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THIS WEEK

16 : 04 : 21

Killarney actor confirms involvement in proposed acting school.

- See Page 4

GET IN TOUCH

NEWS

news@outlookmags.com

086 0400 958

SPORTS

jimmyosdarcy@gmail.com

SALES

des@outlookmags.com

087 6593 427

DESIGN

killarneyoutlook@outlookmags.com

087 7776 665

MEMORIALS

maura@outlookmags.com

087 7160372

ACCOUNTS

accounts@outlookmags.com

1800 71 40 40

OUR CONTRIBUTORS

- Marie Carroll O'Sullivan - Lifestyle
- Jimmy O'Sullivan Darcy - Sport
- Editorial Contributors
- Billy Ryle - Education
- Leona Twiss - Kerry GAA
- What Women Want - Beauty
- B Well Fitness - Fitness
- Astrid Longhurst - Wellbeing

PHOTOGRAPHERS

- Marie Carroll O'Sullivan
- Contributing Photographers
- Valerie O'Sullivan
- Don MacMonagle
- Eamonn Keogh
- Sally MacMonagle
- Domnick Walsh

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Follow us for the local news that matters



Aisling Crosbie.

FROM THE EDITOR

Spring is a reminder of how beautiful change can be and with the green shoots appearing everywhere, we also welcome the signs of gradual reopening of society.

The extension of the 5km to travel within our county has been welcomed with open arms and Mother Nature has, this week, been very kind.

We have a busy magazine for you this week, lots of our advertisers have some amazing offers and we encourage you all to remember to shop local. Whether it's the butcher, the bookstore or the barista - local business need our support now more than ever as they navigate tentative steps on the road to recovery.

HELPFUL CONTACT NUMBERS

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

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View from the top of Cardiac Hill Killarney on a beautiful April morning.

PICTURE: EILEEN SWEENEY

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KILLARNEY ACTOR CONFIRMS INVOLVEMENT IN PROPOSED ACTING SCHOOL

Following initial reports in last week's Killarney Outlook that the Fassbender family had submitted planning for an Acting School at their premises in the West End House in New Street in Killarney, it has been confirmed this week that local actor Donal Courtney will be involved in the running the school. Speaking to the Killarney Outlook, Donal said that as the application was still at the planning stages he wouldn't be able to comment further. "When we have news, you will be the first to know, Donal said. "Both Michael and I are very mindful of how Killarney and the local media have supported us always", he added.

Donal, the son of the late Cllr. Michael and Sheila Courtney from Ardshanavooly graduated from the Gaiety School of Acting in 1991 and since then has worked in theatre and television both in Ireland and abroad.

His one man show - God Has No Country - has toured the world. Donal portrays the life of Monsignor Hugh O'Flaherty, and his war time exploits in Rome. The play focuses on O'Flaherty's struggles as he and his colleagues set about the task of protecting those in need from the German occupancy of Rome.

Donal has vast experience in the world of theatre, television and film, having appeared in The Tudors (BBC) Maru (TG4) and Fair City (RTE) He has also appeared in the Irish short film Cutting Grass alongside John Hannah and Irish feature The Gift.

He has directed many plays including the works of Friel, Wilde, Shaw, Bolger and Sophocles.

His theatre work includes The Man from Clare (Gaiety), The Chastitute (Gaiety) The Importance of being Earnest (Siamsa Tire) The Crazy Wall (Siamsa Tire) Sive (Nationwide Tour) Romeo and Juliet (Nationwide Tour) In High Germany (Bewleys Café Theatre) Homefront (Andrews Lane) and Antigone which toured to ancient arenas in Greece and Austria.

Donal introduced Michael Fassbender to the world of acting when he set up a local theatre company called Bricruí and the now Hollywood actor was one of the first to sign up for a workshop at St. Brendan's College where he attended. They became firm friends from then. The Fossa man went onto star in films including 12 Years A Slave, Hunger, Steve Jobs, Assassin's Creed, Alien and X-Men to name a few.

In 2016, he was inducted to the Order of Innisfallen for his contribution to boosting Killarney's profile worldwide.



Michael Fassbender pictured with Donal Courtney at the Order of Innisfallen Induction. Also included are Donal's family Adeline, Fila and Jonah. Courtney. PICTURE: VALERIE O'SULLIVAN



Michael Fassbender.

The award was presented at a reception followed by a Black Tie Ball at the Europe Hotel and Resort, close to where Michael Fassbender went to school.

At the ceremony, Michael thanked Donal Courtney saying...

"You are more responsible than anyone for me receiving this honour, as it was you who introduced me to acting. It was your passion and guidance that led me to working with the best in



Donal Courtney.

the business, so thank you Sir".

Fassbender's parents, Josef and Adele own the West End House which was previously their restaurant. They still live in Fossa, where Michael attended Primary School and where he was an altar boy at the local Prince of Peace Church.

Michael Fassbender currently lives in Portugal with his wife, Swedish actor, Alicia Vikander.

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Killarney Author features in *Cork World Book Fest*



With a multibook deal under her belt with a major publisher, Killarney author Olivia Hope, writing under the name Olivia Hope, will be one of the writers on the popular Getting Published information day as part of Cork World Book Fest this April. This year Cork World Book Fest goes online and will virtually welcome Irish and international writers to Cork for an extravaganza of books, writers, readers and a guide to getting published.

Seven years ago, Killarney native Olivia Hope pitched her first children's book story at a Getting Published event in Cork City Library to literary scout Vanessa Fox O'Loughlin. Vanessa Fox O'Loughlin not only writes crime fiction as Sam Blake but is also the founder of The Inkwell Group publishing consultancy and the hugely popular national writing resources website Writing.ie.

Olivia credits this meeting with Vanessa as the turning point of her writing career and the most critical step to her becoming published author. Vanessa was so compelled by the story Olivia wrote that she took her book to the London Book Fair where she met the head of the Darley Andersen Literary Agency's Children's

Division, Clare Wallace, and Clare loved it. Clare now represents Olivia who has three books on the way with a major publisher and many more in the pipeline. You'll soon be seeing Olivia Hope's name everywhere! Olivia now works for The Inkwell Group critiquing picture books and teaches creative writing, as well as working for Siamsa Tíre as an associate artist and with the Irish Arts Council on the Creative Schools programme. At this year's Writing for Children event, Vanessa will find out what's happened on Olivia's journey and her tips for children's writers. This will be an hour packed with information with lots of time for your questions - and discussions will cover all areas of children's writing as Olivia has experience across the board.

As part of Cork World Book Fest, Vanessa will also be holding workshops with published authors and literary agents on how to get published, pitching to agents and perfecting the all-important first chapter.

The Getting Published day is part of a weeklong series of events run by Cork City Libraries with the aim of celebrating great writing and books from around the world.

So, if you want to take your first steps as a published writer, like Olivia Hope did, or simply love good books, visit Cork World Book Fest for more information: <http://corkworldbookfest.eventbrite.com> or www.corkworldbookfest.com

Volunteers *clean up the lake shore*

Volunteers do not necessarily have the time - they have the heart and following reports of littering on the lake shore, a group of local volunteers have taken on the task to ensure that our stunning town is being kept clean and tidy.

On the first day the group cleaned Flesk Valley Lake Shore and the 12 volunteers collected 20 bags of rubbish.

The clean up was necessary following reports of parties taking place on the lake shore with those involved, leaving the area strewn with rubbish, bottles and cans.

"Last Friday we met at Ross Island where they picked up 30 bags of rubbish", Eoin O'Sullivan, one of the volunteers told Killarney Outlook.

The group has now grown to over 25 and are meeting again this weekend. "If you are interested in volunteering, the group are meeting this Sunday morning at the entrance to the Demesne at 9am", Eoin said.



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SUMMER BOOKINGS SHOW SLOW RECOVERY

Low levels of bookings being reported nationally are pointing to long road to recovery for hotels in Kerry.

The latest industry survey from the Irish Hotels Federation shows early signs that hotels in certain parts of the country are beginning to see an uplift in bookings for July and August. This follows the Government's recent announcement that it will look at the reopening of hotels and guesthouses in June. With booking levels nationally averaging 23% for July and 21% for August - the key summer months - Bernadette Randles, Chair of the Kerry branch of the Irish Hotels Federation, is encouraging people to plan their holidays and breaks early while there is plenty of choice and availability around.

Ms Randles says the positive developments around the vaccine roll-out coupled with the Taoiseach's announcement around the reopening of hotels have allowed hotels in Kerry and across the country to start planning towards reopening. "However, as the latest IHF survey shows, there is still a long way to

go before hotel occupancy reaches even last summer's levels. Recovery will be a challenge for the hotel sector this year, requiring continued Government support through to 2022, when the tourism industry should start to recover in earnest."

"Staycations were a real positive last summer and we expect booking levels to continue to rise over the coming weeks. Not surprisingly, as indicated by our latest survey, we would expect to see stronger demand in coastal areas, popular tourism destinations and hotels offering packages and facilities for families. This is reflected in the South West, including Kerry, where occupancy levels at 35% for July are slightly ahead of the national average. There is excellent value available. Guests should contact hotels directly to find out what special offers are available and shop around."

While the extensive availability across the country may be good news for consumers, it highlights the ongoing challenges facing the hotel sector. "Tourism supported some 15,700 livelihoods in Kerry before Covid-19 restrictions, contributing



€592 million to the local economy. Hotels are focussed on restoring employment levels as quickly as possible. While employment and business supports to date have been very welcome, it is essential that the Government now provides greater clarity and certainty now around supports into 2022 and beyond.

Ms Randles said hotels also require a clear commitment from the Government to retain the 9% tourism VAT rate to assist recovery and secure a viable and sustainable future for the industry. "Wait and see is not a sustainable business strategy," Ms Randles added. The IHF survey was carried out on 6-8th April and the results are based on the response of 330 properties with 32,850 guest rooms spread across the country.



ANY NEWS?

Contact: Aisling Crosbie

T: 086-0400958 | E: news@outlookmags.com

Outlook

FREE CULINARY ARTS TRAINING THIS SUMMER

As the country emerges from the COVID-19 pandemic, a new fully funded course has been launched to address the skills gap and staff shortage in hospitality and tourism sectors in County Kerry.

The upcoming Certificate in Culinary Arts (Food Preparation and Cooking) starts on Monday 10 May 2021.

The course is fully funded, so no fees are payable. It runs for 20 weeks full time and aims to develop a range of basic food prep, cooking and culinary arts skills.

Only 8 places are available.

This is a pathway course targeted at those who wish to start a career in the culinary arts, food preparation or progress to the National Commis Chef Apprenticeship Programme. Each learner will be based in an industry standard production kitchen at Kerry College's Clash Road Campus and will have their own workstation.

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BUSINESSES JOIN FORCES

to boost Reeks plan



Pictured are Jens Bachem, Chair (right); Clíodhna Foley, Vice Chair and Declan Falvey, Treasurer.
PHOTO: RIONA MACMONAGLE

Peter Keane, businessman and Kerry football manager is among a number of people who have come together to help fund an ambitious marketing and promotional plan that aims to boost tourism and economic development in the Reeks District over the next three years.

Funds raised by the 20-plus member group alongside the subscriptions of the tourism organisation's members will lead to an investment of €500,000 by the end of 2024 to help fund activities that promote the region on both the domestic and international markets and sustainably increase visitor numbers to the Reeks District. Marketing of 'shoulder season' visits will be one particular focus of the campaigns.

Tourism is seen as a valuable area of growth for the Reeks District, which spans from Inch Beach to Glenbeigh and includes the Ireland's highest mountain Carrauntoohil. Like many other regions, it has suffered due to the effects of the Covid-19 crisis, and the cash injection is set to help build on the pre-pandemic success of the region following its 2018 re-brand from Mid Kerry.

Chair of the Reeks District Jens Bachem said: "We would like to thank the local business owners for their belief in the Reeks District project. We look forward to working with them, Kerry County Council, South Kerry Development Partnership and other groups to help us reach further successes. Every region has been hit hard by Covid-19 and the Reeks District is no

different, but if people pull together, a huge amount can be achieved. While our plans are ambitious, we believe we have a track record of producing strong results against the odds. It is no more ambitious than Reeks District being named one of Rough Guides' top six destinations in the world to visit in 2019, just 18 months from launch."

Local business owner and Kerry football manager of Peter Keane commented: "I am proud to join others in supporting this initiative. Before I moved to Killorglin, my parents were Cahersiveen hoteliers, so I have a keen appreciation of how tourism can be transformative for the local economy, helping grow jobs, improving infrastructure and attracting further investment. I look forward to seeing the Reeks District prosper as we battle back from the Covid crisis and beyond."

Moirá Murrell, Chief Executive of Kerry County Council said: "Kerry County Council welcomes the preparation of the new Reeks District marketing plan which will complement our county plans and position the region at the forefront of activity and outdoor tourism once domestic and international travel resumes."

Noel Spillane, Chief Executive Officer of South Kerry Development Partnership Ltd added:

"Tourism is vital to the economic development of rural communities. When done in a sustainable manner, it can help preserve the environment, boost off-season revenues, create hundreds of jobs and develop infrastructure – all significant areas in a post-Covid landscape. The Reeks District group has done some great work in that regard and we very much look forward to working with them going forward."

Those looking for more information on how they can support the Reeks District should visit <https://reeksdistrict.com/about/>

RYAN RAISES OVER €3,000 WALKING THE RING

Cycling the Ring of Kerry is a mammoth task for anyone, but spare a thought for Ryan Looney who has virtually walked the Ring of Kerry with his family, mom Brigitta, dad Aengus and sister Ava to raise funds for his school.

Thirteen year old Ryan has autism and has completed the 200km within 28 days for his school buddies in St. Francis Special School, where he is a student.

The money raised will go to the SFSS Parent's Autism Support Group and will be used for private therapies such as speech and language therapy carried out by Kerry Speech

and Language clinic. The children get 1:1 SLT sessions. "Ryan has been walking non stop all through his Easter Holidays, he has been walking over 10k a day and now has over 160k done. As his back in school now and his busy his doing the rest of the challenge in the evenings smaller walks", his mum Brigitta told Killarney Outlook.

We have a facebook page set up " Ryan's Virtual Ring of Kerry Walking Challenge and GOFUNDME link to help him raise funds and he is accompanied on all of his walks by his trusty pal, his dog Izzy.





