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The Connected Four: A group of students from Killarney Community College who took part in the Young Social Innovators Den 2021 this week. Included in the photograph, which was taken before Christmas while the students were still in school were Luke O' Sullivan, Rachel Griffin, Lulu Healy, Amy O' Donoghue, Eva Ryan Lynch, Keelyn O' Leary, Lauren Fleming and Jack O' Connell. SEE PAGE 6



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# THIS WEEK

12 : 02 : 21

## FIREFIGHTERS BATTLE OUT OF CONTROL FIRES

- See Page 4.

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Aisling Crosbie.

## FROM THE EDITOR

### Happy Valentine's Day ♥

The news that strict coronavirus restrictions are likely to continue until at least Easter is hard to take for everyone. However the move to remain as cautious as possible over the coming weeks makes sense with coronavirus vaccines being rolled out. There is still hope that schools and construction will reopen on a phased basis in March and with levels of the virus still high, the message remains the same. #stayhome #staysafe #protecteachother

## HELPFUL CONTACT NUMBERS

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### JIGSAW KERRY

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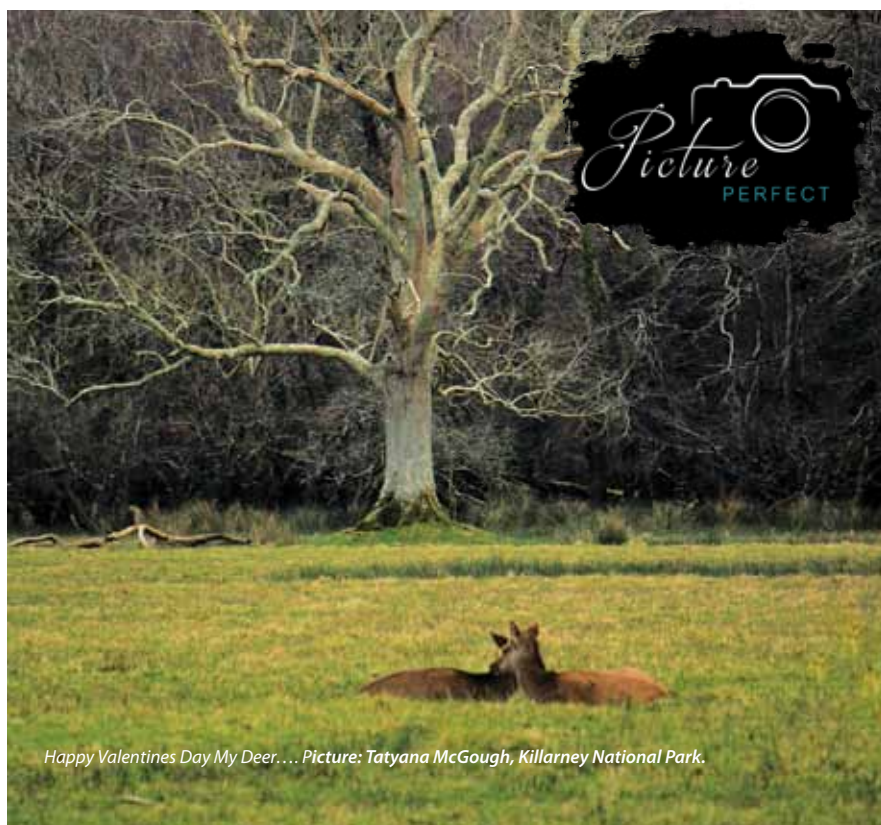
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Happy Valentines Day My Deer.... Picture: Tatyana McGough, Killarney National Park.

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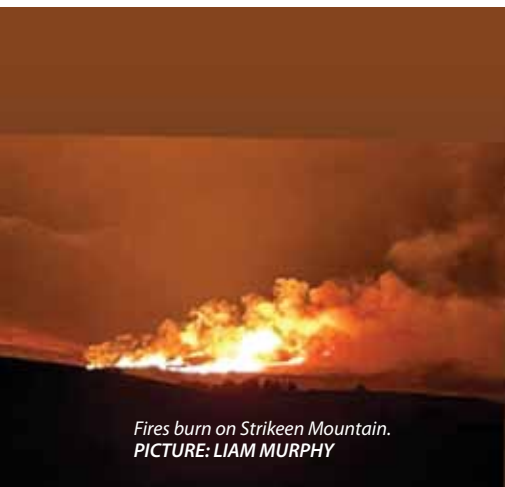
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# FIREFIGHTERS BATTLE OUT OF CONTROL FIRES



Fires burn on Stricken Mountain.  
PICTURE: LIAM MURPHY



Keel Mountains.  
PICTURE: MICHAEL G KENNY



View from the home of Orlaith Monks and Aidan Coffey in Beaufort.

**F**irefighters were out in force on Wednesday night to battle gorse fires in many areas around Killarney and Kerry.

Fires were reported on Stricken Mountain in Loughguittane and Glenflesk, along with areas back towards Keel.

The fires were particularly dangerous this week as winds were high and some of the fires came within a few hundred yards of some homes in Beaufort.

Fire poses a huge threat to everyone and on open ground they can spread very quickly and get out of control. Homes and lives are under

threat by these actions and the damage to the landscape and habitats is immeasurable. Thousands of animals and birds have perished in the fires as this is the prime season for nesting birds, breeding and regeneration of growth and habitats after the winter.

Time to enter the...

## FANTASTIC FEBRUARY GIVEAWAY

A group of High Street traders have come together to host an amazing competition in which one lucky winner will win a bundle of prizes.

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

"With lockdown set to continue for another while, I decided everyone needed something to cheer them up.... and what better than winning something", Grainne told Killarney Outlook.

Among those who contributed to the amazing bundle are Killarney Carpet Centre with a €200 Instore Voucher and Tara Louise Collins, Interiors with a one hour consultation (€250), A kids bike to the value of €200 from O'Sullivan's Cycles, a €100 voucher

for ladies shoes at Who's4Shoes, a €100 voucher for childrens at First Step Footwear, €100 voucher at Lynes of Killarney, Dinner for Two at Murphy Brownes and a €100 voucher at Tommy Cronin Butchers.

"The competition is very simple - all you have to do is log onto the Instagram pages of all the businesses involved in the giveaway, like their pages and tag three friends.

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

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

**#shoplocal #thankyou**



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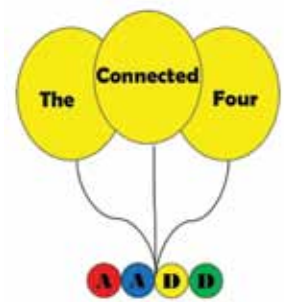


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# JUDGES “BLOWN AWAY” BY KILLARNEY STUDENTS



**A** group of students, called *The Connected Four* from Killarney Community College presented their project for the Young Social Innovators Den 2021 in front of a panel of judges this week over Zoom and it received huge praise and an investment of €500 for their project.

The Young Social Innovators initiative has inspired youth from all over Ireland to focus on a social issue of their choice, make a change and to fight for what they believe in, in their local communities and further. In Killarney Community College, a group of eight Transition Year students have decided to raise awareness on the false perception of Autism, ADHD, Dyslexia and Dyspraxia and the lack of education around these conditions due to a lack of accessible resources and supporting communities. The group are called 'The Connected Four'. The students involved are Luke O' Sullivan, Rachel Griffin, Lulu Healy, Amy O' Donoghue, Eva Ryan Lynch, Keelyn O' Leary, Lauren Fleming and Jack O'Connell.

"The reason why we chose this issue is, we all know someone, either family or friend who has been diagnosed with one or more of these conditions. As for most of the members in our YSI group, they have recognized the flaws in our society. Whereas, from the inside looking out, I can confirm experience of misunderstanding and the overall lack of education in our community" Luke O' Sullivan told Killarney Outlook.

The Connected Four believe that change is needed not just because there isn't enough information on the conditions, but because there's so much stigma around these conditions.

"We must make people aware of the challenges people with Autism, ADHD/ADD, Dyslexia and Dyspraxia face. If we can educate people on how to assist people with these conditions and how the people themselves can cope; it is a step in the right direction. Educating people will help stop the prejudice and stereotypes as people will have the right information. Communities will become more accepting and helpful of others around them, and it will become normal to have a mixed variety in our society without them being looked at differently" another of the social innovators, Rachel Griffin added.

The Connected Four have very active

social media accounts including Instagram, Facebook & TikTok that are highlighting facts, myths, statistics, their online survey results and the intense research the group have completed. These social media accounts are reaching a wide audience and helping to spread their message nationally and globally. Their email is [theconnectedfour@gmail.com](mailto:theconnectedfour@gmail.com).

A YouTube channel is also being set up by the group to voice people's experiences and knowledge from interviews they are This week, on Wednesday 10th February, three of the students from The Connected Four, Luke, Rachel & Eva, had the opportunity to represent the group and pitch their project to a panel of business and community people as part of the Young Social Innovators 'Dragon's Den' via zoom. The 'Dragons' on the day were Paul Kelly from Unilever, Tim Bulter from Virgin Media and Mary Roche from Tusla. The students pitched their project and their ideas of creating a children's book of stories around the four conditions Autism, ADHD/ADD, Dyslexia and Dyspraxia aimed at Junior Infants to 2nd class with the theme of diversity. This book is aimed to instil education at an early age and break down prejudice before it begins. The three students were absolutely fantastic and the 'dragons' were "blown away" by this project. The students received a cheque of €500 from the dragons to invest in their project, potentially focusing on their children's book and content and explore how they will invest it in a way to develop the greatest impact, perhaps digitally and through social media. They have also been offered mentoring from Paul Kelly, marketing developer of Unilever, to guide them in the right direction with their book. The students are so delighted with this offer. "The passion, the knowledge, the energy that the students showed on the day left the dragons 'gobsmacked'! I am so proud of each and every one of these students and the initiative they show, even throughout lockdown, is an inspiration to all" Ms. Lorraine Crowley, YSI Guide.

The Connected Four from Killarney Community College was the only school in Kerry to pitch to the dragons this year and one of 10 projects in Munster.

"With a better understanding, the wall dividing between the people who have these conditions from the people who do not have these conditions can be broken down, bringing the stereotypes, fear and prejudice with it! Whether somebody may have one of the conditions mild, or severe, it is important we look out for all and make them feel included and heard. If no one said being different was a bad thing, discrimination would never have started. It's time to celebrate differences" Luke O' Sullivan



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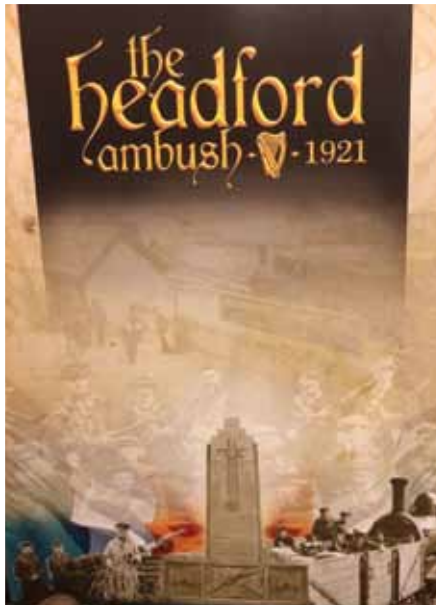
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**T**he commemoration events planned to mark the 100th anniversary of the Headford Ambush have been postponed due to Covid-19 restrictions.

The Ambush on British troops at Headford, near Glenflesk, was carried out on March 21, 1921, by 33 members of the Kerry IRA No. 2 Brigade Flying Column. It was the largest ambush in Kerry during the War of Independence.

"It's very unfortunate we can't go ahead with the actual centenary commemoration", Chairman of the Commemoration Committee, Derry Healy, told Killarney Outlook.

"This is something that we've been looking forward to for many years, given its significance in Irish history. But public health must come first and hopefully we'll do it all properly in March, 2022", he added.

"These men are gone, but they're not forgotten. Beidh lá eile againn."

Thirteen died in the Headford Ambush – eight British soldiers, two IRA Volunteers (Dan Allman and Jimmy Baily) and three cattle dealers.

A three-year-old girl was badly wounded in both legs when a bullet passed through her father's leg as he sought to shelter her.

The attack, led by Dan Allman and Tom McEllistrim, targeted a detachment of British troops due to return by train from Kenmare to Tralee.

Allman, along with Jimmy Baily, died in the attack. McEllistrim went on to be a Fianna Fáil TD.

The ambush ended when the Mallow-Tralee train arrived; it had inadvertently brought British reinforcements, and the IRA withdrew

from the vicinity of the station.

The Headford Ambush was one of the largest engagements of the whole conflict and was certainly the largest engagement between British forces and the IRA to take place in Kerry during the War of Independence.

Last October, the Government gave €10,000 to the local commemoration committee in Headford to help renovate the existing monument, erected in 1971, which had fallen into disrepair.

Extensive work has also been done to landscape the whole monument site which is located about 300 yards from where the actual ambush



took place.

For the first time, the names of all those who fought in the Ambush will be recorded at the site. However, due to Covid-19 restrictions, all aspects of the commemoration involving the gathering of people are postponed until March, 2022.

*"These men are gone, but they're not forgotten. Beidh lá eile againn."*

## Funds available to re-imagining our Outdoor Public Spaces

A new funding scheme to help local authorities open up and create public spaces and facilities dedicated to the arts, culture and festivals was announced yesterday, Thursday 11th February by The Minister for Tourism, Culture, Arts, Gaeltacht, Sport and Media, Catherine Martin T.D.

The scheme will be known as the Outdoor Public Space Scheme 2021. The support will allow each local authority to adapt, equip or otherwise improve public spaces for cultural

and events activities. The new scheme will take account of public health guidelines and of the needs of local arts and entertainment communities.

Local authorities are invited to propose capital projects for outdoor spaces which are flexible, innovative and facilitate year-round use. Ideally projects should respond to the challenges associated with COVID-19 and support the recovery of the creative, cultural, entertainment and events sector as well as being future-

proofed from a health and safety perspective. Projects should aim to deliver speedy results or actions with added benefits for tourism, and the hospitality sector. They should also demonstrate how they will support the Night-time Economy, a priority for the Minister and the Programme for Government. Each local authority can apply for up to €250,000 under the scheme.

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

# Lee Strand celebrates their annual social virtually

**The Lee Strand Annual Social was celebrated virtually, so instead of the annual gathering at Ballygarry House Hotel, in Tralee, everyone tuned into Radio Kerry instead.**

The theme was to celebrate together while being apart on a special celebratory virtual social hosted by Alan Finn from 8-9pm. The response to the broadcast was beyond everyone's expectations and the programme was extended for an extra hour until 10pm due to popular demand. The combination of Alan Finn's fantastic tunes which had everyone in the Kingdom dancing around their kitchens, lots of listeners' requests, interviews and giveaways made the Lee Strand Annual Social 2021 a memorable social occasion to be remembered for years to come.

Gerry and David O'Mahony, Lismore, Abbeydorney were announced as the winner of the Lee Strand Overall Milk Quality Award 2020. They were interviewed on Radio Kerry



Gerry and David O'Mahony, Lismore, Abbeydorney winners of the Lee Strand Overall Milk Quality Awards 2020 with (back l to r) James Sugrue, Plant Manager, Donal Pierce, Chairman and Gearoid Linnane CEO.

following their announcement and were delighted to win the prestigious title. Speaking on the night Donal Pierce, Chairman, Lee Strand congratulated the overall winner and all of Lee Strand's monthly quality award winners. He commended the quality achievements of Lee Strand farmers who month after month provide the highest quality milk in Kerry and beyond. He also praised the management, staff and farmers for all their efforts during the past challenging year during Covid-19. He also thanked Lee Strand's customers for their continued loyalty support. Donal also spoke on the history of the Lee Strand Annual Social and highlighted special milestones of the social over the years.

The twelve monthly Lee Strand Quality Award Winners for 2020 are as follows: January: JOHN & TOM SLATTERY, Lisloose Tralee; February: EDWARD BEHAN, Killahan Abbeydorney; March: PATRICK DILLANE, Knockanaha, Tralee; April: FLORENCE MCCARTHY, Banna East, Ardfert; May: JOHN, CAROL & NIAL MASON, Ballinduganig, Tralee; June: TIM HORGAN, Knockanaha, Tralee; July: GERRY & DAVID O'MAHONY, Lismore, Abbeydorney; August: JOHN DALTON, Listellick; September: ERIC & TINA O'BRIEN, Doon Tralee; October: JOHN SHANAHAN, Bawnboy, Tralee; November: JOHN KEANE, Kielduff, Tralee and December: SARAH & DECLAN ROCHE, Listellick, Tralee.

## New COVID Business Aid Scheme (CBAS) will provide welcome boost for struggling businesses in Kerry - Griffin

A new nationwide €60 million COVID Business Aid Scheme (CBAS) will provide a welcome boost for struggling businesses in Kerry, Deputy Government Chief Whip Brendan Griffin TD has said.

