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Niall Kelleher who was elected President, Killarney Chamber of Tourism & Commerce succeeding Paul Sherry.

PHOTO: DON MACMONAGLE



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## EDITOR'S NOTE

**A**s we reach the middle of January and continue with the battle against COVID-19 we have a busy magazine for you this week. Killarney welcomes a new President at the Chamber of Tourism and Commerce, a tireless volunteer has

been honoured for her dedication to her club and The Kerry Wedding Show goes virtual. Applications are now open for a Back to Business initiative, Hoteliers call for urgent Government action and we have some more old

photographs for you to enjoy. The message remains the same - Stay at Home and Stay Safe #washyourhands #wearyourmask #keepyourdistance

Aisling Crosbie  
Editor 086 0400958



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# INNOVATIVE THINKING AND SHEER WILLPOWER WILL BRING KILLARNEY BACK

*The infrastructure, its natural advantages and the fact that Killarney is a world class tourism destination will all help in the recovery of the town following the COVID-19 pandemic. In the first month of his tenure at the helm of Killarney Chamber of Tourism and Commerce, newly elected President Niall Kelleher has said that if any town in the country has the capability and resolve to recover from the economic and social devastation caused by the coronavirus it is Killarney but it will take time and initiative.*

Cllr Niall Kelleher, whose two-year term at the helm of the organisation commences this month, said there are very significant challenges ahead for businesses but they must rise to meet them with innovative thinking and sheer willpower.

"I am very much aware that many businesses in all sectors, from retail to hospitality, have been devastated by the events that have occurred since last March and that, in many cases, the rainy day fund is now gone.

"There is huge resilience out there, however, and if any town is equipped to bounce back, it is Killarney because of its infrastructure and its natural advantages as a world class tourism destination.

"We saw that during the few months businesses were allowed to reopen in the summer and Killarney became the number one destination of choice for so many people," Cllr Kelleher said. "As we prepare for a post Covid world, big opportunities to rebuild will be provided through our national park with a focus on the great outdoors to promote fitness, health and adventure," he added.

Cllr Kelleher, who is a member of Kerry County Council for the Killarney Municipal District, said while great benefits for businesses exist online, people must remember that money spent locally circulates in the local economy and locals must support locals.

"The big challenge for Killarney over the next

two years will be to get back on the path we were on before the virus struck and to work to further enhance the wonderful destination we already have," he said.

He said the progress to develop Killarney as a gateway to the Wild Atlantic Way would bring significant advantages and chamber will play its part, working with all the other agencies, to ensure it is implemented.

It was hugely positive news, he said, that Killarney was chosen as one of two pilot areas to test the gateway concept over a three-year period as the Wild Atlantic Way has been a phenomenal success.

Another of his priorities during his term as president will be to continue to work with the relevant authorities to tackle traffic congestion in Killarney which was a major issue prior to Covid and will be again when the town gets back to normal.

"Everybody must work towards the ultimate goal of getting the outer relief road from Farranfore to Killarney underway as it is absolutely vital that the project is brought to shovel ready stage as soon as possible," he said.

Cllr Kelleher said he is looking forward to the new cycleway from Ross Road to Muckross Road being completed as it is a hugely exciting initiative and there are several other infrastructural projects in the pipeline which the government has pledged to support.

On a personal level, Cllr Kelleher acknowledges that he is facing a very busy two-year period combining his chamber duties with his role as a councillor but, he insists, he is more than up for the challenges it will present.

"I have been a member of the chamber for many years and vice president for the last two and I have seen that the organisation shares many common goals with the council.

"Sometimes, of course, there will be different views but that can only lead to healthy debate as we are all working with one goal in mind and that's to create a better Killarney and to ensure it continues to prosper as a wonderful town to



Niall Kelleher who was elected President, Killarney Chamber of Tourism & Commerce succeeding Paul Sherry.  
PHOTO: DON MACMONAGLE - MACMONAGLE.COM

live in and to do business in," he stated.

Cllr Kelleher thanked outgoing chamber president, Paul Sherry, for his enormous work and the huge commitment he demonstrated during his two-year tenure.

"It sounds a bit of a cliché but I have a very hard act to follow. Paul had a vast amount of knowledge, particularly from a retail perspective, and he did an excellent job," he said.

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# TIRELESS WORKER SELINA RECEIVES 2020 FEDERATION OF IRISH SPORT VOLUNTEERS IN SPORT AWARD



*Dedicated to the Dedicated – Selina O'Connor of Kerry, pictured here with her children, will be honoured this week at the virtual 2020 Federation of Irish Sport Awards proudly supported by EBS.*

**P**roud members of Laune Rangers GAA club are celebrating this week following the news that one of their own has been honoured for her dedication to the club.

Selina O'Connor from Killorglin received the nationwide recognition for her dedicated work with Laune Rangers GAA Club in a virtual ceremony this week.

Selina was awarded the Kerry award at the Federation of Irish Sport Volunteers in Sport

awards, proudly supported by EBS Mortgage Masters.

Simply put Laune Rangers GAA Club, particularly the Ladies section, would not function without Selina. Selina is the linchpin that holds everything together. There isn't one day a week that Selina isn't involved in some activity relating to the Club. 'No' isn't a word that Selina is familiar with. She does so much for so many without a thought. Selina is constantly thinking of ways to better the

Club and regularly comes up with ideas for fundraising, etc. She trains the u8 girls weekly as well as acting as Covid Supervisor for the u14 girls and the main Club Executive. Selina is Secretary of Laune Rangers Ladies, a role that also plays a part in the main Executive and Club decision-making. As well as all this Selina is an active member of the Club Finance Committee. Selina is on hand for every match and training session to ensure the toilets are clean, sanitizer is available, the kettle is on and often spoils everyone with yummy treats. Selina is vital to the Club as her friendly, pleasant nature makes her a friend to all, and she was honoured this week at the special virtual awards ceremony.

The Volunteers in Sport Awards were created to champion the contribution, commitment and dedication of the army of 450,000 volunteers across the country who go above and beyond by giving their time to Irish sport and physical activity each year. These volunteers dedicate some 37.2 million hours of volunteering across the country's 13,000+ sports clubs and associations every year.

Towards the end of 2020, members of the public, as well as sports clubs and governing bodies were invited to nominate an individual whose contributions to sport has made a real difference to their community, club or county. The nominations and award recipients were selected by a judging panel consisting of 11 individuals drawn from sports administration, the volunteer community and media, including former Director General of the GAA, Paraic Duffy, RTÉ broadcaster, Marie Crowe and CEO of CARA, Niamh Daffy.



*"Winter is a season of recovery and preparation" - PICTURE: DONIE WHITTY O'SULLIVAN*

Killarney is full of budding photographers who capture the beautiful place that we live in every week for their social media pages.

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*We all have a part to play in preventing the spread of Covid-19. Thank you and our staff for your understanding.*

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



# STARCAMP

## OFFER FREE CAMP

### to all children in Ireland



**Starcamp** had a whirlwind response to the free online camp that they offered to children nationwide this week. Over 200,000 children signed up to avail of the camp, causing the website to crash. Following the announcement of school closures, and in response to the overwhelming demand that they are experiencing, they will extend the availability of the camp until the end of January and anyone who can and would like to, should make a small donation to Focus Ireland on their behalf.

This decision came on the back of Aileen O' Grady, owner of Starcamp, being contacted by Focus Ireland, who heard about the availability of the camp from numerous different sources and wanted an extension of free access to the camp so that children we support could engage with it. This instantly struck a chord with Aileen and Paul, husband and wife team behind the camp, who decided in that moment that they would extend the offering until the end of January, not only for the children who are homeless to avail of it, but for every child to. And furthermore, anyone who wants to, can donate what they can to Focus Ireland.

Focus Ireland, the national housing and homelessness charity, supports around 4,000 children who are homeless or at risk across its services every year.

Ironically, The Starcamp team were contacted by hundreds of parents who availed of the incredibly positive, uplifting and vibrant camp which kick started 2021 on a high for many children, who wanted to make a donation to cover expenses to show their gratitude. Rather than taking any donations, Aileen and Paul wanted to pay it forward "Teaming up with Focus Ireland at this moment in time just feels right. With the pandemic causing job losses, business closures and a probable recession, apparently these are the classic circumstances

for rise in homelessness, something we as a nation should try to prevent at all costs. We totally understand that so many people are under financial pressure right now, this is for not for you, this is for those lucky enough to have an extra €2 to spare and wanted to give something. There are thousands of children homeless in Ireland right now and we just find this completely heart-breaking. We are worried about having to stay at home for a month, they don't have a home!"

The online camp can now be downloaded at any time and runs over 5 days. It offers children 90 minutes of magic, games, performance, science, baking, jokes and much more each day.

It released last week and is free of charge to every child in Ireland, as a gesture of goodwill and in the spirit of encouraging children to have fun and stay healthy, mentally and physically over this new and hopefully final lockdown. "Simply to give back to the world in a time of need", Aileen O' Grady, STARCAMP's owner has stated.

The intention was to sell the experience to children for the mid - term in February, but

the STARCAMP owners felt that every child in Ireland deserves a positive, happy, feel good kick start to a brand new year... And every parent deserves to get something for FREE after the year they've had! (They've also earned some quiet time!).

Having cost thousands to create, produce and record, the Starcamp team spent weeks writing, making, and editing these 5 x 90 minute programs for children.

Contributors include Keith Barry (showing us magic tricks) and Don Conroy (giving drawing lessons) along with lots of the usual STARCAMP team who a lot of children will know from the summer and Easter camps!

The Online Camp (which can be watched over 5 days or all at once) can be availed of by signing up to it on their website NOW at [www.starcamp.ie](http://www.starcamp.ie) Please go to the page "Virtual Camp - Jan 21" at the top of the page and filling in your details. It will now be available to all children until January 31st.

**To make a donation to Focus Ireland, please go to [www.focusireland.ie/donate/from/2021stargaze/](http://www.focusireland.ie/donate/from/2021stargaze/)**



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## The Kerry Wedding Show first Virtual Exhibition Experience

The award winning Kerry Wedding Show will be hosted online for the first time this month. Radio Kerry and The Wedding Wizard have come together to create the virtual version of the event at a time when holding public events is not permitted due to the ongoing Covid19 pandemic.

Event planners, wedding suppliers and couples face challenges due to ongoing Covid19 government safety restrictions. "By offering the opportunity to move the Kerry Wedding Show online we are doing what we can to facilitate a safe environment to bring suppliers and couples together so that the business of planning can continue" say organisers Radio Kerry and The Wedding Wizard.

The event will take place on its originally planned date of Sunday, January 24th but instead of its usual location of the INEC, Killarney it will be an online exhibition featuring over 40 wedding exhibitors, panel discussions, a fun speed-networking session and an innovative Bridal Fashion Showcase. There will be special offers, discounts and prizes to be won on the day.

Couples can book online to attend the show free of charge, on [www.radiokerry.ie/kerryweddingshowtickets](http://www.radiokerry.ie/kerryweddingshowtickets) More details on the show, exhibitors, prizes and what to expect on the day are available on [www.facebook.com/kerryweddingshow](http://www.facebook.com/kerryweddingshow) and [www.instagram.com/kerryweddingshow](http://www.instagram.com/kerryweddingshow)

## Connect counselling to open additional hours following Mother and Baby Homes report

Connect counselling is extending its opening times for the next month due to the Mother and Baby Homes report, which is being released today.

Connect provides telephone based counselling and support to abuse survivors, and is extending its opening times until February 15th.

Connect normally opens from 6-10pm Wednesday to Sunday, but will also open earlier from 2pm on weekend days, and from 6-10pm on Monday and Tuesdays.

Connect counsellors will be available for callers who can speak with a trained professional who can offer emotional support.

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1800 477 477 from the Republic of Ireland

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(Note: Connect counsellors cannot advise on adoption or tracing issues.) Connect is funded by the HSE.



## Maternity Restrictions in place in the UHK and CUH

Due to the surge in COVID-19 infections and the move to Level 5 restrictions, from Monday, 11th January, partners will not be able to attend the routine 20-22 week anatomy scan at the four Maternity Hospitals/units in the South/South West Hospital Group (Cork University Maternity Hospital, and maternity units in University Hospital Waterford, University Hospital Kerry and South Tipperary General Hospital). The South/ South West Hospital Group are very mindful of the distress these restrictions may cause and in line with national guidance, we will review these measures on a weekly basis. The South/South West Hospital Group fully understands how challenging visiting restrictions at our four Maternity Hospitals have been. However, in light of the move to Level 5 restrictions and the increased rate of transmission within the community there is a need to minimise footfall to our maternity units, to limit the risk of the virus spreading. The safety of women, their babies and maternity



staff is central to the provision of our maternity services which must be continuously available when required by our patients.

However in CUMH and the maternity units of UHW, UHK and STGH the birthing partner will still be able to attend:

- as soon as the mother is in established Labour;
- for the birth itself;
- for delivery by caesarean section;
- can stay for some time in the immediate post

birth period either in the Labour Ward or the Theatre Recovery except in STGH the partner can return to the ward with the patient for one hour as there is no Theatre Recovery room available at the hospital;

• When a baby is in the Neonatal Unit or Neonatal Intensive Care Unit one parent (at a time) can visit their baby – of note the Neonatal Intensive Care Unit visiting times are unrestricted.

Also as a Directorate:

- We are sensitive to specific situations regarding pregnancy loss, stillbirth and unexpected complications and we have adapted our visiting restrictions in these situations;
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# WORLD WIDE WALKS FOR THE GET OUTSIDE CHALLENGE

**O**n 30th December, Tralee woman Catherine White caught sight of NewsTalkFM "get outside" challenge set by breakfast presenter Ciara Kelly to walk for thirty minutes a day for one hundred days starting 1st January. Given the lockdown and looking for an achievable challenge, Catherine decided to ask her friends on FB if any were interested in walking with her virtually. She was hoping for one or two to join simply to have a routine and a bit of accountability to keep going, little did she anticipate how it would grow in less than a week.

Catherine is now at day 15 of the challenge and has been joined by almost 50 friends locally, nationally and internationally walking together virtually in Tralee, Ballyheigue, Kilcummin, Castlegregory, Killarney, Killorglin, Cork, Kanturk, Ballyhooly, Longford, Kildare, Meath, Louth, Leicester, Whetstone, Loughborough, Nottingham, Derbyshire, Anglesey Wales, Edinburgh Scotland, Alicante Spain, New Hampshire, Long Beach, Indiana and Arizona in America and Melbourne Australia.

On the first day, Catherine created posters for each member in the group to create a sense of doing it together, at that time 15, but given the quick increase, decided to create a video clip of the selfies to be taken and everyone's own individual locations. On Day 6, the video clip has grown in length to just under four minutes. The daily video collection includes family



members, partners, dogs, kids, grandkids, exotic animals with each member showing where they are walking to create a sense of kinship and everyone gets the opportunity to see where the others live and their weather conditions.

One of the first members to join the challenge Joe Burkett from Ballyheigue thought it was a great way to start the New Year. 'I thought it was the most fantastic way to kick start the New Year. Getting out and getting active in a safe way while connecting with people felt so right. It had been amazing getting to know everyone in the group and seeing all the amazing locations around the world where people are doing their walks.'

Catherine herself said she simply did not



anticipate the contagious energy, excitement and enthusiasm each person has shown when joining the challenge. Each day is a cause for smiling just that little bit more watching friends getting to know other friends across continents.