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Sides

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

Lions Club announce IT Access support for Killarney schools

Funding to allow equal access to IT Students in the three Killarney secondary schools has been announced by Killarney Lions Club. St. Brigid's Presentation Secondary School, Killarney Community College and St. Brendan's College will each receive €750 to help meet increased IT needs arising from the Covid19 pandemic.

Principal at St. Brendan's Mr. Sean Coffey said the money would assist the strategic support of a number of students in accessing the curriculum: "Appropriate devices have become key for engagement in education by all students. This assistance will allow targeted support to be delivered where it is most needed", Principal Coffey said.



Pictured at The Demesne, Killarney National Park close by to our three secondary schools were L-R Denis Doolan, Killarney Lions Club, Lauren Fleming Killarney Community College, Cuan O'Callaghan St Brendan's College & Martha Doolan St Brigid's Presentation Convent and John Fuller, President of the Killarney Lions Club. PICTURE MARIE CARROLL-O'SULLIVAN

"We are very aware of how young peoples' experience of school has changed, and it has put pressure on some families. We hope this support will enable second-level schools in Killarney to help students and families who may be disadvantaged by what has happened over the past year", President of Killarney Lions Club John Fuller said.

Highlighting the need for new technology, now more than every, Principal at Killarney Community College, Ms. Stella Loughnane, said "Schools now function in a very different space to that of only a few short years ago. ICT enhances all subject areas and provides schools

an opportunity to keep students engaged in their learning during these uncertain times".

Also welcoming the news, Ms. Róisín Moore, Principal at St. Brigid's Presentation Secondary School stating that the financial support offered by the Killarney Lions Club will further strengthen the school's ability to support students whose engagement with remote learning was compromised due to difficulty accessing devices. "The school provided in excess of 40 devices to students during the period of school closure. However, some of these devices are reaching end of life. The Lions funding will enable us to address this".

Life is better *when you dance...*



Despite lockdown, Catherine Young and her associates have been busy bringing dance into the homes of people of all ages across Kerry. As part of her Kerry County Council residency, co-funded by the Arts Council and Creative Ireland Kerry, Catherine Young, with Jade O'Connor, and assisted by Kristyn Fontanella, ran online dance classes "MOVE IT" for the over 50s, adults and children in February and March. With class sizes ranging from 15 to 60 participants, there were over 300 individual engagements with the classes, showing the great interest and enthusiasm for dance in the

county. Catherine and her associates also ran two rounds of FUNK & FOLK - multicultural dance weekends with Siamsa Tíre covering a wide range of funk and folk styles from all over the world with lead dancers from Riverdance and masters of House/Hip hop teaching from NYC.

The weekends were a huge success with over 600 people in total learning styles such as tap, flamenco, West African, Afro-Haitian, Afro-Brazilian, Sean Nos, Munnix Irish, Irish Step dance, House dance and Hip-Hop.

Catherine is going to focus on her own

professional work during April and May but will be back with opportunities for community involvement later in the year.

"I will be working on a documentary film as part of the research and development for my new show 'Floating on a Dead Sea', she explains. "This was due to premiere at Dublin Dance Festival in May but that is on hold due to Covid19.

"I would love to get The Welcoming Project back live outdoors if regulations allow and I will be working with a group from that project as part of a new feature film called 'Provision' by Frank Berry. Frank saw my work in the Abbey back in 2018 and wants to open his film, about Direct Provision, with dance."

"Catherine Young is a fantastic asset to Kerry," says Cathaoirleach of Kerry County Council, Cllr Patrick Conor Scarteen. "She has built up a network of dance in Kerry across all ages, with a truly diverse mix of people, strengthening our county's social cohesion and resilience."

To stay up to date with dance opportunities with Catherine Young follow @KerryCoArts on twitter and facebook and check out www.kerrycoco.ie/arts

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Prescription for a Brighter Future *help for Alcohol Dependency*

With the pandemic, problem drinking is causing huge difficulties in everyday family life. Home sales of alcohol have surged, and the problem is escalating.

A recent report from the Royal College of Psychiatrists suggests 19% of the adult population drink too much. We all know of someone who suffers from alcohol addiction, but available treatments have been ineffective, very expensive, or both. Public services have been hopelessly underfunded and under-provided. For decades, we have had to rely on outdated beliefs that demand immediate abstinence from the outset. But this is impossible to sustain for most dependents and alcoholics. So those treatments fail.

Now that changes. **The NalPlan Clinic, an Irish MedTech startup**, has just launched their online service providing alcohol treatment. Programs commence with initial video consultations with NalPlan's Medical Director and one of their specialist cognitive behavioural therapists. Treatment does not require immediate abstinence. In fact, NalPlan advises patients to continue drinking moderately for the medication to ease the cravings and for the CBT counselling to train the body to thrive without drink. This process is known as 'pharmacological extinction'.

While patients continue life and work as normal their 12-week online treatment program is pursued discreetly on a secure system using video calls on their phone, tablet or laptop from the comfort of their own homes. The program does not demand

detox or immediate abstinence, nor any consequent withdrawal symptoms. There is no life disruption and no public exposure. Residential rehab is not required, nor the consequent huge disruptions to family life, career and finances. **The new online service provides proven treatment with a 78% success rate.**

The Health Innovation Hub Ireland (HIHI) are enthusiastic in their support for The NalPlan Clinic and its introduction to support the HSE and the Irish health system. HIHI have concluded a study on the effectiveness of the NalPlan approach and have published their report. The opiate-blocker medication used is approved by the HPRA in Ireland and the MHRA and NICE in the UK for this application. The NalPlan Clinic is regulated by the UK health regulator, the Care Quality Commission (CQC), following a four-month evaluation of the service there.

Jeffrey, a 56-year old professional says "The combination of the medication and the counselling greatly helped me get my drinking under control. I feel a lot better now, thanks to the decreased drinking." Jeffrey still enjoys around five pints of beer per week and can happily now control that.

The treatment is effective, safe and adaptable to people's life needs. **NalPlan has an introductory offer which is a fraction of what detox- and -rehab treatments cost.**

Find more details at www.nalplanclinic.uk or call on 087 911 2212 in Ireland or +44 20 3900 0242 in the UK.



Scotia Clinic Hosts The Launch Of *New Breastfeeding Guide*



Anna O'Donoghue, Lactation Consultant and Practice Nurse.

Scotia Clinic Tralee hosted the launch of 'Your Guide to Breastfeeding' by Anna O'Donoghue, Lactation Consultant and Practice Nurse on Thursday, April 8th. This resource provides guidance and reassurance to new Mommies while nursing their babies. Anna has been a practice nurse for the past 17 years and has been working with Scotia Clinic for the past eight. She has written numerous articles for her peers and provides a wealth of resources to her patients. In this booklet Anna provides practical advice on all aspects of breastfeeding such as what to expect in the first two weeks after birth while establishing your breastfeeding to common issues that arise with breastfeeding. Many new mothers question if their babies are getting enough milk, and this is outlined within the booklet, including a guide to amounts depending

on age. There is also an illustrated guide to show Mom different positions while breastfeeding along with useful tips on expressing and storage of milk. During the pandemic Anna has adapted the way she provides support to her patients. She can provide consultations via phone/email or in-person along with posting useful information within her social media platforms. Classes are also available online and include a follow up phone call with Mom to ensure all is going well.

If you are welcoming a new addition to your family or are having challenges with your new baby, you can contact Anna on 087-285-1915 and she can arrange a home visit.

Anna is the proud Mom of three lovely babies all delivered by Dr. Mary McCaffrey, so she understands the challenges and rewards that come with being a Mom.

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help for Alcohol Dependency



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Imelda May Announces INEC Date

Imelda May has, this week, announced Irish dates for her *Made To Love* tour in support of her highly anticipated new album '11 Past The Hour'.

These dates include the Gleneagle INEC Arena on May 7th 2022 and tickets go on sale today, Friday 16th April at 10am.

Singer and songwriter Imelda's sixth studio album '11 Past The Hour' - her first new music in four years - is a record that brims with sensuality, emotional intelligence, spirituality and intuition, marking a new chapter for Imelda and showcasing her at her most authentic. With pals and collaborators like Ronnie Wood, Noel Gallagher, Miles Kane & Niall McNamee, and with inspired contributions from feminist thinkers and activists such as Gina Martin and Dr Shola Mos-Shogbamimu, the album is an invigorating blast of rock'n'roll, with a purpose.



Local singing Deacon raises €3,500 for Trócaire

Singing Deacon, Rev Thady O'Connor, who is based in the Castleisland Parish has sold 500 copies of his new CD titled 'We need Jesus now more than ever' and has raised over €3,500 for Irish Aid charity Trócaire.

From Killarney, local singer Thady and son in law Fergus O'Sullivan recorded the song to support Trócaire's annual Lenten campaign. This year's campaign focuses on people who are trapped in long-running wars, such as those affecting places such as South Sudan and Somalia. Generations of people in these countries have been forced to live through conflict.

Thady decided to get behind Trócaire's Lenten campaign after Trócaire warned that up to one-third of its annual donations had been put at risk after Covid-19 restrictions severely curtailed the distribution of Trócaire boxes during Lent.

The charity's Lenten Appeal launched in February but social and travel restrictions, including school closures and the suspension of Masses, meant that for the first time in almost 50 years many Kerry homes were without Trócaire boxes this year.

The CD is selling for €5 and a limited number are still available at Castleisland Parish shop. To support the campaign go to trocaire.org.

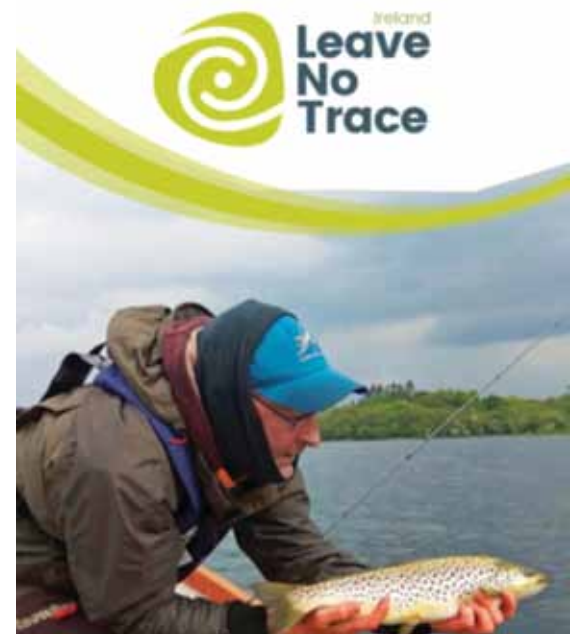


Outdoor recreation guide launched for anglers in Kerry

Inland Fisheries Ireland (IFI) in collaboration with Leave No Trace Ireland has launched an outdoor recreational guide for angling in Kerry and nationwide based on the 7 Principles of Leave No Trace. Anglers are custodians of our natural fisheries resource and this leaflet is a short guide for anglers on how they can minimise the impact their fishing trip can have on the environment. The guide is also a useful checklist for anyone enjoying the outdoors with the Principles being key reminders of how to reduce the effects we have on the natural world.

The 7 Principles of Leave No Trace are:

- Plan Ahead and Prepare
- Be Considerate of Others
- Respect Farm Animals and Wildlife
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- Leave What You Find
- Dispose of Waste Properly
- Minimise the Effects of Fire



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How much should I insure my house for?

Your house is your most valuable asset and insuring it for the correct value is crucial in order that you are fully protected. Your property should be insured for the reinstatement cost and not the market value. In other words the cost of rebuilding the house excluding the site value.

It is very important to note that under insurance can have a serious effect on any future claims settlements. All policies include an "Average Clause" which means in the event of under insurance any claims settlement can be reduced in value in proportion to the degree of under insurance.

Where, for example, the Sum Insured is only 75% of the total reinstatement cost, you will receive 75% of the agreed cost of reinstatement, whether the claim is made for partial reinstatement or total loss.

For example, in the case of a house insured for €270,000, where the total reinstatement cost is €360,000, the insured party would receive only €270,000 to reinstate the house in the event of a total loss. The Insured would therefore be obliged to provide the balance of €90,000.



Similarly if there is a partial loss such as a water damage incident, which costs €60,000 to repair,

the insured party would only receive €45,000, and would have to provide the balance of €15,000.

The base rebuilding costs in the south west region are running at €160-€170 a square foot in the latest guide. These costs have increased steadily over the past few years and takes into account the most recent building regulations, professional fees, demolition costs and VAT.

The basic reinstatement costs issued by the Institute of Chartered Surveyors are average base costs on estate type houses built since the 1960s. You should make provision for better than average kitchen fittings, built in wardrobes, finishes and other above average items. Special finishes, fences, walls, or Garages would also need to be included. I would recommend that you review your reinstatement sum insured on an annual basis and in order to get a definitive individual reinstatement value on your house you should contact an independent qualified surveyor.

The Institute of Chartered surveyors review rebuilding costs nationally and issue an annual report along with a handy calculator, this can be found at www.scsi.ie

CALL FOR A CHANGE TO TAP HEADS TO PREVENT SHEEBEEN SALES

A Killarney councillor and publican is calling on the VFI and the LVA to lobby the breweries to change the tap head on all barrels for licenced premises in an attempt to control draft beer sales and help the industry get back on track when restrictions lift.

Speaking to the Killarney Outlook this week, Cllr. Niall Botty O'Callaghan who runs the family business, The Failte Hotel on College Street, said there are a lot of sheebens being set up which are being run with no overheads.

"If the breweries were able to change the tap head on all the barrels for pubs only, this would go some way to stopping the illegal sale of alcohol in these premises", he said.

"I have no problem with people enjoying

a drink at home, but when people are charging for draft beer in their own homes it will have a devastating effect on our already damaged industry", he added.

"The overheads for publicans are very high, Niall said, "I pay €1,250 per month so my customers can enjoy Sky TV in the bar, whereas in the illegal sheebens, are using their domestic satellite TV which cost a lot less than that", so as you can imagine it is very difficult for publicans to hear about beer kegs being installed in private homes and sheds", he added.

"We want our customers back, enjoying the atmosphere of the pub, meeting up with their friends and the only way that this can happen is if we stop the illegal selling of alcohol in sheebens", Cllr O'Callaghan said.



