry

de Bromhead-trained Spyglass Hill and John McConnell's Go Another One, the 13/8 favourite, winning by four and a half lengths. It was a third Grade 3 winner for the Listowel jockey.

**UPCOMING FIXTURES**

Gowran Park – Wednesday, April 7  
(First Race 4pm)

Gowran Park – Thursday, April 8 (First Race 4pm)

Wexford – Friday, April 9 (First Race 4.15pm)

Dundalk – Saturday, April 10 (First Race 1.10pm)

Leopardstown – Sunday, April 11

(First Race 1.40pm)



Salt Wind and his way to winning for brothers Michael and Paddy Kennedy at Fairyhouse on Saturday. PHOTO: PATRICK MCCANN/RACING POST



## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

### GAA

#### Dublin Training Session

Look, we all know that one particular story dominated sports this week, and that was a training session by nine Dublin players that included some of the most high profile players of all time. Gods with feet of clay. Moreover, it was very obviously not their first time – do you really think that a photograph happened coincidentally to be lying in wait?

I have no sympathy. None. What they did was nothing short of a disgrace. I criticised Cork's Ronan McCarthy and Derry's Paddy Tally for breaching restrictions, but this was worse – the GAA had literally warned teams not to go back training less than 24 hours previously. Dessie Farrell quickly put his hands up and the Dublin County Board acted promptly (and very cutely) in imposing a 12 week ban – I would assume in the hopes of avoiding player punishments, I assume. No, I'm sorry, but these are grown men. They knew full well they weren't allowed to train and they did it anyway. Frankly, I would sit those boys down for the National League (which is a kind of a cobbled together thing anyway this year and will be played off in a rush). This was ranked stupidity and reeks of arrogance – something that I would never have expected. How in anam an diabhal did they expect to get away with this?

#### Aussie Rules

Six Irish women have made the last four in the AFLW. Aisling Sheridan and Sarah Rowe from Cavan play with Collingwood, who beat a North Melbourne team that included Mayo's Aileen Gilroy. They will now face Brisbane Lions in the Preliminary Final, who include Tipperary's Orla O'Dwyer in their squad. Dublin's Lauren Magee played for Melbourne Demons (Sinead McGoldrick was injured) in their win over Fremantle. They now face the Adelaide Crows, who include Clare's Ailish Considine in their ranks.

### SOCCER

#### Guardiola Criticises Scheduling

You'd feel sorry for Pep Guardiola all the same. This week he came out strongly against UEFA and FIFA for the fixtures scheduling. His poor players haven't had a midweek rest so far this year. In fairness to Guardiola, he has received some questions about his rotation policy, and of course he has to rotate. But equally, the reason your schedule is so crowded is because you keep winning. You're competing on all fronts. Against Leicester, you were able to start a team that cost £253 million – without including Ilkay Gundogan, Bernardo Silva, John Stones, or Raheem Sterling.



You've got first world problems, Pep. Have a chat with Stephen Kenny and you'll get some perspective.

#### Champions League Proposals

Actually, with the new proposed and nonsensical format for the Champions League in 2024 (36 teams in group stages and loads of meaningless games), the scheduling is about to get a lot worse (as are the games – it's designed to protect the moneyspinners).

Basically, the prestigious clubs will be protected from failing to qualify by having 'historical co-efficients' applied i.e. who you are, not what you do. These 'historical co-efficients' will also determine your share of the revenue. In other words, the big boys are protecting their investment. The group stage is replaced by a giant league of 36 teams, who play a determined number of games against opponents based on seeding. Obviously, a lot of these games will be meaningless. The total number of games overall will be increased from 125 to 225 games.

Obviously, this is going to place enormous pressure on clubs and players. Squads will have to be increased. Domestic competitions are bound to suffer – as it is, a lot of teams field understrength teams in the likes of the Carabao Cup. But the problem is that in UEFA meetings, it's the money that does the talking, and the big clubs have the threat of breaking away to form a superleague of their own (exactly how the Premiership was first formed). It's an unfortunate truth that the majority of the tv audience only want to watch the glamour games, the brand names. More people watch Liverpool versus Man United than watch Bolton versus Ipswich. It's not hard to see who has the greater bargaining power.