Deputy Griffin said the funding for the COVID Business Aid Scheme (CBAS) was secured by the Tánaiste at cabinet this week and Kerry County Council will be responsible for administering the scheme.

Deputy Griffin said: "The scheme will support rateable businesses that were not eligible for the Covid Restrictions Support Scheme (CRSS) payment nor the recently announced Fáilte Ireland scheme, 'Survive to Thrive'.

"It will be a €60m fund offering a payment of €8,000 for eligible businesses, in two instalments of €4,000 for January-March and April-June.

"Wholesalers, suppliers, caterers & events



companies down 75% or more in turnover – and which have a rateable premises – will benefit.

"Not everyone will be eligible, but it will provide a boost to 7,500 small and medium

sized businesses who were not eligible for CRSS or the Fáilte Ireland scheme.

"Business should be able to apply by the end of February through Kerry County Council. The Scheme will be back-dated to the start of this year, to ensure businesses are able to get help in covering the fixed costs they have incurred since then.

"This new scheme is in addition to the wide range of existing Government schemes such as wage subsidies, the PUP, the CRSS and commercial rates waivers.

"We hoped that businesses would no longer need such levels of support well into 2021. Unfortunately, the pandemic continues to have devastating consequences and the Government remains committed to helping businesses for as long as they need it."

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# letters TO THE EDITOR

## Walking In Killarney National Park

*a chara,*

As a regular walker and sometimes cyclist in The National Park, my attention was drawn to your Article on last week's issue under the heading "TO THE LEFT TO THE LEFT". I share the concerns expressed by this person. However, I would like to express my view on some of the details on the article.

It is important to understand that the section of pathway from the Cathedral entrance along the Port Road and westwards towards the Castlerosse Hotel was put in place by Kerry Co Council, operated by them and not the National Parks and Wildlife. The signage depicted in your article refers to this pathway only, and has no application to any other part of the National Park. There are several similar signs along this stretch of pathway at entrance and exit points to where cyclists and pedestrians share the same space with no segregation feature. I have no idea why they require users to walk on the left, nor have I asked them. But it does create needless confusion, which has led us to precisely here.

I am informed by Killarney National Park that they have no policy regarding which side of the roadway to walk on in the area under their control and have not erected any signage in that regard. Their concern is that people act responsibly, civilly, courteously, etc., which is sensible advice to most people. However, I have personally observed



people whom I would normally regard as 'rational' people 'losing their cool' over the correctness of their choice. The greatest passions come from such little issues. This is unfortunate, but also avoidable. I personally choose to take my guidance from The Road Safety Authority, Section 18: Rules for Pedestrians, which operates in harmony with all other Road Traffic Acts and simplifies how we should behave on public roads (briefly) as follows:-

### WALKING BESIDE OR ALONG A ROAD

- A. If there is a footpath, you must use it.
- B. If there is no footpath, you must walk as near as possible to the right hand side of the road (facing oncoming traffic).
- C. Do not walk more than two abreast. If the road is narrow or carries heavy traffic, you should walk in single file.
- D. The most important rule for all pedestrians is to behave responsibly, exercise care and not endanger or inconvenience other users of the road.

In the absence of Bye Laws that would guide us in our use of the National Park, I fail to understand why we should behave in the exact opposite way when we enter the Park - which may not be regarded as a "Public" place. It need not matter and only adds to the needless confusion that the Co. Council has created in their illogical footpath/cycle path rules - in the same Park. It is unreasonable to expect users to be in tune with the nuances and conflict it creates.

In conclusion, my simple message is that there is no regulation or guideline regarding which side of the roadway to walk on in Killarney National Park. I shall continue to walk on the right hand side and thereby comply with the simple ingrained set of guidelines provided by the Road Safety Authority and found to be sound in principle over a long time. Stay safe.

*Name and Address with the Editor*

## Kerry Sport and Cultural Centre on the grounds of Fitzgerald Stadium

*a chara,*

I fully support Liam Chute and his committee and Cllr Michael Gleeson who first mooted the idea in 2010.

I'm glad that there are efforts underway to resurrect the ambitious plans.

I am also glad that Der Brosnan and his hard working committee in Fitzgerald Stadium are still supporting this project, and East Kerry GAA Board supports the project also. Many people believe that Fitzgerald Stadium is the home of Kerry football, Ladies Football, hurling and camogie, and this major project will make it more attractive for all, not just on the days of big matches but for school tours, the musical culture of Slabh Luachra and Scór etc. It could also provide a home for the



Radio Kerry archives as well as a collection of memorabilia such as jerseys, boots, old medals, match programmes, and the Kerry Library service could make it all possible. The East Kerry GAA Board, GAA County Board, and clubs across the county will not be found wanting and will support such projects.

The all-weather amenity would be major boost to Killarney and Kerry. The project is ready with everything in place except the necessary finance to get it over the line and it would be a benefit to all walks of life as it would feature all aspects of Kerry sport and culture. I thank members of Killarney Municipal District Council and Cllr Michael Gleeson who brought the motion before Killarney KMD recently.

And I call on Minister for Sport Catherine Martin TD and Fáilte Ireland to provided funding for this project and I will assist with any help and support.

Yours sincerely,

*Michael O'Mahony,  
PRO of East Kerry GAA Board*



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# KERRY VACCINE ROLLOUT



**The announcement that two mass Covid-19 Vaccination Centres will be opened in Kerry has been cautiously welcomed by Councillor Michael Cahill of Fianna Fáil.**

"Having a Vaccination Centre in both Tralee and Killarney is of course a big improvement, but I believe we need to extend our reach much further into the county to ensure the very best results" stated the Kerry County Councillor.

"We need to set up mini-hubs in our rural towns

like Kenmare, Sneem, Waterville, Cahersiveen, and Killorglin in this Municipal District and the same in Dingle, East Kerry, Castleisland and Listowel, with refrigeration storage facilities for vaccinations to ensure the smooth and efficient rollout of this hugely important programme." "I believe that the HSE should acknowledge the vast geographical spread of our County and give favourable consideration to my proposal" said the experienced Councillor.

"Reaching all of the people living in the county, including the highly populated areas, has to be our highest priority if we are to defeat this virus for once and for all" stated the Fianna Fáil man. "We have to deliver this programme as swiftly and accurately as humanly possible. There is no room for any error and everybody needs to row in and co-operate with our hard pressed Frontline staff" said the Rossbeigh based Councillor.

"Together, we can get this done with the minimum of fuss and please God, we can shortly return to a more normal lifestyle " added Councillor Cahill.

## Beaufort Film Night offers entertainment for all

This year Beaufort Film Night have decided to make three films available to watch online during February and March.

The first of these is *The Traitor* is based on the true story of Tommaso Buscetta, the Mafia boss who flees to Brazil but makes the decision to bring down the Mafia upon his extradition back to Italy. This drama, directed by Marco Bellocchio, was Italy's submission to the 2020 Oscars. In Italian with English subtitles. Duration: 152 minutes.

*Raise Hell: The Life and Times of Molly Ivins* is an inspiring documentary about the Texan media firebrand and humourist Molly Ivins. The best-selling author, Pulitzer Prize-nominated New York Times journalist and popular TV pundit attacked corruption wherever she found it and did so with razor-sharp wit. *Raise Hell* was selected for the Sundance Film Festival. Duration: 93 minutes.

*A Perfectly Normal Family* is the story of two daughters adjusting to their father transitioning from male to female. First-time feature filmmaker Malou Reymann draws on her own experiences for this intimate and honest father/daughter relationship of struggling to hold on to what they have while accepting that everything has changed. This transgender family drama was the winner of



the Audience Award at the 2020 International Film Festival Rotterdam. In Danish with English subtitles. Duration: 97 minutes.

Links to each film will be available on Beaufort Film Night's Facebook page (BeaufortFilmNight) from Monday 15th February onwards. The cost per film download is €4.99. 50% of this fee goes towards the licence fee with the remaining 50% going to Beaufort Film Night. Rentals are valid for 48 hours after purchase. All films have a Club classification.

Beaufort Film Night is a non-profit community organisation founded by local film enthusiasts whose aim is to screen cultural English language and international language films, fostering an interest in and appreciation of these category of films, films which normally don't get a general release screening in Kerry. Beaufort Film Night is working in conjunction



with Access Cinema, the Arts Council funded organisation which assists film clubs and film nights in Ireland with their screenings. The online screenings are part of the Access Cinema at Home initiative.



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# Youth and sport must be a priority in Covid-19 recovery - MEP Kelly

**Y**oung people and their future health and career prospects should be a clear priority across all EU policy and funding areas in the recovery plans from the Covid-19 pandemic, according to Seán Kelly MEP who is backing calls for more targeted assistance for youth and sport.

"I fully support calls for the European Commission to swiftly mobilise all funding available with direct focus on youth, such as the Youth Guarantee and Erasmus+ to support young people who are being impacted in terms of education, work and health, both physical and mental, due to less regular sports activities", the Ireland South MEP said. On Tuesday of this MEPs voted on the Resolution which also urges Member States to ensure that national support funds, under Covid-19 recovery plans, benefit the sports sector. It also asks the Commission to explore all possible avenues to deliver additional targeted support for both amateur and professional sport with the aim of increasing the viability of the whole sector. The Commission is also being called on to fully assess the economic and social impact of the COVID-19 pandemic on sport across the Member States and, on the basis of the results of this assessment, develop a European approach to coping with



Sean Kelly MEP.

the challenges and mitigating the possible consequences.

"Sport provides our youth with much more than exercise, it is also about inclusion. Staying active is crucial for positive mental health and

can be a social outlet and provides a sense of purpose for many. Furthermore, sporting clubs play a huge role in the fabric and history of local communities, especially in rural areas. We also need to pay particular attention to young people with special needs and those from disadvantaged areas who particularly benefit from organised activities in their locality", Kelly underlined.

"Sport is also an important economic sector accounting for an estimated 5.67 million jobs in the EU and 2.12% of total GDP in the EU."

The Fine Gael MEP and former GAA President has been a long-time advocate for increasing EU funding for youth sports and particularly for grassroots sports, as well as promoting education and youth engagement as a European Parliament Ambassador for CoderDojo and Erasmus for Young Entrepreneurs.

"Some restrictions were necessary to prevent the spread of Covid-19, including some sports activities and remote learning at certain times and these guidelines should always be adhered to for everyone's wellbeing. The first priority is always the health and safety of people, but as we look to the future, we need to rebuild our lives and the next generation deserve our full attention", he added.

## New Fund will help Kerry Education and Training Board support adult learners across Kerry

Deputy Government Chief Whip, Brendan Griffin TD has said special funding for the Kerry Education and Training Board will help tackle educational disadvantage and equip adult learners with new skills during the Covid-19 pandemic.

The funding is part of a national allocation of €5.8 million secured by Minister for Further and Higher Education, Simon Harris, TD, under the Mitigating against Education Disadvantage Fund.

Deputy Griffin "Part of Budget 2021, this new fund will support community education for adult learners and will especially help with online learning which has become increasingly important due to the Covid-19 pandemic.

"€ 37,278 in funding for Kerry Education and Training Board will help a range of community-based organisations to provide new courses designed for adult learners.

**Reconnect - €5,000**

**Turenahill Community Information Technology Initiative - €10,000**

**Inspired Connect Ability - €6,532**

**Kilgarvan Community Development Education and Training reengagement - €9,083**

**Sneem Development, Community Employment participant, Education and Training- post covid 19 recovery plan - €1,478**

**Digital Pathways-Empowering Women through I.T Education Kerry Women's Resource - €5,185**

"The fund will help local, community providers, through the tried and tested structures of the Education and Training Boards, to encourage learners to re-engage with education and training and provide the devices and software needed for education during the ongoing public health restrictions."

Speaking on the launch of the Mitigating against Education Disadvantage Fund, Minister Simon Harris said: "We know that too many people in Ireland have difficulties with reading, with numbers or with digital skills. Some people may not have got the help they needed earlier in their lives, but what I want people to know is that there is friendly and non-judgemental help there for you now. There are services all over Ireland which will gladly assist you with the skills you'd like to learn.

"One of the things that the COVID-19 pandemic highlighted was educational inequality – be it a lack of devices like laptops or someone not having the connectivity to study online. The funding I am announcing today is specifically designed to tackle those inequalities and support access to community education," added Minister Harris."

Brendan Griffin TD.



commend Minister Harris," continued Deputy Griffin, "for securing this funding and enhancing supports for adult learners during Covid-19. By supporting course-providers and by securing equipment, such as laptops and other devices, as well as educational software, we can help encourage people to re-engage with education, gain new skills and grasp new opportunities."

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
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# Killarney Down Memory Lane

With an amazing 14,000 members, Killarney Down Memory Lane is a favourite page for people living both in Killarney but also all over the world.

In this week's Killarney Outlook, one of the founders Enda Walshe look back at the last 9 years of looking back on Killarney and it's people

**O**n a fine summers evening in 2012 a few members of the Legion club were gathering for a meeting in the clubhouse. The usual suspects were early with the remaining arrivals being anticipated. It afforded myself and Paddy Osborne the opportunity to peruse the photographic exhibition on display thanks to Tommy Regan. We were able to name nearly all of the people in the photos but got caught on a few. As more members arrived they filled in the blanks for us and new conversations began.

"What year was that?" and "And did we win?" It was after that meeting that Paddy mentioned to me wouldn't it be a good idea to set up a forum or website for old photos where people could post their own personal photos and maybe look for some missing piece of information that had eluded them for what seemed like an eternity. We chatted about the logistics of the concept and decided that maybe a Facebook page might be a good place to start. Next we had to decide on a name. After much debate we eventually settled on the name "Killarney Down Memory Lane". We set up the page and it went live on October 12 2012.

As the first 2 members we invited our own family and friends to join and after the opening month we had about 100 members. We were delighted!! Our initial post was from the early 1900s of a Sheep fair outside a thatched cottage in College Street.

The first year saw us add about 1, 000 members to the page and with it the old photos started to

flow. By now it was starting to gather attention and by year 2 we were up to 4, 000 members. Intrigued by its popularity there was no way in the wide earthly world we expected to hit these numbers. A full 1 hour radio interview with the late great Weeshie Fogarty followed and from then on it really went from strength to strength. We currently have 14,100 members.

Early on the membership was predominantly locally based but as word spread we found that a lot of Killarney natives who had moved to other parts of Ireland or abroad were coming on board. Facebook insights tell us that just under 50% of the membership is Killarney based, another 25% from other parts Kerry and other Irish counties, while the remaining 25% is overseas. 37 countries are represented so far including the USA, Japan, United Arab Emirates, Australia, New Zealand and most of Europe.

To say we are blown away by the support of the members and contributors is an understatement. Neither myself nor Paddy come from generations of Killarney families so the whole educational experience of the page has been very informative. It is very hard to put into words how appreciative we are of the people who bought into our idea and are now providing entertainment, memories and nostalgia for so many.

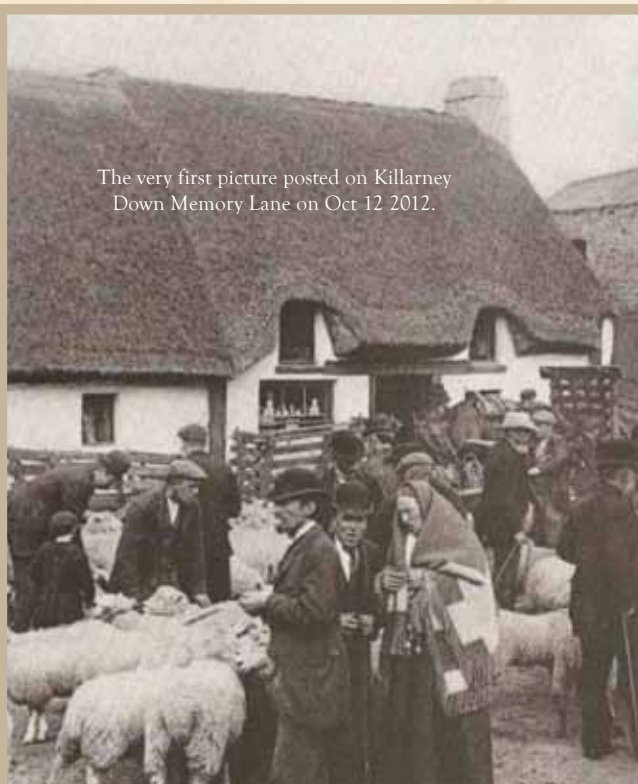
The page is a pleasure to administer with only a passing eye needed for any content that doesn't benefit the spirit of the page. There are numerous sites and forums out there suitable for content which is not in keeping with our page and we strive to keep KDML free of advertisements and spam. Of course the page would be nothing

without the efforts of its members and some of their knowledge and insights into all things Killarney is mindblowing.

As the page has evolved sadly too some of its contributors or members of their family have sadly passed away and it offers those families, alongside the existing RIP.ie, to see their loved ones remembered fondly with a glowing tribute or maybe a story to regale. We hope that they find a comfort in those hard times.