Cllr. Niall Botty O'Callaghan.

DIVANES AWARDED VW COMMERCIAL RETAILER OF THE YEAR

Divanes Volkswagen Kerry has been awarded Volkswagen commercial vehicles retailer of the year 2020.

The team at Divanes are delighted to receive the award in recognition of their ongoing commitment and dedication to the brand. We are proud to have delivered the number 1 brand in Kerry and the top performance nationally, a spokesperson said.

All the Team at Divanes would like to sincerely thank all our loyal customers who support us in order to achieve this fantastic award.



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St. Brigid's *Down Memory Lane*



Sheree Murphy Teacher and PRO of St. Brigid's Presentation went down memory lane this week with one of the schools past Orla Benson Award winners **Rhonda Healy (Née Daly)** originally from Fossa but now living in Aghadoe.



S: Hi Rhonda, what year did you graduate from St. Brigid's?

R: Hi Sheree, I graduated in 2001, it's so hard to believe it's 20 years ago, it only seems like yesterday.

S: Were you involved in any extracurricular activities in school?

R: Yes, so many! I really loved being involved in things. I was on the Student Council, Public Speaking Team and School Choir. I wasn't the sportiest, but I always supported my classmates on the Basketball Team, cheering them on from the side-lines. My main extracurricular at the time was playing the flute with the Gleneagle Band. I was in the band for over thirteen years. It opened so many opportunities for me and I made friends for life there, including yourself!

S: *Smiles* Any memorable moment from being involved in these extracurricular activities?

R: Yeah, I remember my friend Sarah and I put together a Yearbook for our classmates when we were approaching our final days in Sixth Year. I still have the book and it's a lovely memento to look back on.

S: What a lovely keepsake to have! I know

you were an Orla Benson Award Winner. Can you remember how it felt when you were announced the winner?

R: I'll never forget it! The students and staff were all gathered in the school gym for the announcement and when they called out my name, I couldn't believe it, it was such a wonderful honour. I think there were so many other girls in my class so deserving of it for lots of reasons. It's a privilege to be counted amongst the Orla Benson award recipients and thank you to all those who chose me. My sister Laura received the award a couple of years later and it's so lovely to be able to share that experience with her!

S: What was your favourite subject in school?

R: I always loved Music. It was where I was in my comfort zone. My main extracurricular interest was music, so I worked hard at it. I went to flute lessons, theory lessons, band practice etc. I had wonderful music teachers, and, in their classrooms, it came easily to me and I really looked forward to my music classes each week!

S: Who was your favourite teacher?

R: I have had so many wonderful teachers over the years who were amazing people too. It's a pity I can't mention them all here. I always have great respect for them. However, if I could only pick one it would have to be my English Teacher. He encouraged us to read between the lines and see what wasn't on the page. He encouraged me to write too and I still enjoy writing and journaling in my spare time. I have a great love of reading and literature which I try my best to pass on to my pupils in the Mercy.

S: That is fabulous. What is your favourite or most memorable lesson?

R: My most memorable lesson was the Pythagorean Theorem lesson by my late maths teacher, Mr. O Connell RIP. He had a great way of making it so clear and easy to understand.

S: Did you make lasting friendships and are you still in contact with old school friends?

R: Definitely! We had the loveliest group of girls in the Class of 2001 and luckily, I've remained in contact with many of them over the years.

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

R: Absolutely. I had a very important chat with the career guidance counsellor, Mr. Sheehy. I had always wanted to be a Primary Teacher even as a little girl. For some reason I didn't believe I could get the points for it, despite the fact I studied so much. I had lost my self-confidence. He believed in me and encouraged me to go for it and I never looked back! Thanks Eddie! I love what I do every day. It's such a privilege to guide enquiring young minds.

S: Was there any one teacher or incident which put you on the path to your success?

R: I remember my Irish Teacher helped me so much with my Gaelige. She knew I needed an excellent standard of Irish for Primary Teaching.

We worked out a plan early on and she even met interested members of our class one weekend for a "ciorcal cainte."

S: Would you change anything about your schooldays?

R: I have no regrets. I always tried to be kind to people and remain focussed on my studies. I always say to my pupils, "You get out of school what you put in. You can only do your best. Everything after that is a bonus."

S: Very true! Who was the biggest joker in your year?

R: After all this time I couldn't possibly tell on her now!

S: *Laughs* Tell me a funny moment from your days at school?

In Fifth Year, we were on the school Ski Trip to San Valentino in Italy. I decided to stay on the bunny slope the whole week enjoying the less risky, beginner ski lessons. On the final evening there was a timed ski race organised for us. Terrified, I closed my eyes and hoped for the best, as I sped down a steep hill at top speed into third place! My friends were chanting my name as I prepared to slam into a tree or something on my super-fast skis! We laughed so much! The instructors couldn't believe I took the bronze medal after my week on the beginner's slope but in truth I couldn't even slow down on my skis, let alone stop!

S: That is gas, something similar happened me but as a teacher not a pupil when I went on the school ski trip with 2nd years last year. My colleague Stephanie Horan still laughs about it so I can relate!!!! What were your main goals in school?

R: To get along with everyone, participate fully always and to do my best with my studies.

S: How do you think your teachers would describe you?

R: Diligent, determined, positive, and kind. I hope!

S: What advice would you give current pupils in the school?

R: My advice is you don't have to be the smartest or most popular person in the world, but you can choose to be the kindest. Kindness is something our parents always instilled in my sister and I growing up and we learned from their example. Be kind to people. They may forget what you said but they never forget how you make them feel, so be kind.

S: Amazing words I can see how you were a well deserving recipient of the Orla Benson Award! Thank you so much Rhonda for taking the time to do this interview.

R: It was great chatting with you Sheree. Stay safe!



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€3 MILLION FOR KERRY IN LEADER FUNDS

Minister Foley welcomes announcement of over €3 million in funding for Kerry under the LEADER programme

Minister for Education and Kerry TD Norma Foley has welcomed the announcement of over €3 million in funding for LEADER projects in Kerry. The LEADER programme funds projects in Kerry under a range of

themes that include enterprise development, rural tourism, social inclusion and the environment.

Minister Foley said: "I welcome this funding announcement which is very positive news for all LEADER groups across Kerry. This timely announcement of €3 million in funding will help and support invaluable community projects across the county."



Government and Oireachtas must urgently ratify EU Next Gen Recovery Fund - MEP Kelleher

- Ireland one of 10 countries yet to ratify Own Resources Decision -

Fianna Fáil MEP, Billy Kelleher has written to An Taoiseach requesting that the Government urgently proceed with the ratification of the Own Resources Decision that is needed to enable the EU's Next Generation Recovery Fund to go to the private markets to raise capital.

Kelleher was commenting after the EU Budget Commissioner Johannes Hahn said that more urgency is needed from national governments if the June deadline for going to the markets and the deadline for issuing the first tranche of support to Member States are to be met.

"This is a €750 billion fund to help the EU's member states recovery from the current economic crisis. Comprised of both grants and loans, it will support countries to become more sustainable and digital.

"Ireland is one of 10 member states that have yet to ratify the Own Resources Decision through domestic legislation. I believe the Oireachtas should move quickly to ratify this important plank of Ireland's commitment to the Next Generation Recovery Fund.

"This fund was agreed in summer 2020; even if all countries ratify by June, they will only be able to start securing private funds on the bonds market in July - there is no time to lose.

"If the deadline is not met, the EU's plan of allocating €60 to €100 billion by the end of 2021 may not be possible.

"We need to bear in mind that the fund is a temporary instrument. The EU only has until 2026 to raise the money to support the Member States. Time is of the essence. Hopefully the Government can find the time at the earliest possible opportunity to scrutinise this proposal and then ratify it to ensure all EU citizens can receive the benefit of this historic investment commitment," concluded Kelleher.

Ongoing Water Bursts In Beaufort No Longer Acceptable: Cahill

A Kerry County Councillor has said that the ongoing Water Outages in the Beaufort area are no longer acceptable. Councillor Michael Cahill had recently stated that residents in the greater Beaufort area had been without Water for the fourth weekend in a row. This weekend again residents have to put up with being without water in Beaufort, while the Listry and Faha areas have also been affected.

"These ongoing leaks and bursts are happening in Carnahone, Dunloe, Ballagh and along the Board of Works road down to Kilcoolaght, to name but a few and it is unfair to expect families to put up with this loss of a basic human requirement" said the Rossbeigh based Councillor.

"I met recently with both Kerry County Council and Irish Water to highlight this problem in Beaufort and I impressed upon them the need to fund and carry out a major pipe replacement project for all of Beaufort" stated Councillor Cahill. "I am now requesting an urgent meeting with the CEO of Irish Water, Cathal Marley and I will be demanding that funding be made available as a matter of priority to upgrade the entire water mains network in



Beaufort and that the necessary funding be made available to reinstate the road network following the carrying out of these works" stated the Fianna Fail Councillor. "This is a repeat of the nightmare experienced by residents in Beaufort a few years ago. This is particularly difficult on families in the area with very young children and the elderly, it is no longer acceptable and has to be addressed as a matter of extreme urgency" stated an angry Councillor Cahill.

THE LATE REV. FR. TOM HICKEY

Minister Norma Foley, TD, has offered her condolences to the family of the late Rev. Fr. Tom Hickey, RIP.

"I was greatly saddened to hear of the passing of Reverend Father Tom Hickey RIP. An extraordinarily gifted man he shared his time and talent so generously with the communities he served and the drama groups with whom he worked. Fr Tom spent a lifetime organising and teaching drama throughout Kerry and won numerous awards in a whole variety of drama competitions. As a county we were blessed to experience his giftedness and his genius. Fr Hickey was a wonderful priest serving throughout Kerry including Ballyferriter where he served as Parish priest. He will be remembered with fondness for his generosity, kindness and gentle manner. Ar dheis Dé go raibh a anam dílis.

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8% (APR 8.3%)

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87% OF LEAVING CERT STUDENTS OPT FOR BOTH WRITTEN EXAMS AND SEC-ACCREDITED GRADES



By Billy Ryle

The vast majority of Leaving Cert students have signed up for the written exam in June as well as for SEC- accredited grades. This follows a Department of Education and Skills (DES) decision to give students a choice of a written exam, accredited grades or a hybrid mixture of both. Students who have opted into both methods of assessment will be awarded the highest grade achieved in each subject.

A provisional breakdown of the data released by the State Examinations Commission (SEC) on Monday confirms that 87% of candidates who initially registered for the Leaving Cert plan to take both options in one of more subjects. A total of 6% have opted for accredited grades only, while 2% have decided to sit the written exam only. 5% of candidates have not completed their application but they will have a final opportunity to do so when the Candidate Self Service Portal (CSSP) reopens in late April/early May. From the total of 63,127 who initially entered for Leaving Cert 2021, 60,089 (95%) - 57,082 Leaving Certs and 3,007 Leaving Certificate Applied (LCA) students – have submitted assessment choices.

The SEC figures confirm that individual students have worked out their personal strategy for getting the best out of the hybrid system. The overall figures clearly indicate that many students are concentrating their studies in the remaining weeks on a select number of subjects, rather than sitting all the exams they originally intended to take.

Irish is the least popular written exam with only 58% of students signing up for the written exam. The take up of the written exam in French and German is also low at 69% in each subject. A very impressive 81% of candidates are opting to sit English. The most popular take up of written exams are in the STEM (Science, Technology, Engineering and Maths) subjects, with 84% signing up for Maths, 85% for Biology, 87% for Physics, 88% for Chemistry and a whopping 96% for Applied Maths.

The SEC will continue to engage with schools and students to ensure that it has accurate information for all students who wish to do the exams. However, it's very likely that as many as 3,038 students, or 5%, may have already decided to withdraw from the Leaving Cert. That is a worrying statistic as most of these young people are likely to be from disadvantaged backgrounds and may have lacked the necessary supports during a



1st, 2nd, 3rd and TY students returned to St. Brigid's Secondary school this week since the 22nd of December.

fragmented school year. One hopes that the SEC will make every possible effort to convince this cohort to sign up for the exam when the CSSP reopens in a few weeks. It will also remain unclear, until the written exams are over, how many students will actually sit for all the subjects they have signed up for as some of them may revise their strategy as June draws nearer.

There are some concerns at third-level that the dual system will result in further grades inflation this year and cause CAO points to spiral upwards. However, if both systems are accurately standardised that may not happen as a great deal has been learned from last year's 'calculated grades' experience. Also, the steady hand of the SEC is back in control of running and assessing the exams this year. In addition, Minister for Further & Higher Education, Simon Harris, is promising to provide thousands of additional third-level places in high-demand courses this year in a bid to ease some of the pressure on points requirements.

It's all looking good for Leaving Cert exam students. They now have a great deal of clarity and certainty about the structure of the exam. At this stage, my overriding advice to all of them is to focus totally on good quality study during the remaining weeks. Stay grounded in the moment and try to avoid over thinking about what may happen with points and courses.

CHECKLIST

- ✓ The State Examinations Commission (SEC) runs the second-level exams
- ✓ Students can face up to the state exams with considerable optimism
- ✓ Adjustments to the exam papers will favour the students
- ✓ The stigma of failure has been totally removed from the Leaving Cert exam
- ✓ The Leaving Cert exam is impartial, unbiased and comprehensive
- ✓ The vast majority of students can be certain of doing well in the Leaving Cert
- ✓ The written papers now become the major focus of attention
- ✓ Do your best during the remaining weeks and at the actual exams
- ✓ The SEC Candidate Self Service Portal (CSSP) reopens late April/early May
- ✓ Closing date for late applications to CAO is 5.15pm on 1st May
- ✓ CAO online change of mind facility (free) opens at 12.00 noon on 5th May
- ✓ Leaving Cert exam takes place from 9th June to 29th June
- ✓ Exam timetables are available on www.examinations.ie

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

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KERRY COLLEGE has just announced an innovative 10 week full-time Summer course which provides an opportunity for career changers and career starters and school leavers to explore if a career in IT Support or a related area is for them. It is scheduled to run on-campus at Monvalley in Tralee starting on Monday, 31 May 2021.

Although this is an entry level course, applicants should have an interest in computer technology, enjoy troubleshooting IT relates issues and have good computer skills. The IT Fundamentals course is certified by CompTIA and the Linux Professional Institute.