The only hope is if the audience have the cop on to switch off from the meaningless games. Andrea Agnelli, Chairman of Juventus (who have lost out on the Champions League despite the huge purchase of Cristiano Ronaldo,

despite his gret league form and Man United Chief Executive David Gill are two of the main proponents of the proposals, and they have the numbers to bring this through. Unfortunately.

#### Is Haaland Worth it?

One issue for Guardiola where he really can worry is the lack of an out-and-out striker with the imminent departure of Sergio Ageero. The Argentinian has been the most consistent goalscorer in the Premiership for a long time and famously got the goal that won the title in the dying seconds – Murt Murphy had the game on his laptop in Mounthawk Park.

There's one striker definitely on the market at the moment. He's easily the hottest property in world sport at the moment. Erling Haaland was actually born in Leeds (Roy Keane famously fouled his father Alfe Inge and ended up in court).

Borussia Dortmund was E150 million for their star player. There's €20 million to be paid to Mino Raiola (Erling's agent), €20 million to be paid to Alf-Inge Haaland, and a wage package of €30 million net per season to be paid to Erling Haaland.

Is he worth it? I'm actually not sure. Yes, he's young, fit, fast, strong, and a confident finisher. He's genuine quality. But if you look at German soccer, the teams play with a high defensive line, leaving space for a fast player like Haaland to exploit. Tim Werner was the top striker in Germany; he can hardly buy a goal in the tighter confines of the English game. For that matter, despite Haaland's scores, his team are actually seven points off the Champions League places. Fore E220 million outlay, I'd be looking for a lot more. Frankly, I'd try to buy Lewandowski – that's a goal machine (admittedly, with better quality around him).

Barcelona, Real Madrid, and Man City (despite the antipathy between Guardiola and Raiola, these are businessmen first and foremost) are all expected to be in the hunt for the Norwegian.

I suspect that Manchester will be his destination – I don't believe that Barcelona or Real (both look like losing to Atletico Madrid and Luis Suarez for La Liga) can afford that kind of money. City need a striker and have the money (let's not mention the myth that is 'financial fair play').

Whether it proves to be good value is another question.

### **FAI in Union Dispute**

It's like a bottomless pit. Every time you think that the FAI can't get any worse, they manage to do so. Trade union Siptu has come out this week with a hard-hitting statement, saying that the FAI "is being overhauled in a less than transparent manner" and that "while progress had been made in several key areas over recent years that constructive relationship has unfortunately deteriorated". The FAI CEO, Jonathan Hill, informed Siptu last month that he doesn't recognise the union. The matters, including pay deferrals, have been referred to the Workplace Relations Commission.

### **Treaty United Claim First Win**

Limerick side Treaty United picked up their first LOI win ever in a 1-0 victory away to Wexford. One of the best players on view was Matt Keane, with two spectacular runs early on had Wexford in real trouble before Anthony O'Donnell got the game's only goal. A worry for the team, though, must be their discipline, with another red card in the second half (their third in three games) that made for a close finish.

## **GOLF**

### **Back in Action**

The welcome news was announced this week that golf, pitch and putt, and other outdoor pursuits can resume on April 26th, although indoor facilities must remain closed.

### **Maguire Shines at ANA Inspiration**

Leona Maguire's good form for this year continued as a strong finish at the ANA international saw her tie for 28th. Maguire had opened with a phenomenal round of 67 to be in real contention but a disastrous third round that included six bogeys, five on the back nine, left her in trouble. However, she recovered well in her final round.

Antrim's Stephanie Meadows, who two years ago barely managed to retain her tour card, leapfrogged her compatriot with a 67 in her final round to finish in 19th place.