What we have also found is the town characters, some living or some passed away, are very often the most popular on the site. Remembering the late Paddy Turner and Mike Healy (also known as Thundering Mike) are two of the most popular conversations to be struck up on the page and it says a lot about the community spirit of Killarney that they are thought of so fondly.

But the main secret of the page is that no one ever knows where the next photo is going to come from. With such a rich history and culture in Killarney there is so much to remember and to be proud of. The sense of nostalgia and remembrance is so strong in the community and in those who now live away from their hometown. It is something we, on the 12th of October 2012, could never have imagined and we are now so thankful to all the members who have made this page the success it is. It has brought home to us how big the community spirit has been, is now and will always be in the beautiful town of Killarney. Long may it last!!



The very first picture posted on Killarney Down Memory Lane on Oct 12 2012.



Thundering Mike.



Donie Whitty O'Sullivan favourite This photo which I call Snowball Days in the Old Market Lane, is one of my favourites. Taken back in the early 60s, it shows the innocence of youth and how the simple things in life brought so much pleasure.



Peter O'Tooles beautiful Italian mother Assunta Maria Bosi came to Killarney after the second world war on a working holiday with a girlfriend. She worked as a cook for T.T. O'Connors in their red bricked house at Lewis Rd. One fine summers evening she was walking with her friend on Ross Island and somehow managed to lose her way, along came Peters father who had been fishing on the Lower Lake. He met the two Italian ladies and guided them off the island. This chance meeting on Ross Island led to the marriage of Peters mother and father. She spent most of her married life in Killarney, had five children only to return home to Italy on a few occasions.



Undertakers - Damien Switzers favourite - P. O'Shea Undertakers situated next to The Killarney Bar (Owen Casey's Off Licence) on Pound Row (Michael Collin's Place), selling coffins, teapots, Up Kerry badges and hurleys... you cant beat Killarney for its entrepreneurial commercial spirit.



Damien Switzer favourite - High Street  
This is one of my favourite images of Killarney, children on their way to school taken at the top of High Street 1930, some bare foot and all happy, simpler times...



Paddy Turner



Cathal and June Walshe



Paddy and Lucy O Sullivan in Main Street

# RING OF KERRY CHARITY CYCLE

## ANNOUNCES CANCELLATION OF EVENT UNTIL 2022

**The Ring of Kerry Charity Cycle (RoKCC) organizing committee has made the decision to cancel this year's 2021 event due to the uncertainty surrounding public health guidelines this summer.**

The annual event, one of Ireland's largest charity cycling events, traditionally takes place on the first Saturday in July but was cancelled last year as a result of the pandemic.

Following internal meetings and consultations, the organizing committee felt it was best to cancel this year's event.

ROKCC Committee Chairman Garry Galvin said the decision to cancel the event had been made following a review of the current public health guidelines.

In a statement issued he said:

"Due to the continued uncertainty surrounding the COVID-19 public health position together with both Government and The National Public Health Emergency Team (NPHE) guidelines and recommendations, the organising committee of the Ring of Kerry Charity Cycle have decided to cancel the traditional ROKCC cycle due to be held on Saturday 3rd July 2021. "Whilst this is very regrettable, we feel it is necessary in the best interests of all

stakeholders including the health and wellbeing of cyclists and our many brilliant volunteers. Those cyclists that have deferred from the cancelled 2020 event will be transferred to next year's 2022 event."

Mr Galvin added that the committee was hoping to introduce some form of virtual event to help to mitigate any losses incurred by their chosen charity partners for this year's event:

"Following on from the cancellation of the 2020 event and the cancellation of the 2021 event we are very conscious of the financial impact this is having on our charity partners and we hope to mitigate that loss in income by holding a virtual fundraising cycle in line with public health guidelines. This is currently in the planning stage and we will make further announcements in due course and hope that it will be well supported for the benefit of our charity partners." He added: "We would also like to say a sincere "Thank You" to our many cyclists that donated their 2020 registration fee, merchandise and online donations to charity as we were able to distribute over €30,000 to our beneficiary charities in December 2020.



### The charities that benefited were:

Ard Chúram Day Care Centre, Listowel  
Banna Rescue  
Breakthrough  
Cancer Research  
Cúnamh Iveragh  
Down Syndrome Ireland  
(Kerry branch)

St Francis Special School

"Over the course of the cycle races' 37-year history, the Ring of Kerry Charity Cycle has raised almost €17 million for more than 160 charities. In more recent years, over €1 million has been raised per annum.

"The Ring of Kerry Charity Cycle Committee look forward to welcoming all participants to Kerry for the 2022 event and we want to thank all current registrants, volunteers and charities for their generous ongoing support. We will be issuing further notifications in due course with regard to the virtual fundraising event," he added. For more information visit [www.ringofkerrycycle.ie](http://www.ringofkerrycycle.ie) or follow The Ring of Kerry Charity Cycle on Facebook or Instagram @RingofKerryCharityCycle or Twitter @ringofkerrycycle #ROKCC2021



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# Comfort for Chemo launch new fundraising platform



**With plans to build a centre of excellence for patients in Kerry, who need chemotherapy and oncological treatments the fundraising group Comfort for Chemo have launched a new online fundraising platform.**

The group plan a stand-alone building which will ensure the best care available is delivered in an environment that is welcoming, reassuring, comfortable and dignified. The fundraising goal is €5 million to build and equip a start of the art, purpose-built chemotherapy unit for the people of Kerry.

"With the arrival of Covid-19 there is a greater understanding amongst people of how vulnerable cancer patients are during their treatment and how important it is to provide their treatment in an environment with the least exposure to the general public", Board member Mary Fitzgerald explained.

"In addition, we fully recognise that patients going through treatment need the support of family and friends around them and even before the onset of Covid-19, the limited space in University Hospital Kerry chemotherapy day-



Comfort for Chemo voluntary board, L-R: Back row - Paul Mc Carthy, Therese Carroll, Mairead Kelliher, Mikey Sheehy, Brid O'Connor. Front row - Cora Walsh, Mary Fitzgerald, Amanda Coulson.

ward means that it was not always possible for others to be in the treatment area when their loved ones were receiving chemotherapy", she added.

A chilling statistic is that every three minutes in Ireland someone gets a cancer diagnosis. The incidence of cancer is growing and since 2020 it is now estimated that one in every two people will get a cancer diagnosis in their lifetime. In Ireland more than 40,000 new cases of cancer or related tumours are diagnosed each year. In Ireland in the last seven years the number of people receiving chemotherapy has increased by 63%. In the last five years in Ireland the number of new people attending the oncology outpatients has increased by 58% and follow up visits have increased by 27%.

However, the outlook is good, there are more and more treatment options available and this accounts for some of the increase in numbers. Survival rates across a lot of cancers in Ireland continue to increase, research is improving, and more modern chemotherapy treatments are becoming available.

The ambitious fundraising goal of Comfort for Chemo aims to provide in the new state of the art purpose-built chemotherapy unit

both privacy and dignity for patients. It will have dedicated chemotherapy suites, with a new outpatient unit, isolation facilities, compounding unit (drug preparation), and spacious clinical areas.

The stand-alone-building will also have teaching and research facilities, counselling and support rooms, treatment rooms for allied health professionals to support patients and deliver treatments and a dedicated car park.

This week, on the 10th of February, the Comfort for Chemo board members, members of the Oncology Medical and Consultancy team in UHK, patients and guests will joined a virtual launch for the new online fundraising platform and website [www.comfortforchemokerry.com](http://www.comfortforchemokerry.com). Comfort for Chemo is asking everyone to get involved in their Valentines campaign this week, whereby you can send a virtual greeting to a loved one, a lift we all need in this time of lockdown. The new site covers fundraising ideas, corporate giving and in-memory funds, and all donations will go towards ensuring the care for Kerry's cancer patients. To join the launch on the 10th of February, visit the Comfort for Chemo Facebook page for full details.

Send *a virtual greeting* to a loved one and raise money for Comfort for Chemo





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# FORMIDABLE SECOND LEVEL STUDENTS' UNION LOOKS SET TO WIN LEAVING CERT EXAM CHOICE



By Billy Ryle

**The views of the Irish Second Level Students' Union (ISSU) made a significant impact at last week's meeting of the exams advisory group, which includes representatives of students, parents, teachers, principals, school managers and the State Examinations Commission (SEC).**

The ISSU wants Leaving Cert candidates to be given a choice between calculated grades and sitting the June exams.

The ISSU is representing 120,000 Junior Cycle and Leaving Cert students at the meetings of the exams advisory group and is emerging as a powerful lobby with very definite policies. The ISSU indicated that many students are suffering from stress and lack of motivation and needed clarity on alternative options to the traditional exam. The ISSU's internal surveys show that only 4% of students support plans to press ahead with the traditional exam, while a majority wants a choice between calculated grades and exams.

Bilateral meetings between the Department of Education & Skills (DES) and education stakeholders got underway this week to prepare for the traditional Leaving Cert exam and an alternative assessment option. Discussion about the Junior Cycle exam is also on the agenda for these talks. Whether or not the traditional Leaving Cert exam goes ahead will depend on NPHET advice. If it does go ahead, a greater choice of questions will be offered to students to compensate for the amount of in-school teaching time lost last year and again this year.

The alternative assessment option will be largely based on last year's system of calculated grades with some new features added. The agreement of the teachers' unions, Association

of Secondary Teachers Ireland (ASTI) and the Teachers Union of Ireland (TUI), to any alternative assessment option will be crucial, as it will most likely require teachers to assess their students in some form.

The ASTI and TUI are participating in the bilateral meetings and continue to work constructively with all stakeholders to ensure that the traditional exam goes ahead as normally as possible and that an alternative assessment option will be put in place. Both unions were heroic in stepping up to the plate last year and did all the heavy lifting when the SEC washed its hands of the calculated grades process for fear of legal reprisals.

DES has indicated to the education partners that any alternative assessment option must include a number of features that weren't available in the calculated grades system of last year. The most crucial of those is that the SEC will take responsibility for both options this year. Adequate provision will be put in place for non-school-going candidates in any alternative assessment option. DES is also keen to include marks scored in the additional component elements of the Leaving Cert exam - coursework, orals, practical exams - in any alternative assessment option, but with the schools remaining closed, one wonders will the coursework, orals and practical exams take place at all. Timely progression to higher and further education must also be provided by both options. A spokesman for DES said discussions will be focused and immediate, with the aim of providing definite information to students as quickly as possible on when and how the exams will be held and details of the alternative assessment option.

The questions that need to be urgently answered are as follows. Is the traditional

Leaving Cert exam going ahead? What alternative assessment option is the SEC providing for candidates? Does a candidate have to opt for either the traditional exam or the alternative assessment option or may s/he apply for both? Must a candidate use the results from either the traditional exam or the alternative assessment option in CAO points accumulation or may the best subject grade from either option be used for that purpose, as was the case in 2020? I suspect that Minister Foley will be showered with love, affection and even a few bouquets of roses by long suffering ISSU members if these questions are answered by St. Valentine's Day or thereabouts!

## ABBREVIATIONS

ISSU: Irish Second Level Students' Union - represents second level students

SEC: State Examinations Commission - the Irish second level exams authority

DES: Department of Education & Skills - is led by Minister Norma Foley T.D.

NPHET: National Public Health Emergency Team

TRADITIONAL LEAVING CERT: The written exams - takes place each year in June

ALTERNATIVE ASSESSMENT - predicted grades, called 'Calculated Grades' in 2020

ASTI: Association of Secondary Teachers Ireland - represents second level teachers

TUI: Teachers Union of Ireland - represents teachers/lecturers in 2nd, 3rd and further education.

**Billy Ryle is a Career Guidance Counsellor and Educational Commentator**

Email: [rylebilly@gmail.com](mailto:rylebilly@gmail.com)

Tel: 0879808979

## Castleisland schools compete in nationwide competition

Castleisland Community College and St Patrick's Secondary School in Castleisland have signed up for the 'Design a Home for Everyone' a CIF national competition aimed at attracting young people into the construction industry. Due to the ongoing lockdown, the deadline for entries has been extended to March 19th 2021 to allow schools more time to enter. To support students that have already entered, "Class Of Your Own" CEO, Alison Watson MBE will also deliver a webinar to assist schools who have registered their schools for the CIF Challenge. The webinar is designed to help students who are under pressure answer any questions

and support them. The schools range from Rosses Community School in Dunloe County Down, to schools from County Kerry, Wexford, Tipperary, Cork to Dublin. This competition, aimed Transition Year students, is a team-based project where students nationwide will work together to design a home that helps 'solve' climate change, the housing crisis, and addresses inclusivity. The submitted designs will need to be eco-friendly, affordable, and suitable for both elderly people and those with physical disabilities.

The competition will run until 19th of March. The winning team will have their design

rendered into a three-dimensional model, so they can 'walk' through the house with a range of ambassadors, politicians, celebrities, parents, and local councillors in late 2021

In addition, the winning school will receive high end measuring equipment, a laser level, and a masterclass in the use of the equipment as well as wi-fi equipment. The winning team members will have the option of taking a CIF scholarship or access to our apprenticeship programme if they do decide to take a construction-related career route in their future.

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# Killarney Legion are “One Good Club”

**K**illarney Legion have been selected to represent Kerry in the LIDL One Good Club Programme in partnership with JIGSAW. The club are looking for volunteers to help with the programme which is made up of simple actions aimed at boosting your mental health and wellbeing. The steps include ‘Connect’, ‘Be Active’, ‘Take Notice’, ‘Give’ and ‘Keep Learning’. We plan to carry these actions out through events and campaigns.

The Lidl One Good Club programme aims to increase awareness and knowledge of mental health across the LGFA community. The new initiative offers clubs the opportunity to support all members and engage in activities that can promote their health and wellbeing. The programme is championed by four One Good Club Ambassadors – Dublin’s Carla Rowe, three-time senior All-Ireland and three-time All-Star award winner; Galway’s Nicola Ward, 2019 All-Star award winner; Waterford’s Caoimhe McGrath, Division 2 winner in 2019 and Donegal’s Emer Gallagher, Full Back on the Ulster Championship winning team in 2019. The One Good Club programme forms part of Lidl’s €2.1 million investment in the fifth year of partnership with the LGFA. The five-step programme was developed using the ‘5 a Day for your Mental Health’, an evidence-informed framework, made up of simple actions aimed at boosting your mental health and wellbeing. The steps include ‘Connect’, ‘Be Active’, ‘Take Notice’, ‘Give’ and ‘Keep Learning’. Each step provides participating clubs with a suite of suggested activities, simple enough to



complete without a significant time or resource commitment. Activities include connecting with the community by hosting a coffee morning, organising fun ‘get active’ sessions aimed at younger members of the community not involved in sport or introducing meditation and mindfulness as part of the ‘cool down’ after training.

Clubs that complete all five steps in the programme will receive official Lidl One Good Club™ accreditation, as well as gear and kit for their club. Accredited clubs will also enter the running to win a Lidl One Good Club™

funding award. There are three funding awards available with a total value of €10,000 and will be awarded to clubs who demonstrate the following:

Most Innovative Initiative – €2,500  
Most Community Involvement – €2,500  
Best Overall Programme Engagement – €5,000  
**If you would like to volunteer with Killarney Legion and the One Good Club Programme, you can contact the club through their Facebook page.**

## ONLINE PE CLASSES FOR KERRY CHILDREN LAUNCHED

This week, a new series of online physical education classes for primary school children in Kerry was launched under Kerry County Council’s ‘Keep Well Kerry’ initiative. Yesterday, Thursday 11th February children in classes from Junior Infants to 6th Class can log on Tuesdays and Thursdays for twenty minute sessions provided by a PE Teacher. The aim is to offer the opportunity and support to children (and parents) to maintain physical activity levels and skills, while home-schooling, during COVID-19 Level 5 restrictions. The initiative was launched in response to feedback from the community and a need to provide some sort of a physical activity programme for school aged children. As a result, Kerry Recreation and Sports Partnership have partnered with Tralee Education Centre and Active Kingdom to collectively roll out the ‘PE at Home’ programme, with the support of Sport Ireland and Healthy Kerry.



Jimmy Deenihan, Chairperson of the Kerry Recreation and Sports Partnership explained that: ‘The programme will be delivered on Tuesdays and Thursdays for two age groupings - Junior to 2nd Class from 11:00 – 11:20am, and 3rd to 6th Class from 11:30 – 11:50. Each participant will receive a live PE session twice a

week for four weeks.

‘This is a great way for children to keep active and to keep well while restrictions are in place. Physical activity can help young people’s cognitive function and their attention. So a short bout of activity is a great way to break up periods of schoolwork or screen use, and help them focus on their work,’ he said.

Those who would like to take part can register now on <https://edcentretralee.ie/news.html> and through the link on Kerry County Council’s social media channels.