No application fees, tuition fees, examination fees, or certification fees are payable for this course and places are offered by date of application. Applicants on a qualifying social welfare payment may be eligible for a learner training allowance.

Full details are here: <https://kerrycollege.ie/full-time-courses/it-support-fundamentals-tralee/>
For information on the course or the project activities, contact the Kerry College Admissions Office by telephone on 066 714 96 96 or by email: info@kerrycollege.ie



JUNIOR STUDENTS RETURN TO SCHOOL



1st year students Mary Ellen McGough and Amelie Hussey.



1st year Students Isabelle Sweetman and Ava O'Sullivan.



2nd year students Elizabeth Fleming, Nicole Murphy, Emer O'Keefe and Thi Que Kennedy.



3rd year students Kayleigh Butler, Doireann O'Sullivan and Grace Smith.

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Shake Waffle and Roll

making every day a dessert day



Lovers of all things sweet are in for a real treat (well several treats really) as Killarney's newest business opens on Friday April 16th initially for takeaways ahead of what will be a full opening once Covid Restrictions are lifted.

Shake, Waffle and Roll owned by Jackie Healy Rae is located at the heart of Killarney town on the very popular Scott's Street will open its doors this Friday 16th April for the first time creating an immediate five new jobs.

With an exciting and modern themed menu featuring Shakes, Waffles, Ice Rolls, Smoothies, Pancakes and Sundaes, it really promises to be a hit with all of the family who love a tasty and delicious treat and all at surprisingly affordable prices. And if you are into big hits, you can challenge yourself to name all the famous musical artists who inspired the creative titles on the menu board while you wait.

Apart from the array of some old favourites with many given a trendy modern twist, Shake Waffle and Roll are delighted to bring the Kingdom's first taste of the Ice Roll a world favourite ice cream treat that originated from far off Thailand. Think crepe making with the round iron on which to spread the batter. Make



Jackie Healy-Rae.

the iron freezing cold instead of blistering hot and watch the magic unfold before your eyes. A magic only matched by the taste of the final product delivered to you.

So if it is a special occasion or indeed no occasion at all drop by Shake Waffle and Roll and let their fast and friendly staff make every visit a special occasion for you, your family and friends.

Hail Rachael, Our National Queen by Nicky Barry

*St. Patrick we hail gloriously, one day in the year,
But this year we hailed Rachael too, the lassie with no fear.
Paddy's Day in middle March, is often cold and wet,
But this year was spectacular, the very best one yet.
For a little island, we punch way above our weight,
For the whole world celebrates, from China to Kuwait.
The Pyramids of Egypt, turned green for the day,
Along with the Sydney Opera House, and half the USA.
Great rivers all around the world, turned to emerald green,
And President Joe Biden, was so proud to be seen,
Sporting a big shamrock clump, alongside his green tie,
Declaring to the watching world, that Mayo men survive.
There were no big marching bands, along O'Connell Street,
And pint men all were thirsty, in the mid March heat.
Cheltenham was eerie, without a cheering crowd,
But Queen Rachael in the saddle, made all Ireland proud.
This lass from Tipperary, put all the lads to shame,
Riding like a hurricane, into Cotswold fame.
But the best was yet to come, from the Queen of Cheltenham,
When she galloped into history, to win the Aintree National!*



Rachael Blackmore and Minella Times win the Aintree Grand National for owner JP McManus and trainer Henry de Bromhead on Saturday.
Photo: Grossick Racing/Racing Post.

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Linda Woods, who herself was a chemotherapy patient in University Hospital Kerry.

Linda takes on Round Ireland Virtual Cycle

A cancer survivor has undertaken an incredible fundraising initiative for Comfort for Chemo. Linda Woods is championing the Round Ireland Virtual Cycle from May 1st to May 8th, 2021. Linda and her fundraising team have over 30 cyclists, throughout Ireland, who will endeavour to cover the same distance collectively as the coastline of Ireland, which is 6,226kms.

Due to Covid restrictions, they cannot complete the actual coastline of Ireland as originally planned. Instead, each cyclist will cover a set distance in their own locality, all while adhering to the government Covid guidelines. Many of these cyclists, are covering between 200 – 300km, as they are determined to achieve their goal. Linda and her team are hoping to raise one Euro for every kilometre cycled, therefore their goal is €6,226. This fundraising initiative is personal to Linda and her family, as she has been a service user of the chemotherapy unit

in UHK (University Hospital Kerry), in her own journey with cancer in recent years. Linda has seen first-hand the immediate requirement for a stand-alone chemotherapy unit in University Hospital Kerry that would provide much needed comfort and dignity to cancer patients. On her journey back to health, Linda was determined that she would spearhead a fundraiser for Comfort for Chemo, Kerry. As a service-user, Linda described the setting in Kerry as “archaic”, however Linda has always pointed out that it is the setting and not the team, as she is glowing in her praise for the Oncology team in Kerry and the caring and kind support she received. Linda and her team are asking people to donate online at comfortforchemokerry.com to support this ambitious fundraising initiative or alternatively hop on your own bike with family, friends or work colleagues between May 1st to 8th and fundraise for Comfort for Chemo, Kerry www.comfortforchemokerry.com

Call for all to “Run for Heroes”

RUN FOR HEROES

**PARTICIPATE IN
5KMAY**

& SUPPORT OUR CHARITY

1st–31st May



Recovery Haven Kerry Cancer Support House has put out the call to get active this May while raising funds for cancer support charity, Recovery Haven Kerry?

The charity has joined forces with Just Giving for their exciting #5KMay fundraising event, which aims to get as many of their supporters as possible to sign up for a 5K challenge during the month of May, by running, walking, rolling,

swimming or cycling 5K.

The challenge can be done in one go or over the course of a few days during May and those taking part are then asked to donate just €5 and nominate 5 of their friends or family members to do the same.

As well as individual participants, businesses, schools, sports clubs and running and walking groups are also welcome to take part as a team - and you have plenty of time to get training, as you don't have to do anything until May!

Like all charities, Covid19 has placed enormous pressure on Recovery Haven Kerry's fundraising income, so the charity is asking as many people as possible to consider being part of this new venture for 2021 and help them to continue supporting cancer patients and their families across Kerry.

Anyone interested in taking part can find full details on how to sign up and donate via the following link <https://runforheroes.justgiving.com/get-involved-ie?charityId669140> or on all Recovery Haven's social media channels.

And don't forget to share the link on your own social media and nominate 5 of your friends to do the same!!!

OUTDOOR FACILITIES

The significant increase in people enjoying outdoor water-based activities such as kayaking, surfing, paddleboarding and open water swimming is expected to continue to grow year on year, and not just during the summer months. This means all-weather changing facilities, secure storage and bathrooms at beaches and inland water spots will be in huge demand. In Kerry, three locations at Ballybunion, Fenit Beach, and Magherabeg Lower, Castlegregory, will be developed under this scheme, in partnership with Kerry County Council. Each centre will provide hot shower, changing and toilet facilities, secure storage, induction spaces, equipment washdown and orientation points.



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Students get creative

on Digital Drawing Day

Students at St. Brigid's Presentation Secondary School were able to tap into their creative side when they took part as a Creative School in the 2019 Creative Schools Initiative. St. Brigid's held a whole school Digital Drawing Day on the last day of term before Easter. What better way to reward everyone after a long duration of remote classes and kick start their holidays than a day exploring the different aspects of illustration. 140 students chose to get involved! It was such a welcome break and fun unique way to end their remote learning experience.

St. Brigid's wanted to make use of the positive opportunities that working remotely offered by being able to gather such a large number of students across a range of years together online and meet three well-known illustrators; Illustrator Margaret Ann Suggs, digital designer Jennifer Farley and Animation Art Director Kirsten Shiel. The day finished with

an offline session to allow everyone the space and time to trail out and experiment with any or all of the processes shown in the workshops. And as you will see from the images attached we really embraced the chance to try out new techniques and skills from the day. There was great fun creating characters and bringing them to

life! Everyone really enjoyed the day!

This day wouldn't have been possible if it were not for the hard work of our Creative associate Olivia Howe, the 140 students who gave their time, enthusiasm and curiosity to the day and to all the school staff who helped facilitate the event. Thank you!



Mehek Simonova and Daria Gdanie enjoy Digital Drawing Day.



Fiona Callaghan and Becci Fleming (in background Eleana O'Doherty and Clodagh O'Connor).



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3K FOR KAY



The family of a popular Killarney woman who passed away four years ago are honouring her memory and raising funds for the Irish Cancer Society on what would be her 60th Birthday.

On the 25th of April 2017, surrounded by her husband Seanie, son Shane and daughter Jennie. Kay McCarthy, lost her battle with cancer, a day after her birthday. "This year, on what would have been her 60th Birthday, we are asking everyone to

walk/run or cycle 3km in her memory", Kay's daughter Jenny told Killarney Outlook.

"We are particularly welcoming all the schools and creches in Killarney and indeed everywhere to take part in the 3K FOR KAY anytime from the 19th to the 23rd April and to wear blue in her memory", Jenny added.

All the funds raised will go to the Irish Cancer Society who gave huge support and guidance to Kay's family throughout her illness. You can donate through the Just Giving page: 3K FOR KAY, in memory of Kay McCarthy. Everyone who donates and completes the 3K challenge are automatically entered into a draw for a one night stay for dinner & breakfast at The Ross Hotel, 3kg of SweetKing products and a customised frame from The Guestbook Studio.

Jenny has also two videos planned which she is hoping to release in the coming months. One is documenting Kay's journey with cancer and the second one is with 15 families who have lost someone close to them to cancer. "The families were so happy to participate to honour the memory of their loved one" Jenny said. To donate to 3K FOR KAY go to 3K for Kay. In memory of Kay McCarthy.



Time for your business to "Glow Up"

A brand new business aimed at supporting the hair and beauty industry has been launched in Killarney this week.

With six years in the beauty business under her belt, Alanna Lydon started Glow Up, a Digital Marketing company that specialises in the Hair & Beauty industry in Ireland.

"After the last year this industry has been hit very hard and my aim is to support businesses in these uncertain times", Alanna told Killarney Outlook.

"I offer free training and advice to salon owners on how to market and build their business after being closed for so long", she added.

Alanna is a qualified beauty therapist for over 6 years and due to salons being closed for the last year decided to start this company.

Glow Up Marketing Consultants is aimed at helping small-medium sized businesses in the hair and beauty industry grow their business online.

"It's essential for me that my clients get a personalised experience as no two businesses are the same", Alanna said.

Glow Up specialise in Social Media Glow Up's, Management, Training & Courses for the Hair & Beauty industry

Through social media management, online training, master classes and graphic design, Alanna will help you with all your social media



needs. Since starting my career in the beauty industry I have helped a number of salons and clinic owners to achieve their business goals. Throughout my career I have worked

both nationally and internationally, and gained so much knowledge in the industry.

Having graduated with a diploma in Digital Marketing, this has afforded me the opportunity to gain the knowledge & experience

required to support you in growing

your business online, with the most up to date digital marketing strategies.

Alanna is running free training this coming week on Tuesday, Wednesday and Thursday night at 8pm and you can sign up on website.

Day 1: 20th of April at 8.00pm How to Brand yourself effectively on Social Media.

Day 2: 21st April at 8.00pm How to write an effective bio to attract paying clients.

Day3: 22nd April at 8.00pm Reconnecting with your clients again before you re-open.

Unlock your success together with Alanna by contacting her on 083 0469631 or email hello@glowupmarketing.ie.

www.glowupmarketing.ie

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Castleisland Community College named as Finalists for the CIF's Design a Home for Everyone Competition



Castleisland Community College along with Coláiste Iognáid Galway and St Joseph's College Lucan through to the finals on April 30th. The winning entry will be rendered into a 3D walk through model, with the winning team receiving high end measuring equipment and access to the CIF's scholarship and apprenticeship programme.

Finalists overcame 41 projects from schools nationwide.

Event will be live streamed on April 30th from 11am-12 noon on <https://cifchallenge.ie/>.

With entries from over 55 schools nationwide, only three finalists have been selected for the Construction Industry Federation's Design a Home for Everyone competition. The event

will be streamed on April 30th at 11am and is open to all viewers who can watch it online by visiting <https://cifchallenge.ie/>.

The final three schools in the running for the competition are:

Castleisland Community College, Castleisland, County Kerry for its "No Man is an Island" entry. Coláiste Iognáid S.J., a bilingual secondary school in Galway for its "TOTA VITA" entry.

St. Joseph's College in Lucan, County Dublin, for its "The Eco-tainer Home" entry.

These three finalists overcame 55 other schools nationwide in the CIF's national competition aimed at attracting young people into the construction industry. This competition, aimed at Transition Year students, is a team-based project where students nationwide will

work together to design a home that helps 'solve' climate change, the housing crisis, and addresses inclusivity. The submitted designs needed to be eco-friendly, affordable, and suitable for both elderly people and those with physical disabilities.

The winning team will have their design rendered into a three-dimensional model, so they can 'walk' through the house with a range of ambassadors, politicians, celebrities, parents, and local councillors in late 2021.

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

This programme was developed by "Class Of Your Own" led by CEO Alison Watson MBE in collaboration with TUI, the Techno Teachers Association Ireland, the Engineering Technology Teachers Association and the Institute of Guidance Counsellors. This programme is designed compliment current teaching and career guidance principles.

Entries were reviewed and judged by: Dermot Bannon, Architect and Host of the Room to Improve TV series

Carole Smilie, Director, BPL Management

Frank Kelly, President of the CIF

Orna Hanly, Head of Dublin School of Architecture, TU

Alison Watson MBE, CEO, Class of Your Own

John Sweeney, Senior Contracts Manager, Colleen Construction

APPLICATION FOR HUMAN RIGHTS GRANTS OPEN

Organisations from across Kerry who are working on issues of human rights and equality are invited to apply to the Human Rights and Equality Grant Scheme 2021-22.