### **US Masters**

Jordan Spieth is the form golfer right now. Justin Thomas (the bookie's favourite) and Sungjae Im are others to keep an eye on. Bryson deChambeau's form has dipped of late but he's still the big hitter on a long course. Unfortunately, neither McIlroy nor Shane Lowry are consistent enough this year and it's hard to see them being in contention.

## **BOXING**

### **Carl Frampton Bows Out**

Northern Ireland boxer Carl Frampton has announced his retirement after being stopped in the sixth round by Jamal Herring in his bid to become a three weight world champion. Herring, who always controlled the middle of the ring and carried too much power for the Irishman, retained the super featherweight title. Frampton was knocked down in the fifth and sixth before his corner threw in the towel. Frampton was bidding to become a three weight champion, having previously won super-bantamweight and featherweight.

### **Eir Sport Steps Back**

Eir has announced it will not take part in the latest rounds of sports rights auctions, citing fundamental changes to the commercial model for subscription-based sports broadcasters.

In a statement on Thursday evening, Eir pointed to the impact of Covid-19 on live sports across the world, noting that matches and competitions have been postponed throughout the last year, thus limiting the supply of content for the service to broadcast.

"In addition the almost complete closure of licensed premises here in Ireland has fundamentally changed the commercial model for subscription-based sports broadcasters," Eir's statement said. "As we navigate these challenges, Eir has made the decision not to partake in the latest rounds



of sports rights auctions," it added. The company noted however that there is "no immediate change" to Eir Sport content.

Eir's loss is likely to see RTE pick up the Pro14 for the first time in seven years, which will include South African teams next year.

## **ATHLETICS**

### **Bam and Morton Games Cancelled**

The BAM Cork City Sports International Athletic meet scheduled to take place in the CIT Athletic Stadium on Tuesday July 6th has been cancelled due to Covid. This is the second year in a row that Covid has meant the cancellation of the event. After assessing all scenarios available, it has been confirmed that the 2021 editions of both the BAM Cork Sports International Athletics Meet and the Morton Games have been postponed until 2022.

### **Russian Athletes to Compete as Neutrals**

World Athletics has voted a degree of clemency for Russian athletes, who are currently suspended after the country was found guilty of sustained doping offences. The governing body has voted to revive the authorised neutral athlete scheme which can grant individual exemptions from suspension after vetting the athlete's drug testing record. Up to 10 athletes can be given an exemption for the Olympics.

## **SNOOKER**

It was a real blast from the past to see Stephen Hendry lock horns again with his arch-rival Jimmy White. Hendry won it out 6-3, but the glory days look past for both players. Hendry faces another three qualifying rounds to make it to the World Championship proper, while Jimmy has to either pick up a wild card or return to Q School to retain his professional status and is considering his future.

## **RUGBY**

### **Leinster Awarded Victory over Toulon**

It certainly isn't how they wanted to win this one, and most definitely isn't how the French side wanted to lose it. They were desperately unlucky, Toulon made the trip to Dublin and believed they did everything right for the game to go ahead. An unnamed player, who did not travel to Ireland, returned a positive test but tournament organisers EPCR ruled that the match would not go ahead because a number of players were deemed to be close contacts. Leinster will now play Exeter Chiefs in the quarter-final.

### Toulouse 40 Munster 33

Munster showed a big improvement over their Pro14 defeat to Leinster and scored four tries, but it wasn't enough. Alphonse Dupont is the best rugby player on the planet right now and proved it with two tries late in the second half. Munster laboured early on but took the lead through two Keith Earls tries to lead 16-9 at the break. Unfortunately, it all started to go wrong at that point as Dupont kicked into gear while Tadhg Beirne departed through injury and was a massive loss. Romain Ntamack set up Mathis Lebel to level matters but Munster went back in front after some great play by Gavin Coombes, who is arguably Munster's best player of the season and surely must be on the Irish radar – how he hasn't been capped already is beyond me. Keith Earls was somewhat lucky to stay on the field after conceding a penalty – Barnes could and probably should have shown a card – and Toulouse used their strength to force it over the line. In the last fifteen minutes Munster began to run out of steam and had no answer to Dupont's blistering pace. A late try for Coombes was scant consolation and it's the French side who advance to meet Clermont Auvergne in the quarter-final. CJ Stander and Boilly Holland, both of whom are set to depart Munster, gave emotional interviews after the game; both were brilliant servants of Munster and will be remembered fondly.