The Keep Well campaign is a national programme aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. The programme is being coordinated locally by Kerry County Council and many local partners.

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

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# Plenty of Prizes as Kerry Ladies launch online fundraising raffle

The Kerry Senior Team - Photo by Michael G Kenny.

**With everything from hotel breaks to training Sessions up for grabs, Kerry Lady Footballers are calling on all their fans to support their new online fundraising raffle.**

**"In a repeat of 2020 uncertainty is again with us for the 2021 season and in these difficult times traditional methods of fundraising are no longer possible", Paul Murphy KLG PRO Paul Murphy told Killarney Outlook.**

"Because of this Kerry LGFA are launching an online raffle on the idonate platform. There are lots of great prizes from a set of jerseys or footballs for your club or a training session for your club by members of the Kerry Senior Ladies team. We even have weekend getaways, hampers and much more", Paul added. All proceeds will go towards funding our U14, U16, U18 and Senior inter county panels. The ladies of all inter county panels have shown their character, resolve, commitment and heart during the pandemic. Training in isolation, traveling alone to and from training and games, playing to empty stadiums at home and away. Our underage teams who put in huge effort in isolation saw little or no game time.

Supporters have not been able to show their pride and appreciation for what these players provide for their communities and the wider LGFA family.

Now friends, clubs and all those who support Kerry Ladies Football can show their commitment to our players by donating to our fundraising campaign.

## A LIST OF PRIZES SO FAR INCLUDES:

- O'Neills Kerry LGFA Jersey signed by the Kerry senior Ladies panel
- Training session for your club by members of the Kerry Senior Ladies Team
- Cosh Goalkeeping Clinic
- 2 x 1 to 1 Goalkeeping Sessions
- 2 goalkeeping sessions for Cosh Academy
- Club Jerseys
- A set of O'Neill's Jerseys for your local team
- Vincent Murphy Sports Shop Castleisland
- 12 x size 4 training balls
- Brehon Hotel Killarney
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- Hotel Kilmore – Cavan

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- 1 night B&B – Luxury Suite for 2
- Cean Sibéal Golf Club
- Round of Golf for 3
- Ballybunion Golf Club
- Fourball on the Cashen Course
- Killarney Golf & Fishing Club
- Fourball at Mahony's Point Courses
- Wave Crest Caravan Park 3 Night Stay
- Ashe Hotel Tralee – Lunch Voucher
- Dowling Sports Tralee – €40 Voucher
- Meadowlands Hotel – €
- 30 Meadow Beauty Voucher
- Meadowlands Hotel – Lunch for 2 Voucher
- Cahill's Supervalu Ballybunion – Hamper
- Cliff House Ballybunion – Selection of Wine

**To be in with a chance of winning one of these fantastic prizes click on the link below:**  
<https://www.idonate.ie/kerryladiesfootball>



Kerry U14 team of 2020 - Photo by U14 management.



Kerry U16 team of 2020 - photo by u16 management.



The Kerry Minor team. The photo is by Elayne in Cois Li Camera Club

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## The Skinny Baker

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

This week Denis is sharing his recipe for :



## Pancakes

### Ingredients

Pancakes are a big hit in my house we have them on some Sunday mornings and on the morning of somebodys birthday these are so easy to make and taste great

### Ingredients

- 185g of self raising flour
- 1 teaspoon baking powder
- 2 teaspoons caster sugar
- 250ml milk
- 60g melted butter
- 3 tablespoons of cooking oil or use fry light

### Method

1. Sift the flour, baking powder and sugar together and mix
  2. Make a well in the middle
  3. Melt the butter in the microwave slowly
  4. In a another bowl crack the eggs and beat lightly, then add in the milk and melted butter and mix together
  5. Pour the wet ingredients into the dry mix to form a smooth batter
  - 6 cover with cling film and rest for 5 minutes
  7. Dip some kitchen paper into the oil and wipe on to the fry pan or spray some fry light, heat the pan on a medium heat, put 2 tablespoons of the batter on to the pan and spread to for the size of your pancake, and repeat 3 time usually 4 fit in the frying pan cook for 1 minute until bubbles form and is golden brown underneath and flip them
- I like my pancakes with whipped cream and chocolate chips and marshmallows.  
Enjoy pancake Tuesday



# Vegan Shares

with Killarney Outlook



## Tomato and Rosemary Sauce

(Serves 4 people)



### Ingredients

- 8 garlic cloves crushed
- 1.5 tablespoons rapeseed oil
- 1 cup diced onion
- 1 red pepper diced
- 1.5 tablespoons of fresh rosemary finely chopped
- 1 tablespoon of sugar
- 2 tins cherry tomatoes
- Salt and pepper to season
- A few shredded leaves of fresh basil to garnish

### Method

Put oil in the pan and fry the onion for five minutes on a medium heat. Add the red pepper and fresh rosemary and fry for another minute or so. Stir in the tomatoes, garlic, sugar and season to taste. Bring to a boil and simmer on low for another 25 minutes. Blend the mixture with a hand blender until smooth. Serve with your pasta of choice or this is equally delicious over some fresh steamed vegetables. I garnished with fresh shredded basil leaves.

These simple ingredients are so tasty, so easy to make and this freezes perfectly also. So much nicer than the

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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### MEET THE SUPPLIERS...

#### **Bricín**

Bricín have been trading in Killarney since 1991. they have been producing delicious food in their upstairs restaurant shop for nearly 30 years.

#### **Hungry Crow**

Hungry Crow is a chocolate artist/witch/genius/magician who creates healthy chocolate creations, all made using an 85% cacao couverture chocolate.

#### **Cloudberry Bakery**

Cloudberry was launched in 2010, by Sam Harrison and her mother, Maureen. From a market stall in Dingle, they went on to make bespoke wedding cakes and dessert tables.

#### **Kerry Kefir**

Kerry Kefir is committed to providing you with only the very best, most natural form of milk kefir. By using live kefir grains, we provide a powerfully beneficial home-made kefir as it was traditionally made.

#### **Green Earth Organics**

Currently we are farming on 40 acres of organically certified land. Another 10 acres is split between, a wild life biodiversity area, native woodland forestry (3000 trees) and red clover/grassland.

#### **Micilín Muc**

Founded in 2015, Micilín Muc is an award winning artisan food producer with 6 Blás na hEireann awards. We produce quality high meat content pork sausages, Black & White Pudding, Dry Cured Rashers, Bacon Joints, Sausage Rolls and Bacon Grill Steaks

#### **Muckross Creamery**

We make artisan dairy ice cream on our dairy farm in Muckross in Killarney. We use milk from our dairy cows and free range eggs to produce a creamy dairy ice cream.

#### **Skeaghanore West Cork Farm**

Skeaghanore West Cork duck Our fresh farm ducks are hand reared near Ballydehob, West Cork, overlooking roaring water bay.

#### **Ballyhar Farm Produce**

Ballyhar Farm Produce is run by Michael Gleeson and produces certified Organic Pasture Reared Chickens and is also a breeder of Rare Breed Pedigree Kerry Cattle.

#### **White Maus**

White Maus, (pronounced white mouse-u) are an Irish Food crowd who aim to make sauces you can't live without.

#### **Kerry Wild Game**

Prime wild venison. Selected cuts available such as Haunch, Shoulder, Rack, Cutlets, Steaks, Diced, and Mince.

#### **The Wood Oven Kenmare**

Our Dough It Yourself Artisan Pizza Kits are an off shoot produce of our Mobile Wood Fired Pizza catering company, based in Kenmare and established in 2015

#### **Ardfert Farm**

At Ardfert Farm we produce Free Range Eggs and Farm Fresh Milk. Ardfert Free Range Eggs has been in business since 1987

#### **Torc Brewing Company**

Torc Brewing has been brewing and delivering local craft beer to the people of Killarney since 2014.

#### **Annascaul Black Pudding Co**

Annascaul Black Pudding Co. produces a range of artisan black and white puddings, traditional sausages, dry cured rashers and sausage rolls at our own premises in Annascaul.

#### **Lion L Raw Kitchen**

LION.L RAW KITCHEN is based on a slow cooking and low temperature process under 41° C (12-hour cooking average per Raw product). The products used are all refined sugar-free and 100% vegan.

#### **Poppa Dom's Farm**

A small family Organic Farm producing fruit, veg & salads. Also famous for our skin care oils & balms.

#### **Olives West Cork**

Olives West Cork has been supplying a wide range of local artisan products and Mediterranean fare to our farmers market customers for well over 10 years

#### **Fishery Smokehouse Killorglin**

We are an Artisan smokehouse based in Killorglin that specialize in smoked salmon. We have two types- the Wild smoked salmon which is all caught locally.

#### **Harty's**

We at Harty's create our own unique range of savoury Jelly and Jam condiments for the retail market

#### **Wayward Irish Spirits**

Wayward Irish Spirits is based on the Lakeview Estate on the shores of Lough Leane in Fossa, Killarney. They are the makers of The Liberator Irish Whiskey

#### **Caraway Catering**

We are a small catering company based in Killarney, we have been in business since 2003. We do meals for childcare facilities and any type of catering commercial and private

#### **Longueville House Beverages**

Producers & purveyors of small batch, Premium, non industrial, Artisan cider's & brandy.

#### **Killarney Coffee Roasters**

Killarney Coffee Roasters was established in 2019. We roast the finest specialty coffee in small batches in our roastery in Killarney.

#### **Caherbeg Free Range Pork / Rosscarbery Recipes**

Handmade in Rosscarbery, their Black Pudding achieved the first ever Irish Award in the biggest European Black Pudding competition in March 2007

#### **Duhallow Organic Meat**

We farm and sell organic meat direct. We raise Dexter beef which is grass fed and finished. We have a flock of 300 laying hens. We also produce a small quantity of traditional breed outdoor reared organic pork.

#### **Camos Artisan Foods**

Camo's Artisan Foods, a local community inspired business steeped in family history have created a range of homemade, locally produced food products for the conscious consumer who want everyday access to high quality, artisan food with traceable roots

#### **Supernatural Positivitea**

Handcrafted herbal tea & small batch herbal products. Positivitea is a range of handcrafted herbal tea blends, Supernatural is our natural skincare range.

#### **WASI**

WASI was established in 2016. They produce Seaweed Pesto as a super easy way to incorporate seaweed into their diets and have now have created a range of three flavours of pesto for sale-Garlic and Lemon, Chili and Lemongrass, and Ginger and Sesame.

#### **Real Bread Killarney**

We are an artisan bread bakery based in Beaufort. We specialize in Sourdough made with only the finest organic ingredients. All our breads are handmade and free from any synthetic additives.

#### **OrganiGo**

We are a certified Organic vegetable manufacturer based in Abbeyfeale Co. Limerick. We are making courgette, beetroot and butternut squash noodles easy for you. We also make cauliflower rice,

#### **Eve's Leaves**

Eve's Leaves started in 2015 as a result of our lifelong passion for growing salad and vegetables organically and making preserves for our family and friends.



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# MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



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

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

*If you require any further information on the above or any other matter you can contact Dermot Cronin at [dermotcroninifa@gmail.com](mailto:dermotcroninifa@gmail.com) or 0646622775 or 0872893649.*

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# New Opel Combo-e Life: The Everyday Hero Goes Electric

**O**pel has announced preliminary details of the new electric Combo-e Life. Highly versatile and practical, with a huge amount of interior space, the Combo-e Life comes with either one or two sliding side doors and is available as a 4.4-metre-long standard or 4.75 m XL version, both with either five or seven seats.

The new Combo-e Life can drive up to 280km (WLTP) on a single charge of its 50 kWh lithium-ion battery. The new Combo-e is the latest electrified model in the Opel range and it will reach Irish showrooms in the autumn.

The Combo-e Life is perfect for families, looking for a practical transport solution with green credentials. The new electric car from the brand with the Blitz even features a towing capacity of 750kg, class-leading in this market segment, with

the option of trailer stability control.

The Combo-e Life is ready for a variety of charging options. Out on the open road, using a 100kW DC public charging station, charging up to 80% takes only around 30 minutes. At home, the MyOpel app will ensure owners can pre-heat or cool down their vehicle and fully control charging times, from their smart phones.

The shorter five-seater offers at least 597 litres of boot space (850 litres in the longer version). With the rear seats folded down, the luggage volume more than triples to 2,126 litres, while the longer one can carry up to 2,693 litres. The front passenger seat can fold flush with the rear seats, extending the length of the loading area, so that even surfboards can be transported.

An optional panorama roof with electric sunblind allows passengers to star-gaze or lap up the sun's

rays. When ordered with the panoramic roof, the Combo-e Life comes with 36-litres of overhead storage running down the centre of the vehicle with LED lighting as standard.

The new Combo-e Life will arrive at dealerships this autumn, joining the Corsa-e, Mokka-e, Grandland X plug-in hybrid and Zafira-e Life, as the newest member of Opel's electrified passenger car range, together with the Vivaro-e commercial vehicle, International Van of the Year 2021. The Opel Combo-e and Movano-e commercials are also expected in showrooms in late 2021. Opel will offer an electrified version of every passenger car and LCV model by 2024.

The new Combo-e Life will be available at Ahern's Opel, Castleisland.



## Ensure a safe journey with these Winter driving tips from SEAT Ireland

With temperatures dropping across the country this week and further snow and ice forecast in the coming days, motorists are encouraged to drive with extra caution to prevent accidents. It's important for motorists to ensure their car is prepared for bad weather conditions and to help, SEAT Ireland has compiled its top tips on how to prepare for adverse weather.

### **Tyre safety:**

It is advised that drivers check their tyres all year round to ensure they are safe for the road, however during the winter months it's best to check the tyres more regularly. While the engine is off, have a look at each tyre and keep an eye out for any signs of wear and tear such as uneven tyre threads, scratches, slashes or other damage to the tyre surface. Ensure to check the pressure on each tyre to confirm they are at the correct level – this information should be provided by the car manufacturer.

### **Visibility:**

Ice and snow can also impair a driver's visibility on the road. Before starting a journey, motorists should scrape off any ice that has accumulated on the windscreen and ensure wind screen wipers are working properly. It's useful to have an ice scraper on board to clear the windscreen. This small tool is easy to transport and a feature of the SEAT Ateca is that it has a space to attach it to the fuel tank cover. It's important to carefully unstick the wiper blades and turn on the car's heating before using it to make it easier to scrape the ice.

Never use hot water to remove ice or snow from the car as this could cause the glass to shatter.

### **Driving in the fog:**

When driving in the fog, drivers should reduce their speed and increase the distance between other vehicles on the road. Increasing the distance between their car and other vehicles, ensures the driver has enough time to stop suddenly if required. Fog lights should be used during periods of poor visibility and lane markings should be followed. Remember to turn off the fog lights when conditions improve to avoid dazzling other drivers on the road.

### **Driving in ice or snow:**

In icy or snowy conditions, it is important to drive slowly and be ready for the unexpected. When driving in snowy or icy conditions ensure to pay careful attention to dark patches on the road where there could be black ice. Turn the wheel gently and lightly step on the brake until you're over the ice patch and the wheels begin to gain grip again. Drivers should refrain from turning the steering wheel excessively and brake in a straight line with the necessary force.

### **Shine a light in the dark:**

At night, heavy snow can make it even more difficult to see inside and outside the car. The extendible torch from SEAT can be used both to search for lost objects inside the vehicle and to illuminate the exterior surroundings or fix a puncture.

### **A hot coffee to perk you up:**

Motorists stuck in a traffic jam due to snow, can prepare a hot coffee from the comfort of their own car with SEAT's portable coffee maker. Motorists simply have to connect it to any 12V outlet inside the car and enjoy a delicious espresso on the go. All you must do is provide the capsules.

### **Fully equipped for conditions:**

Before setting off, drivers should ensure they have enough fuel in the tank for the journey. It's also useful to carry an emergency torch, water, warm clothing, a high visibility jacket and a blanket if expecting poor weather conditions. The SEAT Ateca, Arona and Leon are equipped with wireless charging ports so drivers can ensure they have sufficient battery in the event of an emergency.

**By following SEAT Ireland's winter driving recommendations, you can take to the road without having to worry about the harsh winter weather.**

For more information on keeping your SEAT road worthy this winter or to purchase any SEAT accessory, contact  
**Ahern's Castleisland**  
your local authorised SEAT retailer  
via phone.