The Irish Human Rights and Equality Commission ("the Commission") will award small grants of up to €6,000 and general grants of up to €20,000 to support activities under three strands:

- Advancing Social and Economic Rights and Equality

- Combatting Racism and Racial Discrimination

- Progressing the Rights of People with Disabilities

The scheme, which is closing soon, is open to civil society organisations, rights-holder and community led groups, and trade unions from across the country, who can bring forward proposals on empowering people and communities to understand and claim their rights and be part of decision-making that affects them. This includes people at risk of discrimination



Kerry Rape and Sexual Abuse Centre are among those previously awarded funding for work focused on human rights and equality.

protected under the nine grounds of Ireland's equality legislation: gender, civil status, family status, age, sexual orientation, disability, race, religion, and membership of the Traveller community and people at risk of poverty and social exclusion.

Two organisations in Kerry, the UNESCO Chair at IT Tralee and Kerry Rape and Sexual Abuse Centre are among those previously awarded funding for work focused on human rights and equality.

Activities that the Human Rights and Equality Grant Scheme 2021-22 supports include:

- Participatory education and training activities
 - Projects focused on engaging people in shaping policy and legislation reform
 - Conferences, seminars and roundtables
 - Campaigns and print or digital tools
 - Participatory research and policy analysis
 - Monitoring compliance of public bodies with human rights and equality standards.
- Applications are encouraged from organisations across Kerry who work on human rights and equality issues to check out the scheme, to read the qualifying criteria, and to make applications if they reach those criteria."

The strict deadline for receipt of applications is Thursday 22nd April at 4pm and full details of the grant scheme are available on the Commission's website.

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The Skinny Baker

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



APPLE CAKE

Ingredients

337g plain flour
1 teaspoon of baking powder
150g butter
150g sugar
2 eggs
150ml milk
2 big cooking apples
1 teaspoon of cinnamon

Method

Preheat oven to 350°F. 180°C fan Butter a pie dish. Mix flour with baking powder. Rub in butter with your fingertips until texture resembles breadcrumbs. Add sugar, beaten eggs and the milk to form soft dough. Pat out half of dough in greased pie dish (don't worry — it is supposed to be very wet).

Peel, core, and chop apple 3/4-inch cubes. Arrange apples on dough and sprinkle with 1 tablespoon sugar and cinnamon. Gently spoon out remaining dough on top of apples to cover them completely. Sprinkle with remaining sugar and cut a slit through middle of top dough. Bake for 40–50 minutes, until golden and crunchy on outside (apples should be soft on the inside).

Perfect with whipped cream or custard!



Vegan Shares

with Killarney Outlook



BOMBAY POTATOES



Ingredients

2 medium size onions chopped
1 tin chopped tomatoes
1 thumb size piece of fresh ginger grated
2 garlic cloves crushed
800g cubed potatoes (steamed for 10 minutes and cooled)
1 tablespoon rapeseed oil
½ teaspoon Himalayan pink salt
1 tablespoon fresh red chilli finely chopped
2 teaspoons of ground coriander
½ teaspoon ground turmeric
1 teaspoon ground cumin
1.5 teaspoons garam masala
2 teaspoons sugar
1 cup of frozen peas
Good handful of fresh coriander chopped

Method

Heat your oil in a pan with the onions and salt fry on a medium heat for about 10 minutes being careful not to burn, add the chopped chilli, garlic, ginger, sugar and all of the spices and stir well and fry for 2 more minutes. Add the tinned tomatoes and peas and bring to a simmer, mix well and then stir in the already steamed cubed potatoes and the fres

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





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THE SMURF Strawberry ice cream, blueberry compote, pink wafers, white chocolate chip, marshmallows [1,3,4,13]

TRIPLE STRAWBERRY SHORTBREAD Strawberry ice cream, strawberry pie filling, strawberry sauce, crushed shortbread [1,3,4,13]

COOKIES AND CREAM Vanilla ice cream, crushed bourbons, chocolate sauce, custard and chocolate mini beans [1,3,4,13]

TRIPLE STRAWBERRY



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VISCOUNT



VISCOUNT Mint ice cream, viscount biscuits, chocolate fudge sauce, mint crème, popping candy [1,3,4,13]

JAFFA CAKE Chocolate ice cream, orange caramel, orange jelly, Jaffa cakes, orange and caramel cubes [1,3,4,13]

TOFFEE APPLE Vanilla ice cream, butterscotch, vanilla sauce, apple, chocolate raisins and toffee squares [1,3,4]

SNICKERS Chocolate ice cream, toffee sauce, chocolate syrup, salted peanuts, praline, nougat [1,2,3,4,5,13]

LEMON MERINGUE Vanilla ice cream, crushed meringue, tangy lemon curd, crushed caramel cookies, flaked almonds [1,3,4,5,13]

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THIS WEEK'S FEATURED PROPERTIES

FOR SALE

COOLCLOGHER, LORETO RD
KILLARNEYFOLIO NO.
KX46090F

Excellent opportunity to purchase a site just off the popular Muckross Road. Approx 0.37 acre site with full planning permission for a 4 bedroom beautifully designed dormer bungalow (approx 3,600 sq ft), planning ref 16/1215. Planning expires June 2022. Close proximity to Loreto Primary School & walking distance to Killarney National Park. Folio Number KY46090F.
Guide Price € 150,000

BER EXEMPT

FOR SALE

COOLGOWAN HOUSE,
COOLMAGORT BEAUFORT

V 93 X 7 W 8



This two bedroom bungalow is just a stones throw to Beaufort village, within staggering distance of the local pubs, a short stroll to the local GAA club & a leisurely cycle to the world famous Gap of Dunloe for the energetic! It has it all. Well maintained throughout. Private patio areas, 0.42 acres, gas heating, garden shed, and beautiful mountain views. Beaufort village is a sought after area, so this is a rare opportunity not to be missed.
Guide Price €300,000

BER D2

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Well located and well maintained semi-detached property located in a popular well established development in Rathmore village adjacent to Centra supermarket and close distance to bus and train stations, primary and secondary schools.

**GUIDE PRICE: €185,000
BER: C3**



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KILLARNEY, CO KERRY**

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Mid House: €339,000 End House: €345,000

**GUIDE PRICE: €339,000
BER: A2**



Full Details Selling Agent Hennigan Auctioneers
064-6634582/087-2354416

**Hennigan Auctioneers 66 New St., Killarney t| 064 6634582
m| 087 2354416 www.henniganauctioneers.com**

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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

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

If you require any further information on the above or any other matter you can contact Dermot Cronin at dermotcronin@gmail.com or 0646622775 or 0872893649.

David
O'Driscoll
Licence No. 003895 & Co. Ltd


PROPERTIES FOR SALE

10 MUCKROSS VIEW, KILLARNEY

3 Bed Detached property with unfinished basement. Superb location overlooking Muckross Road and the Park to the west. Quiet residential location walking distance of everything Killarney has to offer!

**OFFERS IN EXCESS
OF €385,000**

BER Pending




VALENTINE HOUSE, WOODLAWN ROAD, KILLARNEY

Located just off Muckross Road comes this spectacular 9 Bed 10 Bath detached property arranged over 3 Floor. The property avails of large, spacious rooms with high ceilings, ample parking, numerous garages and storage sheds to the rear. It has been finished to a very high spec throughout and viewing comes highly recommended!

GUIDE PRICE: €1,200,000

BER C2



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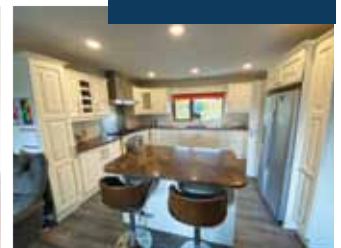


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THROUGH THE KEYHOLE...

A PICTORIAL LOOK AT **KILLARNEY PROPERTIES** ON THE MARKET

Sherry FitzGerald
Coghlan



Address: **Batterfield, Furies, Co. Kerry**

Immaculately presented 4 bedroom detached family home with detached garage on 0.66 acre site. This property which has countryside views is presented in walk in condition with 130 sq. m./1,400 sq. ft. partially converted attic giving potential for future living/office/bedroom accommodation. This property is centrally located in mid-Kerry, being convenient to Tralee, Killarney and Kerry Airport, is just 2.5km from Furies village which has local shops, pub, school and crèches. Accommodation: Hall, Sittingroom, Kitchen/Diningroom, Sunroom, Utility room,

4 Bedrooms (3 en-suite), bathroom and garage. Agent: ● Michael Coghlan Sherry FitzGerald Coghlan ● 95 New Street, Killarney

● Tel: 064 6631892 / 087 2668591 ● E: info@sfmtc.ie

Price Region: €350,000 BER: B3

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

REA | **COYNE & CULLOTY**

1 FARRIERS ROAD, BARRADUFF, KILLARNEY V93NR70
GUIDE PRICE: €275,000



Exceptional four bedroom detached house located in Barraduff village circa 10 km from Killarney town. This house is finished to a high standard with a hand painted kitchen, hardwood floors and high ceilings. Total area 155 sq m with an option to convert the attic to an office / bedroom - 58 sq m. High speed broadband also available.

BER C1

www.killarneyproperty.com

PSRA No: 001042
Contact Donal Cullyoty
064 6631274/087 2354790

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FOR SALE





BATTERFIELD, FIRIES, KILLARNEY

Immaculately presented four bedroom detached family home with detached garage on 0.66 acre site with countryside views. This property is centrally located in mid-Kerry and convenient to Firies village which has local shops, pub, school and crèches.

Price Region: €350,000

BER B3

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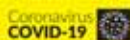
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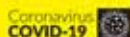


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PEUGEOT

MOTION & -MOTION

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REEN'S RATHMORE www.reenscarsales.ie Main Peugeot Dealers, Rathmore, Co. Kerry. Tel: 064 7758150

MUCH-ANTICIPATED, ALL-NEW **OPEL MOKKA** ARRIVES IN IRELAND

The much-anticipated, all-new Opel Mokka has arrived on Opel Dealer forecourts around Ireland. Hot on the heels of the spacious new Crossland, the new Mokka is the second new model from the Opel stable in 2021, a year that promises to reshape the German brand. Eye-catching and boldly styled, it features Opel's exciting new Vizor front face and attractive, new interior Pure Panel cockpit. Available in petrol, diesel and all-electric, it retails in Ireland from €23,295 plus delivery related charges, for the SC 1.2 petrol 100bhp model.

With short overhangs and a wide stance, at 4.15m long, the new Mokka is perfectly proportioned exuding a bold, robust presence. Complementing the handsome Opel Vizor front face, a redesigned Opel Blitz lightning bolt and a centrally aligned model name sit proudly at the rear.

Inside, the new Opel Pure Panel integrates two widescreen displays of up to 10 and 12 inches in size and focuses on the essentials. The central display is tilted to the driver and provides the latest technologies. In contrast to other cockpits, intuitive buttons still control the



most important functions, such as aircon and radio volume, avoiding distractive navigation through touchscreen sub-menus.

The engineering team in Rüsselsheim worked particularly hard to reduce weight, saving up to 120kg vs the previous generation, whilst also enhancing body stiffness. As such, the new Mokka consumes substantially less, while

being much more responsive, agile and fun to drive.

The all-new Opel Mokka is now on sale in Opel Dealerships nationwide. Discover it virtually now at <http://www.opel.ie> or contact your Ahern's, Castleisland, Opel Dealer for further details.

TYRE CHECKS CRITICAL AS LOCKDOWNS EASE

As lockdown restrictions begin to ease, motorists are urged to complete essential safety checks before getting behind the wheel of cars that may have had very little use over the past number of months.

According to the Michelin tyre makers, being parked in one place for a significant period can affect handling, performance and safety, while drivers may also have neglected tyre maintenance during lockdown.

Even if vehicles have not been used, tyres will have lost pressure, and driving on underinflated tyres increases fuel consumption at the same time as compromising handling, grip, braking and durability, it says.

In addition, prolonged storage can create flat patches on the tyre, while being parked in oil or water for long periods – or on an object such as a stone – can also damage tyres.

On top of that, minor existing damage to the tyre may have worsened during storage, and cracking and hardening may be an issue, Michelin adds.

As work and leisure mileage increases, the tyre maker has outlined four simple steps for drivers to follow before

setting out.

Firstly, motorists are advised to set tyre pressures to the vehicle manufacturer's recommendations, then visually check all tyres for bulges, cuts, excessive cracking or other damage or unusual signs.

Next, drivers should move the vehicle to expose the part of the tyre that has been in contact with the ground and carry out the same visual checks as flat patches can create internal weakness, which can lead to failure in use.

Finally, Michelin advises checking tread depth. The legal minimum tread depth is 1.6mm around the entire circumference of the tyre in a band making up 75 per cent of the tyre's breadth.

Motorists are also advised to remember that tyres which have been in use for five years or more should continue to be inspected by a specialist at least annually. Any tyres in service 10 years or more from the date of manufacture, including spare tyres, should be replaced as a precaution – even if they still appear serviceable and have not reached the legal wear limit.



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

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Four questions
that can change your life

Whenever you are feeling stressed, anxious or worried it may be helpful to take a few moments to question what thoughts you are thinking about a situation, person, event or yourself. The following questions are adapted from the work of Byron Katie who is the author of "Loving what is." After her own struggles with depression she formulated the following questions to help others question their beliefs and in so doing get to the truth of a situation and find personal freedom.

Ask yourself these four questions whenever you feel upset, stressed or anxious. Firstly, write down your troubling thought and then apply the following questions.

1. Is the thought true?
2. Can I absolutely know 100% that it's true?
3. How do I react when I think that thought?
4. Who would I be without the thought?

Many times the thoughts we think are simply not true, for example, "I'm not good enough." When we question the thought with the help of the above questions we begin to see that this is just a thought and it doesn't make it true.

"You can't always control what goes on outside, but you can always control what goes on inside."
Wayne Dyer

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



How to Layer your Skincare To maximum the effects

Apply the thinnest, fast-absorbing products first and layer from the thinnest to thickest consistency.

CLEANSING AND TONING come first to purify pores and prepare skin. If double-cleansing reverse the rule and start with thicker (oil or balm) first to dissolve clogging particles then follow with gel, cream or foam. **ESSENCES** are a thick liquid and are patted into skin to hydrate, heal or increase product penetration.

SPOT CREAMS are best used straight after cleansing, tap it in and let dry for a full minute.