What makes this group unique is that it is a mixture of ages, ability, gender, cultures and languages including English, Irish Sign Language, British Sign Language, American Sign Language, Australian Sign Language. Members of the group are hearing, Deaf and CODA, all are welcome, the only requirement is to go outside every day for half an hour and take pics of yourself and location.



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Back for Business...

# APPLICATIONS NOW OPEN

## for returned or returning emigrants

**A** Former participant in the Back to Business programme is urging people to get involved. Kayleigh Breen, who runs The Wedding Wizard with her husband Mike experienced first hand how beneficial the programme is. This is the fourth year of the highly-successful Back for Business developmental programme, which is funded by the Department of Foreign Affairs.



Past participants on the first three years of the programme have recorded increased sales, created new jobs, and won export contracts. The combined turnover of the 2020 group tripled during the programme – despite the Covid pandemic.

The Back for Business initiative was established to foster and support entrepreneurial activity among returned emigrants or those returning to live in Ireland. It addresses the challenges that all early-stage entrepreneurs encounter – as well as the additional barriers faced by those who have been living outside the country for some time.

Back for Business is aimed at those who have lived abroad for at least a year and have returned in the last three years or those planning to return to live in Ireland in the near future.

Organising their wedding from Dubai inspired Kayleigh and Mike Breen to create The Wedding Wizard – a wedding planning platform that eases the stress of planning a wedding. Kayleigh took part in the second cycle of Back for Business and then participated in the further development phase. Having experienced at first hand the benefits of participation in Back for Business, Kayleigh encourages others to apply for the programme.

“Back for Business is a really beneficial programme for any entrepreneur returning home with a business idea. It is not just a programme where you will theoretically plan what you could do as many others are, this a programme that gives you real practical insights



Peadar Ó Broin, Department of Foreign Affairs and Trade, and former Kerry participant, Kayleigh Breen, The Wedding Wizard.

that you put in place in your business plan that will have an impact”, Kayleigh said. “Coming back home from Dubai and starting a business from scratch wouldn’t have been possible without the family and business support,” says Kayleigh.

“Back for Business has been a phenomenal help, especially when we first arrived back to Ireland as new entrepreneurs, with a battered network and no one to share the challenges with. Back for Business created a very positive environment for everyone. I really appreciate the support I got from my Lead Entrepreneur and the other entrepreneurs in the group. It really helped me to stay motivated and to continue on the journey.

“I’m still in contact with members from my original group. I also participated in the Further Development phase in 2020. We worked together remotely during lockdown and having that support from each other really kept us going through the dark days.”

The Wedding Wizard released a basic level wedding planning platform in May 2020, after a year of work behind the scenes. Despite the Covid-19 lockdown and the reduced number of weddings this year, they have had lots of couples and suppliers sign up to use the platform.

“With the reduced numbers of weddings this year, we have decided to focus on building our users and developing new features,” says Kayleigh. “We are in the process of getting feedback from couples and suppliers, so that we improve our services to give people what they want.”

As well as developing new features, they are partnering with The Kerry Wedding Show in a virtual format in January 2021. Kayleigh and Mike are also hoping to expand their business in 2021 and grow their team.

The call is currently open for applications for the 2021 programme, which will run from February to July 2021. There is no charge for those selected to participate.

The closing date for applications is January 25, 2020. There are places this year for up to 40 entrepreneurs to participate for the first time in Back for Business, with an additional ten places being made available on a further development phase for those who completed a cycle previously. Those interested in learning more can download a brochure and register their interest in receiving an application form by logging onto [www.backforbusiness.com](http://www.backforbusiness.com)



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# BUSINESS OUTLOOK

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## €2.6BN HIT TO IRISH HOTEL REVENUES IN 2020

**B**ernadette Randles, Chair of the IHF Kerry branch has issued an urgent call to the Government seeking an Emergency Tourism Budget.

Hotels and guesthouses in Kerry and across the country are facing massive challenges as the latest survey from the Irish Hotels Federation (IHF) reveals a €2.6 billion drop in revenues during 2020 compared to the previous year, representing an unprecedented financial hit to the sector. Down 60% year on year, the collapse in revenues due to Covid restrictions has affected all areas of hotel operations – from accommodation, food and beverage to corporate events and social gatherings.

Results show a dramatic decline in room occupancy levels for the sector, plummeting to a record low of just 30% nationally last year compared to 73% in 2019 as a result of severe restrictions and an obliteration of overseas tourism into the country. With significant Government restrictions set to remain in place for the first half of 2021 and beyond, the sector continues to face enormous financial challenges and uncertainty. Urgent additional Government supports are required if tourism businesses are to survive.

The IHF is calling on the Government to put in place an Emergency Tourism Budget with additional targeted measures to ensure the viability of tourism businesses and the hundreds of thousands of livelihoods they support throughout the country.

“We have experienced nothing short of a catastrophic financial shock, with risks of a prolonged and devastating impact on our industry and the ability of tourism businesses to survive and recover. Government supports so far have been piecemeal and fallen far short of what is required given the extended restrictions and economic damage facing our sector”, Ms Bernadette Randles, Chair of the IHF Kerry branch stated:

### Emergency Tourism Budget

“The Government must come forward with a more coherent, sector-specific programme of supports and measures to secure the long-term financial sustainability of hotels and guesthouses. We are calling for decisive Government action in the form of an Emergency Tourism Budget to include substantial increases in payments to tourism



Bernadette Randles.

businesses under the Covid Restrictions Supports Scheme (CRSS), enhanced employment subsidies, extension of the local authority rates waiver until the end this year and a further six-month moratorium on bank term loans to support cashflow.

“We also calling for a clear commitment from the Government to retain the 9% tourism VAT rate to assist recovery and secure a viable and sustainable future for our industry. Tourism businesses such as hotels are now contracting for international business up to two years out in an exceptionally competitive market with one hand tied behind their back. As yet, they have no pricing certainty in relation retention of this critically important VAT measure and this must urgently be addressed.”

“It is critical that we get certainty around supports for business recovery. We cannot afford any delay if businesses are to have a fighting chance of getting back on their feet this year. A severely devastated hotels sector

would be a major loss to Ireland’s economy and society for many years to come. This can and must be avoided.”

### Five Urgent Measures Required from Government

**Covid Restrictions Supports Scheme (CRSS):** Targeting businesses with 75% drop in revenue, doubling of payment amounts irrespective of level of Covid restrictions as well as removal of the current €5,000 weekly cap

**Employment Wage Subsidy Scheme (EWSS):** Extension of the scheme up until the end of 2021 to enable tourism businesses retain staff.

**Local Authority Rates:** Extension of waiver for tourism businesses until end of 2021. After that, payment of local authority rates should be based on reduced levels of activity due to the crisis and until the industry has recovered.

**Liquidity Measures** – Further six-month moratorium on bank term loans to support cash flow. Additional mortgage deferment for employees impacted by the crisis.

**9% VAT** – Clear commitment re retain 9% tourism VAT at least up until 2025 to assist recovery and provide certainty for tourism businesses.

“As Ireland’s largest indigenous employer, tourism has been hardest hit by Covid restrictions. Prior to Covid, tourism businesses supported 270,000 livelihoods – one in ten of all Irish jobs. In Kerry, where hotels are a key component, it supported 15,700 jobs and generated €592m in local revenues. An estimated 160,000 tourism jobs have now been lost across the country since March last year, and the Government’s priority must be to ensure everything possible is done to recover these jobs.

“These jobs matter – not only to the people working within the industry but also to the wider economy, especially the many parts of regional Ireland where tourism is the only show in town. A failure to support the industry now will have ramifications for the future of Ireland’s tourism offering and for the economy that could take decades to recover fully,” adds Ms Randles.



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# Sister Act... National Parks to pair in new agreement

**K**illarney National Park and Glacier National Park in the Montana USA are to be paired in an agreement which will be signed in the coming weeks. The pairing will make the two parks "Sister Parks" and will allow both parks exchange ideas on how to manage their individual amenities.

Among the shared experiences in both parks are high visitor numbers, controlling invasive species and working with the local communities. The project has been worked on by Cathaoirleach of the Seanad, Fianna Fáil Senator Mark Daly who worked with the US Department of the Interior. The signatory on the agreement will be the Minister for Housing, Local Government and Heritage Darragh O'Brien, who hopes to sign off on it in the coming weeks.



## Vegan Shares

In this week's Killarney Outlook we welcome Sarah Mannix to share her vegan recipes with our readers.

Sarah, a mum of two is HR Manager at the Lake Hotel and absolutely loves cooking.

During the first lockdown, Sarah decided to share her recipes on social media and now has over 5,500 followers.

"As a vegan I often get asked so what do you eat? where do you get your protein from? How do you live without cheese?", Sarah told Killarney Outlook.

"During lockdown I started an instagram account to try to answer those questions, and share my own favourite recipes I have collected and created over the years. That and the next time someone asks me what I eat as a vegan I will simply say "just take a look at my instagram page" it will save them from listening to me having a big rant about plantbased eating, saving



the animas, their health the health of the planet etc", she said. "For those who know me they have probably experienced that rant more than once already sorry", she laughed.

If you would like to go fully plantbased or even if you would like to include more plant based foods in your diet I would love if you would join me on my instagram account @vegan\_shares

## Singapore Noodles (Makes 4 generous portions)

- 225g rice noodles boiled in water for 3 minutes then strained set aside until needed.
- 100g carrot, 100g leek, 100g red pepper (all sliced in thin strips)
- 4 spring onions chopped finely
- 2 tsp sesame oil
- sprinkle of Himalayan pink salt

• Stir fry all of the vegetables in the sesame oil for 3-4 minutes add a sprinkle of Himalayan pink salt then add the sauce below and the pre-cooked strained rice noodles.

- Sauce (just add all the below to a bowl and mix)
- 1 tablespoon each crushed garlic, grated fresh ginger and brown sugar
- 300ml vegetable stock made up from a cube
- 2 tablespoon each Mirin (rice vinegar), curry paste and Soya Sauce

• Mix well in the pan and fry for another five minutes or so and serve sprinkled with some fresh coriander. This dish is super tasty, low fat and healthy.



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# VACCINE ROLLOUT

**M**uch patience and resilience may be required during the imminent rollout of the Covid-19 vaccine according to a Kerry County Councillor.

"This vaccine rollout is probably going to be the most important public event that any Irish person will experience in their lives as it offers hope of a return to normality for our population" stated Councillor Michael Cahill. "A sensitive operation by those entrusted with this ultra important operation is essential to its success. But we all have our part to play in the

process" said the Fianna Fáil Councillor.

"We must be patient with the frontline staff who are taking on this enormous task and cooperate with any and all instructions to ensure that this vaccination reaches everybody in a timely manner" said the Rossbeigh based Councillor.

"Some of course, may have queries about their priority position for vaccination, and I am aware that there is a process in place and I also understand that there is an appeal system available to them, if required" said the Kenmare Municipal District member.

"There are presently large backlogs at Covid Testing Centres, with GPs advising Close Contacts to attend only if suffering symptoms. I have previously called for increased numbers of staff and Test Centres in this regard and I wish to again reiterate that call today and I now urge that sufficient resources be deployed for the vaccination process" said Councillor Cahill. "We have one opportunity to get this right and we'd better not mess it up" he added.

## Six Kerry projects awarded almost €700,000 from the Government's Town and Village Renewal Scheme

Norma Foley TD this week welcomed the announcement of €687,505 in funding for six Kerry projects under the Town and Village Renewal Scheme. The funding will assist towns and villages to implement measures that can help them to respond to the challenges associated with COVID-19. Funding has been awarded to projects in the towns of Spa, Milltown, Castleisland, Ballybunion, Rathmore and Portmagee.

Minister Foley said: "I welcome the news that funding of €687,505 has been awarded to six initiatives in Kerry. This government funding will help towns and villages in Kerry thrive as communities respond to the challenges presented by Covid-19."

The Kerry communities to benefit are as follows:

- In Spa Village, over €96,000 will go towards a new footpath to link the village safely to the Tralee Bay Coastal Amenity Trail.

- In Milltown, over €94,000 will be spent to upgrade the historic square and for a scoping study on the development of a Business Innovation Hub.

- In Castleisland, over €96,000 will go towards implementing Phase 1 of an Urban Connectivity project and a study on the future use for derelict and vacant properties in the town.

- In Ballybunion, €100,000 will go towards improved signage and parking capacity for visitors.

- In Rathmore, €100,000 will go towards undergrounding ESB wires in advance of a safety scheme due to commence early this year.

- In Portmagee, €200,000 will go towards public realm improvements and undergrounding of utility wires, including the provision of EV charging, WiFi Access points and information points.

*In Milltown, over €94,000 will be spent to upgrade the historic square and for a scoping study on the development of a Business Innovation Hub.*



## Are some Member States more equal than others in EU vaccines programme?

- MEP Kelleher

### EU Commission has more questions to answer on EU Vaccine Scheme -

Fianna Fáil MEP Billy Kelleher has said that the European Union Commission has a number of serious questions to answer in relation to its Vaccine Purchase Programme.

Kelleher was commenting, as it was alleged that some Member States were obtaining higher levels of certain vaccines relative to the agreed distribution agreement and that decisions regarding which manufacturers to enter into advance purchase agreements with was being influenced by certain larger Member States.

"In an article in the German news magazine, Der Spiegel it is alleged that Germany will receive a disproportionate amount of the recently approved Moderna vaccine, and that France and Germany will also receive a larger proportion of the Pfizer BioNTech vaccine.

"What is also deeply concerning is the allegation that larger Member States have attempted to influence the overall buying strategy with France putting pressure on the Commission to buy the French-produced Sanofi vaccine, with the German government equally favouring the German-produced Pfizer BioNTech vaccine.

"Of major concern to me is the allegation that Germany has struck a deal, separate to the Commission agreement, to purchase its own supply of the Pfizer BioNTech vaccine. This simply flies in the face of the concept of European solidarity in my opinion.

"All of these allegations are quite serious, and require urgent answers. There may be legitimate reasons for these things happening but at this stage, I am worried that Vaccine Nationalism is damaging the overall EU response.

"If Member States other than France or Germany attempted to do some of the things alleged in this article, there would be rightly serious repercussions. I really hope it is not the case that, in the eyes of Germany, France, and the Commission that, "All Member States are equal, but some more equal than others," concluded Kelleher.





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# Full transparency needed on Covid 19 vaccine contracts from Commission - MEP Kelleher

**Commission and Member States must publish weekly all details of deliveries and vaccines administered to public.**

"Contracts signed by the European Commission with pharma companies developing covid 19 vaccines must be made public, and not hidden away from scrutiny," said Fianna Fáil MEP, Billy Kelleher.

Kelleher was commenting after a meeting of the Renew Europe Group where the EU's Covid 19 Vaccine strategy was discussed with the participation of the Chair of the Parliament's Public Health Committee, Pascal Canfin MEP.

"In a somewhat underwhelming act of transparency, the Commission made available redacted version of an advanced purchase agreement between them and the manufacturers of CureVac.

"While a step in the right direction, CureVac hasn't even been approved yet. Crucially, the contracts signed with Pfizer BioNTech and Moderna have not been made available yet.

"These contracts must be put into the public domain immediately," argued Kelleher.