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\*Fuel consumption figures in l/100km for the Mazda SUV Range: WLTP Combined 7.7-5.1. WLTP CO2 emissions (g/km): 186-133. Vehicles are homologated in accordance with the new type approval procedure WLTP Regulation (EU) 2017/1151; Regulation (EC) 715/2007. Offers valid until 31st January 2021 on selected models while stocks last at participating retailers. PCP Example for Mazda CX-30 GS - Term: 37 months, 36 monthly payments: €264, GMFV: €11,966, RRP: €29,095, Customer Deposit: €8,279, Amount of Credit: €19,317, Acceptance fee: €75, option to purchase fee: €75, Total Amount Repayable: €29,916, Kms/annum limit: 15,000kms, APR: 4.9%. Lending terms and conditions apply and a guarantee may be required. Each offer is available under Mazda Choices (Hire Purchase Agreement as defined by the Consumer Credit Act 1995) and available through ALPHERA Financial Services. All finance is subject to status and is available to over 18s in Ireland only. Guarantees and indemnities may be required. Excess mileage, vehicle condition and other charges may be payable. BMW FINANCIAL SERVICES (IRELAND) LIMITED TRADING AS ALPHERA FINANCIAL SERVICES, SWIFT SQUARE, SANTRY, DUBLIN 9. BMW FINANCIAL SERVICES (IRELAND) LIMITED IS REGULATED BY THE CENTRAL BANK OF IRELAND. Warning: You will not own the goods until the final payment is made.



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



## Pamper your loved one – At home

Valentines day is time to spoil your loved one but with nowhere to go this year you could still give them breakfast in bed, go for a romantic walk or watch your favourite movie together.

Or you could cherish your loved one with some pampering treats. Give a mini-facial by lining up your favourite cleanser, exfoliator, serum, mask and use hot steam towels to apply and remove them. Follow with a facial or scalp massage using a facial oil or moisturiser using sweeping motions over their face or use your fingers and thumbs to press along the bones of their face.

Light scented candles and run a bubble bath with essential oils, have warm fluffy towels and body oil ready for them after a long relaxing soak. Prepare a relaxing foot soak with Epsom salts, peppermint and lavender oils, follow with a foot massage using a rich cream and fluffy socks, every woman's dream.

Take their hands, exfoliate with a



body scrub and massage firmly with hand cream. Why not turn a room in your home into a spa for the day and give a real "Pamper Day" with lunch, dinner and treats?

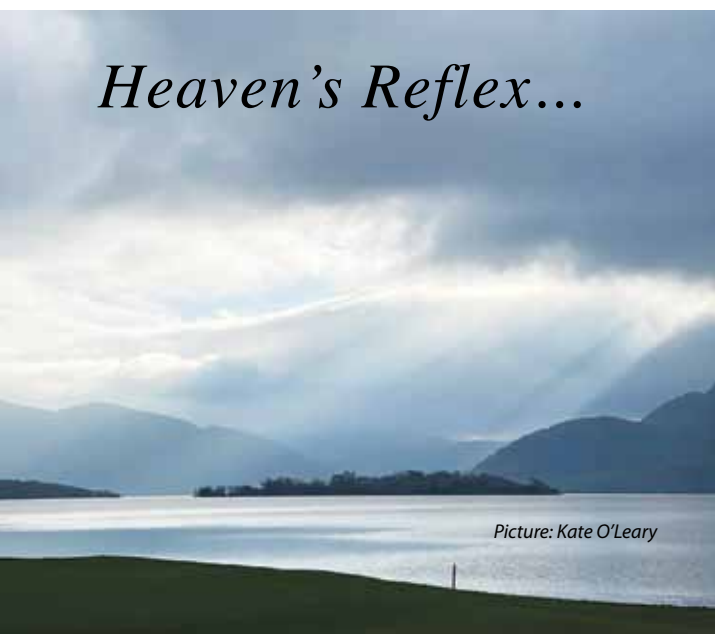
You will never again want a Valentines night out!

**Noreen Mangan**

Tel: 0646630712

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

## Heaven's Reflex...



Picture: Kate O'Leary

By Killarney's lakes and fells,  
Em'rald isles and winding bays;  
Mountain paths and woodland dells,  
Mem'ry ever fondly strays.  
Bounteous nature loves all lands  
Beauty wonders ev'rywhere;  
Footprints leaves on many strand,  
But her home is surely there!

Angels fold their wings and rest,  
In that Eden of the west  
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E. Falconer (Edmund O'Rourke) from  
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Fitness Expert  
Edele Daly guides you



TIPS TO HELP  
YOU STAY MOTIVATED

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## HOW DO I GET RID OF THE "COVID BELLY"? Part 1

If you have gained a little extra fat around the middle with all the life changes that have been thrown at us the past year. Then the following tips may help get you kick started in ways to help get it off you.

- Always start with the diet when it comes to belly fat. Review your daily calories per day on an app like My Fitness Pal. Make sure you are not over-eating for the daily calorie requirements your body needs. Then what you need to do to strip the fat off the tummy is start creating a calorie deficit and cut back your daily calories.
- Spot loss weight reduction is not possible so if you want to lose weight around your tummy you need to eat healthy and start moving more it's as simple as that. There is no magic food or exercise that is going to magically melt away the tummy fat. Unfortunately genetics have determined where that fat decided to sit on your body. So it's time to clean it all up.
- Eat a little less and move more
- We advise that if you are starting an exercise plan to shift belly fat then it is a good idea to start with a cardio based programme first with a decent intensity level. It's all well and good doing 10,000 steps a day but unless you're doing it with a good intensity it's not really going to benefit & impact you the way you would like. This goes the same for home exercise plans, unless you are getting the heart rate up, sweating and burning calories then it is unlikely you are going to burn off the belly fat as fast as you would like. This obviously depends on your own current fitness levels. So start it off gradually and each week challenge yourself a little more. Remember, to reap the benefits of any physiological changes in the body we need to take it outside its comfort zones to create change. So time to get sweaty.

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




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

Reclaim your happiness & fall in love with life again

The past year has been challenging on so many different levels. With so many people facing the most difficult circumstances, you can be forgiven for feeling that there is little to be happy about. However, more than ever we need to fall back in love with life, boost our spirits and reclaim those happy moments. This is vital if we are to be able to forge ahead, help others and navigate life's twists and turns.

**How to be happy again!**  
Whenever you are feeling down, upset, worried, flat, anxious etc, stop and welcome whatever you are feeling in the moment. Although this might seem contradictory to welcome a negative feeling, it actually makes it harder when we resist or try to fight them. Imagine you are opening your arms out to give a good friend or loved one a hug and then fold the feeling into your chest as you embrace it. Breathe into the feeling and say in your head, "It's all ok, thank you for being here. I've heard you now and I've got you." No negative feeling can remain if you are not resisting it. Notice how the energy and intensity of the feelings dissolve and melt away. This simple exercise can really help you to reclaim your feelings of happiness and inner peace. Enjoy!

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## DR. CROKES

### ANNUAL MASS

was held on Mon Feb. 1 in St. Marys Cathedral with the kind permission of Fr. Kieran O'Brien. It was streamed on our Facebook page. Mass was celebrated by two of our Vice Presidents Canon Tom Looney and Fr. Paddy O'Donoghue along with Fr. Dick Dowling singers were club members Lily & Jean Foley accompanied by Noel Patrick O'Sullivan. We would like to thank Fr. Kieran, Sacristan Tadhg Fleming and our videographer John C O'Shea for their help and co-operation.

### LOTTO

draw took place on Monday February 8th numbers drawn were 1 18 24 25 JACKPOT €6,500 not won. 4 Patrons matched 3 numbers and receive €100 Mary Lyne c/o Eileen Daly, Lisa Courtney c/o Matt, John O'Leary, Mike Griffin c/o John O'Leary. Jackpot for draw on February 15th will be €6,500

We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below And follow instructions attached

[https://play.clubforce.com/play\\_new.asp#Anchor](https://play.clubforce.com/play_new.asp#Anchor) When you click on the link it brings you to the Clubforce Main page. From here click Club name Dr. Crokes GAA. This brings you to another page that you again put in Dr. Crokes, which in turn brings you to the Dr.Crokess home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app,

### MEMBERSHIP

is now due and we urge you to pay through the Clubforce App. [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).

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

### LAST MAN STANDING

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

### LEVEL 5 LOCKDOWN

#### CLUB SPECIFIC GUIDELINES–

for activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted

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

Club Gyms must remain closed until further notice.

No indoor meetings can be held.

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

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

Commercial use of indoor halls (for example by state bodies – e.g. HSE/Schools is permitted where agreement was in place prior to March and relevant insurance are in place.No outdoor gatherings on GAA property are permitted.

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

BIRTHDAY GREETINGS to former Juvenile Star Sean (Big Broz) Brosnan, and former Chairman Patrick O'Sullivan who celebrated in the last week.

### SYMPATHY

to the Wren & Gaffey families on the death of Michael Wren. Ar dheis Dé go raibh a anam dilis.

## KEEL

### AGM

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

### PITCH

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

### WALKING TRACK

In accordance with GAA guidelines the walking track can remain open for use by the community with social distancing in place. Therefore, we ask all those who are using the walking track to maintain at least a 2m social distance from other walkers and to follow all COVID-19 guidelines when using the walking track.

### SPONSORSHIP

Keel GAA is sponsored by McCarthy Insurance Group and we thank them for their continued support.

### GEAR

A supporter recently bought a Keel GAA half-zip top and polo shirt from O'Neills as a present, but she ended up needing a different size. Unfortunately, she was not able to return them because of terms and conditions from O' Neills. The half zip and polo shirt are both size XL. Both still have tags on them. She paid full price but is happy to sell them at a reduced price. If you would like to purchase, please contact [pro.keel.kerry@gaa.ie](mailto:pro.keel.kerry@gaa.ie) and we will put you in touch with this person. You can see the pictures of the 2 items on our Facebook, Twitter, and Instagram pages.

### INSTAGRAM

Follow us on our new Instagram page to keep up to date with all our club news.

Just search [keel.gaa](https://www.instagram.com/keel.gaa) to find us.

### EVERY STEP COUNTS

5,000km completed! Thank you to everyone who is taking part in the challenge. The aim of the challenge is to walk 4,000km and we have achieved that goal. The challenge continues until the 3rd of March. You can still join! Follow these steps to get involved: 1. Download the MyLife app from the App store or Google Play

store 2. Register your details 3. Tap on the social tab on the MyLife app 4. Select challenges 5. Select the challenge for Munster 6. Tap on join & select Keel GAA. All details can be found on our Facebook, Twitter, and Instagram pages.

### IRELAND LIGHTS UP

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

### KERRY LADIES

The Kerry Ladies are raising funds to facilitate the training of their inter-county teams for 2021. There are a number of MKL Gaels ladies and girls on both the senior and underage teams. There are some great prizes to be won if you wish to support. If you want to support, you can do so on the following link: [www.idonate.ie/raffle/KerryLGFAFundraisingRaffle](http://www.idonate.ie/raffle/KerryLGFAFundraisingRaffle)

### RIP

Keel GAA would like to extend our condolences to the O'Donoghue family on the tragic passing of Stephen O'Donoghue, Lissavane East, Listry. Our thoughts and prayers are with his family and the extended O'Donoghue family at this extremely difficult time. May He Rest In Peace.

### MASS

Recently, a new streaming service has been installed in both churches in the Castlemaine parish to allow the community to attend mass online. You can now access mass in Keel at 7:30 on Saturday evenings and Kiltallagh on Sundays at 10am by following these steps. 1. Search [castlemaineparish.com](http://castlemaineparish.com) 2. Scroll down the website page to 'Live Streams' where you will find two yellow boxes 3. Click on 'St Gobnait, Keel, Castlemaine' if the mass is in Keel OR click on 'St Carthage, Kiltallagh' if the mass is in Kiltallagh 4. This will bring you to the live stream. All other masses that are scheduled to be live streamed can be accessed using these same steps.

## MILLTOWN/CASTLEMAINE NEWS

### AGM

The format for our 2020 AGM on Friday night last, because of Covid-19 restrictions was quite a change from other years.

At the outset, sympathy was extended to the family of our late president John Burke, who sadly passed away during the year.

Equally, our executive going forward has seen changes in personnel too. All at the club wish to pay a sincere thank you to all the outgoing executive, who put in a tremendous effort for our club here in Milltown/Castlemaine GAA club. Thank you to Podge Leane, Mike Carroll, Colin O'Grady, John Joe Harmon, Eileen Spring, Damian McCarthy, Emir Bevan, Mike Hickey, Gary Murphy, Deirdre O'Sullivan, Sinead Clendenin, Adele O'Dwyer, Philip O'Reilly, Eileen Lovett, Timmy Teahan and David Bevan for the fantastic work they have all done for Milltown/Castlemaine GAA club.

We would also like to give a warm welcome and best wishes to the incoming executive who are listed below, some of who have been with us for a number of years now but also a lot of new faces coming on board. Wishing everyone all the very best for the coming year and beyond.

At our AGM a number of new roles were elected and Sunday evening saw the first meeting of the

new executive here at Milltown/Castlemaire GAA where the roles for the coming year were confirmed and the team had a chance to introduce themselves.

The full team is listed below:

President: Tom Griffin

Vice Presidents: Danny Roberts, Jimmy Boyle, George McKenna, Jack Kerins, Pat Twiss, Brother John Guinane

Chairperson: John Foley,

Vice Chair: Emmett Spring.

Secretary: Susan Joy Sheehan / Assist. Secretary -

Insurance Officer: Catherine O'Connor

Treasurer: Ann Hogan / Assist. Treasurers: Derek Twiss & Andy Fitzpatrick.

PRO's: Danny McClure / Dara O'Connor.

Cultural Officer: Catherine Dennehy.

Children's Officer: Shane Dinham

Players Rep: Brendan Delaney

Registrar: Karen Spring

Coaching Officers: Ian Twiss / Liam Doherty.

Coiste Na nÓg Chairperson: Ollie Kirwan

Assist Secretary / Coiste na nÓg Secretary: Joan O'Shea

Health and Well Being Officer: John Hegarty.

County Board Delegate: Linus Burke

Mid Kerry Board Delegate: Paud Hogan

Covid Officer: Claire O'Sullivan

### MATCH 3 WINNER LOTTO:

Comhghairdeas mór to Muireann McAuliffe who was our Match 3 winner in our Lotto Jackpot draw at the weekend.

The drawn numbers were with the bonus number of 27. Our next draw for a jackpot of €12,600 will be on Friday February 19th 2021.

Buíochoas ó chroí to all who continue to support our fundraising Lotto Jackpot Draw. We very much appreciate your support.

Thank you once again to Eileen Spring for the fantastic work she has done in co-ordinating our club Lotto over the past five years and best wishes to Rosanne O'Sullivan and Suzy Doherty who will take on this role.

### NEW SPORTS TRACKING APP

The very best of luck to Ollie Kirwan, our newly elected Coiste Na nÓg Chairman and U8 coach, with his new sports tracking app coming soon from his company Elite Events Management. Many of you may have participated in one of their Quest Adventure Series in the past, watch this space for the company's exciting new venture

### GAA FOR ALL

We would like to thank Gearóid (Kerry) and Kate (Cork) at the Kerry and the Cork Recreation and Sports Partnership for providing their Sports Inclusion webinar earlier this week. Over the past few months and going forward, our fantastic GAA for ALL team have and will be attending lots of training courses ahead of what we hope will be a safe return to football in the not too distant future.

Thanks to our organising team of Gillian, Stephanie, Marie, Dara and Danny for all the work and we are proud to say that we will be ready to hit the ground running when the go ahead is given for a return to football. If you want to get involved in any capacity either as a coach or group Covid Officer, please let Danny McClure know on 087/6536631.

Whether your child has a specific need or if they have never played sport before, our aim is (through the ethos of the charter that we have signed up for) to provide the opportunity for all to play sport. Please spread the word and keep an eye on our Facebook page- so that any children out there that may wish to join our training sessions will be aware of this wonderful GAA for ALL experience.

### PRO

Finally, as the incoming PRO team (Danny McClure and Dara O'Connor) we would like to give a sincere thank you to Deirdre O'Sullivan our outgoing PRO who has done incredible work for the club over the last six years. Deirdre not only represented the club superbly as PRO over the last number of years but was also involved

in a number of other roles. Of these many roles, providing our club/community with informative weekly notes was one of her most important which she did fantastically each and every week. We have big shoes to fill but we have been well trained having worked with Deirdre for the last number of years. Míle buíochas Deirdre.

### LEGION GAA NOTES

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

### MOTHERS & OTHERS

Our Mothers n Others are taking part in this Irish Life challenge! Follow the steps below, Join up as part of the Killarney Legion Team! Get involved. Just tap on the following link: [http://web.mylife.irishlife.ie/challenges/5fdb47d213498020d97e3bbe?lc=en\\_IE](http://web.mylife.irishlife.ie/challenges/5fdb47d213498020d97e3bbe?lc=en_IE)

### COVID 19

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

### CONGRATULATIONS

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



Children at First Steps Childcare Centre in Listry are getting ready to celebrate St. Valentine's Day. Included are Isaac Byron Mangan, Caragh Scully and Ciara Curran.

# KILCUMMIN NEWS

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

## CONFIRMATION

Due to the ongoing Covid 19 restrictions there will be no Confirmation in the Parish this February until further notice.