SERUMS are lightweight formulas containing high concentrations of active ingredients that penetrate deep to correct specific skin concerns. They come in liquid, gel or serum texture and can be cocktailed together before applying or layered one by one,

EYE CREAMS/GEL/SERUM contain tiny molecules to penetrate deep into the delicate skin around eye and lip area, apply using your ring finger in a tapping motion.

MOISTURISER or oil can obstruct the penetration of your eye product.

Moisturiser used day and night will lock in everything beneath it. It prevents moisture evaporating from skin keeping it balanced, supple and glowing.

OIL can be used day and night last as it creates a protective barrier it could block other products from penetrating skin.

SUNSCREEN is the final step during the daytime for protection. Leave for five minutes before applying primer and make-up. You can opt for an SPF that doubles as a moisturiser like IMAGE Prevention+ €47.50

If you have time leave a minute or two between the layers, brush your teeth, dry your hair or get dressed while you beautify yourself!

Noreen Mangan


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WHAT TO EAT POST WORKOUT

Post workout nutrition requires two things:

- Protein to aid in protein synthesis
- Carbohydrates to help replace muscle glycogen (and to enhance the role of insulin in transporting nutrients into cells)

You could certainly eat a whole food meal that meets these requirements after exercise.

However, whole food meals aren't always practical.

- Some people aren't hungry immediately after exercise.
- Whole food digests slowly, and we want nutrients to be available quickly.
- A whole food meal that requires refrigeration might be less practical.
- You may be rushing back to work and just not have time to prep a whole meal.

This is where consuming a liquid form of nutrition that contains rapidly digesting carbohydrates and proteins;

- might accelerate recovery by utilizing insulin for nutrient transport into cells;
- can result in rapid digestion and absorption; and
- is often better tolerated during and after workouts.

• And is a lot more practical and easy for someone to carry with them.

So in summary recovery smoothies or drinks may be the way to go for some people rather than skipping the post workout nutrition window.

WHICH WORKOUTS QUALIFY FOR POST WORKOUT FUEL?

Save your workout drink for weight training, interval, and endurance training lasting 45 minutes or longer.

Casual exercise like walking the dog, moving furniture, or riding your bike to the shop doesn't require a recovery drink.

When performing energy expenditure work to burn energy or lose fat, a recovery drink is not necessary. If you're prioritizing fat loss, performance and recovery from these sessions are not as important as creating an energy deficit.

If you want to book a Nutrition consultation today B Well has 3 qualified nutrition coaches on hand to make up an individualised plan to suit your energy demands, & match your goals

NEW DENTURES



IMPRESSIONS TAKEN
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EST. 1994

THE OPTICAL SUITE

DIARMUID O'SULLIVAN OPTOMETRIST

- Formerly Stack O'Brien -

AN EYE EXAMINATION SHOULD MAKE THE BACK TO SCHOOL CHECKLIST

A comprehensive eye examination is as essential for back-to-school success as supplies for learning.

Studies have consistently linked school performance to poor vision and visual disorders. More than one in 10 children in every classroom is estimated to have an undiagnosed common vision problem that affects their learning and development.

Some eye conditions do not display any signs or symptoms, so the only way to know for sure is to take your child for a sight test.

Signs which may show there is a problem with a child's sight include:

- an eye appearing to drift inwards or outwards;
- difficulty concentrating;
- headaches;
- sitting too close to the television; or
- rubbing their eyes a lot.

The condition 'lazy eye' can run in the family, so if someone in your family has either an eye turn ('squint') or suffers from reduced vision in one or both eyes ('amblyopia'), it's a good idea to take any related children for a sight test.

What is vision screening?

Some children have their vision screened at school – this is usually a basic test, designed to pick up children who have reduced vision in one or both eyes. If a problem is suspected,

children will usually be referred for a full sight test.

What is a sight test?

A sight test is a comprehensive check which can pick up many conditions, including colour vision defects, problems with the development of 3D vision and any need for glasses. Taking children for sight tests from an early age helps to build good eye health habits into adulthood.

What can I do if I don't want my child to wear glasses?

Some parents avoid taking their children for a sight test, because they do not want them to wear glasses

It's important to understand that some children do need visual correction so their vision can develop normally and to achieve their full potential. The good news is there is now a much wider range of attractive frames to choose from and less stigma attached to wearing glasses.

Many children are also suitable for contact lenses.

This is particularly helpful for children who take part in regular sports activities and they can be successfully worn from an earlier age than most parents expect.

For more information and honest advice contact us for an appointment.



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SPA

>GAA UPDATE

The GAA has released an updated Master Fixtures Calendar for the 2021 season. The inter-county season will run from May 8th/9th with the start of the Allianz Hurling League, to the weekend of August 28/29 when the All-Ireland Football Final will be played. The Provincial Football and Hurling championships will commence on the weekend of June 26/27. The County and Provincial Club Championships will be played in the months of September, October, November, and December with the All-Ireland Club Finals scheduled for February 2022. The entire inter-county fixtures programme will be run off in a 20-week period and guarantees a minimum of five games for each Senior County Football and Hurling team with all bar three counties guaranteed six games in hurling.

The Allianz Football League will run from May 15/16 to the weekend of June 19/20 with Divisions split into North and South as originally planned in December. League finals will only be played on June 19/20 if counties involved are not playing in the championship the following weekend. If they are, then joint winners will be declared for Division 1 and joint winners and promotion for Divisions 2, 3, and 4.

Divisions 1 and 2 of the Allianz Hurling League will run May 8/9 to the weekend of June 12/13. Division 3 will run from May 15/16 to the weekend of June 19/20. There will be no Division 1 Hurling League quarter-finals, semi-finals, or Final played.

The 2021 All-Ireland Senior Football Championship will be played as a straight knock-out competition from the provincial series forward. There will be no Qualifiers and New York and London will not be involved.

2021 Liam McCarthy Cup: There will be a provincial knock-out championship with back-door qualifiers like there was in 2020, but now also with the introduction of relegation to the Joe McDonagh Cup.

There will be no semi-finals in the Joe McDonagh Cup which is the only change from what was proposed in December. The Joe McDonagh Cup winners are promoted in 2021 but do not have a back door into the Liam McCarthy Cup. The Joe McDonagh Cup will be played on Saturday July 17. 2021 Christy Ring, Nicky Rackard, and Lory Meagher Cups: The only change to what was announced in December is that British based teams will not be involved.

For the 2020 and 2021 Minor and 2021 U-20 Championships details will be finalised when there is clarity on a return to training/play date.

It is important to note that the GAA still does not have permission to return to club training or games with only training in pods of 14 allowed in the North. However, the calendar is set up in such a way that: Club competitions with county players can take place as County teams exit the Championships (in football, teams start exiting from the end of June; in Hurling July 10th). From August 1st, all Counties bar All Ireland Semi-Finalists in Football and Hurling, and the teams in the Div 1 Hurling Relegation play off, will be free to stage club competitions with county players. Additionally, the commencement of the Provincial Club Championships will be delayed until Mid-November.

>NATHAN'S WALK DARKNESS INTO LIGHT 2021

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



>SPA LOTTO RESULTS 05/04/21

Numbers drawn: 11, 23, 25, 26. No winner and Lucky Dips receive €50 each to Cian Russell, Margaret McLellan, Debbie Doolan and Sheila Hickey. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €7,000. Tickets are on sale on spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

>HOPE FOR CO LEAGUES IN JUNE

Co Board Chairman Tim Murphy spoke to Radio Kerry over the weekend of his hope for Co Leagues to commence in June if teams are given green light to return to training next month. He also confirmed that remaining games in the 2020 Club Championships won't be played until Kerry have exited the All-Ireland series. Details will be announced in due course.

>CE SCHEME VACANCY FOR A GROUNDS PERSON IN SPA

CE Scheme Vacancy for a Grounds Person in Spa GAA Club - Details available on jobsireland.ie or contact Siobhan at kaslltd.project@yahoo.com. The job is 19.5 hours per week and applications can be submitted on the jobsireland.ie website or email kaslltd.project@yahoo.com. The job involves clubhouse maintenance, pitch lining, hedge trimming, grass cutting, painting, car park duties and general caretaking.

>MICHAEL GLEESON ANNOUNCES GRANT FOR ROAD WORKS

As rainfall results in regular flooding on the roadway [L3011] at Upper Lissivigeen, I am pleased to allocate €5,000 for the provision of piping to ensure that the problem will be eliminated. As the Council hope to commence work on the county road L.11072 from Clash through Clasheen to Minish in the very near future I have asked that they would provide some Lay Bys on the western side to facilitate safer traffic movement. Michael Gleeson

>COUNTRY BEGINS EXIT FROM LOCKDOWN

Wishing the best of luck to all students, businesses and employees that are returning to school and work activity this week.

>REGISTRATION

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

>TG4 LIDL LADIES NATIONAL LEAGUE

The LGFA have released a provisional fixtures calendar for the 2021 TG4 Lidl Ladies National Football League. Kerry are in Division 2A with Meath, Wexford and Clare and the proposed dates are as follows - 23rd May, 30th May and 6th June with the semi-finals on 13th June and Finals on 27th June. *Dates are set for a Sunday but may be played midweek or Saturday by agreement with both counties. There are four counties in each group, with the exception of a three-team Division 4B, while the divisions have been comprised in regional fashion to minimize travelling for the competing teams, and to help ensure the health and safety of all counties. Confirmed fixtures for the 2021 Lidl National Leagues will follow shortly.

>ITEMS FOR NOTES

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

Written by: Deirdre O'Sullivan-Darcy

"B Well Laid Bare"

Neilus Hayes Fitness & wellness coaching expert

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

Let's find out more about Neilus Hayes



Hello Neilus, Welcome, So, tell me a bit about yourself and your path leading to BWell Fitness?

Hello Pete, Well I'm originally from Pinewood, loved growing up there and with my friends we were always out on the green playing football, soccer, basketball. I have one Sister and one Brother and I've one nephew Eden who is going on 20 now, I think. My Parents are still going strong thankfully. I'd made a lot of friends my own age from around the estate and that helps then growing up playing out on the estate, JoeJoe who was my best man at my wedding, Karl, Ivan, Mick Lynch are all very close. Small Den showed me how the play basketball and Doyler God Rest their souls I used to borrow boots from as he was growing out of them. We got into tournaments then playing against Park road, Countess, Woodlawn, Ballyspillane, Ardshan in basketball and soccer, which was great fun. Made great friends for life and were still in contact now. I went to the Community college from there I didn't know what I really wanted to do I was one the these fellas that would fly by the wind, started working in Maher's Sports and onto Bars then Scruffy and Jades for 7 years in one of the summers I went playing Gaa in America with David Fla, had some spells labouring, plastering with good friends of mine aswell like Blondie John. A friend of my uncle in Holland got in touch him asking would I be interested in ESB in a apprenticeship and they couldn't follow that up so I went into FAS then the crash happened but luckily enough a great friend of the family Pat Doc said look come finish your apprenticeship with us in Liebherr and I was there 9 years. Met Edele bout 10 years ago who was always into her fitness but id kind of fallen out of love with sports at that age through injuries and stuff, had a bad hip unfortunately. Got involved with Edele then I went off and did my Personal training course then followed that by going Studying S&C with Setanta college. My redundancy came up with Liebherr so we said id take it and make things happen with Edele in the fitness world and here we are.

You have a great passion for fitness, well- being and you also have a great calming effect and approach to coaching which is key in that area, tell us more about that please?

Yeah, I'm also interested in the mindset of people especially sports people like Roy Keane,

Michael Jordon, Ronan o Gara, Tiger Woods these fantastic sports stars and I know they train hard but what separates them from the rest and I've read all their books, it comes down to the individual mindset and fear of failure which drives them on, not to get complacent. That is my own take on it. The fear of failure drove these guys. So, when it came to our clients, I wanted them to push themselves and get the most out of training with us and enjoy the journey of weight loss, getting them fitter and leading a healthier lifestyle. Once you can convince yourself you can do it, everything is achievable.

What motivates You?

It comes from the Coaching, I was listening to Conor McGregor's coach John Kavanagh and he said motivation is a load of crap its self-motivation, so what motivates you to lose weight? to get fitter? to set goals targets even for job interviews, everyone's motivation is different its where ever you want to go with it so once you set out your own goals and targets go with that, find something that excites you and challenges you. If something doesn't motivate you, it probably isn't for you so find something that keeps you on your toes and pushes you out of your comfort zone. My motivation is to keep the business ticking over, offering variety of classes that will challenge us as instructors and then to challenge our clientele to feel better in themselves and walk out of our gym feeling good about themselves and they end up coming back for more.

Tell me abet about your love for soccer, basketball, golf, I know you enjoy your golf aswell, tell me about your sporting career and achievements?

Like I mentioned earlier it all comes from where you grow up and with who your influences around you, we were lucky to have pinewood soccer pitch then I think was Botty our local counselor who got Basketball courts up in the estates which was great as we were out until dark playing which was a great education in sport playing with lads bigger and older then you and if you get a knock or kick you don't cry about it you get up and get on with the game and maybe give a kick or two back along the way but its all part and parcel of it, different times. I was meant to go to the Sem but a teacher in Ballycasheen School who had good time for me told me about a basketball summer camp in the community college so I went there in the summer before secondary under Pat o shea and Cormac o Donoghue and loved it so I ended up going to the Community college for 5/6 years. Played basketball with St Pauls won a few trophies, and played and managed Killarney Celtic through all age groups from underage to senior level. Also won and lost a few trophies

along the way.

Yourself and your Wife Edele are expecting a baby soon and best wishes with that exciting part of life, ye run a very successful business tell us about the strengths of Bwell and the strength that comes from both of ye and the dynamics of the business?

People might say never go into business with your wife for obvious reasons as you might be taking things home and stuff, the big thing was Edele she was always in the fitness industry and has the background and built up a very good reputation in the industry and had good clientele, we had a chat about it and had a look at a few different places and when we walked in here we said right this is the place, the location, the parking, the space, the shops and chemist around which is convenient for people aswell all those factors, We do have a good team aswell the dynamics are good there's no personality clashes we all get on very well which is huge aswell, we bounce things off each other and we all have strengths that complement the business which is key to running a successful business.

Finally, what's next for Bwell Fitness and what can your clients look forward to in the future?