### La Rochelle 27 Gloucester 16

Gloucester's Heineken Champions Cup hopes ended at Kingsholm as Ronan O'Gara's La Rochelle produced a slick and polished performance to win 27-16. The French side, second in their domestic league behind Toulouse, booked a home quarter-final against



Scarlets or Sale Sharks next weekend. O'Gara has been mooted as a potential successor to Munster's Johann Van Graan, whose stock is low after losing in both the Pro14 Final to rivals Leinster for the sixth time in a row and that defeat to Toulouse in the Champions Cup.

## AMERICAN FOOTBALL

### Drew Brees retires

Tom Brady may have been revered, but Drew Brees, the quarterback for the New Orleans Saints for fifteen of his 20 year career, was

loved. He is especially remembered for his response to Katrina when the city desperately needed a lift.

Brees is the NFL leader in career pass completions, career completion percentage, and regular season passing yards, along with being second in career touchdown passes and career pass attempts. He also holds the record of consecutive games with a touchdown pass, breaking the feat held by Johnny Unitas for 52 years.

# DUBLIN AND CORK TO MEET AGAIN IN 2021 Lidl Ladies National Football League

TG4 All-Ireland Senior finalists Dublin and Cork have been pitted together in Division 1B of the 2021 Lidl Ladies National Football League, which is due to get underway on May 23.

Dublin defeated Cork last December to claim a fourth straight All-Ireland Senior crown – but Cork are the reigning Division 1 League champions, having won the title in 2019.

Cork and Dublin will be joined by Tipperary and Waterford in an ultra-competitive Division 1B, with Galway, Mayo, Donegal and Westmeath making up Division 1A.

In Division 2A, TG4 All-Ireland Intermediate champions Meath will be joined by Clare, Kerry, and Wexford, while Armagh, Cavan, Monaghan and Tyrone feature in an all-Ulster Division 2B. There are four counties in each group, with the exception of a three-team Division 4B, which contains Carlow, Offaly and Limerick, while the divisions have been comprised in regional fashion to minimise travelling for the competing teams, and to help ensure the health and safety of all counties.

Division 1A	Division 1B	Division 2A	Division 2B	Division 3A	Division 3B	Division 4A	Division 4B
Galway	Cork	Kerry	Tyrone	Down	Kildare	Louth	Carlow
Mayo	Dublin	Meath	Monaghan	Roscommon	Laois	Leitrim	Offaly
Donegal	Tipperary	Wexford	Armagh	Sligo	Longford	Antrim	Limerick
Westmeath	Waterford	Clare	Cavan	Fermanagh	Wicklow	Derry	

Three rounds of group fixtures will be played on consecutive weekends, with the semi-finals scheduled for June 13.

There will then follow a two-week break before the Lidl National League Finals are played on June 27.

Confirmation of initial details for the 2021 Lidl National Leagues follow the recent Government announcement that inter-county training can resume from April 19, for 'sanctioned and organised adult inter-county National Gaelic Games Leagues.'

Fixtures for the 2021 Lidl National Leagues will follow in due course.

### PROPOSED DATES

Round 1: 23rd May

Round 2: 30th May

Round 3: 6th June (Bank Holiday Weekend)

Semi-finals: 13th June

Finals: 27th June

\*Dates are set for a Sunday but may be played midweek or Saturday by agreement with both counties.