## ANABLA N.S

Enrolment is now open for Anabla National School 2021/22. Enrolment Forms are available on our website [www.anablans.ie](http://www.anablans.ie) or by emailing the school at [scoilanabla@gmail.com](mailto:scoilanabla@gmail.com)

## LITTER PICKING

Keeping our roads free of litter is a huge effort from all involved as it is an everyday problem. If you would like to volunteer to keep the roadside free of litter within close proximity to your home it would be of great help. Bags are available by contacting John on 086-1579381 at the Rural Development Office. Ní neart go cur le chéile

## BOG WALKS

Walk Brochures are available at the Rural Development Office and the Post Office. Following recent feedback from walkers, we would very much appreciate if the following was observed by all users of the walk; (1) Bring your rubbish home with you and help keep this environment clean. (2) Keep your dog(s) on a lead when you come in contact with fellow walkers or wildlife. (3) Respect the local landowners' property. This is a beautiful amenity in our Parish, and we should all strive to make it a clean, safe and friendly place to enjoy.

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

Are you aged between 12 and 17 and living

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

Please email Ann Marie to find out more [annmariespillane@kdys.ie](mailto:annmariespillane@kdys.ie)

## KILCUMMIN N.S. JUNIOR INFANTS ENROLMENT 2021/2022

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

## KERRY ETB COURSES

Kerry ETB understands that not everyone is confident in accessing courses online, but we are available to support individuals to do so. While nothing can replace the learning and social interactions that occur when we meet face to face, we are mindful that people may become disconnected if we do not respond. Therefore, our tutors are available to deliver courses and provide a platform to keep communities connected. Courses are aimed at adults in Kerry who are living alone, adults who have underlining health issues that have resulted in them cocooning and adults who are caring for a vulnerable adult or child. All courses are free of charge to these groups. Register your interest

on [www.fetchcourses.ie](http://www.fetchcourses.ie) using relevant course codes below. Creative Writing with Noel King, code: 324919. Men's Wellbeing code: 316049. Skin Care & Beauty code: 324920. Sugar Free Living, course code: 324947. Spring Gardening – online tips & tricks, course code: 324017.

## RECOVERY HAVEN CANCER SUPPORT HOUSE

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

# SPA GAA

Written by: Deirdre O'Sullivan-Darcy

## AGM

Our AGM was held last Tuesday February 2nd and this year, due to current restrictions, the meeting was held online through Microsoft Teams. Thank you to everyone who attended on the night and to our Club Secretary Patrick for preparing and for coordinating the meeting. Like all clubs nationwide, we have spent the past year adapting to the ongoing challenges posed by Covid-19. We were able to enjoy some months of activity, and our club and club volunteers certainly stepped up to overcome the many obstacles that arose during the year. Activity at the club, although greatly pared back, did continue with some leagues and championships completed, while some activity, such as the 2020 Intermediate Championship, is set to continue later this year. As we face new challenges this year, we will need all support going forward, and we do thank everyone for their continued support.

The following Officers have been elected for 2021, with two changes for this year.

John O'Donoghue replaces Cáit O'Sullivan Darcy as Co Board Delegate on the Senior Board, and Denise Cremin replaces Andrew O'Sullivan as Coiste na nÓg Secretary on the Juvenile Board. Wishing the club every success for the season ahead. Spa Abú

Chairperson: Michael Cronin  
Vice-Chairperson: Conor Gleeson  
Secretary: Patrick O'Regan  
Treasurer: Margaruite Brosnan  
Assistant Treasurer: Andrew Garnett  
PRO: Deirdre O'Sullivan Darcy  
Child Welfare Officer: Anne Holland  
Health & Wellbeing Officer: Margaret Doyle  
Co Board Delegate: John O'Donoghue  
East Kerry Board Delegates: Seamus Clifford & John O'Donoghue  
Scór Officer: Eileen Aherne  
Registrars: Ger Mangan & Sean O'Sullivan

Coiste na nÓg Chairperson: Seamus Moynihan  
Coiste na nÓg Secretary: Denise Cremin

## LOTTO

Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income. Numbers drawn: 1, 6, 8, 23. No winner and Lucky Dips receive €50 each to Alma O'Mahony, Niall O'Connell, Gerry Cronin and Michael McCarthy. Our weekly Monday night Lotto draws will continue for now and this week's JACKPOT is €6,600. Tickets are on sale here through our website [spagaa.com](http://spagaa.com) or from Dalys Supervalu, Killarney Hardware, Centra Muckcross Rd, Spa clubhouse or from usual sellers.

## ITEMS FOR NOTES

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



**Be Responsible - Be Safe**

**Outlook**  
MAGAZINES

## RATHMORE | GNEEVEGUILLA NEWS

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

**SAMARITANS COLLECTION**

On behalf of the Kerry Branch of Samaritans, we thank you and your parishioners for the continued support of our Christmas Collection which is greatly appreciated. Money collected this year in Gneeveguilla was € 738.65; in Knocknagree € 381.55; in Rathmore € 687.10; and Shrone € 254.00

**GOLDEN WEDDING ANNIVERSARY**

Congratulations to Sean & Mary O'Keeffe, Lisheen, Gneeveguilla on their Golden wedding Anniversary - They celebrate 50 years married on this Saturday February 13th.

**SYMPATHY**

To Fred, Eileen, Catherine Anne & JJ on the death of your mother Catherine MGillicuddy, Gneeveguilla who was laid to rest in Gneeveguilla. To Bernadette, Maire, Gerard, Daniel, Philomena, Bridget, Elizabeth, Theresa, Noel & Patricia on the death of your mother Nora Cronin, Gneeveguilla Upper who was laid to rest in 'Gneeveguilla. May Catherine & Nora rest in peace.

**HOLY FAMILY N.S. RATHMORE**

Enrolment is now open for Holy Family NS for September 2021. Please download an Enrolment Application form, POD form, Additional Information form and Registration form from the hfnrathmorekerry blog and return them to the school once you have completed them. You may also request to receive them by post from hfnrathmorekerry@gmail.com

**GNEEVEGUILLA N.S.****ENROLMENT APPLICATION**

FORMS for school year 2021 / 2022 are available to download from our school website at [www.gneeveguillans.com](http://www.gneeveguillans.com)

e download an enrolment application form, registration form, POD form and code of behaviour slip and return to the school by February 12th 2021. Alternatively, if you would like to have the forms posted out to you please contact Miriam by email at [gneeveguillans@gneeveguillans.com](mailto:gneeveguillans@gneeveguillans.com). We also have a Facebook page called

"Gneeveguilla N.S. Friends Association" which gives regular updates on upcoming events in our school. Give our page a LIKE in order to receive regular updates

**RATHMORE GAA CLUB****JUVENILE AGM**

Incoming Chairman Don Casey thanked outgoing Chairman Arthur Moynihan and East Kerry delegate Mike Friel for their service to the club. He also thanked Secretary Una Moynihan, PRO Carmel Healy and Coiste na nÓg delegate Denis Reen who stay on for the coming year. Arthur Moynihan will serve as East Kerry Board delegate for the coming year.

Free Home Exercise classes with Michael A. Kelleher every Wednesday night at 7.30 pm via zoom. See Rathmore GAA Facebook or Instagram page for details.

**EVERY STEP COUNTS**

Join Rathmore GAA club to walk the combined distance of a trip around Ireland. Simply download the MyLife app. Again see Facebook or Instagram page.

RD Duhallow is inviting young people (aged 16 to 35) to have their say in expressing how the COVID-19 pandemic has impacted the lives of young people locally. Click on the following link: <https://forms.gle/1TQt5iBtUpGnbnrNM8>

**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

ST. VINCENT DE PAUL Rathmore Branch

LOCAL CONFIDENTIAL

CONTACT 087 3462332

**GNEEVEGUILLA GAA CLUB**

Following our AGM the Officers for the coming year are as follows.

President: Joe Crowley

Vice Presidents: Mike O Keffe, Billy McCarthy.

Chairperson: Stephen Crowley.

Vice Chairperson: Padraig Moynihan.

Secretary: John Murphy.

Assistant Secretary: Denis Fleming.

Juvenile Secretary: Mike Lawlor.

Treasurer: Niall Foley.

Bar Treasurer: Dave McAuliffe.

P.R.O: Mike O Keffe.

Development officer Thomas Carmody.

Child welfare Officer Elaine O Keffe.

Coaching Officer: Padraig Doyle.

Scor Officer: Joan Brosnan.

They would like to thank outgoing Chairperson Pat Barry and outgoing Bar Treasurer Brigid O Donoghue for their tireless work, time and dedication and who both completed full terms in their posts.

They would like to thank all officers who have accepted roles for 2021 and wish them all the best for the coming year.

**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.

**GNEEVEGUILLA COMMUNITY DEPARTMENT ASSOCIATION & BASKETBALL CLUB**

had our weekly draw for our Share the Bucket on Friday evening 5/02 /21.

The Jackpot was €315. Congratulations to D .j.Keane this week's jackpot winner Congratulations to D.j. Keane this week's jackpot winner of €315.

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

**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.

CLLR ALLOCATION FOR **NEW BICYCLE PARKING**

As the Council proposes the development of new bicycle lanes Cllr. Michael Gleeson has announced that he has allocated €4,000 for the provision of bicycle parking bay[s].

"It is of vital importance that cyclists will be able to park their cycles in secure and safe locations", Cllr. Gleeson told Killarney Outlook.

"It is also important that the larger parking bays are covered from the elements so that the cyclist can emerge to bicycles that are clean and dry. The provision of quality cycle lanes and aesthetic parking bays will greatly encourage both locals and visitors to leave the car and enjoy freedom and fresh air as they happily cycle", he added.

## BEAUFORT NEWS

Written by Cliona Coffey

## SYMPATHY

Sympathy is extended to Rose and family, all the O'Donoghue and Casey families on the passing of Rose's brother, Stephen

## 2021 GAA CLUB SEASON CHANGES

Changes from last year is that all teams up to Under 17 will be at uneven age groups. A new registration system will also be in place.

More details will be sent to members when they are known.

## SPORTS PREDICTION QUIZ

Thank you to everybody who has entered our Sports Prediction quiz. There is still time to do the quiz. Entry forms are available from usual sellers and Carson's shop. The quiz can also be done online at [www.beaufortgaa.com](http://www.beaufortgaa.com) or

Beaufort G.A.A Club facebook page.

It will be one of our main fundraisers for Club development this year and we are appealing for your support. Entry is €20 for one entry or €50 for three entries. Syndicate entries welcome. Online filled entries can be emailed back to [beaufortgaaclub@gmail.com](mailto:beaufortgaaclub@gmail.com).

## OUTLOOK SPORTS

## GNEEVEGUILLA ATHLETIC CLUB

## LOTTO

No winner of our lotto draw 05/02/2021. Numbers drawn were 3, 15, 17 & 23. Sellers prize winner Mairead Carmody. €50 y/t prize to Michael Foley Gullane. €50 to John Angland Lissyconnor, €40 each to Aine, Noreen & Mairie O' Riordan Newmarket, Jackie Keane Knocknagree & Ger O' Connor Lisheen. Bonus not won numbers drawn were 3, 4, 9 & 30. Next weeks jackpot €16,400 plus €1,000 bonus.

## SCHOOLBOY/GIRL SOCCER

## MEETING

Following a meeting of the SFAI Executive it has been decided that the Skechers National Cups and Subway Inter Leagues for the season 2020-2021 will not be going ahead.

This follows on from last season when the final stages of the National Cups were not completed at National and Regional level which was very disappointing for a number of KSBGL sides that

had progressed to the latter stages.

The SFAI said this week that the decision was made due to the fact that "it will not be feasible to run these competitions for the 2020-2021 season given that if football does get reinstated later this year all Leagues will be struggling to complete some form of domestic competitions and it would be unfair to apply extra SFAI competition pressure on a chronically congested fixture situation".

The SFAI Executive also said that they are continuing to explore every possibility of hosting the Kennedy Cup this summer.

They added that regrettably that there is no feasible way to stage the 2020 Kennedy Cup that did not take place last summer.

## KILLARNEY CELTIC NOTES

## CELTIC LOTTO

Numbers drawn 4,13,23,25. There was no jackpot winner. Match 3 winners received €40. The next jackpot on Monday 15th is €16,000. Tickets are available from club members, the Dungeon

shop, at the stand in Hegarty's Park Rd and also online at [clubforce.com](http://clubforce.com). Killarney Celtic Gear is available online through [www.bmcspports.ie](http://www.bmcspports.ie) and the link can be accessed from the Killarney Celtic Facebook page.

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

Well done to former player Micheal Devlin who captained his Georgetown College University team to a 5-0 win recently. Micheal who is in his junior year is in Georgetown as part of the NAIA program.

## DEERPARK PITCH &amp; PUTT CLUB

## LEVEL 5

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

# Boredom Busting ideas for kids

With the Midterm approaching and you are wondering what to do the next time you hear the dreaded "I'm bored" or if you're just desperate to drag them away from the TV or iPad, try some of these fun activities:

## Eat an Alphabet

Get your kids to describe how hungry they are – starting with the letter A take turns. The trick is to remember what everyone said before you. I'm so hungry I could eat an Apple. I'm so hungry I could eat an Apple and a Banana. I'm so hungry I could eat an Apple, Banana and a Cat!

## Fuzz Buzz

Count to 100, every time you get to a number that's divisible by seven (7, 14, 21) or has a seven in it (17), say "Buzz" instead of the number. For older kids, to make it even harder say Fuzz for every number with a three or that's divisible by three. If you make a mistake it's the next person's turn. The first to get to 100 wins.

## Marbles

Draw a circle on the ground. Each player puts 4 marbles inside the circle – it's best if everyone picks a colour. Take turns trying to knock each other's marbles out of the circle with one large marble. If you knock your own marble out it goes back into the centre!

## Spud

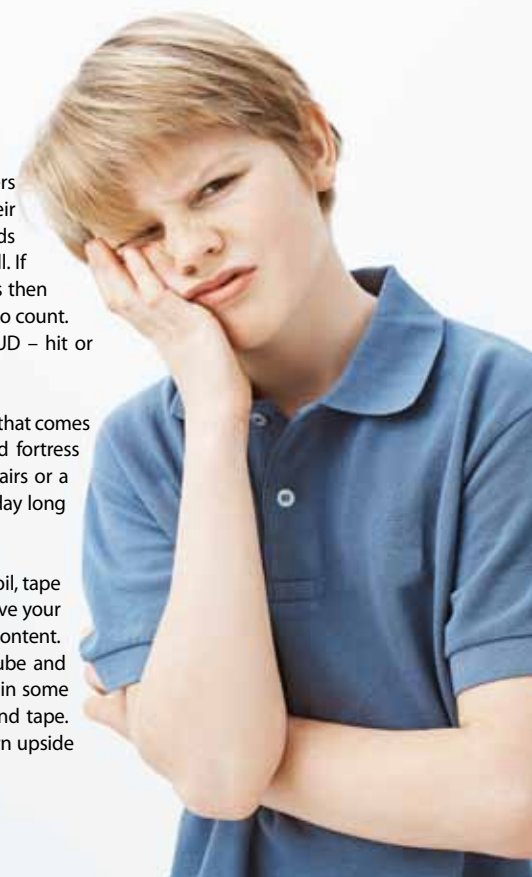
One person counts to 10 while the rest of the players scatter. When 10 is reached everyone freezes in their spot. The person counting takes 4 giant steps towards the closest person and tries to hit them with the ball. If they hit, that person gets a letter 'S' but if they miss then they get the letter. Now it's the other person's time to count. Players get knocked out whenever they reach SPUD – hit or missed 4 times – ouch!

## Fortress fun

Everyone's made a fortress right? The next rainy day that comes around, help your kids make their own supersized fortress in the sitting room. All you need is a couple of chairs or a table covered with a blanket – they'll stay busy all day long playing make-believe inside.

## Make rain sticks

All you need is a cardboard tube, some dry rice, tinfoil, tape and long pipe cleaners or bent up wire hangers. Have your child colour and decorate the tube to their heart's content. Then coil some pipe cleaners or wire inside the tube and close-up one end with tin foil and tape. Now pour in some rice and secure the other end with more tin foil and tape. That's it – your kid now has a rain stick they can turn upside down to make lovely rain sounds.



## O'CONNOR FUELS

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## CRONIN



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## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



### SIX NATIONS RUGBY

#### France 50 Italy 10

Meh. I'm sorry, but just 'meh'. We knew France were good, they could very well have nipped the Nations Cup off a dominant England with a young and fairly experimental team. We know that Italy haven't won a Six Nations match in the past five years, losing 28 in a row since that aberration of a victory over Scotland. So France piling on 50 points on Italy isn't really surprising, entertaining, or even interesting. Antoine Dupont does look like an absolute superstar on the horizon, but anybody would look good in a one-sided game like this. All that scoreline does is mean that, with score difference counting, every other country has to go out now and hammer Italy mercilessly. Which they will inevitably be able to do.