For the moment I think some many people have adapted to zoom and these platforms which is a great way for getting your exercise in, we've online zoom pts, classes, nutrition and coaching and in the future we can't wait to open our doors again to our clients and to get back meeting people face to face whether that be in one to one, small group training or classes, we miss the energy, the smiley faces the chats the banter and we cant wait to for these doors to be back open again and to welcome everyone.

Neilus, thanks very much I really enjoyed that, getting to know a little bit more about you, that was great thanks very much.



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- Strength and Conditioning Coach
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- Coaching and Coaching Psychology
- Sports Psychology (level 5 and 6)
- Olympic lifting Coach
- Nutritional Qualified Coach



B WELL FITNESS CLUB: 087-7643449

e: info@bwellfitnessclub.com www.bwellfitnessclub.com



RATHMORE GNEEVEGUILLA

➤RATHMORE & DISTRICT CREDIT UNION

Our AGM will be held via Zoom on Monday 26th April 2021, commencing @ 7.00pm. Instructions on how to register and attend are detailed on pages 2 & 3 of the AGM booklet. The agenda for the meeting is also included in the AGM booklet along with the financial statements for 2020. Which was send out to all members With branches in Rathmore, Milltown & Ballydesmond they are based in the heart of 3 local communities, committed to serving you, membership.

➤GNEEVEGUILLA GAA CLUB

It is with profound sadness that we hear of the passing of Mai Murphy. Mai had always been a great next door neighbour and supporter of our club throughout the years. Mai served as an officer for several years as Bar Treasurer. We as a club offer our deepest condolences to Mike, Don, Pj, Michelle, Amy and to all family and friends of Mai. May she rest in peace.

➤SYMPATHY

To families of Sr Genevieve Lyne formerly of Ballybrack, Furies. Killarney Co Kerry. To her sister Sr Fidelma, California, her nieces & nephew, grandnieces & grandnephews, her loving community, relatives, neighbours & friends. Sr Genevieve was laid to rest on Tuesday 6th April in St Joseph's Church grounds Rathmore. To Dan, Phil, Denis, Paudie & Marie (O'Donoghue) on the death of their father Connie Kelleher Shinnagh Upper Rathmore also his daughters-in-law, son-in-law, grandchildren, greatgrandchildren and all extended family. Connie was laid to rest on Friday 9th April in Rathmore. May Sr Genevieve and Connie rest in peace. The late Connie Kelleher, RIP Shinnagh upper Rathmore Connie was lead to rest on Friday last. Connie was former member of Rathmore Burial ground committee

A member of advisory board of Kerry co op & farmer keen insterted in polittces & community a member of Fianna Fail party Connie biggeds moments was when his grandson Niall get involved in polices & was elected to Kerry county council on 2014 and re elected in 2019 and after local elections in 2019 at AGM of Kerry county council Connie was at meeting to see his grandson cllr Niall Kelleher become mayor of Kerry. pure gentleman always had a smile will be sadly missed great character.

➤WASTE DISPOSAL

It is illegal to burn household or garden waste at home, in your garden or workplace. Burning waste can pollute the air by releasing harmful chemicals into it. There may be many toxic chemicals in waste items such as synthetic materials, preservatives, gels, bleaches and plastics. Burning of such wastes in low-temperature uncontrolled fires creates toxic and

dangerous by-products which are not destroyed by the fire but become airborne on soot particles. These can end up being inhaled or being washed out of the air and deposited onto surrounding soil and vegetation, where they can readily enter the food chain. Please care for our environment by disposing of your waste in a responsible manner.

➤**COVID-19** Support Line for Older People: ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff is available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, By Calling 0818 222 024. Hours May Be Extended To Meet The Demand.

Aware: (Depression Support) Helpline on 1890 303 302. Website at www.aware.ie. Jigsaw Kerry: (Young Peoples Health in Mind). Contact 066-7186785 Email: kerry@jigsaw.ie

Pieta House: Contact 01 6010000 or www.pieta.ie

Samaritans: Contact Freephone 116123 (24hrs) Email support: jo@samaritans.org. Website: www.samaritans.org

➤RATHMORE GAA LOTO

congratulations to €1,000 Winner, Donal V O'Connor, Moulagow Rathmore Red Circle.. Referees Needed Kerry GAA training will be available shortly for young people interested in refereeing to officiate at U.11 and U.13 games Any former players who will be available to referee senior games. If interested, please contact Una Moynihan or Mike Cronin.

➤COVID VACCINATION CLINIC

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

➤ST. VINCENT DE PAUL

Rathmore Branch - LOCAL CONFIDENTIAL
CONTACT 087 3462332.

➤NOTES

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

By Michael O' Mahony



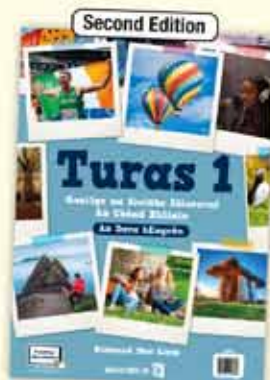
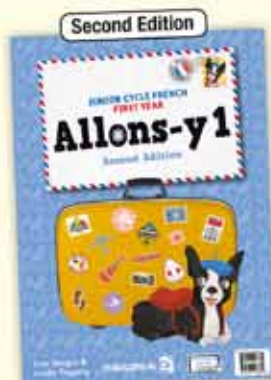
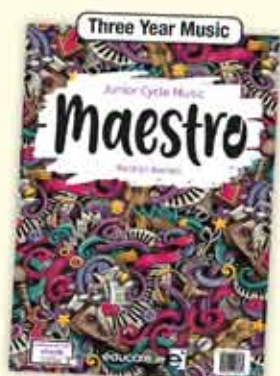
Monika Dukarska (left) and Aileen Crowley.



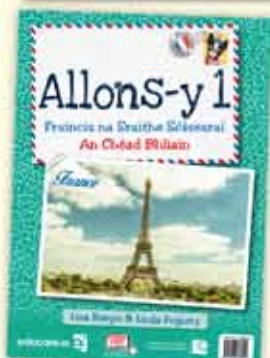
The Irish rowing squad enjoyed great success at the European Rowing Championships held in Varese, Italy last weekend. Former Muckross rower Aileen Crowley and fellow Killorglin native Monika Dukarska were among six Irish crews to reach A Finals and place among the top six in Europe. In the Womens Pair, Aileen and Monika finished sixth and will now look to build on the result in the boat they have already qualified for Tokyo

NEW PUBLICATIONS 2021

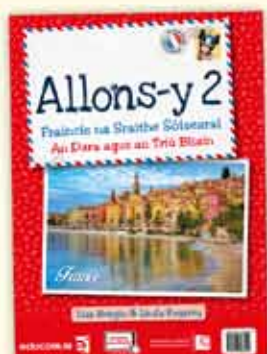
JUNIOR CYCLE



Now Available in Irish



French First Year

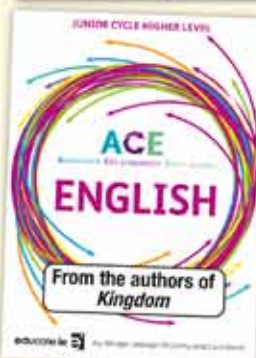


French Second and Third Year

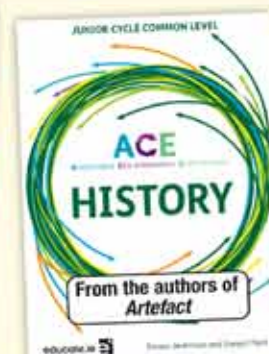


Three Year CSPE

Junior Cycle Knowledge and Skills

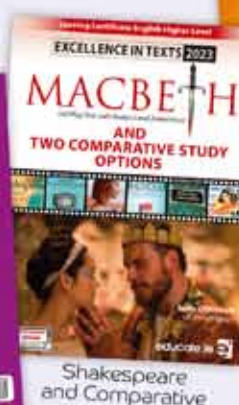
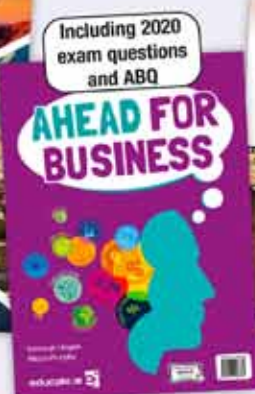


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KILCUMMIN

➤TRÓCAIRE BOXES

Thanks to all for handing in your Trócaire envelopes / boxes for this very worthy cause. Anyone that have not already done so can drop it in to the Parish Office letter box. Trócaire works in over 20 countries across the world to relieve poverty and tackle injustice and support communities to live with independence and dignity. Your contribution will be much appreciated.

➤KILCUMMIN LGFA REGISTRATION 2021

As we prepare to return to play all registrations for members and players of Kilcummin LGFA will be completed online from 2021 onwards. Online registration is now open on Foireann.ie.

Please register as soon as possible before juvenile training starts on April 26th. Guidance and links are available on the Kilcummin LGFA Facebook page.

➤KILCUMMIN GAA

Kilcummin GAA Club presents 'Split the Pot' with the club and winner sharing the winnings 50/50. Live draw will take place on Facebook with a guaranteed winner. Tickets are €2.50, four draws €10. You can play at www.kilcummingaa.com, at Kilcummin Post office or Paddy O'Keeffes Supermarket, Gattabawn. First draw will take place on the 18th April.

➤WASTE DISPOSAL

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

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



Enjoying the Intermediate Championship win in 2005 over Finuge in Austin Stack Park.

PICTURE: TOMMY REGAN

GLENFLESK

➤CLUB MEMBERSHIP

A reminder to everybody that membership is now due for the 2021 season. Membership can be paid online at the Glenflesk GAA Clubforce page using the link below. https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2534&intMF_ID=7821#Anchor

If anyone has any queries please contact Club Treasurer James Furlong at registrar.glenfleskgaa@gmail.com or on 0872331916.

➤GLENFLESK LADIES

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

➤DARKNESS INTO LIGHT 2021

Darkness Into Light 2021, proudly supported by Electric Ireland, will take place at sunrise on the morning of 8th May. This year, as we cannot gather together at our usual Darkness Into Light venues, we are bringing DIL to you, and asking all our supporters to don their yellow t-shirts and take part in the event at a time and in a location that suits them. We are so looking forward to sharing this very special sunrise with you. This year you can choose to sign up for a special sunrise event - walk, swim, bike or simply share your sunrise moment - or you can take part in the Darkness Into Light Challenge - when you select this option, we're waiving the sign-up fee for anyone who pledges to fundraise €150. Get creative with your activity, and remember that no matter how you choose to take part this year, you'll be giving the gift of hope to those in your community in suicidal crisis, or self-harming.



**DANNY
HEALY-RAE TD**



**Cllr MAURA
HEALY-RAE**

WEEKLY CLINIC ON:

**SATURDAY AT SCOTT'S HOTEL,
KILLARNEY AT 11AM**

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

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

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

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

PLEASE CONTACT

Danny 087 2316055 Office 064 6685315

Maura 087 7816432 Johnny 087 2354793

Eileen 087 9975419

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com
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Ability to ensure that high standards are maintained in all aspects of the centre.



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The Secretary, Danú Childcare Centre, Rathmore, Co Kerry
Or email: **danurathmore@gmail.com**
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KEEL GAA CLUB NEWS

CLUB MEMBERSHIP

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

KEEL GAA BINGO

Many thanks to everyone who supported our Keel GAA Community Bingo on Monday the 5th. It was great to have so many involved from near and afar during the current restrictions. Because of your generosity and support we have been able to purchase goalposts for Coiste na nÓg. We will be holding another Community Bingo on Friday the 16th of April via Zoom. Bingo Books are on sale in Benson's, Helena's Local XL, Cronin's Castlemaine, and Kelly's Londis Milltown. If you cannot purchase a Bingo book from any of these shops, contact pro.keel.kerry@gaa.ie. Please register for the Bingo via the link on our social media. Please contact pro.keel.kerry@gaa.ie if you need the link.

THANK YOU

Many thanks to Benson's Quikpick, Helena's Local XL, Cronin's Castlemaine and Kelly's Londis Milltown for supporting Keel GAA Zoom Bingo by selling our books. We would also like to thank Clifford Roofing and Contracting LTD and Topline Boyles Killorglin and Castlemaine for supporting our Bingo. If any business would like to sponsor prize money or vouchers for Keel GAA Zoom Bingo please contact any of our club officers or pro.keel.kerry@gaa.ie

COMMUNITY GAMES

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

MILLTOWN/CASTLEMAINE NEWS

CLUB LOTTO

Next Draw – Tickets are available at all usual outlets for our next draw which will take place on Saturday, April 17th with the Jackpot Prize of €12,600.

Míle buíochas do gach duine for your continued support of our Clubs Fundraising Lotto.

Remember you can now play our Club Fundraising Lotto online @ Milltown-Castlemaine: On-Line Lotto Site

NATIONAL CLUB DRAW

Thank you so much to you for your support so far in purchasing tickets for the National Club Draw.

There is still time to enter:

Tickets can be purchased for €10 by following this link <https://www.idonate.ie/raffle/Milltown-Castlemaine-Draw>. The draw will take place on 4th June, 2021 and again all the proceeds from tickets sold going directly to Milltown/Castlemaine GAA Club.

HISTORY

If you have any old photos or stories relating to the history of Milltown/Castlemaine GAA we would love to hear from you. Please email us on milltowncastlemaine2012@gmail.com

CLUBFORCE INTEGRATION – ON-LINE MEMBERSHIP

The first part of the ClubForce integration is now complete, we are now live with our On-Line Lotto (<https://bit.ly/39GTqt1>) and we have successfully migrated our yearly lotto players onto the ClubForce in advance of the first on-line draw next Saturday. This week should also see us enabling our club membership online via ClubForce as well. Please check our social media posts for the details.

ON-LINE CLUB SHOP

With a return to football on the horizon, now it the time to purchase club merchandise ahead of the 'big throw-in'. Please log into the club shop (<https://milltowncastlestore.sumup.link/>) to see what items are currently in stock. This year we are again providing our hugely popular 'Season Starter Packs' containing a Hat, Gloves, Shorts, Socks & gumshield for €42 or €50 if you require a 'spot-on' football.

- On-Line Lotto: Milltown-Castlemaine: On-Line Lotto Site
- On-Line Club Shop: Milltown-Castlemaine: On-Line Club Shop
- GAA National Club Draw: Milltown-Castlemaine: National Club Draw.