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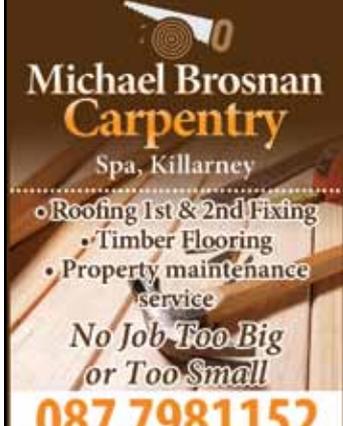
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## Trócaire urges supporters to return Lent donations

Trócaire is calling on supporters in Co. Kerry to return donations from their Trócaire boxes, warning that a decline in donations to its Lenten Appeal would put many of its life-saving programmes at risk.

The charity's biggest fundraising campaign, which finished on Easter Sunday has been affected by the Covid-19 pandemic, with many supporters unable to access their Trócaire boxes through the usual channels due to ongoing restrictions. Trócaire's campaign this year focuses on people who are trapped in long-running wars, such as those affecting places such

as South Sudan and Somalia. Generations of people in these countries have been forced to live through conflict. Their resilience and determination to help each other is remarkable. By donating to our Lenten Appeal, you will be helping them to help themselves.

### How to return your Trócaire box donation.

Simply count or estimate what is in your box and donate now in one of these four easy ways: Online at [trocaire.org](http://trocaire.org)

Over the phone at 1850 408 408 (ROI) or 0800 912 1200 (NI)

By post to Trócaire, Freepost, Maynooth, Co. Kildare (ROI) or Trócaire, 50 King Street, Belfast, BT1 6AD (NI) Check with your local parish if it is possible to arrange a safe drop-off.



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## Gardening

with Killarney Outlook

by John O'Sullivan

### SUMMER BEDDING



Its that time of year again when we think of putting colour in our pots, baskets and containers and also in the ground. Summer Bedding plants can be used very effectively in the ground for filling gaps between shrubs or border perennial plants as they can cover a lot of ground and add plenty of colour very quickly. When planting Summer bedding plants in the ground the first thing you have to do is to dig over the area and dig in plenty of compost. Most Summer Bedding plants need a nice sunny sheltered position but if you have a shaded area, begonias are excellent bedding plants for this situation and they will give you flowers right through the summer and into early autumn. As an added bonus they will also provide you with excellent coloured foliage from light green to dark purple. Always remember when planting bedding to put the taller ones at the back. If you want to do a summer display of bedding on its own in a bed you will have to choose a centre piece - a good plant for this would be a standard fuschia. Then start with the tallest, such as marigolds or antirrhinums and work your way out to the edge of the bed with some begonias or petunias and finally at the edge of the bed with some lobelia and alyssum. A good idea before you plant would be to position all your plants to get an overall view of what it will look like. And remember to water all plants well in afterwards.

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

## BEAUFORT NEEDS A PLAYGROUND

Despite Beaufort being one of the largest parishes in the county, it is one of only a few that does not have a children's playground. That is according to a Kerry County Councillor.

"I have raised this issue on many occasions with Kerry County Council, who have worked closely with local community groups but no solution has been found to date" stated Councillor Michael Cahill. "The Council state that they have no suitable lands in the parish where a playground could be provided and they have now come to an impasse" said the Rossbeigh based Councillor. "At this stage, local community groups need to pool their knowledge and experience to see if they can come up with a suitable parcel of land that can be acquired, if we are to have any hope of progress" said the Fianna Fáil man. "I am convinced that a solution can be sourced locally and the people of Beaufort together, can move this forward" said Councillor Cahill. "Kerry County Council assure me that they stand ready to assist in any way they can within budgetary constraints, to help provide a Playground in Beaufort, but a suitable site is the crux of the matter" added Councillor Cahill.