"Furthermore, I also raised the issue of full transparency from the Commission and Member State governments on both vaccines delivered to each country and how many vaccines are being administered on a weekly



basis. "For the last few weeks, both sides have been attempting to lay the blame on each other. It needs to stop. Citizens do not care who takes the credit or otherwise; they just want vaccines administered as efficiently and safely as possible.

"There must be a quid pro quo. The Commission must publish on a weekly basis how many of each vaccine type approved has been delivered to each member state, and a forecast of how many of each vaccine will be distributed in the future.

"Equally, the Member States should also publish how many vaccines, from each producer, have been administered on a weekly basis, and their forecasts for future vaccinations.

"Europe has agreed to buy 2.3 billion doses of vaccines. Not all of them will be available in 2021; the Commission and the Member States must ensure that the public is kept in the loop at all times on what has been delivered and administered, and what is yet to arrive," concluded Kelleher.

## €1.05m initial Brexit Reserve Fund allocation for Ireland with more to come - MEP Kelleher

*Fishing, Agri-Food, Hospitality & Tourism sectors must be supported with hard cash -*

Fianna Fáil MEP for Ireland South, Billy Kelleher has said that the 25% allocation for Ireland in the EU's Brexit Reserve Fund is a recognition of the impact Brexit will have on Ireland.

Kelleher was commenting after the EU Commission announced its allocation key for the fund and the timeline for when payments will be made in the future.

"This is further recognition from the EU that Ireland, and in particular our fishing, agri-food, hospitality and tourism industries, will be damaged no matter the type of Brexit that comes.

"It is expected that Ireland will receive €1.05 billion in 2021 with further funds being made available later on.

"How these funds are used by the Irish government is now of crucial importance. The funds must get to the people who are losing out, and not as general supports to the sector.

"We must remember that people's incomes will drop, especially in fishing communities,



and their families and communities, need hard cash to keep going.

"The Irish Government must also be prepared to seek support at Council and Commission level in the next few years to increase the Reserve Fund if the impact of this Brexit deal is worse than expected," concluded Kelleher.

## DERELICT PROPERTIES

A Kerry County Councillor has said that we should encourage owners of derelict properties to develop them by providing Grant funding and by continuing to expand the present Town and Village Regeneration Schemes.

According to Councillor Michael Cahill, the imposition of levies could be seen as a form of intimidation and would have a negative effect.

"Property owners have been financially effected, the same as all other business owners in our county" stated the Fianna Fáil man.

"Further penalising them by imposing levies will only bring more hardship and lead to these properties being placed on the market" said Councillor Cahill.

"With the help of Regeneration Schemes and Grant Aid, people can be encouraged to develop and invest in business projects which can bring employment in to our communities. Everybody could do with some encouragement in these testing times as it is difficult to see light and hope for business projects" said the Rossbeigh based Councillor.

"The Town and Village Regeneration Scheme is already having a positive effect in Cahersiveen, Portmagee, Killorglin, Castleisland and should be extended even more" said the Fianna Fáil man.



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*The beauty around you...*

## RATHMORE COMMUNITY COUNCIL FOCUS ON THE OLD ROAD

**W**hile it's been hard to find positives from 2020, having more time to discover our locality has definitely been something we've enjoyed.

One amenity in the Rathmore area is the Old Road, which during 2020 has seen a significant upgrade through the Outdoor Recreation Infrastructure Scheme. Kerry County Council, IRD Duhallow and Rathmore Community Council worked collaboratively on this project.

The Old Road should be explored on foot, and best to start by walking up the hill at the Forge Cross.

As you walk up the road, you will leave the traffic noise behind. Heading up that hill, the initial need to catch your breath on its incline will take all your focus. There are some beautiful mature trees lining the road.

A walk up to the top of this hill to the first access gate, provides the answer to that age-old question as to whether the Church Place area or the Rathmore-Shinnagh area is the 'real Rathmore'. Up here you will find the actual Ráth Mhór, the earliest evidence of settlement in this area. An Ráth Mhór, means "big ringfort" and the actual archeological site of An Ráth Mhór can be explored by veering off the Old Road to the left of this access gate, although it is best to do so during a dry spell, rather than during this current Level 5 period. It is likely it was occupied during the Bronze Age right through to the Early Christian period and even beyond. At the time people tended to live in enclosed farmsteads, ring forts. These were circular areas, measuring approximately 20-60m in diameter, usually enclosed with one or more



earthen bank enclosures. An Ráth Mhór also has a great example of a large cupped stone as well as a souterrain (a man-made underground tunnel consisting of creep-ways or chambers, perhaps used as a place of refuge or storage area). Smaller forts are also recorded in the area (eg Shinnagh, Rathbeg, Raheen).

Plagues, Viking, Norman and British invasions as well as religious upheaval may have affected the rest of Ireland, but life in Sliabh Luachra changed very slowly, likely due to the geographical isolation of the area. The boggy land combined with the mountains meant that for 10 months of the year the area was largely impassable. This geographical isolation while impacting on our access to trade and opportunities, also allowed us to preserve and develop our language, culture, music, customs and way of life, after they had been lost to other areas of Ireland.

It is likely that some semblance of roads in the area of the Old Road existed, and the people would've used it to travel to fairs and markets.

The local gentry were reluctant to spend their money on roads outside of their own lands. However the English Army during the 18th Century required roads to facilitate the passage of troops and supplies. They tended to lay these roads in straight lines from one military point to the next. Gun barrel type roads were made by military engineers from Cork City through Millstreet and Shinnagh Mill toward Killarney. There is no definite date for this construction, but likely prior to 1750. This road improved access to surrounding areas and markets, including the butter market in Cork. Butter became one of the main exports from Ireland to the West Indies and South America, mainly due to the mild climate and the many dairy farms in Ireland. The farmers travelled from Kerry to Cork, bringing their goods to market - a long journey in all weathers. This road also brought more exposure to the English language, and in the wake of the Great Famine, access to emigration. The population of Rathmore dropped by 20-25% during the Great Famine, and Irish speaking reduced by approximately 65%. At the top of the hill, to the left, this road would've continued towards the village, and on to Cork. While no longer passable towards the village this road would've continued over to Shinnagh. Turn right, and you can walk along to another access gate, with the road to Killarney. You will find yourself passing above the secondary school, graveyard, primary school and come out by the Grotto. You can loop back towards the Church and back along the path along the 'new road'. Please remember to leave no trace, and close all gates after you.



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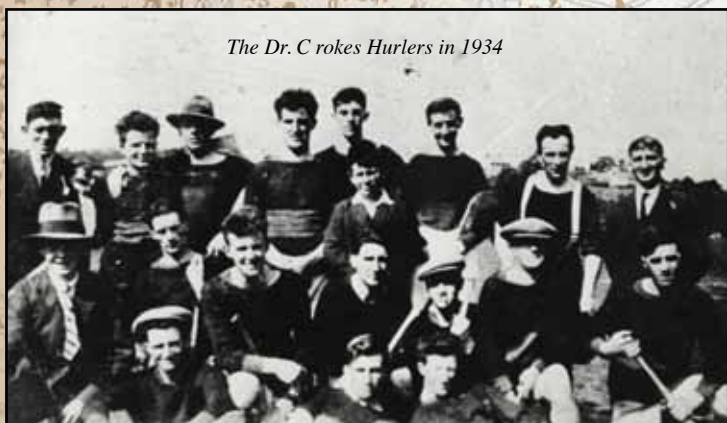
# KILLARNEY OUTLOOK: Souvenir Edition



*Hall of Fame winner Danno Keeffe receiving the honour from Paddy Culligan (Garda Commissioner and also played for the club) while his wife Carmel receives a bouquet from Nor Doyle (wife of Vincent). Also in photo Larry Fagan (native of Westmeath who came to Killarney in the late 60s and served as Club Chairman).*



*The Dr. Crokes Team who played Kerins O'Rahillys in 1959*



*The Dr. Crokes Hurlers in 1934*



*The Dr. Crokes Hurlers in 1940*



*Dr. Crokes Camogie team in 1929*



*George Godfrey & Dermot Mangan outside their shop High Street where French Bakery is now*



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As ministers from both *North and South* gather to *pray* and intercede for Ireland.



*Our governments are currently facing unprecedented challenges.*

*As the Church, we must play our part and stand in the gap and pray. 2 Chronicles 7:14 says that "if My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land". Surely the time to pray is now!*

Will you answer the call to prayer and intercession for Ireland?

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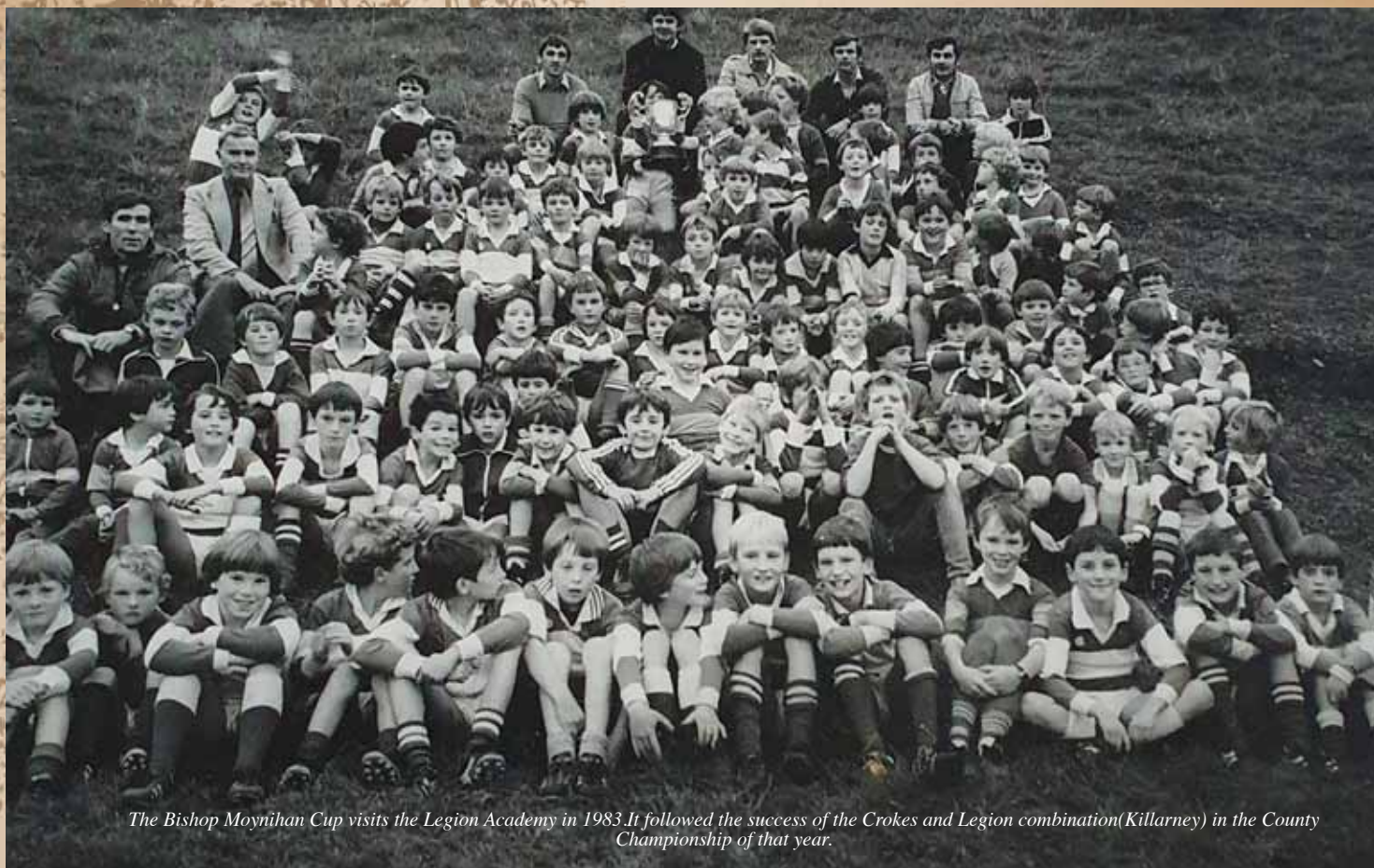
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*The Bishop Moynihan Cup visits the Legion Academy in 1983. It followed the success of the Crokes and Legion combination (Killarney) in the County Championship of that year.*



*The First Legion Senior Team to play in the new field in Direen*  
 Front Sean O Grady, Padraig Brosnan, Jerry Griffin, Conor McNiece, Pat O Sullivan, Con Carroll, Diarmaid O Donoghue, Denis O Mahony, Tomas Lyne Back Dermot Reen, Pat O Leary, Donal Culloty, Mike Brosnan, Pat Adams, Ian Trant, William O Sullivan, Peter O Leary, David O Shea, Donal O Donoghue, Ger McGillicuddy, Ian Hallissey.



*Happy faces at the Legion Social.*



*A Legion Junior team playing a game in Direen. In the background is the ongoing works on the clubs second pitch at the time*



*Confirmation day in St. Olivers Ballycasheen.*





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We're currently unable to have our usual in-person meetings due to Covid-19 but we're still connecting through monthly online Zoom meetings and our Newsletters. You can sign up on our website or just text your full name & address, together with the word "PAPER", to 085 1773 910.

## Upcoming Topic

### STROKES

**MONDAY 25th JANUARY**

**Guest Speaker: Dr. Helena Moore**

*Consultant Neurologist/Clinical Director  
Bon Secours Hospital Tralee*

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# KILLARNEY OUTLOOK: Souvenir Edition



*The Cooperage in Killarney in times gone by.*



*Donie Whitty O'Sullivan with Santa 1960's.*



*College Street in the early 20th Century.*



*Great Southern Hotel Christmas Party.*



*An Ariel view of Killarney in 1954.*



*Like a scene from the Wild West or Peaky Blinders. The Gap Ponymen in the 1920s*





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# KILLARNEY OUTLOOK: Souvenir Edition



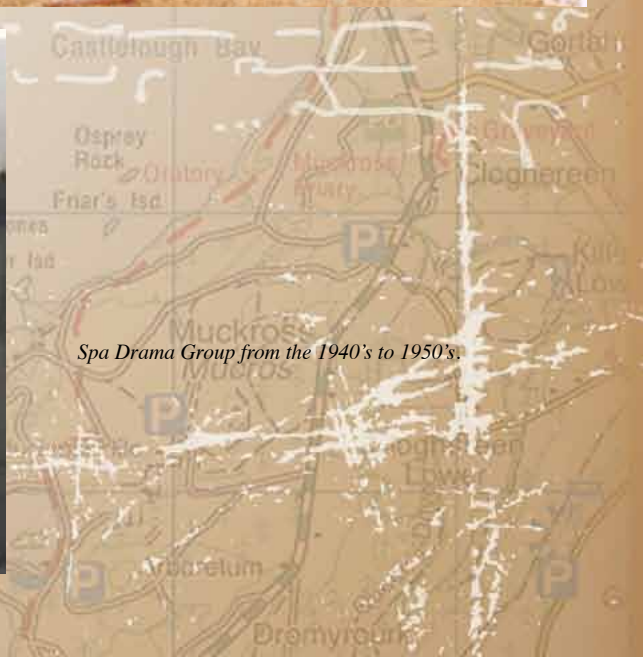
*Dr. Crokes Kerry County Champions 1901. Front: Pat Valkenburg, Michael Murray, Middle row: Jack Lynch, Denny Kissane, John Clifford, Eugene O'Sullivan, Captain. Tom Looney, Thade O'Keeffe, Dan Meara, Dick Fitzgerald. Back Row: Con Guerin, Jack Kissane, Billy Lynch, Tom Sullivan, Dr. Bill O'Sullivan, Paddy Dillon, Denis O'Keeffe, Jack Myres, Thade Cahillane for Mike Horgan, Con Counihan.*



*Spa GAA Senior Team in LA as part of their American tour in 1978.jpg*



*Spa Drama Group from the 1940's to 1950's.*







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## MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



### WHEN CAN YOU ACCESS YOUR PENSION & WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?

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

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

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

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

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

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



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# KILLARNEY OUTLOOK: Souvenir Edition



Sam in Spillanes bar Seamus Moynihans mother Nuala on left.