Fair play to France; it's a hurdle to get over, but an easy one. Italy's challenge faded into dull acceptance far too fast. Even though I accept that Italy are better than Georgia, they are closer to Georgia than of the other Six Nations teams and I would look for a promotion/relegation match between Italy and Georgia for the Six Nations spot every year before the tournament proper kicks off. I believe that it would incentivise both teams. As things stand, Italy are regressing, not getting better.

#### Scotland 11 England 6

That sweet chariot is swinging lower than ever. And shame on those who gloat in poor England's misfortune or find it in any way hilarious whatsoever (says he with his fingers

crossed behind his back).

In ordinary times, I would be out and about on a Saturday afternoon rather than watching a game like this. I was honestly assuming that this would be another predictably one-sided contest. Which it was – but not the way that I or anyone else expected. Scotland actually beat England well in play. Beat them? I was not surprised to see Stuart Hogg pin England back relentlessly, I've always rated him. But Finn Russell? I always liked the look of him, an honest trier who is miles out of his depth but will give it everything he has. In the first half Scotland actually had an awful lot of possession, making me blink a little bit, but couldn't make it count. England lost Billy Vunipola to a yellow card – Vunipola was way off the pace all day, like a lot of England's big guns – and Scotland got in for a try. There was an element of luck – Jonny May doesn't drop many balls like that – but in fairness to Scotland they were hunting it. England were like mastiffs being attacked by poodles, seemingly full of power but simply too astonished to bring it to bear on their tormentors. What's more, they never did recover or get into their stride. For the first time in 38 years, Scotland lifted the Calcutta Cup (Scottish and English soldiers competed in rugby while joined in wanton slaughter for the British Empire in India in 1872 and established a cup between the nations to commemorate the camaraderie). Scotland scored very little, but England could muster even less.

Look, I suspect that this game was a bit of an anomaly. I've read a good bit from pundits about how Saracens not having played for a month and having been relegated meant that a lot of the English players came into this cold. A: None of ye were saying that before the game, lads (the pundits are all lads, of course) and B: I have absolutely no sympathy for Saracens after their disgraceful shenanigans, they got off very lightly. England have always been capable of an occasional disastrous performance like this, but always come back strong and are consistent in the likes of the World Cup. This is a blip and one that sees the Six Nations burst into competitive life. I still expect Ireland to beat Scotland and I expect an English backlash that will see them crush a few teams (i.e. us) before the tournament ends.

I enjoyed it all the same.

#### Wales 21 Ireland 16

Ah well. Look, losing the first game of the Six Nations effectively puts the kibosh on our campaign, and there's no point in pretending otherwise. It's an exercise in improvement towards the World Cup from here on in. Ireland could have won this, but we deserved to lose overall. That first catch by Alun Wyn Jones set the tone for me; Wales were up for

this. Of course, playing their oldest team ever had a certain air of desperation about it and doesn't bode well for their future, but Welsh coach Pavin was desperate for a win and got it. Biggar, North, Wynn Jones...great players. Leigh Halfpenny fired them in front before Peter O'Mahony picked up a red card. O'Mahony was a great player and I've always liked him, but that was an old dog soldier's tackle – the aging legs were no longer in sync with the brain. It was reckless not malicious, but the red card was deserved.

Ireland were a shambles for the first twenty minutes. Losing James Ryan, whom I was hugely impressed with (I previously thought him a bit over-hyped, but he is the real deal) didn't help. I thought Keenan and James Lowe were excellent; Lowe has been criticised for other players' positional mistakes in my opinion. Wales deserved to be more than 6-0 ahead.

Two penalties by Johnny Sexton (he wasn't great but he is still the best we have; it's a real worry) brought us level. Then came a moment of magic by Henshaw, a twisting dart of speed that left the Welsh defence for dead and Tadhg Beirne (limited but a great warrior) over for a try. Johnny converted and 14 man Ireland were ahead at half-time, 13-6. I have to admit that I was loving this game, not top quality, but great excitement.

George North with a great burst in the second half; Lowe did but it a little too easily. Halfpenny missed the conversion. Ireland were actually playing well here, but Wales were piling on the pressure and it eventually told as the Irish line was simply too stretched and Lou Rees-Zammit went over. This time Halfpenny slotted over and it was 18-13 to Wales. Ireland needed to score next; they didn't as a Welsh penalty put 8 points between them. 14 men to take the next two scores? I wasn't hopeful.

They gave it a great rattle, though. My heart goes out to Billy Burns – a mislaid pass cost us ground, a crossfield kick ended up in a Welsh lineout (it's not a popular opinion, but I was okay with him trying that on; it showed ambitious imagination to me and I like that in players) and his last kick was so wayward and out of touch that it ended a game we desperately needed to keep alive. Burns has been absolutely vilified in some quarters for his mistakes – arrah would ye all calm down? No player deserves that. I agree that Ross Byrne needs a look, we simply have to find a replacement for Sexton, but an under-rated Jack Carty would be in pole position for me. Burns deserves and will get more chances. Allow me to make one thing abundantly clear; if Paddy Jackson is wearing green, I will be cheering loudly for the opposition every time. Bad defeat, but not that bad of a display. O'Mahony's red card was the turning point, and

the likes of Murray and Earls were surprisingly quiet. But I saw positives. Ryan and Keenan absolutely leapt up in my estimation. Lowe, Beirne, Henshaw were quality. Henderson has git and guts. We have decent players to come in (the notion that the absence of Caelan Doris was crucial is an exaggeration, to be honest, he's good but not an all-time great). I've seen Irish rugby in worse straits than this. I don't expect us to beat France. But let's go and rattle them anyway.

## GAA

Congratulations to Lee O'Donoghue of Glenflesk, Hogan Cup and All Ireland Junior winner, who helped Garryowen GAC to retain the 9-a-side title at their annual tournament in Melbourne. This tournament is one of the biggest in Australia, with 39 teams battling it out for the trophy, and Lee's accuracy was a key part in his team's victory.

Best wishes to Cathal Ferriter of Annascaul, All Ireland winning minor and Kerry U20, on his transfer to Dundalk Young Irelands.

## LADIES GAA

Kerry Ladies GAA have launched a fundraising raffle to support all their inter-county teams. There is a vast host of prizes, including hotel breaks, signed jerseys, a training session by members of the team.....look, you all know that Kerry LGFA contribute far more to Kerry's sporting community than their resources and every last cent goes straight into the teams and the games. If you can afford a little bit to



Lee O'Donoghue of Glenflesk (second on the right) who helped Garryowen GAC to retain the 9-a-side title at their annual tournament in Melbourne.

support that, then all you need to do is log on to <http://idonate.ie/Kerryladiesfootball>. You could do an awful lot worse in these troubled times. Congratulations to Killarney Legion, who have been selected to represent Kerry in the One Good Club programme, which is promoted by mental health organisation Jigsaw and sponsored by Lidl (I have to say that Lidl's sponsorship of Ladies GAA has been truly phenomenal in the past number of years and they deserve great credit for it). The Legion club

will be engaging in activities to connect with the community and support mental health (not something new to the pro-active club, by the way). There is the opportunity to win up to E10,000 plus training gear and equipment, but this is something that GAA clubs have been proudly to the forefront in supporting even without such incentives, and rightly so.

## SOCCER

Micheal Devlin's captaincy of Georgetown College got the perfect start as they blew Trinity Christian away with a blistering 5-0 victory. Micheál played a captain's part, including forcing a great save on the stroke of half-time, and was in the thick of the action throughout.

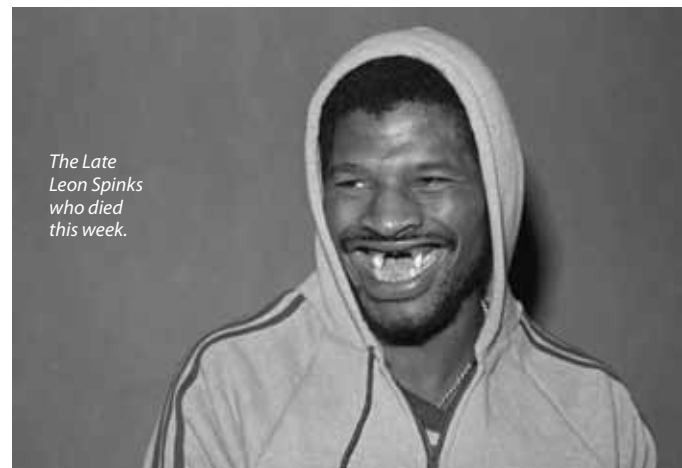
Jubilation was rapidly followed by disappointment as Diarmuid O'Carroll, formerly of Killarney Athletic, was initially appointed as U19 and U17 manager of Northern Ireland, but subsequently had to withdraw from the position after an administration error in his application. This is only a minor blip in the road; the former Irish international who enjoyed a fantastic playing career and has most recently been coach of Motherwell simply has too much talent not to feature sooner or later at the top level of the game.



Diarmuid O'Carroll, formerly of Killarney Athletic, who was initially appointed as U19 and U17 manager of Northern Ireland, but subsequently had to withdraw from the position after an administration error.

## BOXING

RIP to Leon Spinks, who passed away this week. In 1978 he stunned the boxing world, and I really do mean stunned, when he comfortably outpointed none other than Muhammad Ali. Ali hadn't trained properly for the fight (his supreme confidence made him carelessly dismissive of opponents at times) but seven months later Ali comfortably regained his crown. Leon never reached anything like those heights again. In fact, like far too many ex-boxers, he fell into a descending spiral and lived a sad life plagued with addiction – boxing has never, ever been supportive or kind to its heroes after they fall out of the spotlight. Leon's brother Michael, who for me was as durable and had better hand speed, moved up from light heavyweight to defeat Larry Holmes (who was just one win shy of Rocky Marciano's 49 undefeated record in that fight). They are the only brothers to ever hold the heavyweight title.



The Late Leon Spinks who died this week.

# SUPERBOWL

It was like a western movie. You have the aging gunslinger Tom Brady. Clean-cut, clean-living, loves horses, dogs, God, America, songs played on the banjo – think John Wayne films rather than Clint Eastwood. He has stepped down as sheriff and is working on a smaller ranch, possibly belonging to a widow woman to whom he is always respectful (I know, that's a stretch for Tampa Bay compared to the Patriots). Gronkowski, his faithful sidekick, has come to work alongside him.

He was the fastest gun in town for a long time. But not anymore; he's being written off by all them smart city slickers (give me a little leeway with the narrative here; have you never seen a cowboy film? The city slickers are integral to the plot).

The Kansas City Chiefs are the big ranchers, eager to sweep the Buccaneers out of their way. And they have The Kid. Bright, smiling, attractive to women (again, it's a cowboy trope). Lightning in his hands. He looks up to Old Tom, but you can't have two bulls in one herd. The showdown between Brady and Mahomes is inevitable.

Alright, it didn't really play out like that. The truth is that it was a very poor Superbowl game. The Chiefs never really got going, and their discipline was simply shocking. Plan A didn't work, and we never did earn what Plan B was meant to be. They got the first score on the board with a field goal, but those old Patriot partners Brady and Gronk combined fortouchdown number one. It was simply

execution rather than brilliance, but that perfect simplicity and synchronicity is the essence of the game and far harder than it looks. Brady was intercepted soon after, but the Buccs got lucky as a holding infringement saw it over-ruled. The Chiefs were getting caught on stupid pass interference, holding, silly stuff like that. The Buccs went for a field goal....and another stupid holding infringement saw them offered a first down instead. Brady to Gronkowski again and another conversion. 14-3 to Tampa Bay. At which point Tyrann Matthieu decides that he's going to get into Tom Brady's face. Lad, he has literally lived at this altitude for twenty years; you are already gasping for breath. You're going to psyche out Tom Brady? I'm sorry, but this is pitiful to watch. Just before half-time, with the Chiefs bizarrely killing the clock to keep play alive when they should have been regrouping, Brady finds another former Patriot in the endzone, Antonio Brown. 21-6 at half-time.

21-9, Brady found Leonard Fournett, who simply had incredible pace to power over the line. He got great cover as well; American Football uses screens as clearly as basketball and there's a subtlety to the runs that's actually very different to rugby; I'll admit that I sometimes have difficulty fully understanding the movement. 28-9, and a field goal really killed off the game. The fourth quarter had an inevitability about it, but it still had two magic moments, both of them summoned by Mahomes. He produced an absolutely amazing pass while actually being swung around in a sacking - Pringle in the endzone just barely failed to make the catch. A minute later he did it again while under the same

pressure; this time it was Williams who couldn't quite nail the catch.

In the end Mahomes, just like Drew Brees and Aaron Rodgers earlier this season, had to give way to the old master. Mahomes, who like Brady would be drafted in baseball before choosing American football, was just six years old when the Patriots quarterback first lifted the Lombardi Trophy. 43 Year old Tom Brady (he has no intention of retiring) doesn't consume coffee, processed flour, dairy, or gluten, tomatoes, mushrooms, olive oil, and very little meat. His bedtime is usually 8.30pm.

He now has seven Superbowl rings. That's more than any team in history.

*Tom Brady now has seven Superbowl rings. That's more than any team in history.*

The Weeknd (could you at least learn to spell, lad?) spent \$7m of his own money on the half-time show. God love him; you can't blame him for trying. I did feel relieved when he stopped trying, though. It was pretty bad.

The Chiefs really needed to hit hard and fast at the start of the second half. And they tried, they really did. Mahomes actually had a very good game, he couldn't be faulted. In fairness, they were missing Schwartz, Gay, and Fisher from their Offensive Line; Mahomes simply didn't have a fraction of the protection Tom Brady did. Mahomes gave it everything, Edwards Helaire and Pringle were outstanding. It just wasn't ever going to be enough against the fired up Buccaneers. At

## CYCLING

### Paudie Fitzgerald RIP

Sport in Kerry stems from tough traditions, and few if any can match cycling for toughness. It's as hard nowadays, by the way, cycling is a gruelling test of endurance and will power. You can ask Eugene Moriarty or Sean Lacey or Cathal Moynihan or Tom Moriarty about that.

A strong case can be made that they were even tougher in the heyday of the Rás Tailltean back in the fifties and early sixties. The toughest of them all, in my opinion the toughest sportsman ever to come out of Kerry (also, respectfully, the most eccentric) had to be the great Iron Man, himself. But no Kerry cyclist ever got an inch easily on the roads, and genial Lispolie native Paudie Fitzgerald was as tough as any of them on the bike.

He was good from an early age. He had to be; in pre-car days growing up surrounded by the daunting Conor

Pass and broad Sleah Head you learned how to cycle fast and hard. Fuelled by his mother's breakfast of porridge followed by raw eggs and sherry (a lovely recipe, methinks, if you left out the eggs and porridge), young Paudie quickly developed a name as a dedicated trainer. He was a little too naive in his first Rás in 1953, attacking too early and burning out while cuter heads bided their time. In 1954 he was doing well and expected support from fellow Kerry men when he made a burst; he quickly learned that sentiment is fine in stories but has no place on the roads where champions were forged. In 1955 his team-mate the great Gene Mangan won; Paudie would have been right up there but for a bad crash.

It looked the same story in 1956. It was a tough Rás anyway, heightened by political tension; Irish cycling was acrimoniously split at the time between 32 county and 26 county associations. Paudie and co. were unapologetically Irish when it didn't have much

international recognition. Paudie came off early in a crash and was badly scrambled, his father pushed him to finish the stage. Paudie's class responded to the challenge, he finished the stage second to Mangan and in real contention. That was Nenagh; the next stages were his own roads into Kerry. Paudie was first into Tralee and then Kenmare the following day. Then it was back to Nenagh. Himself and another cyclist led all the way but argued, tussled, and actually squared up to each other at one point. They hit upon a funeral cortege in Mitchelstown – Paudie went left of it, his rival went right. Paudie, purely by luck, had the clearer path and broke clear of the town. He ended the day in yellow and held it all the way into the finish line in Dublin. Paddy Moriarty won that stage to give Kerry the team victory in one of the greatest Rás Taillteanna of them all. Paudie Fitzgerald was Kerry to the core. He passed away this week; may he rest in peace.