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## The #MUNSTERMACHINE "BEE Part of It"



*Pictured at the launch are L - R Conor Phillips - Peter O Mahony - Keynan Knox.*

BUMBLEance Children's Ambulance and Munster Rugby have teamed up to create one of the most tangible charity partnerships imaginable. The interactive ambulance service, which was founded by Munster couple Mary and Tony Heffernan from Castlemaine (Kerry), prides itself on delivering smiles to Ireland's youngest patients. The uniquely designed Munster Rugby and BUMBLEance branded

vehicle will be known as the #MUNSTERMACHINE and will be the 18th vehicle and will hopefully join the fleet later in 2021. The charity hopes to raise over €250,000 through the initiative to fund this new vehicle and regional service. For those that would like to get behind the Munster Machine, details can be found on the charity's website, [www.bumbleance.com/MunsterMachine](http://www.bumbleance.com/MunsterMachine)

## NOVENA TO ST. CLARE

### IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena. Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen  
Your request will be granted no matter how impossible it may seem.  
A.C.

## NOVENA TO ST. CLARE

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Your request will be granted no matter how impossible it may seem.  
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## THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).  
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.  
Then in his merciful eyes it will become your favour not mine.  
Amen.  
Say this prayer for three days. Publication of prayer and favour will be granted.

## NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory. Thank you for mercy towards me and mine. This prayer must be said for three days, after three days the favour will be granted.

## ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF  
**JOHN NOEL  
(NOELIE)  
O'SULLIVAN**



LATE OF  
ST BRENDANS TERRACE  
WHO PASSED AWAY ON  
11TH APRIL 2020

*As we look upon your picture  
Good Times we recall of a face  
so full of sunshine  
And a smile for one and all.*

As we lovingly remember Noelie on his 1st Anniversary. We his family wish to express our sincere appreciation to all who sent mass cards, perpetual cards and phonecalls of sympathy and those who made donations to the Kerry Health Link Bus.

Our heartfelt thanks to relatives, great neighbours, wide circle of friends and his wonderful work colleagues from St Finians Hospital and for all of you who participated in a Guard of Honour on the day of his funeral.

A sincere thanks to Fr Jim Lenihan, Fr Antony Jukes and Fr Vincent Finnegan who celebrated a beautiful and meaningful funeral mass, to Derek O Leary for the lovely singing and to sacristan Tadhg Fleming.

Sincere thanks also to Mike and Mary O'Shea and from O'Shea's funeral home for their professionalism and kindness in these challenging circumstances.

Our sincere and heartfelt thanks to Dr Coffey and all his wonderful staff at the Ross Medical Practice and Pharmacy and all the wonderful healthcare staff of Tralee University Hospital for the care and kindness shown to Noelie.

As it would be impossible to thank everyone individually please accept this acknowledgement as an expression of our appreciation for your kindness and compassion. The Holy Sacrifice of the mass will be offered for your intentions.

**Always loved and sadly missed by his Family and wide circle of Friends.**

*Noelie's 1st Anniversary Mass will be celebrated on Tuesday the 13th of April at 6.15pm in St Mary Cathedral, Killarney which will be livestreamed on [www.killarneyparish.com/webcam](http://www.killarneyparish.com/webcam)*

## ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF  
**WILLIAM (BILLY)  
MOYNIHAN**



LATE OF TIERNABOUL AND  
DROMHALL PARK  
WHO DIED ON  
10TH APRIL, 2020

Wife Mary, mother Eileen and sisters Noreen and Mary of the late Billy Moynihan would like to thank everyone who sympathised with them in their time of grief on his untimely death. Due to lockdown, we were not able to meet up in the usual way. We wish to thank all those who sent mass cards, flowers, made phone calls and left condolences online. A special word of thanks to all our extended families, neighbours and friends, who supported us at that time and throughout the year. Also, the ambulance service for their swift response and care, Dr. Mellic and nurse Aoife and all the staff at University Hospital Kerry, who took such good care of Billy. A special thanks to Fr. Kieran O'Brien, who concelebrated Billy's funeral Mass and also the musician and singer. Finally, to Michael and Mary O'Shea of O'Shea's Funeral Directors for their sensitive and professional handling of the arrangements. To those who helped in any way, your contribution made our loss more bearable. As it would be impossible to thank everyone individually please accept this acknowledgment as an expression of our gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.