Glenflesk Team in 1994.



Paddy Healy, Headford front left with Kerry team before all Ireland 1913



Sam Maguire visits Barradubh in 2000.



U14 East Kerry Champions



Preparing the ground for the Stand at Glenflesk GAA Club in 1991.



Musicians from Glenflesk in 2000.



Musicians from Glenflesk in 1976.





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# When Life Gets Blurry, Adjust Your Focus

*Improve your life, one picture at a time! is the motto of one Killarney couple who, since lockdown began last March, have set up a photography challenge that now has over 4,700 followers from all over the world.*

When we look back on 2020 and 2021 in the future and try to find the positives, one of those in Killarney will surely be the influence that Killarney photographers Trevor O'Donoghue and Ciara McCarthy had on the lives of those on social media. At the beginning of the 2020 and before the COVID-19 lockdown, Trevor and Ciara who own and operate "Focus On Happiness" were working on creating courses and a supportive community which is aimed at helping improve their happiness and wellbeing



*Trevor O'Donoghue  
and Ciara McCarthy.*

through photography. It all began when the couple heard that lockdown was going to continue for a while and they decided to set themselves a challenge of taking a photo a day and share it over 30

days. The first challenge saw over 1,000 take part and as lockdowns rollercoasted over the summer they continued with their challenges and grew their following to an incredible 4,700.

Followers of pictures of life have enjoyed many challenges including Back Yard Adventures which are pictured here, 14 Days of Christmas, All About Me, 7 Days of Gratitude, Happy Wednesday and Mindful Monday.

"It is amazing to see it how it is progressing, It has been emotional and fun watching peoples pictures and interaction in the community. People have really united together to support, encourage and cheer each other up at such an uneasy time. The challenge is giving us all a focus together and the pictures are all powerful messages of life at such a very different time, Trevor told Killarney Outlook. The group is open to everyone to join on their Facebook Page, Pictures of Life.

*Above and right: A selection of images which were sent in by member of the public for the Back Garden Adventures challenge.*









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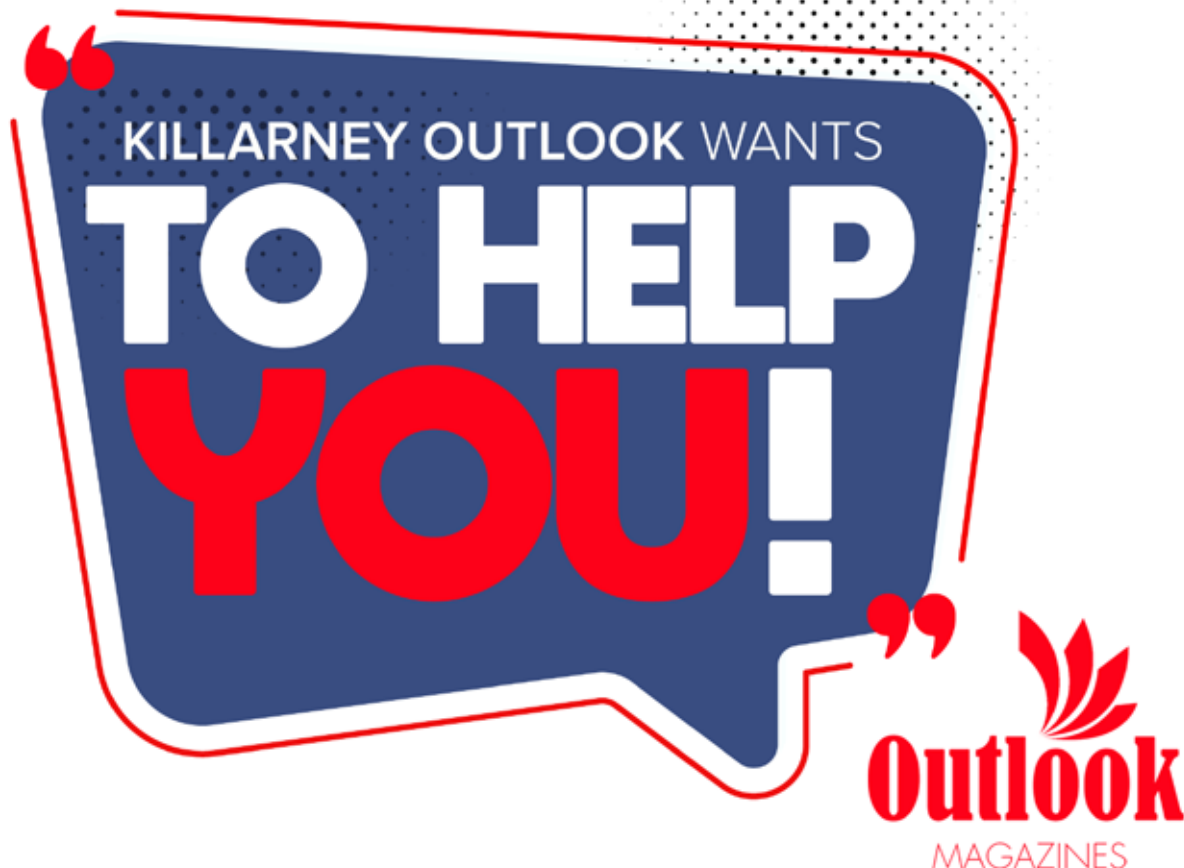
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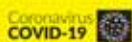


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# DURING A JANUARY OF REMOTE LEARNING, CAO APPLICANTS MUST KEEP A CLOSE EYE ON THE TIMELINE



By Billy Ryle

**CAO application season is in full swing and with 80,000 plus applicants competing for about 50,000 college places, it's vital to submit a complete application form. Stay focussed and be aware of key dates and the important tasks to be done in the weeks ahead.**

The 2021 CAO online application remains open until 1st Feb. Open your CAO interactive online account via "Apply" on [www.cao.ie](http://www.cao.ie), by 20th Jan to get a discount rate of €30. After that the fee increases to €45 until the 1st Feb. The closing date for online Change of Course Choices, which is free, is also 1st Feb.

You may use the online Change of Course Choices facility, fee €10, from 5th Feb to 1st March to add any restricted courses not already listed. Restricted category applicants may also use this facility. All other applicants should use the free Change of Mind option, between 5th May and 1st July, to make any course changes.

Completed online Higher Education Access Route (HEAR)/Disability Access Route to Education (DARE) forms must be submitted by 1st March. HEAR/DARE supporting documentation must arrive in CAO by 15th March.

Late online applications, fee €60, will be accepted from 5th March to 1st May. From 5th May, you may register a change of course choices online at [www.cao.ie](http://www.cao.ie). Check that your courses have been updated by using the "My Application" facility before 1st July. Before the end of May, you will be sent a Statement of Application Record to verify that all your information has been recorded accurately. If you find any error in the document, contact the CAO.

Course choices and preferences may be changed as often as desired, free of charge, between 5th May and 1st July. If you submit a Change of Mind,

it cancels all the previous course choices, which you have submitted. The two categories (Level 8 and Level 7/6) are completely separate from each other for this purpose. Any restricted application course, added for the first time via a Change of Mind won't be considered unless it shares the same assessment procedure with a course you had applied for by 1st Feb.

In early July, offers of places (Round A) are issued to deferred applicants, mature applicants and to those who need to make visa arrangements. In early August, offers of places (Round Zero) are issued to certain non-standard categories of applicants such as FET/QQI and graduate applicants. Round One, the main body of offers will be issued shortly after the Leaving Cert results.

Last year, 53,815 CAO applicants received at least one of the 78,950 courses on offer in Round One. The offers consisted of 47,162 at Level 8 (Honours Bachelor Degrees) where demand is always strong and 31,788 at Level 7/Level 6 (Ordinary Bachelor Degrees/Higher Certificates) where interest continues to decline. CAO always issues more offers than there are places available in anticipation of a level of refusal by applicants. Offers are issued independently in respect of the two lists (Level 8 and Level 7/Level 6), so it's well worth filling in both lists. CAO will release details of the finalised 2021 offers and acceptance schedule later in the year.

## CAO 2021 APPLICATION TIMELINE

- ✓ 20th Jan: apply by 5.15pm to avail of the online discount rate of €30
- ✓ 20th Jan: closing date to register for HPAT (Under Graduate Med.) test
- ✓ 31st Jan: closing date to register for MSAP (Mature Students) test

- ✓ 1st Feb: online change of course choices (free) closes at 5.15pm
- ✓ 1st Feb: normal closing date, at 5.15pm, for applications
- ✓ 1st Feb: closing date to register for GAMSAT (Graduate Medicine) test
- ✓ 5th Feb: online facility to amend course choices opens at noon (€10 fee)
- ✓ 20th/21st Feb: HPAT-Ireland test takes place online
- ✓ 1st March: closing date, at 5.15pm, for amending course choices
- ✓ 1st March: completed online HEAR/DARE forms must be submitted by 5.15pm
- ✓ 1st March: closing date, at 5.15pm for completion of mature student application form
- ✓ 5th March: late online application facility opens at 12.00 noon (€60 fee)
- ✓ 6th March: MSAP test takes place
- ✓ 11th March: MSAP test takes place
- ✓ 15th March: HEAR/DARE supporting documentation must arrive in CAO by 5.15pm
- ✓ 21st March: GAMSAT test takes place
- ✓ 1st May: closing date, at 5.15pm, for late applications
- ✓ 5th May: online change of mind facility (free) opens at 12.00 noon
- ✓ 31st May: Statement of Application Record sent to all applicants before this date
- ✓ Late June: HPAT-Ireland results released
- ✓ 1st July: change of mind facility (free) closes at 5.15pm
- ✓ 22nd July: exceptional late closing date at 5.15pm for those already in 3rd level

**Billy Ryle is a Career Guidance Counsellor and Educational Commentator**  
Email: [rylebilly@gmail.com](mailto:rylebilly@gmail.com)  
Tel: 0879808979

## Kerry Students Elected as Regional Representatives of the ISSU

A 5th-year student from St. Brendan's College, Killarney has been elected as Regional Officers of the Irish Second-Level Students' Union, the national representative body for second-level students in the Republic of Ireland. Kacper, has been re-elected for a second term, and in the year ahead he will work alongside his fellow Regional Officer Elizabeth O'Connor from Presentation Secondary School, Tralee who took up her role on January 1st.

Kacper is passionate about student council engagement and seeks to strengthen Student Voice in Kerry, saying, "Students are an integral stakeholder in the education system. Their views must be heard on any issues that may directly impact their lives now and in the future. Today,

more than ever, students need clarity around the State Exams and issues concerning their school lives". Kacper also said, "It is vital that Student Councils are up and running. Over the past year I have seen a great level of engagement around Kerry Schools, which I hope to further develop in the year ahead as Regional Officer"

Elizabeth is enthusiastic about representing Kerry's secondary level students. She is committed to her new role and strives to be a voice for students who were previously unheard, saying "I will advocate to be the spokesperson for those who may not have the courage to speak out. I will embrace this unique opportunity and I strive to be approachable to all of our students in Kerry".

The Regional Officers plan to work alongside local TDs and County Councillors during their term. They will represent over 10,000 second-level students from Kerry on

a national level. The ISSU has played a central role in many decisions that were made around schools and exams during this pandemic, and both Kacper and Elizabeth plan to make sure that student voices are heard at the local level for their term of office this year.





# 2021

## FULL-TIME COURSES NOW ENROLLING

### HOW TO APPLY

1. Check the entry requirements for your chosen course.
2. Apply online: [www.kerrycollege.ie](http://www.kerrycollege.ie)
3. We'll be in touch with you regarding an interview or place offer.

Apply early as places on many courses are limited.

**CALL OUR ADMISSIONS TEAM**  
**066 714 9696**  
**info@kerrycollege.ie**

Keep up to date with Kerry College through our social media channels



#### • Skills to Compete Course

Skills to Compete is an initiative to support those who have lost their jobs as a result of COVID-19, to re-enter the workforce.

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

Employment | Progression | Apprenticeship



# KERRY COLLEGE

of Further Education & Training



Monavalley  
Campus  
Tralee

CODE	COURSE TITLE	START DATE	DURATION (WEEKS)
310812	<b>Deciding Your Future, Tralee</b> A great short course to help you re-set and re-start.	11 January	11
304241	<b>Pharmacy Sales Assistant, Tralee</b> Gain the right skillset to seek work in a retail pharmacy environment.	25 January	39
300811	<b>Skills to Compete ECDL - European Computer Driving Licence, Killarney</b> Master your PC skills   Internationally recognised qualification.	25 January	13
300820	<b>Digital Marketing and Sales, Tralee</b> An all-new sales focused Digital Marketing training programme.	1 February	50
309768	<b>Healthcare Support (Carers), Tralee</b> Become a qualified carer.	1 February	41
301238	<b>Traditional Stonewall Construction, Tralee</b> Learn the art and craft of traditional stonewall.	22 February	34
307230	<b>Skills to Compete Bus Driving - D Licence, Tralee</b> Achieve D-Licence & CPC   Pre-Requisite: D-Licence Learner Permit.	22 March	12
307248	<b>Skills to Compete Digital Photography, Tralee</b> Learn the craft of digital photography.	22 March	14
301684	<b>Skills to Compete Welding Intermediate, Tralee</b> Get EN9606-1 VOB1, EN9609-1 SSP and EN9609-1 AL01 certified.	29 March	18
300819	<b>Digital Media Production Skills, Tralee • Unique to Kerry College</b> Visual Communications   Video   Photography.	29 March	53
300821	<b>Marine Engineering, Fenit • Unique to Kerry College</b> Learn about marine craft construction, systems, engineering and maintenance.	19 April	28
300916	<b>Broadcast Production Skills, Tralee • Unique to Kerry College</b> Nationally renowned training programme for crew skills.	26 April	53
307181	<b>Skills to Compete Construction Ground Work Skills, Tralee</b> Develop key construction and groundwork skillsets. Safepass included.	10 May	22
307246	<b>Deciding Your Future, Tralee</b> A great short course to help you re-set and re-start.	17 May	11
307227	<b>Wind Turbine Maintenance Technician, Tralee ONLY ONE IN IRELAND</b> Unique industry-led training programme with 100% job placement.	14 June	39
307229	<b>Skills to Compete Heavy Goods Vehicle - Artic, Tralee</b> Achieve CE-Licence & CPC   Pre-Requisite: CE-Licence Learner Permit.	21 June	10
307226	<b>Advanced Outdoor Activity Instructor, Killorglin</b> Designed to up-skill and enhance the employment opportunities for those working or training in the Outdoor Sector.	19 July	47
307225	<b>Outdoor Activity Instructor, Killorglin</b> The ideal starting point for those interested in developing a career in the Outdoor Adventure, Tourism and Education Sector.	26 July	47
309767	<b>Healthcare Support (Carers), Killarney</b> Become a qualified carer.	9 August	42
307205	<b>Skills to Compete Coded Pipe Welding, Tralee</b> Get ASME IX and EN 9606-1 certified.	23 August	25
303566	<b>CAD - Computer Aided Draughting and Design, Tralee</b> This course is for those who wish to pursue careers as CAD Technicians.	30 August	47
307220	<b>Hairdressing, Tralee</b> Ideal for those starting out in hairdressing or who have some basic skills and experience in the industry.	6 September	44



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



## A Healing Facial massage - At Home



Rose Quartz, the stone of love is thought to have the ability to remove "toxic" energy from your body and soul and bring love and healing into your life.