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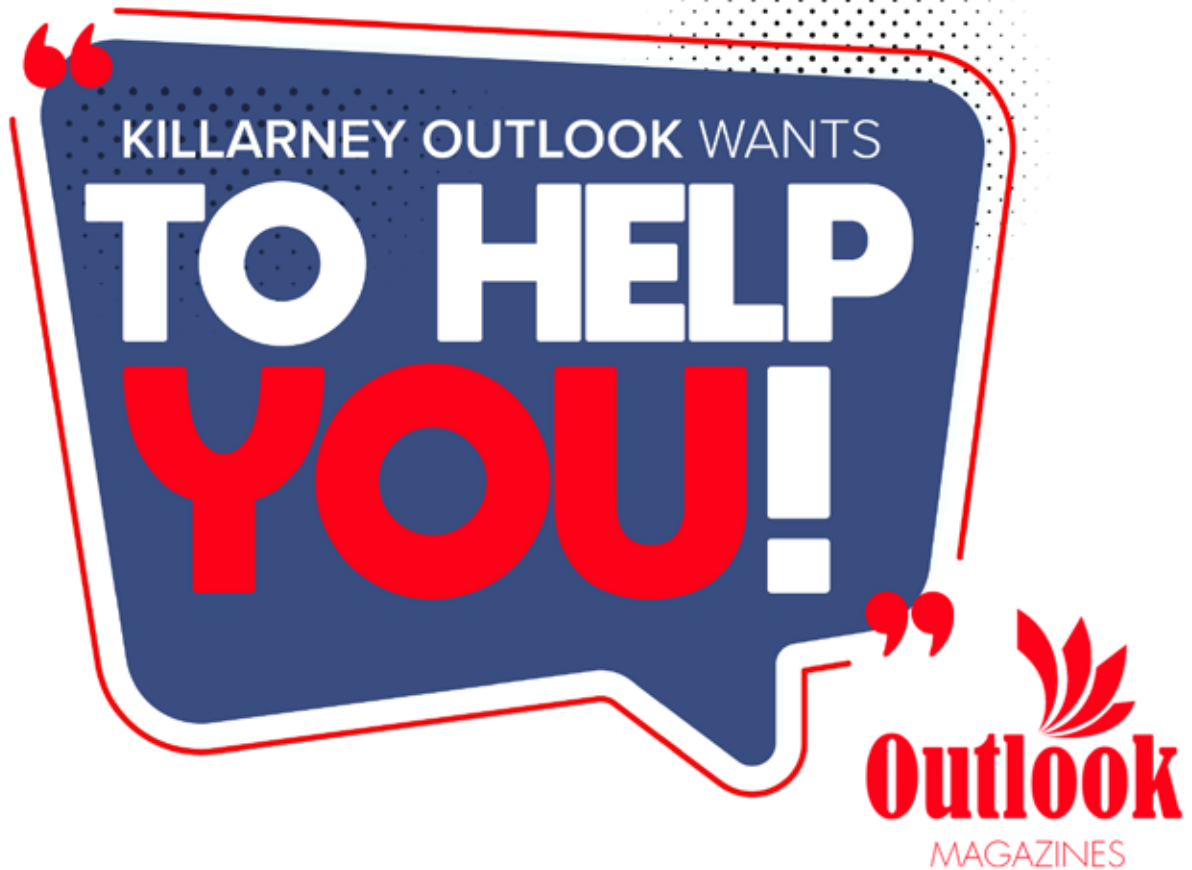
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Ed 10



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06



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06



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## LONELINESS IN OLDER ADULTS

At SouthWest Counselling Centre we are meeting more and more elderly people who are feeling isolated and alone. What strikes me is that whilst there is a lot of emphasis on help and support for younger people there is less awareness of the availability of supports for older people. As we all know, life is an on-going journey that can present challenges at any stage along the way. Bereavement, loneliness, declining health, fear of crime and loss of loved ones through emigration are issues that many older people are dealing with. Counselling can provide a clear space to do this and offers support and gives us a fresh perspective on things.

Many older people are feeling lonely and isolated due to a lack of social contact and connection. Social isolation has been shown to have a detrimental effect on health and well-being. It is vital therefore that we stay connected, and whenever possible reach out to others and remain actively involved in life. As social beings, most of us feel the need for social contact and relationships. Therefore I would encourage someone who is feeling lonely to establish what opportunities for social connection already exist in their community. It doesn't matter initially whether they get anything out of the actual activity, as they may meet someone of like mind and it is a great opportunity for social connection.

There are many activities in which they can join when lockdown has been lifted. It may be useful to research options now and plan for normal times again. Adult education classes can be a great way to meet like-minded people whilst also acquiring new skills. They can also help to boost our confidence and make social interaction more pleasurable. Getting involved in Community Action Groups, Local History Groups or Sporting Activities can all be very enjoyable. Participating in local church activities, organised outings or book clubs can also help to feel more connected to others. Treating ourselves to massage or reflexology can also help to relieve loneliness. Another useful activity is letter writing, perhaps for a worthy cause - such as Amnesty International. Technology forums such as the internet may provide relief from boredom and loneliness. Perhaps you could enlist the help of a young person to learn these skills. If you are feeling lonely, reach out and talk to someone today. Senior Help Line can be contacted on (1 800 804591) from 10am to 10pm for the price of a local call from anywhere in Ireland.

*SouthWest Counselling Centre is open and providing telephone and online counselling at this time. Please contact us in confidence.*

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

Contact 064 6636416 or Email: [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)  
Registered Charity No: CHY 14775

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



## KNOW YOUR RIGHTS

### The Higher Education Access Route (HEAR)

**Question:** I attend a DEIS school and want to go to university. My family are not well off. Is there anything to help me go to college?

**Answer:** The Higher Education Access Route (HEAR) helps school-leavers who may not traditionally go on to third-level education access it. Under the HEAR scheme, third-level places are allocated to school-leavers on a reduced points basis. For example, a HEAR student with 356 points might get a place on a course that usually requires 366 points. Participating colleges also provide extra supports for HEAR students.

When you apply to the Central Applications Office (CAO) for a college place, you must indicate on your CAO application that you wish to be considered for HEAR. To qualify for HEAR, you must meet certain indicators or criteria related to your financial, social and cultural circumstances. For example, your family income must be below a certain limit for your family size. Other factors are taken into account such as having a medical card, attending a school in the DEIS (Delivering Equality of Opportunity in Schools) programme and living in a disadvantaged area.

You must apply to the CAO by 1 February 2021 and complete your HEAR application by 1 March 2021. Copies of your supporting documents must reach the CAO by 15 March 2021. Late applications are not accepted.

You should start preparing your HEAR application as soon as possible. You will need to gather supporting documents, such as information from the Revenue Commissioners, a statement of income from the Department of Social Protection and whatever other documents are required in your case.

You can get more information in the HEAR 2021 handbook (pdf) and [accesscollege.ie](http://accesscollege.ie). Your school can also provide information and support. You can get more information about HEAR on [citizensinformation.ie](http://citizensinformation.ie)

You can get information about supports for business during COVID-19 on [citizensinformation.ie](http://citizensinformation.ie).

During the COVID-19 pandemic, you can find comprehensive integrated information online at [citizensinformation.ie/covid19/](http://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](http://citizensinformation.ie/callback) to request a phone call from an information officer.**



## Gardening

with Killarney Outlook

by John O'Sullivan

### HEDGING

Hedges can make a much more natural background to a garden than a wall or a fence. They can provide shelter and are cheaper and require a small amount of maintenance. Because a hedge allows the wind to filter through, it reduces its velocity. Tall or low growing, clipped or informal, there is a hedging plant for every purpose. One thing to remember about a hedge is that it is intended to be a permanent feature in the garden so therefore should be chosen with care and planted in well prepared soil.

To choose the right hedge for your garden here are a few pointers to think about:  
The type of soil you have.

How exposed the garden is, i.e. what direction is it facing?

The eventual height and width the hedge will be

Does it need to be evergreen?

When you have chosen the type of hedge that you want, its time to prepare the soil.

Start prepping the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year round but the ideal time is between November and March as all hedging plants will be dormant at this time.

What that means is that when you go to buy your hedging plants they are lifted straight from the ground and are called bare-rooted hedging. This enables you to replant straight back into the ground when you get them home. Just make sure that when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. If you have missed the bare rooted season at the end of March you can plant container grown hedging all year round.

*Next week I will focus on trees.*

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

## Tim Celebrates his 70th Birthday



and is a collector of vintage High Nellie bikes.

With Covid restrictions in place, the family did a drive by Tim's cottage on Sunday with the cars decorated with balloons and banners.

"Tim loves a pint and a cha", his niece Sarah told Killarney Outlook and "when this is all over we plan to meet up with him and enjoy one in one of his favourite pubs in Killarney", she added.

So with the Dunloe Lodge, Hennigans Bar and Husseys on the cards when restrictions, Tim is looking forward to enjoying a pint with his family which includes his four sisters, Nora, Eileen, Margaret and Sheila along with nieces and nephews and lots of friends.

Happy 70th Birthday Tim!

It may not have been the party he had hoped for but Aghadoe man Tim Buckley, his 70th Birthday was a great celebration. Before his retirement, Tim was a jarvey in Killarney and is a big fan of the horses, loves to cycle

## FOR SALE CLASSIFIEDS

ED 06

**FOR SALE**

**UNWANTED GIFT - 6 LARGE BAGS 40 KG OF GRADE A COLUMBIAN COAL**  
ONLY €260 DELIVERED.  
**CONTACT: 089 4805403**

ED 06

**FOR SALE**

**8 X 4 CAR TRAILERS OF TIMBER** Oak & Ash  
Neatly split - only €145 with Free Bale of Briquettes and Free Bag of Starters.  
**CONTACT: 087 2744454**



ED 06

**FOR SALE**

**8 x 4 CAR TRAILERS of SOFTWOOD TIMBER!!**

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**CONTACT: 087 2744454**

## EMPLOYMENT CLASSIFIEDS

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ED 06

**TO LET**

**DOUBLE EN-SUITE ROOM**

in house located in the centre of Killarney Town.

**CONTACT: 087 3250182**

## SOCIAL AND PERSONAL CLASSIFIEDS

ED 07, 2021

**MUNSTER INTRODUCTIONS** Start a new life ... find that someone special ... friendship... romance. **CONTACT: 087 3694391**


## AVAILABLE CLASSIFIEDS

ED 13

**CONVERT TAPES TO CD, DVD, USB**

at Curiosity Shop, 3 9 Main St. Castleisland

**CONTACT: (087)4 586136**





## A Word of Victory

Welcome back dear reader. "My people have been lost sheep. Their shepherds have led them astray and turned them loose in the mountains. They have lost their way and can't remember how to get back to the sheepfold. All who found them devoured them" (Jeremiah 50:6-7 NLT). This weekend people all over the world will celebrate St. Valentine's Day. Multitudes of cards, flowers and chocolates will be sent from loved ones to the one they love. That's so nice. But for some people, love has left a bad taste in their mouths because of a past experience or betrayal. For many others who have never found 'the one', life can be full of heartache and desperation looking for someone to love. We may have different backgrounds and opinions, but one thing we all need is love. Like the Beatles sang '....all you need is love, love - love is all you need.' One theme right through Scripture is how the Lord reveals Himself as the Good Shepherd who loves His sheep. We are His sheep and He desires us to walk in His love (Read John chapter ten). The Scripture above from the prophet Jeremiah tells how God's people had been hurt and left helpless because the false shepherds they had trusted in had led them astray, away from the sheepfold out into danger. This left them at the mercy of their enemies who attacked them as prey.

This is how the devil operates. He deceives people so that they follow a different path that takes them away from our Creator God, which eventually ends up in destruction. But God does not want you to live like that friend. He loves you with an everlasting love and the heartfelt journey seeking love that many undertake will only lead to a dead end, unless they realise that who they are searching for is the Lord Jesus (John 3:16). We each of us have a void inside - that can only be filled firstly by the love of God. So often you will see someone who has met their 'soul mate' and witness the beautiful pictures of happiness that they put out, only to discover some time later that the relationship is gone, so they have launched a search for a new soul mate as the previous one was not him or her after all! This may seem comical except that what is at stake here is a real human being, and their real feelings.

'For this is what the Sovereign Lord says; I Myself will search and find My sheep. I will be like a Shepherd looking for His scattered flock. I will find and rescue them....I will tend My sheep and give them a place to lie down in peace...I will bandage the injured and strengthen the weak....for you are my flock....and I am Your God.' (Ezekiel 34:11-31)

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


 @WovKillarney

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


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

# IN MEMORIAM

**2ND ANNIVERSARY**

IN LOVING MEMORY OF

## FRANK JONES



KILLARNEY, CO KERRY  
WHO DIED MAY 4TH, 2018

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

FROM YOUR  
LOVING FAMILY

## TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to:  
**[killarneyoutlook@outlookmags.com](mailto:killarneyoutlook@outlookmags.com)**  
 and the verse and photo you  
 would like to include.


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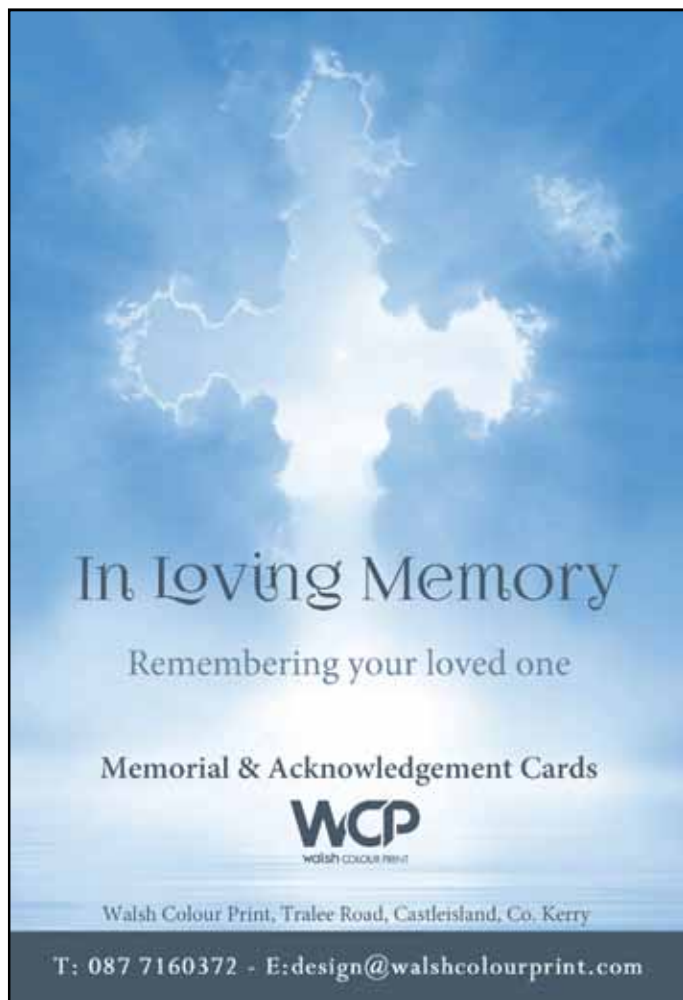
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address and telephone number.*

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## PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted. In thanksgiving.

## NOVENA TO THE SACRED HEART

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

## 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.S.

## NOVENA PRAYER TO ST JOSEPH

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

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

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

## 6TH ANNIVERSARY

IN LOVING MEMORY OF

## JOAN HERLIHY



LISSIVIGEEN, KILLARNEY  
WHOSE ANNIVERSARY OCCURS  
ON 12TH OF FEBRUARY 2015

*Somewhere beyond the Sunset,  
Where loved ones never die,  
You sleep in a beautiful garden,  
Beneath a golden sky,  
Though Heaven and earth divide us,  
We are never far apart,  
For you are always in our thoughts,  
And forever in our hearts.*

Always remembered by husband David,  
Son Paul, Daughter Laura, Sister  
Catherine, and brother Gerard.

## 46TH AND 3RD ANNIVERSARY

IN LOVING MEMORY OF

## CASEY JOHN (JACKIE) AND HIS WIFE NOREEN



BALLINILLANE,  
BALLYHAR KILLARNEY  
WHO DIED ON  
21ST FEBRUARY 1975  
AND HIS WIFE NOREEN  
WHO DIED ON  
13TH FEBRUARY 2018

*On a quite February morning  
Ye heard the Angels call  
Ye took the hand of Jesus  
And quietly left us all.*

*Happy memories keep for ever  
Of days when we were all together.  
They bring a smile after a tear.  
And always a wish that you were still here.*

Loved and always remembered  
by your daughters, Sheila, Joan, Noreen  
Geraldine Eileen and Catherine.  
Sons-in-law, grand children and great  
grand children.

## 21ST ANNIVERSARY

WITH LOVE WE REMEMBER  
OUR BROTHER & UNCLE

## DANIEL P. (SIR) FALVEY



KNOCKLEBEDE,  
KILCUMMIN, KILLARNEY  
WHO PASSED ON 12TH  
FEBRUARY, 2000

REST IN PEACE

*When thoughts go back, as they often do  
We treasure the memories we have of you  
And as you were, you will always be  
Someone special in our memory  
No more tomorrows for us to share  
But yesterday's memories will always be  
there.*

Always loved and remembered by your  
loving sister Sheila & family, Boston, U.S.A &  
loving niece, Anne & family, Killarney.

**ANNIVERSARY MASS** in St. Mary's Cathedral  
on Saturday, 13th February, 2021 at 6.15pm.

## 2ND ANNIVERSARY

IN LOVING MEMORY OF

## JOE MULVIHILL



WHO DIED ON  
9TH FEBRUARY 2019.

*Good friends are hard to find  
Harder to leave  
And impossible to forget  
Everyone who thinks of Joe today  
A little prayer please say.*

From your friend M.F



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