### *Fisherman's Prayer*

*Dear Lord I pray  
Let me fish 'til that certain day  
And when your net is cast into the deep  
I pray you judge and find me fit to keep  
When in your home O' Lord I say  
Forever may I fish and stay*

*Forever in our hearts.*

Mary, Mam Eileen, sisters Noreen and Mary, brothers-in-law Tim and Richard, niece Miceala and nephew Ashton.

**First anniversary Mass –  
11th April at 12.00pm in St Mary's  
Cathedral – streamed online.**

## 5TH ANNIVERSARY

IN LOVING MEMORY OF

**MARY  
O' DONOGHUE  
(NEE O' DONNELL)**



LATE OF WOODLAWN PARK,  
KILLARNEY & ATHASSEL ABBEY,  
GOLDEN, CO TIPPERARY  
WHO DIED ON  
APRIL 13TH 2016

*A bouquet of beautiful memories,  
Sprayed with a million tears,  
Wishing God could have spared you,  
If just for a few more years.  
It does not take a special day,  
For us to think of you,  
Each mass we hear, each prayer we say,  
Is offered up to you.  
We cannot bring the old days back,  
When we were all together.  
The family chain is broken now,  
But memories live forever.  
May she rest in peace, dear Jesus,  
In Thy Heavenly home above,  
With the Sacred Heart of Jesus,  
In His own eternal love.  
Along the road to yesterday,  
That leads us straight to you,  
Are memories of happy days,  
Together we once knew.  
A silent grief that's in our hearts,  
No human eye can trace,  
For many a broken heart is hid,  
Beneath a smiling face.*

Loved Always Jerry.

*Those we love don't go away,  
They walk beside us every day,  
Unseen, unheard, but always near,  
Still loved, still missed and  
forever dear.*

Loved and remembered  
every day Maria and Eileen.

## GRATEFUL THANKS

Our Lady of the Sacred Heart, Divine Mercy St Faustina, St Expedite, St Padre Pio, Our Lady of Mount Carmel, Sacred Heart of Jesus, Our Lady of Lourdes for Health favours received.

**SPECIAL WEDDING ANNIVERSARY REMEMBRANCE**

IN LOVING MEMORY OF  
**SHEILA FLEMING**



CLYDINE, KILCUMMIN,  
KILLARNEY  
ON OUR WEDDING ANNIVERSARY.

*If we could have a lifetime wish  
And one dream that could come through  
We would pray to God with all our hearts  
Just to See and speak to you  
A thousand words won't bring you back  
We know because we've tried  
And neither will a million tears  
We know because we've cried  
You've left behind our broken hearts  
And precious memories too  
But we've never wanted memories  
We only wanted you*

Sadly missed by your loving husband Pat, daughter Marcella, Sons David and John, son-in-law David, daughter-in-law Katrin and grandchildren.

**ACKNOWLEDGEMENT & 1ST ANNIVERSARY**

IN LOVING MEMORY OF  
**NANCY RIORDAN**  
(NEE O'CONNELL)  
AND  
**JOHN RIORDAN**



OF THE CASTLE AND  
MOLAHIFFE, FIRIES  
WHO PASSED AWAY ON  
8TH AND 20TH OF APRIL 2020  
RESPECTIVELY.

Sadly missed one year on by their children, Sheila, Martina, Barthly, Eleanor, Dolores and Raphael, their grandchildren Stephen, Sinead, Rachel, Tara, Evelyn, Jessica, Aoife, Kevin, John, Daniel, Harry, David, Kerri and Andrew. Great grandchildren Lucy and Zara, extended family, friends and neighbours.

We would like to express our thanks to all of those who supported and sympathised with us on our sad loss. A special thanks to our neighbours and extended family for the guard of honour in a year where it was not possible to attend a traditional funeral.

Thanks to Dr Shanahan and staff at Farranore Medical Centre for their care over the years. To the staff at The District Hospital for their care and attention to our Mom Nancy during her final weeks and days.

Thanks to the emergency services especially the paramedics and ambulance crew who attended Dad and took immense care of him. Thanks to the staff at KGH.