While there is no scientific evidence to prove that using a rose quartz roller benefits your skin. There is anecdotal evidence that it alleviates puffiness, fine lines and tired skin. The massaging motion improves circulation and the overall tone and elasticity of your skin and aids better product absorption. Gliding the

rose quartz over the skin releases vibrations to reduce pressure and calm redness.

Rolling the smaller end under the eyes helps lymphatic drainage, increasing oxygen and collagen production, reducing puffiness giving you a more refreshed, wide awake look.

### Tips when using

Refrigerate your roller overnight and use first thing to reduce puffiness.

Apply your serum or moisturiser directly onto the roller and massage from the center of your face outward towards the ears.

For best results massage your face for 5 minutes twice a day with roller. Recharge your crystal by placing it in direct sunlight or moonlight, believed to help crystal keep its energy.

Carefully wash roller daily to prevent transfer of bacteria onto skin.

**Noreen Mangan**

Tel: 0646630712 | [www.whatwomenwant.ie](http://www.whatwomenwant.ie)

Fitness Expert  
**Edele Daly** guides you  
TIPS TO HELP  
YOU STAY MOTIVATED



**B WELL**  
FITNESS CLUB



## Q & A WITH B WELL FITNESS

**Question: what to do for shoulder pain when in that seated position at a desk all day? Part 2**

**Answer:** We are assuming that the shoulder pain experienced is due to muscle tension, and not a soft tissue or joint injury – these should obviously be assessed and you should follow the recommended rehab.

### Stretches – what ones? For how long? How many times per day?

- Raise your right arm until shoulder height, move it across your chest then place your left hand just above your right elbow and pull into your chest, hold for 10 secs and switch sides
- 2 hands behind your lower back and pull back your shoulders, hold for 10 secs
- Place your right hand behind your neck, then place your left hand on your right elbow and gently pull down
- Sit at the desk and pull your chin down to your chest, hold for 10 secs
- Place your left hand under your seat, then bring your right hand over your head and place just above your left ear, then gently pull your head to one side & hold for 10 secs – gently! Switch sides
- Take any opportunity during your day to perform these simple stretches, but you should also perform at home both morning and evening
- Shoulder mobilisation after stretching would include arm circles both forwards and backwards

As we said already we are assuming that the pain is due to muscle tension. If symptoms persist or worsen then we recommend getting it assessed by your therapist and follow their rehab instructions.

We at B Well Fitness Club are offering help and support in these difficult times so please tune into us on **FACEBOOK, INSTAGRAM & our NEW You Tube channel**. Also feel free to reach out to us on the phone 087-7643449 by text or email [info@bwellfitnessclub.com](mailto:info@bwellfitnessclub.com)

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Life, Inspiration & Body Confidence Coach/Author  
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## KEEP YOUR FOCUS ON WHAT FEELS GOOD!

Christmas has come and gone. We are heading into a brand-new year and yet we are still facing many of the same restrictions as last year. It's easy to feel despondent as we look into the future and wonder what will happen. However, one of the most important things to remember right now is to focus on the positives! Instead of allowing your thoughts to drift into worrying about what might happen, focus instead on what you are grateful for right now. Your mindset will determine how you come through these very strange times we are living in.

### Three steps to focused effective thinking

1. Whenever you catch yourself thinking about the future in a negative way, stop, take a deep breath and focus on what is around you right now. Tune into your

breathing and repeat silently. "Right now, I am safe, right now all is well."

2. Practice delaying your reactions. Whenever you hear something worrying on the news or from a friend, pause, breathe, lean back and give yourself space to digest what is being said. Refuse to have a "knee jerk" reaction. Choose a thoughtful response instead.

3. Actively look for the good in every situation. This can be a tough one, however it really helps to calm the mind and teaches it to seek out what's right when everything feels wrong!

*"It is during our darkest moments  
that we must focus to see the  
light." Aristotle Onassis"*

For one-to-one coaching via zoom or Skype please visit my website at  
[www.astridlonghurst.com](http://www.astridlonghurst.com)





# DISAPPOINTMENT OVER **GREENWAY DELAY**

Councillor Michael Cahill has expressed his disappointment that the final decision on whether the South Kerry Greenway can progress to construction, has again been postponed due to Judicial Reviews being applied for on behalf of interested parties.

"At the outset, let me acknowledge that everybody has the right to protect their property and use the Legal Process to do so" stated Councillor Cahill.

"I am disappointed however, that a further delay is now inevitable. I am confident that we will eventually get there, given the outstanding potential of the project and it's expected value to all the community" said the Fianna Fáil Councillor.

When asked about claims that the Compulsory Purchase Order had turned land owners against the Greenway, Councillor Cahill had this to say; "I worked on behalf of the landowners and I was instrumental in securing an annual maintenance payment for them. They were due to be the first landowners in Ireland to receive such a payment in respect of a Greenway" "CPO was not the route any of us, including Kerry County Council, wished to go down obviously, but given the fact that there are approximately 200 landowners, 100% agreement was never really possible".

"Without 100% agreement on a deal between landowners and the Council, CPO was the only way this project could possibly be progressed"

"Other commentators of course, will hang their hat on CPO as the problem, but I am well used to these people talking out of both sides of their mouths in a populist attempt to appear to support both business and land owners" said the Rossbeigh based Councillor.

"They are fuelling division in the community and are blocking progress in South Kerry and more specifically in Caherciveen and throughout Iveragh. They are condemning future generations of our children to emigration, just to survive, and that is not acceptable" said a visibly angry Councillor Cahill. "I have said a thousand times that the South Kerry Greenway will be a "Lifeline and A Gamechanger" for Caherciveen, Glenbeigh, Iveragh, South Kerry and will benefit the entire county." "I still believe this"

"We must now let the Legal Process take its course, as we look forward to better days" added Councillor Cahill.



Aghadoe Physiotherapy Clinic

**will be remaining  
OPEN**

over the forthcoming weeks  
of level 5 restrictions.

Our continued operation as an 'Essential Service' is in compliance with government guidelines regarding level 5 restrictions.

**We continue to adhere to all HSE, ISCP and WHO recommendations.**

We ask **masks to be worn by each patient.**

Thank you again for your continued support over the past several months and for the future ahead.

Please call **086 3402208**  
for an appointment.

**Aghadoe Physiotherapy Clinic**

Darren and Joanne Gaffey MISCP  
Chartered Physiotherapists



Irish Society of  
Chartered  
Physiotherapists  
The Voice of Physiotherapy in Ireland





## KEEL GAA CLUB NEWS

### EVERY STEP COUNTS

The new 'Every Step Counts Challenge' will throw in on January 13th, 2021 and will run over seven weeks until March 3rd. Keel GAA has signed up for this challenge and we hope that our members and local community will get involved. The aim of the challenge is for our members/community to walk 4,000km altogether. When we walk 4,000kms altogether we will be entered into a draw to win prizes. You can be part of the challenge by following these steps: 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. We will have updates on our social media throughout the challenge. All details can be found on our Facebook and Twitter pages.

### IRELAND LIGHTS UP

Ireland Lights Up which runs in partnership with Operation Transformation has been postponed due to COVID-19.

### WALKING TRACK

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

## DR. CROKES GAA CLUB

### LOTTO

Draw took place on Monday January 11th numbers drawn were 3 12 18 28 JACKPOT €6,500 not won. 7 Patrons matched 3 numbers receive €60

Jackpot for draw on January 18th 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's 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.Crokes home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app, WIN €500 in LAST MAN STANDING COMPETITION The club are running a Last Man Standing Competition based on the Premiership over the next few weeks. Tickets are €10 and the winner gets €500. Tickets can be got from Vince Casey's Office or played online. Entry on Club Website or Social media. all entries to be returned to Vince

Caseys office by 2pm on Friday Jan 15th.

AGM will be held on January 19th @ 7.30pm, Covid restrictions require us to have a virtual meeting using Microsoft Teams. All emails to be sent to secretary.drcrokes.kerry@gaa.ie. Details of how to link to meeting will be sent to intending attendees in advance.

### 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.

**YOUNG SCIENTIST** Highly Commended Liam McSherry and George Leonard of Scoil Phobail Sliabh Luachra A modern approach to Irish EHR data storing and its role in predictive medicine analysis As mentioned above and in the highly commended category is Liam McSherry. Liam is on our Intermediate Hurling panel and winner of a county medal with us in 2020. Congratulations

### SYMPATHY

To the family of Tom O'Connell formerly of Ballyspillane. Tom was a proud supporter of the club and his son John played underage with us. Ar dheis de ar a anam dilis.

## EAST KERRY GAA NEWS

By Michael O'Mahony

### EAST KERRY GAA ANNUAL CONVENTION 2020

will take place on Friday 22nd of January at 7.30pm,

Due to the current restrictions this year's Convention will be held online.

Further details of this and a link to the AGM will be forwarded closer to the night to all clubs.

Nominations and motions to be received by the secretary by Monday 18th January 2021 at (secretary.east.kerry@gaa.ie)

### CONDOLENCES

to following families of

Tom O'Connell Rathmore

Batt Wall Castleisland

May they rest in peace

### CONGRATULATIONS

Brian Kelly & Shane Enright on a great career with Kerry we wish both of them happy life on their retirements.

## MILLTOWN/CASTLEMAINE NEWS

### COVID-19 VACCINE

We wish all the residents and staff of Ashborough Lodge Nursing the very best as they receive their scheduled Covid 19 vaccines on January 15th. Fanaigí go léir slán sabháilte.

### BACK TO SCHOOL

Best of luck to all the students and educators in our community as they return to remote learning and teaching following the Christmas Holidays. This is a very challenging time for everyone. What's most important is that we all play our part in ensuring we do our level best to try and reduce the transmission of the virus by adhering to the advice of the HSE, WHO and NPHE.

### CLUB AGM

Our club AGM is scheduled for January 29th. With recent changes to restrictions as part of Covid-19, we are still awaiting confirmation of the format of the meeting. In the interim, should any-one be interested in getting involved in the club, please contact any member of the club executive.

### GYM/PITCH CLOSURE

Given the current exceptional rise in infection rates of Covid 19 and the increased risk of community transmission, the GAA has taken the decision that club pitches and gyms must stay closed until further notice- at least for the remainder of the month of January. Under the current Government Regulations neither training nor games are permitted at club level. The safety of everyone has to be our primary focus.

### FUNDRAISING LOTTO JACKPOT €12,800

Our most recent draw took place last Saturday morning. Numbers drawn were 1,5,20 with a bonus number of 21. Our jackpot was not one but we had six consolation prize-winners. What a great start to the New Year! Here are the lucky winners. Congratulations to you all and mile míle búiochas do gach duine for their continued support of our Lotto.

€50 each to Mark Wrenn/Patricia Bennett, Castlemaine and John Downes, Ballygamboon, Castlemaine.

€25 each to Patrick O' Connor, Ballyfinnane. Patrick Dennehy, Milltown, James Daly Milltown and Tom O' Sullivan, Ballyarkane, Castlemaine. Our next draw will be on Friday January 22nd. Tickets can be purchased at local shops and businesses.

## SPA GAA CLUB

### CLUB AGM

Our AGM will be taking place on Wednesday 27th January at 7:30pm. As a result of COVID-19 restrictions, we will be hosting the meeting online through Microsoft Teams. If you wish to attend the meeting please email the club secretary at secretary.spa.kerry@gaa.ie by no later than Sunday 24th January. Prior to the meeting attendees will be sent the meeting link. Please note we will not be accepting any motions at this time.



**SPA LOTTO RESULTS 11/01/21**

Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income. Numbers drawn Jan 11th: 11, 16, 20, 25. No winner and Lucky Dips receive €50 each to Ian Ahern, Kilcummin; Eddie Slattery, Loreto Rd; Melissa Foley, Online and Jim O'Donnell, Online. Our weekly Monday night Lotto draws will continue for now and this week's JACKPOT is €6,600. Tickets are on sale through our website spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckcross Rd, Spa clubhouse or from usual sellers.

**KNOW YOUR SPORT**

Due to the uncertainty surrounding sporting events in the near future, and due to the fact that the competition which is most likely to next be played is the Intermediate Football Championship which won't affect our leader-board, we have decided to call our 2020 competition completed. Well done to Darragh Kelly from Kilcummin who on a total of 140 points is our winner of Know Your Sport 2020 and nets a lovely €1000 for himself. We are delighted to announce that entries for our 2021 competition are now open. As we

cannot travel around distributing forms, entry will be online only via a link on spagaa.com. We would hope as many as possible will enter the competition as the current climate makes fundraising very difficult and please feel free to share the link with anyone you feel may be interested in our competition. It couldn't be simpler, predict who will win 30 different sporting competitions and the person with most correct entries wins €1,000. Enter online now by clicking the link on spagaa.com

**CONGRATULATIONS**

Congratulations to Shane Enright on his service to Kerry GAA we wish him all the best for his next adventure.

**ITEMS FOR NOTES**

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

**LEGION GAA NOTES****BRIAN KELLY RETIREMENT**

Farewell to Kerry for Brian Kelly. After a long career with Kerry between the posts, Brian calls time and hangs up his county gloves this week.

Brian represented his county at minor, u21 and senior level and was Kerry's No.1 for the last Senior All Ireland in 2014. Congratulations from all in Killarney Legion on your great career with Kerry Brian! #CiarraíAbú.

**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.

**DEEPEST SYMPATHIES**

The club extends its deepest sympathies to Mike Leahy & Family on the death of his mother Anne. May she Rest In Peace.

**LOTTO RESULTS**

8-13-16-26 Bonus No 11

Match 3's

De Breen, Cloverslane

Mary OSullivan Mangan, Knocknahoe

Miriam Brosnan, Farranfore

John Doyle, 3 Laune View, Killorglin

Aisling Fitzgerald, Gullane, Gneevguila

Jackpot €6,300 plus Bonus €10,000, Draw next Sunday 17th. Tickets can be picked up from Ulster Bank, 4Star Pizza, Hegarty's & Centra Sheehans Muckcross Rd, Healy's Newsagents & The Reeks.

# STAY AT HOME AND SAVE LIVES

## Hospital group issues statement

As the number of Covid-19 cases continues to increase across the country, as the projected trend in admissions based upon community transmission levels increase and as hospitals get busier, management at the South/South West Hospital Group are strongly urging members of the public to stay at home and to follow the Government's current Covid-19 guidelines to ensure that they do not contribute to the spread of the coronavirus.