Thanks to the wonderful Home Help and the Meals on Wheels service.

Thanks to the undertakers O'Connors Furies, Eamonn and Con for their professionalism throughout the funerals, also thanks to the grave diggers.

Thanks to Fr. Pdraig Kennelly P.P who celebrated both funeral masses. We would like to thank Rachel Hoctor (granddaughter of Nancy and John) for her beautiful singing at both masses and at the graveside.

Thanks to all who sent mass cards and messages of condolences.

It is impossible to thank everyone individually, please accept this acknowledgement as an expression of our gratitude for your support. The Holy Sacrifice of mass will be offered for your intentions.

**13TH ANNIVERSARY**

IN LOVING MEMORY OF  
**JAMES (CHRISTY) O'CONNOR**



KNOCKROUR WEST,  
SCARTAGLEN  
WHO DIED ON  
12TH APRIL 2008

*Rest In Peace  
Though absent you are always near,  
Still loved, still missed, still very dear,  
So while you sleep  
and your voice is still,  
Your spirit lives on an always will.*

From your loving wife Betty, sons, daughters and their families and grandchildren.

**5TH ANNIVERSARY**

IN LOVING MEMORY OF  
**RENA LEANE**  
(NÉE MCCARTHY)



LATE OF ROCKFIELD HOUSE,  
TRALEE ROAD, KILLARNEY  
WHOSE 5TH ANNIVERSARY  
OCCURS ON THE  
9TH OF APRIL 2021.

*Those we love remain with us  
For love itself lives on,  
And cherished memories never fade  
Because a loved one's gone.  
Those we love can never be  
More than a thought apart,  
For as long as there is memory,  
They'll live on in the heart.*

Sadly missed and always loved by your family Paddy, Mary, Paula, Cormac, Antoinette, Rachel, Pádraig, Ciara, Daughters-in-law, Sons-in-law and Grandchildren.

Saturday 10th April at 6.15pm,  
St. Mary's Cathedral via webcam.

**ACKNOWLEDGEMENT & 1ST ANNIVERSARY**

IN LOVING MEMORY OF  
**RALPH O'CONNELL**



KILLARNEY & DUBLIN  
WHO PASSED AWAY ON  
14TH OF APRIL 2020

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

Our heartfelt thanks to our wonderful relatives, friends and neighbours both here and in the UK who joined us via live stream to celebrate Ralph's life.

Our thanks to all those who sent Mass cards, letters or left messages of condolence on RIPIE.

A special word of thanks to Fr Niall Howard who celebrated a beautiful meaningful funeral Mass

Our thanks to O'Shea's Funeral Directors for organising the funeral arrangements in these challenging times

Our sincere and heartfelt thanks to all the wonderful healthcare staff at St Joseph's Nursing Home in Kenmare for providing the high standard of care and dignity to Ralph in his final months.

While it is impossible to thank everyone individually due to Covid restrictions, please accept this acknowledgement as an expression of our family's gratitude for your support. The holy sacrifice of Mass will be offered for your intentions at 6.15 pm on Wednesday 14th of April in St Mary's Cathedral Killarney

**FIRST ANNIVERSARY MASS**  
**Ralph's First Anniversary Mass will be celebrated on Sunday 11th of April at 10.30 am in St Marys Cathedral, Killarney which will be live streamed on the Killarney Parish website**

*I'd like the memory of me to be a happy one.  
I'd like to leave an afterglow of smiles when life is done...  
I'd like to leave an echo  
Whispering softly down the ways,  
Of happy times and laughing times and bright and sunny days.  
I'd like the tears of those who grieve  
To dry before the sun  
Of happy memories that I leave behind  
When life is done*

Sadly missed by his loving wife Hazel, daughters Nicola and Philippa, sons in law Tom and Darren and his six beloved Grandchildren, Katie, Jack, Rachel, Sarah, Harry and James

**NOVENA TO ST. CLARE**

**IN THANKSGIVING**

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

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

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

**E.F.**

**NOVENA TO THE SACRED HEART**

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



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