The S/SWHG is urging members of the public to focus on the following: limiting your contacts, not to make any unnecessary journeys outside their 5km radius, hand washing, cough etiquette, wearing masks in public spaces, being aware of and recognising Covid 19 symptoms, and taking the appropriate course of action if symptoms present themselves. The Emergency Departments across S/SWHG are extremely busy over the last number of days due to people presenting with Covid-19 symptoms and staff who are unavailable for Covid-19 related reasons. Due to this increased level of activity and subsequent admissions, it is regrettable that some patients may experience a delay in the ED. Therefore management have requested that, where appropriate, the public contact their GP/Out of Hours service in the first instance



and explore all other options available to them prior to attending the Emergency Department if their needs are not urgent. The Intensive Care Units across the Group are busy, however Critical Care Capacity in S/SWHG is actively managed as a group resource; thereby ensuring patients always have access to the best possible care setting with inter-hospital transfer as required. The necessary arrangements are in place across all sites to upscale Critical Care capacity should that be required. Due to the rapid increase in

being admitted to hospitals all elective work has been suspended across the Group, aside from emergency surgery and only time critical elective cancer surgery are being scheduled. Management at the hospitals acknowledge that staying at home and staying isolated will be very difficult. Nevertheless, hospitals want to remind people again that they can save lives by staying at home and following the current Government and Public Health guidelines.



# Be Responsible - Be Safe

**Outlook**  
MAGAZINES



## RATHMORE | GNEEVEGUILLA NEWS

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

**RATHMORE COMMUNITY COUNCIL**

Welcome funding of €100,000 has been allocated to Rathmore under the Town and Village Renewal Scheme This is for Phase 3 of the undergrounding of ESB wires and upgrading of paths. On from the provision of funds from IRD Duhallow and councillor allocation funds

**SINCERE SYMPATHIES**

To following Families of late Tom O'Connell RIP Clarinwood, Rathmore & Mary Twomey RIP (née Condon, Coalpits, Cullen) Inches, Rathmore & Timothy Joe KIELY RIP Ballydaly & Donal O'SULLIVAN RIP Carpenterstown, Dublin & Rathmore, Ar dheis De go raibh a anam.

**CHRISTMAS LIGHTS**

Rathmore along with many other towns and villages across the country are joining the campaign to keep the Christmas lights up and burning brightly for the month of January. The idea behind this is to show that there are brighter days ahead. For the month of January these lights will shine and help us all. Typically January is a hard month, and our streets are dark without so many of our local businesses able to open. The lights are a little step towards keeping our hearts focused on our community.

**BUSINESSES OPEN IN RATHMORE PARISH**

Rathmore  
McCarthy's Londis,  
O'Keeffe's Food & Filling Station,  
Reens' Pharmacy,  
Christy's Take Away

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

**GNEEVEGUILLA COMMUNITY DEPARTMENT ASSOCIATION & BASKETBALL CLUB**

had our weekly draw for our Share the Bucket on Friday evening 8/01/21.  
The Jackpot was Congratulations to Eileen Kelly this week's jackpot winner of €400.  
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 visit <https://www.facebook.com/gneeveguilla> a/Draw takes place every Friday eve @8:30 pm on Facebook live

**THE RATHMORE SOCIAL ACTION GROUP**

will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time. To avail of this service, please call Norah & Marie on 064 77 58588. These meals will be dropped to the door of the person's home. We will help to deliver this service to as many as we can.

**HELPFUL CONTACT NUMBERS**

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

**COVID-19**

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

**ILLEGAL DUMPING**

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

**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.

## FOSSA NEWS

Written by: Shane Kelly

**COVID-19****CLUB SPECIFIC GUIDELINES**

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

GAA club grounds must stay closed.  
Club games are not permitted. Club Gym must remain closed until further notice.

**LOTTO**

Club lotto is unfortunately suspended for the foreseeable future due to COVID-19 restrictions,

thanks for your continued support.

**CONDOLENCES**

The club would like to pass on our condolences to the family of Tom O'Connell  
Brother of our Vice President JJ O'Connell, may he rest in peace.

## BEAUFORT NEWS

Written by Cliona Coffey

**FACILITIES**

As we entered level 5 restrictions again, the Club gym has to close. The walking track is open. Please walk with your own family members and observe social distancing. Team training is also cancelled for the immediate future.

If anybody need a helping hand to collect

shopping or with any other errands, please contact Mary Jo at 086 3779702.  
Ireland Lights Up has been postponed to early February 2021.

**SPORTS PREDICTION QUIZ**

Final 2020 results are

83. John Joe Dineen

82. Robert Tulley

81. Frankie Hallissey

81. Nora Hallissey

76. Paudie Lynch

Thank you to everybody who took part in the quiz and to all the sheet sellers. Our 2021 quiz will be launched this week.



# Be Responsible - Be Safe

**Outlook**  
MAGAZINES



## LISTRY NEWS

Written by: Anne Sugrue O'Brien

**LISTRY GAA WALKING TRACK**

We are allowed to keep our walking track open at present for the community. We would ask that at all times please exercise proper social distancing measures and to ensure that large gatherings do not occur. Stay safe.

**LISTRY GAA 1970****ANNIVERSARY PROGRAMME**

The club have put together a commemorative program that will take you on a trip down memory lane, to look back and reminisce on a famous August day 50 years ago, when the Listry football team of 1970 became kingpins of East Kerry and the first team in the clubs history to win the O'Donoghue Cup (East Kerry Championship). It is a club record that has not been matched to this day and is fondly remembered by the people of the parish. We have gathered memories and newspaper archives from that famous year and put them together with player profiles and accounts of life in the parish at the time. It was an exciting year for the parish, a new church had just been



Paul Kennedy with 1970 Anniversary Programme.

built at Listry cross, the club was working on purchasing its own field at Faha cross, the mart in Milltown was expanding to meet the demands of a vibrant and flourishing farming

community and parish was thriving with life. We hope this commemorative programme will give you a sense what life in the community was like at the time and maybe it will stir some fond memories and stories that our older generation can pass onto our youngsters and inspire the next generation!! The special commemorative publication can be got at Michael O' Sullivan's shop at Beaufort Bridge or from Paul Kennedy by email listry1970@gmail.com

**DEEPEST SYMPATHY**

Listry GAA would like to send deepest sympathy to Siobhan Giles and The Gleeson family, Clonkeen on the recent death of her brother Maurice Gleeson RIP

**BEST OF LUCK**

Listry GAA would like to wish Jonathan Lyne, Brian Kelly and Shane Enright best of luck on their retirement for inter-county football.

## GLENFLESK NEWS

Written by: Seamus Healy

**HEADFORD AMBUSH****ANNIVERSARY COMMITTEE**

Headford Ambush Anniversary Committee wish to acknowledge financial assistance from Kerry County Council towards the initial clean up of the monument at Headford. The major works at the site have begun and will be completed prior to the anniversary on March 21st 2021.

**GLENFLESK LADIES CLUB**

We had a good response to form a Senior Ladies Team. Thanks to everyone who got in contact with the club. It now looks promising that we will have enough players to field a Glenflesk Ladies Senior Team for the coming year 2021. We will be in contact with the County Board regarding what division and league we will be competing in. The club is now in the process of organising a

head coach, assistant coach and a strength and conditioning coach.

The club is also seeking sponsorship of their Senior Ladies Team for the year ahead. Interested, please contact Glenflesk Ladies Secretary at glenflesk.kerry@lgfa.ie

**CLUB MERCHANDISE**

We are delighted to announce that our Glenflesk GAA gear is now available on the O'Neills website. You can click on the 'Shop Now' button at the top of our Facebook page. We still have limited items available. You can contact Emma for more information on 085 754 7586.

**BARRADUFF COMMUNITY FIELD ORGANISATION**

Barraduff Community Field Organisation are giving you the chance to win a 3-bedroom

2-storey detached dwelling house in Barraduff, Killarney, Co. Kerry worth €270,000 for just €100. Limited number of tickets here > [www.winadreamkerryhome.com](http://www.winadreamkerryhome.com) Imagine, living the country life, being part of a vibrant local community with the ability to work from an office or a hot desk in Barraduff, with a relatively short commute to Cork or Limerick. It truly is the Dream Home. Plus, the house is not the only prize - there is a 2021 car and eight other prizes including a €1,000 hotel voucher, €1,000 cash, new furniture valued at €1,000, hotel vouchers and spending money as well as other cash prizes and 1000l of home heating oil. See video on Youtube: <https://youtu.be/RFTIdUzgHNI>

## KILCUMMIN NEWS

Written by: John Moriarty Email: [info@kilcumminparish.com](mailto:info@kilcumminparish.com)**HEALTHCARE STAFF REQUIRED**

As we know, the Covid-19 situation has deteriorated significantly recently and the next few weeks are predicted to be the most challenging of the pandemic so far. As a result Cork Kerry Community Healthcare are urgently seeking staff to work in their residential settings. These residential facilities (community hospitals) and in private nursing homes are coming under pressure with a number of outbreaks in several residential facilities. They are now asking any healthcare staff (particularly nurses and healthcare assistants) who can assist in providing essential care in these facilities to come forward by contacting the HSE offices or any staff member.

**KILCUMMIN RURAL DEVELOPMENT OFFICE**

Due to Covid 19 restrictions the Office will be closed to the public until further notice. However we will still process the notes for the local press and newsletter, items can be emailed or dropped in the letter box. If you have any query or request, please contact John on 086-1579381 / email [info@kilcumminparish.com](mailto:info@kilcumminparish.com)

**COVID 19**

As we once again move to level 5 of the Government's restrictions to control the virus, we think of our elderly and most vulnerable in our community. We ask you to be mindful of your family members and neighbours who may be experiencing hardship and anxiety and could avail of your help and support during these difficult times. We should also respect

the measures put in place and adhere to all the regulations as it is only when we all pull together that we can overcome this pandemic. Ní neart go cur le chéile

**BOG WALK**

With travel restrictions for recreation reduced, why not avail of the beautiful scenery and fresh air that our local Bog Walks have to offer. Walk Brochures are now available from the Post Office or by contacting John on 086-1579381. Suitable footwear is essential.

**PARISH WEBCAM**

All masses in Our Lady of Lourdes Church, Kilcummin can be accessed on the Webcam by using the link <https://www.churchservices.tv/kilcummin>. Please pass on the word to family & friends at home & abroad.



## GNEVEGUILLA ATHLETIC CLUB

### LOTTO

No winner of our lotto draw 8/01/2021, numbers drawn were 1, 6, 16 & 22. Sellers prize winner Hickey's Centra Rathmore, €50 Yearly ticket prize winner Eugie O' Leary Leam, €50 to Nora Hickey Readrinaug, €40 each to Margaret McCarthy Gneeveguilla Shop, Steven & Darren Heelan Cullen, Mike O' Keeffe Bounard. Bonus not won numbers drawn were 14, 23, 28 & 30. Next week's jackpot €15,600 plus €1,000 bonus.

## MUCKROSS ROWING CLUB

### LEVEL 5

Last week, Rowing Ireland clarified further details of the Level 5 public health restrictions for rowing clubs, based on Sport Ireland advice.

All rowing club facilities are to remain closed for all activities, including individual training in single sculls. People are permitted to take exercise with people from one other household however this is limited to outdoor exercise within 5km of home. The Level 5 public health restrictions are currently due to remain in place until Sunday, January 31. Coaches are in contact with members regarding training from home and we look forward to a return of sport when the public health restrictions allow.

## KILLARNEY CELTIC SOCCER

### CELTIC LOTTO

Numbers drawn 7,12,16,25. There was no jackpot winner. Lucky Dip winners received €50. The next jackpot is €16,000. Tickets are available from club members, the Dungeon shop, at the

stand in Hegarty's Park Rd and also online at clubforce.com.

### KILLARNEY CELTIC GEAR

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

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

### CONGRATULATIONS

to former player Jamie Vermiglio who guided his team Chorley FC to a win over Derby County in the 3rd round of the FA Cup and they were rewarded with a 4th round draw against Wolverhampton Wanderers. Jamie is a nephew of club stalwart John Vermiglio.

## OUTLOOK GOLF

## DEERPARK PITCH & PUTT CLUB

### LEVEL 5

Course is closed to play until January 31st at the earliest with the latest Public Health Restrictions. The club is currently awaiting confirmation from Pitch & Putt Ireland at time of writing on the status of holding AGM's.

### U16 MATCHPLAY

Unfortunately, we had to postpone plans to play this competition after Level 5 came back in. We hope to play it in February now, possibly over the Mid-Term break if restrictions allow.

*Deerpark Pitch & Putt Club U16 Captain Cillian Courtney pictured with Mark Carroll (right) accepting the Overall Nett prize from Cillian's Captain's Prize competition (played back in September) prior to Christmas.*



# Kerry Golf clubs to benefit from €2.8m Club Resilience Fund Open For Applications



Killarney native Mark Kennelly CEO of Golf Ireland.

*Golf clubs in Kerry are now able to apply for funding under a scheme announced recently.*

Golf Ireland has confirmed details of the Club Resilience Fund for clubs located in the Republic of Ireland. Delivered by Sport Ireland, the fund aims to provide short-term financial help to golf

clubs, support business resilience and future sustainability post COVID-19.

To be considered for funding, applicants must meet the criteria and conditions set out for the fund which is designed to assist clubs most in need of financial supports.

Some of the areas in which clubs could consider applying include sustainability, service improvement, training and education for staff and/or volunteers, programmes for vulnerable and under-represented groups to engage them in golf, modification of facilities and ways to reduce costs. Clubs are however encouraged to apply for other ventures which fall within the terms of the funding rules.

Killarney man Mark Kennelly, CEO of Golf Ireland said: "We are delighted to have secured this funding for golf clubs in the Republic of Ireland and I'd like to express our thanks to Minister for Tourism, Culture, Arts, Gaeltacht, Media and Sport Catherine Martin TD, the Minister for State for Sport and Gaeltacht Jack Chambers TD and Sport Ireland for considering the submissions that Golf Ireland made on behalf of golf clubs."

"Many golf clubs have suffered a losses in

revenue because of the pandemic and Golf Ireland is committed to supporting clubs in every way possible. This is a substantial allocation for golf, and it underlines the important role of golf in the sporting landscape. I encourage all clubs to inform themselves of the requirements of the fund and to submit their applications".

The initial allocation for golf was €2.7m but an additional €100,000 has since been secured by Golf Ireland to bring the total support package to €2.8m.

Clubs have until 20th January 2021 to submit their applications with an announcement of recipients expected in early February. Grants of up to €25,000 will be awarded to successful clubs. As this programme is state-funded, a list of successful clubs and the amount they have been awarded will be published on the Golf Ireland website once all applicants have been contacted.

Clubs may also at this time apply for Sports Capital Funding (Republic of Ireland) and the Sport Sustainability Fund(Northern Ireland) which are separate funding opportunities to the Club Resilience Fund.





## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

### JAMIE THE GIANT KILLER

**C**hances are that you never heard of Chorley FC before last weekend. I certainly hadn't. The English FA Cup is famous for the occasional giant-killing feat – a young Harry Redknapp's Bournemouth beating Man United in 1984 and Burton Albion repeating it a year later, Wrexham 2 Arsenal 1 in 1992, Exeter holding Man United to a draw in 2005, Barnsley taking out both Liverpool and Chelsea in 2008.....

But a team that are currently tenth in the National League North (albeit climbing after a recent run of good form) – it's the sixth tier of English football, teams like this can only dream of Vauxhall Conference – taking out a championship side? Moreover, with a manager who honed his playing skills with Killarney Athletic and Killarney Celtic and in school at St. Oliver's in Ballycasheen and St. Brendan's College?

That would only be comparable to David versus Goliath if David had a broken arm and his slingshot wasn't working.

Jamie Vermiglio was born in Liverpool but grew up in Killarney after his parents moved here. One of Jamie's first coaches would have been his uncle John, still a hugely respected coach and a great player in his day. Jamie obviously listened and learned – he played for Scarborough (which I have heard of – because it's in the title of a Simon and Garfunkel song), Telford United, and Chorley.

It's very difficult for people here to understand the onion layers of soccer in England. A GAA player here might have to compete with 300 players around his position to wear an inter-county jersey. In England, it's easily going to be 30,000 competitors for a professional soccer career. Understand that squad members for Derby are likely to be earning a minimum of several thousand pounds a week. Playing in the sixth tier doesn't sound very impressive to us here because most people can't grasp how big the game really is over there. Don't think of Chorley as a Junior club in Irish terms; a team of that standard would give any League of Ireland team a good game. I would actually love if the likes of Shamrock Rovers or Dundalk could have a go at the FA Cup some time (any group of lads can enter a team if they register and can rent a home venue) just to see how far they would get.

In those circumstances, lowly Chorley FC taking out Derby is a colossal shock, and deservedly so. Now, honesty compels me to acknowledge rapidly that Derby were missing all of their first team, several of their first choice reserves, and their manager Wayne Rooney because of covid. I also have to reluctantly say that running the FA Cup at all between teams with such disparate testing procedures and protocols was and is



Jamie Vermiglio

utter madness, to be honest about it. English soccer is not remotely safe right now (players who broke the rules on social distancing should have been banned for the entire rest of the season, in my opinion) and the amount of games being postponed because of covid is a real and serious warning sign.

So you could argue that Chorley and their manager (a primary school headmaster in Selford) got lucky. The betting odds on the match, after all, were only a mere 9/1 instead of astronomical.

Here's the thing. Jamie's been getting remarkably lucky for quite a while now, it seems. Because they beat Wigan and Peterborough in the previous round to reach this third round for the first time in their history, and you'd have gotten very long odds against that one as well. Jamie also took them to the Conference Finals. There's a point where luck simply can't be the only factor involved. This is a manager to keep an eye on, and there will be huge Killarney interest in their round against Wolves.

It's not the only giant-killing feat of the weekend, either. Arguably even more notable was Crawley Town's (nope, never heard of them either) 3-0 defeat of Leeds United. Crawley play in League Two, four tiers below the Premiership. Now, I have to add a small caveat to that one. The truth is that I don't think Leeds' manager Bielsa was exactly throwing the handle after the hatchet in that game – I mean, at 2-0 down he took off his strikers! He also rested a number of senior players.

Another game where the underdogs earned massive plaudits is Aston Villa versus Liverpool. Villa basically had to field a youths side (covid

again) but acquitted themselves well and gave a strong Liverpool side a real battle. 17 year old Louie Barry, who represented Ireland at underage before switching to his native England, got Villa's goal with a superb finish past Caoimhin Kelliher. Barry is very highly rated (PSG offered a €3.2m package for him as a 16 year old but he opted for Barcelona before a lack of game time brought him back to his family's lifelong club Villa) within the game – and now outside it. However, as much as Villa deserved their plaudits, it has to be noted that Liverpool did put the tie to bed with three second half goals in five minutes.

Spurs, Man City, Man United, Chelsea, and Arsenal all managed to get through to the next round reasonably comfortably, even with resting players. The truth is that the days when the FA Cup Final was the most glamorous match in the calendar (believe it or not, for many years it was the only televised game) are long gone and it's really a fairly unnecessary distraction from the vital bread and butter of league success for the big teams.

### PREMIERSHIP

Obviously the big one and the most anticipated match so far this season is going to be the top of the table clash between Liverpool and Man United. Liverpool's challenge has slipped slightly off the rails in recent times (in fairness, they have been hit with injuries, none more crucial than Van Dijk – the referee admitted this week that he got the decision not to red card Pickford for that challenge wrong), while the same Ole Gunnar Solskjaer who appeared to be clinging to his job by his fingernails before





Damien Duff.

Christmas is flying. Solskjaer famously scored to win the European Cup; two of his team-mates that night are set to join up as it sounds like Phil Neville is likely to leave his post as the English Womens' Manager to join David Beckham's new project, Inter Miami.

I suspect myself that both teams will be passed in the slipstream by a resurgent Man City. A certain Guardiola has a pep back in his step at the moment, even with Aguero still out injured. Fernandinho and Dias are absolutely flying and they are looking far more effective at both ends of the field. Pressure has also eased somewhat on Mikel Arteta with Arsenal. This week finally saw the end of the long-running saga of Mesut Ozil's departure. Ozil at his best (which, in fairness, he didn't always produce for Arsenal) was a playmaker extraordinaire, whose sumptuous passing and uncanny technical skills could destroy opposition teams in the blink of an eye. The one thing he couldn't do was be a pressing midfielder, which is absolutely required in the current style of play. The hard truth is that Arteta gave him plenty of chances, but he was a luxury player at a time when they couldn't afford one on the field of play.

Frank Lampard is feeling the heat at Chelsea at the moment, and a certain Roman Abramovich is not exactly known for his patience. Personally, I'd be very slow to make changes in this year of years, but it's a very fickle job at the best of times...

## DUFF DEPARTS

The FAI's woes continue. Damien Duff, once regarded as one of the best wingers in the world and more recently earning praise as a coach with Glasgow Celtic. Stephen Kenny's Ireland I obviously a much longer work in progress, and I remain a little bit sceptical of that much-praised but fruitless 'progress' (nothing to do with Kenny, a phrase about silk purses and sows' ears comes to mind), but Duff was quietly and efficiently earning praise in his role as Assistant Manager. Until now. Like so many decent men before him, frustration with the ineptitude of the FAI has finally gotten the better of him. We're told that the issue was the leaking of a video (believed to be Englishman Ken Loach's 'The Wind that Shakes the Barley', ironically – very good movie, by the way) used as a motivational tool in the build-up to the game against England that Ireland lost 3-0. Prompted by it's reported 'anti-English stance in the Daily Mail (which, to be blunt about it, has as much to do with actual journalism as Donald Trump does with statesmanship), FAI Interim CEO Gary Owens announced an 'urgent investigation'. Duff, very much to his credit, treated said 'urgent investigation' with the respect that all internal FAI investigations have deserved for decades – complete disdain.

In fairness, I do actually sympathise with Owens' mishandling of what should have been a fairly simple affair – those journalists who queried whether it was appropriate for Irish players to feel anti-English prior to playing....well, England....should have been answered in a strong affirmative. Yeah, of course. What exactly is anybody's problem with this? Anyone trying to conflate instilling a sense of justified aggression with implicit racism should be treated with disdain and nothing else. But Owens was trying to lead a flat broke and credibility-lacking FAI out of a severe crisis of their own making as well as a global crisis. He overreacted and effectively offered up Irish management as a sacrificial lamb to political correctness gone awry, in a bid to avert controversy. I do sympathise with his position – but Duff's furious reaction is even more understandable. Unsubstantiated rumours suggest that Lee Carsley (I can't see him leaving his U20 role with England) or much more likely John O'Shea (likely to move up from our own U20 team) are the likely replacements. His failure in another matter is much more serious. During Owens' tenure – and this is after financial irregularities at the FAI were well-known - the interim CEO managed to award an E80,000 contract to human resources expert Yvonne Clancy for a review of the FAI's structure and morale. This contract was not advertised or put out to tender. This is pretty basic stuff when you've just received a E30 million bailout. There is no question but that Ms. Clancy was eminently qualified and an appropriate choice, but yet again the handling of a basic financial matter.....could the FAI, while standing deep in a E70m hole, at least put down the shovels for a while? I'm beginning to understand what the FAI mean when they talk about 'transparency'. They mean that everybody can see right through them.

## GAA

We're in a lull period right now. Maybe no harm, either, going by the conduct of some counties. I am referring, of course, to Cork and Down. Both have been caught red-handed carrying out training sessions (spare me the embarrassing guff from Cork officials about 'team bonding sessions' – if anyone is gullible enough to believe that, I'm willing to sell them Muckross House at a discount). Look, Kerry have a long and proud history with both counties, and I have a great appreciation of both, but their conduct in recent days is an outright disgrace. Do you think the likes of Maurice Hayes or Weeshie Murphy would condone this? There is a very obvious and very strong reason for the current training ban – hint: it's the reason that frontline staff are working so hard in trying and dangerous circumstances, why children can't go to school, why so many businesses are barely hanging on by a very thin thread.

In those circumstances, inter-county teams who should be leading the way but instead do the exact opposite are simply nothing short of a disgrace. And yes, you have my word that I would call out Kerry on it should such a situation arise.

MEP Sean Kelly has called for such counties to be thrown out of this year's National League. I agree with him completely. Fair enough, that sanction wasn't in place for these breaches and can't be applied retrospectively, but let's draw a line in the sand right here.

## GOLF

It's hard to imagine anything that demonstrates the polarisation of America more than golf turning on it's most famous, or arguably notorious, aficionado. Golf in the US was traditionally for a demographic that was white, male, and ultra-rich – it isn't that long ago that people were stunned to hear that the best golfer in the world was black (Tiger) and the best rapper was white (Eminem). Augusta only allowed women members as late as 2012. Jack Nicklaus and Annika Sorenstam are both strong Trump supporters. So it says something that the 2022 PGA Championship, which had been awarded to Donald Trump's Bedminster course in 2012, has been withdrawn from the venue.

Meanwhile, in Britain, the R and A have confirmed they have no plans to host any events at Trump's Turnberry course in Ayrshire. There is, and always needs to be, a line between sport and politics, but I have never subscribed to the theory that they have to be completely separate. After all, a lot of sports bodies are first in the queue when grants are being dished out, and sport (very much including golf) has played a huge role in the success of Irish tourism and our economy. Politics and business are indistinguishable from sport in many ways. Right or wrong, you'd find very few Irish people complaining if Doonbeg was awarded a major championship over the next while.

Certainly our golf courses, which have been closed and will be for the immediate future (something that I as a non-golfer don't agree with – social distancing would not be difficult





Paul O'Connell.

in the outdoors pursuit and it suits all demographics and ages) are going to need all the help they can get.

## RUGBY

Every sport is having scheduling problems at the moment. English soccer and US sports, two countries which have handled this pandemic absolutely appallingly, are barely functional when you dig into the numbers. Rugby has actually done better than most, but at the time of writing. The 2021 Six Nations and the last two rounds of the Champions Cup are facing postponement (the Women's Six Nations is almost certainly off, unfortunately) after the French sports ministry expressed serious doubts about French clubs continuing

their participation against English teams. That's not a belated revenge for Agincourt – the English rate of infection justifies the decision.

Also in serious doubt is the British and Irish Lions Tour to South Africa this summer. South Africa is another country where the rate of infection is huge, leading to speculation that it might be the South African team that actually do the touring. If that were to be the case, then Croke Park is being strongly billed as the venue for the first test.

Should the Six Nations go ahead, Ireland will have a new face among the coaching staff, and a not unfamiliar one. Big Paul O'Connell played a key leadership role between the white lines during Ireland's most successful era; hopefully he can repeat the feat off it.

## KILLARNEY PLAYER TO CAPTAIN GEORGETOWN TECH SOCCER

Killarney native Micheál Devlin, who is attending the prestigious Georgetown Tech in Washington on a full soccer scholarship, has been announced as captain of the university soccer team this year. It's a sign of how highly the college rate Micheál that he has been trusted with the captaincy as a sophomore (third year)

in an accountancy degree.

Killarney Legion's Micheál, of course, is no stranger to sporting success, having won a U17 soccer All Ireland with St. Brendans College in 2014 and a Hogan Cup in 2017, the same year that won a Minor County Championship with East Kerry and lined out for the Kerry minors.



Darragh Kelly.

## DARRAGH KNOWS HIS SPORT

Spa GAA Club's very popular "Know Your Sport 2020" competition has been won by Darragh Kelly from Kilcummin. "Darragh won with a total of 140 points nets a lovely €1000 for himself" Deirdre O'Sullivan Darcy, PRO for the club told Killarney Outlook.

"We are delighted to announce that entries for our 2021 competition are now open. As we cannot travel around distributing forms, entry will be online only via a link on spagaa.com", Deirdre added.

"We would hope as many as possible will enter the competition as the current climate makes fundraising very difficult and please feel free to share the link with anyone you feel may be interested in our competition", Deirdre said.

It couldn't be simpler, predict who will win 30 different sporting competitions and the person with most correct entries wins €1,000. Enter online now by clicking the link on spagaa.com



# Be Christ's Joy - DIOCESAN MISSION PLANNED

**T**he Diocese of Kerry is holding a Mission Online from 24th to 29th January 2021. This Mission, called, *Be Christ's Joy*, offers an opportunity for people to gather in reflection and in prayer, online and in the home. Like the traditional Parish Mission, all are welcome to participate, inclusive of all age groups and those involved with church or those who have disengaged with church. Everyone is welcome to engage with this radically different Mission. There has never been a Diocesan Mission before. Register with [dioceseofkerry.ie](http://dioceseofkerry.ie) to get your daily Mission schedule e-mailed directly to you and in that way you can participate in the Mission.

## It is hoped the Mission will:

- Help to lift the spirits and hearts of those who take part
- Nurture the diocesan faith community in this present Covid reality
- Encourage people to live with hope and solidarity as a community as we negotiate our way through this challenging time.

## The elements of the Mission

A Mission Booklet available online on [dioceseofkerry.ie](http://dioceseofkerry.ie) or in hard copy from the parish churches.

A Schedule of Mission activities for each day Sunday to Friday

Each day, you are invited to join in

- Morning Reflection – online
- Daily Prayer – outlined in The Mission Booklet
- Mission Mass at 10.30 am – live-streamed from 6 different locations in the diocese
- Children's Pray and Play – online
- Evening Reflection – online

## A Mission Talk each evening at 8.00 p.m.

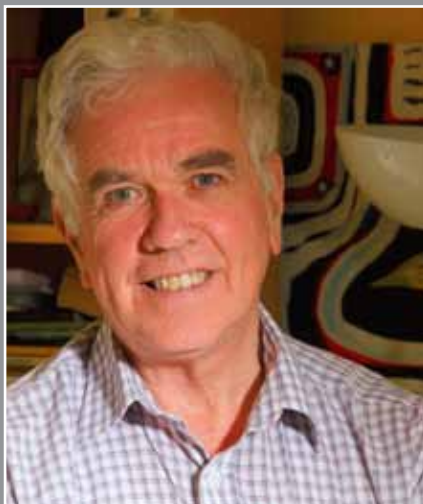
- John Connell, author, journalist and farmer - Sun 24th
- Martina Lehan Sheehan, spiritual guide, psychotherapist and author - Mon 25th
- Fr Peter McVerry, social activist, advocate for the homeless and Jesuit priest - Tuesday 26th
- Jane Mellet the Laudato Si' Officer with Trocaire - Wed 27th
- Br Richard Hendrick, Franciscan brother, spiritual teacher, poet and blogger - Thurs 28th
- Olive Foley, widow of Axel Foley and ambassador for Children's Bereavement Services, Limerick - Fri 29th

## For Primary and Post-primary level students

Schools will be provided with class/activity plans. The focus will on Mission, what is Mission, and what it means to be Christ's joy? There will also be proposed actions that students can participate in from home.

For youth and young adults – YouthDoK Instagram Competition

16 to 30 year olds, are invited to submit their Vision of the Future to our competition in one of the following categories: Art, Poetry, Photography or 1 minute Video. There is a prize for each category.



Fr. Peter McVerry.



Olive Foley.



Their art works will be displayed throughout the Mission.

The Mission will be central to our ongoing Radio Kerry Programming

- Horizons at 9 am Sunday
- Sunday Mass at 10 am Sunday
- Just a Thought at 7.30 am and 12 noon Monday to Friday

Those interested in attending can Register on [www.dioceseofkerry.ie](http://www.dioceseofkerry.ie) and will receive a daily email with the direct link to each aspects of the Mission. There is also an opportunity to make online Mission Petitions. Mission 2021 can be followed on the diocesan website, on Instagram and Facebook.

## Be Christ's Joy Mission Speakers

**John Connell** is an award winning author, playwright, producer and most importantly a farmer. His new memoir *The Running Book* is in the shops now. *The Cow Book – The story of Life on an Irish Family Farm* is a number one bestseller.

**Martina Lehan Sheehan** is a much published author. She was director of retreats and programmes at Ennismore Retreat Centre, Cork. An accredited psychotherapist, she regularly facilitates retreats and workshops on matters of spirituality and personal development. Her most recent book is *Trellis for the Soul*.

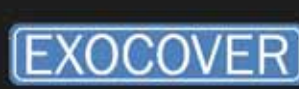
**Fr Peter McVerry** grew up in Newry and in 1962, he entered the Jesuit Order and was ordained in 1975. Peter has worked in Dublin's north inner city since 1974, where he came into contact with young people who were sleeping on the streets because of their home situation.

## Br Richard Hendrick

Brother Richard is a priest-friar of the Irish Capuchin Franciscan Province. For over 20 years he has worked to bring the insights of the Christian Contemplative tradition to greater awareness. He was director of Youth Ministry for the Irish Capuchins for over ten years and has worked at both secondary and third level as a retreat giver and chaplain. **Olive Foley**, is the widow of Munster rugby coach Anthony Foley, Olive is an inspiring speaker. She spoke at the World Meeting of Families' pastoral congress at the RDS in Dublin, Ms Foley talked about the importance of her family, her family of friends and "family of church" after her husband's sudden death from a heart attack in a Paris hotel in October 2016 during an overseas trip with Munster.

**Jane Mellett** is the Laudato Si' Officer with Trocaire and a member of the Laudato Si' Working Group of the Irish Bishops Conference."





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Ed 10



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**SouthWest  
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## DEALING WITH DEPRESSION PART 3

When we are feeling depressed, we can experience our feeling state like a sink that is blocked with no outlet. Our reactions to events and unwelcome thoughts seem to go round and round, rather than just flowing through our mind. Tubridy and Corry describe depression as a natural response to life's experiences – and maintain that depression is an emotion and not a disease. Just as we respond to life with feelings of anger, joy, sadness, love and fear – depression is another way in which we respond to life. Depression however doesn't just come upon us randomly and by chance. Instead it is a defence we build up around ourselves when we feel under threat or in danger. We build up barriers to protect ourselves and these can act as a very effective defence. However, when the time comes to remove the barriers, we may be unable to do so – thus our barriers of protection become our own prison.

Often our Psychological Skin has become too tight or too loose. When too tight we find it difficult to give or to allow others in. We feel the need to control everything ourselves and can't delegate or trust others. This however leads to feeling isolated and being cut off from growth in our lives. When our skin has become too open, we readily take on the problems and worries of others – often feeling overwhelmed and unable to set boundaries and say no. The optimal situation is to be neither too open nor too closed. Permeable boundaries allow us to open and let in when needed say no when we need to and reserve our energy.

Frequently people who are experiencing depression can feel plagued by tiredness. The constant effort to keep everything under control, to not upset people or to meet the needs of others can all lead to a constant anxiety and despair, which in turn leads to tiredness.

**Some ways out of our depression include:**

1. Have something positive that you can say to yourself (e.g. All will be well, or This too shall pass) or some inspiring music that you can put on when things feel dark and you feel alone. Choose something that works for you
2. Develop the habit of doing at least one enjoyable, pleasant thing for yourself each day.
3. Keep a diary or a journal where you can record inspiring words, valuable insights or special memories. Whenever you feel low, read what you have written.

Counselling can provide a great support to help deal with depression.

**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



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HEALY-RAE TD**



**Cllr MAURA  
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**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**

1. The type of soil you have.
2. How exposed the garden is, i.e. what direction is it facing.
3. The eventual height and width the hedge will be.
4. Does it need to be evergreen.

When you have chosen the type of hedge that you want it is time to prepare the soil. Start preparing the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year around, but the ideal time is between November and March as all hedging plants will be dormant at this time. What that means is 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 when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. Now is the perfect time to plant hedging, however if you wish to wait until the end of March you can plant container grown hedging all year around.

**JOHN O'SULLIVAN, FOUR SEASONS GARDENING  
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# Surveying for National Broadband Plan continues across Kerry

**N**ational Broadband Ireland (NBI), the company rolling out the new high-speed fibre broadband network under the Government's National Broadband Plan (NBP) today announced that surveying works in several areas of Kerry are well underway.

## Surveying

NBI contractors have been on the ground across the country for eight months and over 150,000 premises nationwide have been surveyed to date. This involves physically walking the routes and documenting images, notes and measurements of the poles, cables and underground ducts in each area. This will enable network design solutions for the provision of a fibre network to every premises in the Intervention Area – a map of over 544,000 premises nationwide identified by the Department of the Environment, Climate and Communication (DECC) - as not being served with adequate broadband speeds.

In Kerry, there are 26,905 premises in the Intervention Area (IA), which includes homes, farms, commercial businesses and schools. This equates to 30% of all premises in the county. Under the National Broadband Plan, Kerry will see an investment of €107M in the new high-speed fibre network.

This will enable e-learning, remote monitoring of livestock or equipment, e-health initiatives, better energy efficiency in the home, and facilitate increased levels of remote working.

NBI crews have made substantial progress in Kerry, the following areas are being surveyed: Rathmore, Knocknacopple, Mounthorgan, Kilquane Upper, Barraduff, Cloonteen, Gneevegullia, Tureenamult, and Renasup.

In June 2020, NBI crews started initial works for surveying in townlands around Killarney.

All NBI contractors will also carry official ID cards and essential worker letters, and have received training on adhering to all Covid 19 guidelines. They will have vehicles, PPE and signage with both their own, and NBI logos.

In advance of the fibre to the home roll out, the NBP provides for the delivery of BCPs nationwide. Over 60 of these sites are now 'live' and have both internal and external broadband access.

These facilities - which include GAA clubs, community centres and tourist sites - will provide free public access to high-speed internet in the rollout area.

These will pave the way for rural communities to receive the benefits of broadband, from mobile working, e-learning and mobile banking, to digital tourism.

A full list can be found at /bcp-map/ Primary schools in the Intervention Area are also being connected for educational access as part of the NBP. Locations of Broadband Connection Points in county Kerry will include Gneevegulla, Kilduff Community Centre, Killenagh, and Chapelstown Community Centre.

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# IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF  
**FRANK JONES**



KILLARNEY, CO KERRY  
WHO DIED MAY 4TH, 2018

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

FROM YOUR  
LOVING FAMILY

## TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

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

.....  
*Please include a contact name,  
address and telephone number.*  
.....

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## *A Word of Victory*

Welcome back dear reader "...Jesus turned first to his disciples and warned them, "Beware of the yeast of the Pharisees - their hypocrisy. The time is coming when everything that is covered up will be revealed, and all that is secret will be made known to all. Whatever you have said in the dark will be heard in the light, and what you have whispered behind closed doors will be shouted from the housetops for all to hear!" (Luke 12:1-3)

Things that were covered up are being revealed and more is to come. Yeast is symbolic of sin in the Bible. The Pharisees lived as experts in the law of God, yet Jesus called them out for the sin of hypocrisy, because they did not live out what they taught. It was just head knowledge but their hearts were not transformed (Matthew 15:1-20).

This week the report into the mother and baby homes was released. A lot of people have turned against God over the years because of the things that were done in His name, and it is no wonder. Who would want to trust in One who would condone such acts?

But friend, God had nothing to do with any of it!

It was human beings who carried out atrocities against other human beings. But there was no input from the Lord in any of their dealings. Because if the people involved really knew Him and His Word the Bible, they would never have acted the way they did.

Our nation is in crisis. The virus, cancers, abortions, mental health struggles and suicides, marriage breakdowns, alcohol, drugs, porn and other addictions all are piled up one on top of another. The sins of the past need to be acknowledged fully, and true repentance sought from God for deliverance. And not just by religious institutions! But by the others who knew, and did nothing. Those who took part in, or covered up the corruption and sin. Those who were in authority and used that authority to defend the indefensible, hiding it under the carpet. Not all of the people were bad. Most were sincere and genuine. But in standing by silently they too contributed. As God's Name was defiled He was given the blame.

There is no one perfect – all of us have sinned and fall short of God's glory (Romans 3:23). But to receive Salvation we must acknowledge and repent of our sins - personally, nationally and generationally to obtain God's forgiveness and mercy.

Tomorrow Saturday 16/1/21 – Christians from both north and south are holding a National Day of Prayer from 11am-2pm. You can part-take by watching live on Christian Voice Ireland's Facebook, YouTube or Instagram pages. Repentance and prayer is how healing, transformation and freedom will come (2nd Chronicles 7:14). Please join us in praying for Ireland and our people.

**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.



## NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers. Miracles waited on your world which you were ever ready to speak for those in trouble and anxiety. Encouraged by this thought I implore of you to obtain for me my request...(mention request). The answer to my prayer may require a miracle. Even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, intercede for me and the gratitude of my heart will ever be yours. Amen.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. (Make request). O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanks giving for favours received. And thanks to the universe.

## NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers. Miracles waited on your world which you were ever ready to speak for those in trouble and anxiety. Encouraged by this thought I implore of you to obtain for me my request...(mention request). The answer to my prayer may require a miracle. Even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, intercede for me and the gratitude of my heart will ever be yours. Amen.

## 1ST ANNIVERSARY

IN LOVING MEMORY OF  
MY MOTHER  
AND MY BEST FRIEND

**PATRICIA (PAT)  
GOODWIN**  
(NÉE O'SULLIVAN)



LATE OF GLASHEEN, CORK,  
AND  
KNOCKANINANE WEST,  
KILLARNEY  
WHO DIED ON  
20TH JANUARY 2020

Today is such a painful day  
full of sadness and grief for me,  
as I mourn the moment that you left  
recalling how life used to be.

You were someone very special  
who left your mark on so many lives,  
Things just haven't been the same  
since we said goodbye.

This heartfelt message is for you,  
I miss you more than words can say,  
the world lost someone precious  
on the day you went away.

All I wish is that once more  
before I lower the light....  
I could kiss you once again  
and say "I love you Mum, Goodnight"

**I love you to the ends of the earth and  
back again Mum,  
your daughter, Áine xxx**

**Also sadly missed by your son Gerard,  
Sadie, and family.**

**FIRST ANNIVERSARY MASS**  
will be held on Sunday 24th January  
at 12noon  
<http://www.smawilton.ie>

## NOVENA TO THE SACRED HEART

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

## ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF  
**EILEEN  
O'DONOGHUE**



WOODLAWN PARK,  
KILLARNEY AND FORMERLY OF  
DROUMDUHIG, BALLYHAR  
WHO PASSED AWAY  
ON THE 15TH JANUARY 2020

As we lovingly remember Eileen on this her  
first anniversary, brother Jerry, sister Bridie,  
brother-in-law Paschal, sisters in law Mary  
and Anne., nephews, nieces and extended  
family would like to express our most sincere  
gratitude and appreciation to everyone who  
sympathised and supported us during this  
difficult time. We thank those who attended  
the removal and funeral mass, those who  
travelled long distances, those who sent  
mass cards, flowers, messages of sympathy  
and condolences.

Sincere thanks to her very dear friends who  
supported her right throughout her illness.  
Thank you to Fr Niall Howard who  
celebrated Eileens requiem Mass and also  
Fr Denis O Mahony who joined us in prayers  
at the graveside. We remember the late  
Sr. Scholastica who recited the rosary. Our  
thanks to Tadhgíe the Sacristan and Helen  
for the beautiful music.

We would like to sincerely thank all those  
who cared for Eileen over the past number  
of years. A special thank you to Dr Johnson  
and the staff of Deenagh Medical practice  
who cared for Eileen throughout her illness.  
To the public health nurses and home helps  
who were all so kind to her. To the staff of  
the Bons Secours and University Hospital  
Tralee for their caring and professionalism  
to Eileen over recent years. A special thanks  
to the Doctors and nurses of St. Vincent's  
Dublin and to St. Francis Hospice Blackrock  
where Eileen spent her final hours.

A special word of thanks to all her former  
work colleagues who attended Eileen's  
funeral and formed a guard of honour.  
Thank you to Mike and Mary O Shea  
Funeral Directors for their kindness and  
professionalism as well as the gravediggers  
who prepared Eileen's final resting place.  
As it is impossible to thank everyone  
individually please accept this  
acknowledgement as a token of our  
appreciation. The Holy sacrifice of the mass  
will be offered for your intentions.

**ANNIVERSARY MASS**  
16th January 2021 at 18.15 in  
St. Mary's Cathedral

## 21ST ANNIVERSARY

IN LOVING MEMORY OF  
**BRIDIE HEALY**



LATE OF OLD BRIDGE,  
HEADFORD  
WHO DIED ON 13TH  
JANUARY, 2000.

*The ones we love don't go away,  
They walk beside us everyday,  
Unseen, unheard, but always near,  
Still loved, still missed, still very dear.*

Sadly missed by your brothers Dan and  
Jim, sister Kay and sisters-in-law.

## 3RD ANNIVERSARY

FOND REMEMBRANCE OF

**DENIS  
MAC SWEENEY**



4 ST. ANNES ROAD, KILLARNEY.  
WHO DIED ON JANUARY 2018

*Happy memories we keep for ever  
of times when we were all together  
each of us in our own way  
have special thoughts of  
you today Denis & Joan.*

Sadly missed by your Brothers and  
Sisters xxxxxx

## THANKSGIVING

Praise and thank you Father in heaven  
your loving son Jesus, and the Holy Spirit  
for all the blessings you have given  
me and my family. Praise and thanks to  
our Lady of the Sacred Heart, our  
Blessed Mother, St. Joseph, St. Padre Pio,  
St. Martin, St. Anthony, St. Theresa of  
the little flower, St. Faustina, the Holy  
Souls.

our Guardian Angel and all the Angels for  
their inter sessions to the good Lord for us.  
I trust in this wonderful Prayer, O Jesus I  
surrender myself to you, take  
care of everything, thank you Jesus.  
I believe in the power of prayer.





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