FOSSA GAA CLUB NEWS

REGISTRATION

Fossa GAA Club member registration is now open for 2021 season. To pay online login to [FossaGAA@clubforce.com](https://clubforce.com). Juvenile Member €20 - U6 to Minor up to 18th birthday in 2021 Student Members €20 - Adults in full-time Third Level Education.

Full Members including Adult Players €40

Family Membership €70 - Includes 1-2 Parent/Guardians and all Juvenile members. Under 18s return to training on April 26th, games to resume shortly. We ask that you register as soon as possible so as to reduce the significant burden of managing this process on club registrar and committee. Here's looking forward to a safe and successful 2021 for us all...! Thank you, Gene Moriarty Registrar.

STAY SAFE

(Underage returns at the end of the month 26th of April).

As the number of covid cases begin to fall we hope everyone is keeping well and safe, pls keep to the guidelines set from the GAA for your safety and the safety of other's pls keep away from the

pitch's and clubhouse we all need to do our part and hopefully soon we will all be back on the training fields.

COVID-19 CLUB SPECIFIC GUIDELINES

Club Games and Training

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

GAA club grounds must stay closed.

Club games are not permitted.

Club Gym must remain closed until further notice.

LOTTO

Date 11th April 2021 Numbers Drawn

8, 2, 9, 25 €40 WINNERS

DERMOT GRIFFIN, INIS FAITHLIN BARLEYMOUNT;

ERIN & CILLIAN CRONIN, 15 MAPLE RD MILLTOWN;

JIMMIE GOODMAN;

JOHN F KELLIHER, GRENAGH FOSSA;

FIONN NAUGHTON, CURRAGH AGHADOE.

Next weeks jackpot is £10,950 tickets can be purchased from the Golden Nugget, Foleys spar Fossa and usual sellers thanks for the support.

Also our yearly ticket for €100.00

(2 free draws) or €50.00 (1 free draw) is available from Foleys Spar or any committee member.

DR CROKES GAA CLUB NOTES

LOTTO

draw took place on Monday April 12th numbers drawn were 4 15 16 22 JACKPOT €5,000 was not won. 3 Patrons matched 3 numbers and receive €135 Con O'Sullivan c/o Enda, Amanda Fleming, Helen Howard, Jackpot for draw on April 19th will be €5,000

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

https://play.clubforce.com/play_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, .on https://member.clubforce.com/tickets_m.asp?LL_ID=734

MEMBERSHIP

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

We are asking all members to download the clubforce app using the following link IOS: <https://apps.apple.com/ie/app/mcf/id1270809419> Android: <https://play.google.com/store/apps/details?id=com.girt.ebadism.mcf>, if you already have the App installed since last year you will have to log out & log in again to refresh the App.

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We will be using the app & email for communicating with members & parents on information on the anticipated return to play & club & team news, below is the link directly to pay your membership which is now due for the coming year https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=7826#Anchor

MASTERS GOLF CHALLENGE

We had a overwhelming entry for our latest Golf Challenge. the organizing committee decided to increase prize fund by €500 in acknowledgment of same. Winners €1,000 Castle United consisting of Fergus Moroney, Des Hayes. Brian Hennebery & Tony Sills, 2nd €300 Mike Sheehan & Conor Breen, 3rd €200 Denis O'Donovan, 4th €100 Cian O'Callaghan 5th €100 Ciaran Brosnan, 6th €100 Lamshead Crew, 7th €100 Blarney Golf 5, 8th €100 Hartnetts 9th €100 NBP. Best Card one player missing cut €100 Michael Corry. We wish to thank all who played and look forward to your participation in next challenge the USPGA on May 20-23. A special word of thanks to our own members for their endeavours in administrating Vince Casey, John Keogh, Michael O'Leary Aoife Cronin, Frances O'Sullivan, and John C O'Shea who kept the live scoring updated.

FAMILY

Fun Competition in the next few weeks we will be running a fun competition all ready committed to participating are Colm & Mark Cooper Fionn and Cilian Fitzgerald Tony and Steve Brosnan Micheál and Mickey Joe Burns. Áine and Leah McMahon. Further detail to follow

COMMUNITY HEART PROGRAMME The Community and Health Dept, Croke Park, recently launched the GAA Community Hearts Programme, which you may have seen on the RTÉ News and heard on the radio. There was also some coverage in press media releases.

This important programme focuses on Defibrillator Awareness in our clubs. Please see details below and attached.

Whilst we appreciate that you may have received this information previously from the Communications Department, Croke Park, we wish to draw your attention to the fact that the registration of a club opting into the Community Hearts Programme can only be completed by club secretaries. According to a recent survey, 42 lives have been saved through the use of a GAA-based defibrillator, or AED.

Further information can also be accessed by clicking on the link below: <https://www.gaa.ie/news/gaa-launch-community-heart-programme/>

COVID UPDATE 2021 LEAGUE AND CHAMPIONSHIPS – REVISED OVERVIEW (APRIL 2021)

1. Preparation window and games provisions:

· Return to collective Senior inter county training on April 19th

o No return dates as of yet for collective inter county minor or U20 training – current exemptions only relate to Senior level.

· Below provisions guarantee a minimum of 5 games for each Senior County Football and Hurling team (all bar 3 counties guaranteed 6 games in Hurling)

· Objective – balance

o Ensuring sufficient games at inter-county

o League v Championship

o Club window (2020 and 2021)

o Inter county completed by end of August

· Original Programme announced in December – 27 weeks; new programme is 20 weeks

2. Allianz Leagues

FOOTBALL

· Run from May 15th/16th to potential League finals weekend on June 19th/20th.

· Divisions will be split into North and South as planned in December.

o 4 teams in each group – based on geography.

o 3 Round Robin games per team.

o Top two in each Divisional group to league semis, followed by league final*.

o Bottom two in each Divisional group to Relegation semis – losers (2) relegated.

o Bottom teams in Division 4 to Shield semi and final.

· Changes to what was originally announced:

o London will not be participating.

o *League finals will only be played (on June 19th/20th) if Counties involved are not playing in the Championship on the following weekend.

o In that circumstance, Div 1 – joint winners; Div 2, 3, 4 – joint winners and promotion.

Hurling

· Div 1 and 2 Counties were asked if they were happy to return after 3 weeks on the basis that 5 league games could be guaranteed or after 4 weeks if only 3 games could be guaranteed – overwhelming majority opted for a return after 3 weeks.

o Thus Division 1 and 2 will start on 8th/9th May – Division 3 the following week.

· Div 1a and 1b: As announced in December – remain round robin groups of 6

o No quarter or semi-finals.

o NO DIVISION 1 HURLING LEAGUE FINAL scheduled – there will be either joint winners for 2021, or if the teams that win Div 1a and Div 1b meet in the Championship, this will double as a League Final.

o Hurling League Relegation play off to be played as curtain raiser to Senior Hurling Semi Final in August.

· Divisions 2 and 3 will not have league finals – top team in each Division will be crowned champions of that Division. Bottom team in 2a, 2b and 3a will be the relegated team.

2020 INJURY FUND EXTENSION TO 31 MAY 2021

Given that no activity has been possible for January to March 2021 a further two-month extension of Injury Fund cover has been ratified by Coiste Bainistíochta. This will now take the 2020 cover term up until 31 May 2021.

This means that the GAA Injury Benefit Fund cover remains in place based on existing 2020 team registrations. Units do not need to register or pay for their 2021 teams until re-invited to do so. Details with regards to registering and payment for the 2021 GAA Injury Benefit Fund will issue once we have more clarity from Government as to what the coming months may look like. It is a condition of the extended 2020 Injury Fund cover to 31 May 2021 that in advance of any permitted return to train or play in either April or May, "All players will still be required to be individually registered for the 2021 season on the new "Foireann" membership system." 2020 player registrations will "NOT" carry over into 2021

and cover will be declined if a player is not fully registered for the 2021 season in advance of any return to train or play in 2021.

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

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

2. Review the 2021 Injury fund premium payable by each of the 1,500 units and potentially increase this premium by 25% to partly cover €1.3m of the forecasted €3m fund deficit to May 2022 if loss of wages cover is to be reinstated during this term. The funds ongoing deficit is primarily due to the absence of gate receipts during this term which ordinarily sub-vents the shortfall in the fund annually. General. In a general context, while there are undoubtedly some challenges ahead for the Association, there is also plenty of hope that with the availability of vaccines and the roll out of the inoculation programmes North and South of the border, a summer filled with Gaelic Games activity lies ahead. In the meantime, we await the upcoming government announcements and will continue to communicate regularly with all units. We also request that you keep yourself updated with all communications given the fluid situation that we now find ourselves operating in. Finally, we want to remind you all of the importance of personal responsibility for our actions in relation to Covid-19 as we work together to ensure the safety of everyone in our community.

BEST WISHES

to Ladies Senior player Marian O'Callaghan who is currently recuperating from a domestic accident.

EAST KERRY GAA NEWS

By Michael O'Mahony

.....

CONDOLENCES to following families on recent death: Connie Kelleher RIP, Shinnagh Upper, Rathmore, who is grandfather Chris O'Donoghue Glenfesk & East Kerry player & former minor & under 21 player with Kerry.

CONDOLENCES to his sons Dan, Phil, Denis, Paudie and daughter Maria (O'Donoghue), daughters-in-law, son-in-law, grandchildren, great-grandchildren, nieces, nephews, grandnieces, grandnephews, relatives, kind neighbours and a large circle of friends.

Mai, Murphy.RIP. Mai served as an officer for several years as Bar Treasurer and as a club officer. Our deepest condolences to Mike, Don, Pj, Michelle, Amy and to all family and friends of Mai. Paddy O'Donoghue RIP, Fries & Killarney much loved father of Seán, Maria, Padraig, Annette, Michelle and Louis. Sadly missed and dearly loved by his family, daughters-in-law Sue, Elaine and Sandra, sons-in-law Aidan, Maz, and Pat, his grandchildren and great-grandchildren, relatives, his former work colleagues in CIE and a wide circle



**COMHAIRLE CONTAE CHIARRAÍ
KERRY COUNTY COUNCIL**

**BÓITHRE A nDÚNADH GO SEALADACH
TEMPORARY CLOSING OF ROADS**

**ALT 75 d'ACHT NA mBÓITHRE 1993
SECTION 75 OF ROADS ACT 1993**

Notice is hereby given that, pursuant to Section 75 of the Roads Act 1993, and the Temporary Closing of Roads Regulations 1994, Kerry County Council **has decided** to temporarily close to public traffic the following roads for the period and reason specified below:

**“SAFE STREETS – SAFE TOWN – SAFE COUNTY”
Covid-19 Social Distancing Measures**

KILLARNEY TOWN CENTRE

Roads Subject of Proposed Closure

L-3909 Plunkett Street, Killarney (from its junction with Main Street to its junction with College Street)

R-876 Kenmare Place, Killarney (slip road from its junction with N71 Kenmare Place to its junction with N71 East Avenue)

Period of Proposed Closure

From Thursday, 22nd April to Sunday 31st October 2021 (24 hr closure)

Reason for Proposed Closure

To facilitate Covid-19 Social Distancing Measures, under the Kerry County Council “SAFE STREETS – SAFE TOWNS – SAFE COUNTY” Plan

Alternative Routes

L-3909 Plunkett Street – traffic can divert at College Street Roundabout, via the N71 Fairhill Road, the N71 East Avenue, Kenmare Place, onto Maine Street.

R876 Kenmare Place – traffic can divert onto the N71 at Kenmare Place.

Access to College Street (Glebe) Car Park will remain open and designated loading / collection bays will be provided at College Square / College Street Car Park for deliveries and collections.

**Siniu: Pádraig Corkery
Senior Executive Officer / Feidhmeannach Sinsearach
Corporate Affairs / Gnothai Corparaideacha**



The first Legion and Crokes Senior teams to line out in the new Legion pitch in Direen in 1990.

of friends. Ar dheis Dé go raibh a hanam dílis

50/50 DRAW

Kilcummin GAA are happy to announce the return of the '50/50' draw from early last summer over the coming weeks as we near a return to club activity. Each week's draw will see the overall amount collected for that draw halved between the winner and the club.

Each draw will take place live on Facebook.

There will be a total of four draws for a fee of €10 in total. You can enter either from the following link below, Kilcummin Post Office or Paddy O'Keeffe's Supermarket Gattabawn.

Kilcummin GAA Share The Pot Draw – Kilcummin GAA Club (clubforce.com) **FIRST DRAW: SUNDAY APRIL 18TH** Every second Sunday thereafter until May 30th

CUL CAMP

This document is aimed to assist clubs when deciding on whether to apply to host a Cul Camp. However it is important to note that the final decision will be made by the County Games Development Committee having assessed the clubs ability to meet all of the requirements as per the GAA's Cul Camp Planning Document.

1. Responsibility: The Cul Camps are a National Programme with guidelines and policies set by the National Coaching and Games Committee in Croke Park who are responsible for overseeing the programme. At local level the County Games Development Committee run the Cul Camp Programme in each county. From a Health and Safety perspective the only responsibility resting with the County Committee is to ensure there is strict adherence to all of the guidelines as outlined in the GAA's Safe return to Gaelic Games Document. In the return to play and the Cul Camp policy document there are steps and procedures to follow, if an individual contracts Covid-19, and

certain steps need to be implemented in keeping with healthcare guidelines.

2. Cap on Numbers: This will be set by the County Games Development Committee with reference to the recommended numbers based on facilities as per the Cúl Camp Planning Document. There will be a limit placed on numbers attending each venue.

3. Camp Booking: All booking will be on line. However in order to give club members first call the club coordinator can decide the date and time when booking goes live and can inform all club members in advance.

4. Facilities: Club facilities must comply with requirements as per the GAA's Cúl Camp Planning Document. As dressing rooms and club indoor facilities are more than likely not going to be open, then it is our recommendation that any club wishing to host a Cul Camp must have a covered outdoor area (eg .Stand etc). The camp day is four hours and we need to make sure that the children have some cover from weather conditions.

5. Toilet Facilities: Toilet facilities and handwashing facilities must be available. Under the GAA Return to Play document clubs are allowed to open toilet facilities.

6. Gear: The Gear that the Cul Camps participants receive this year is the same as the gear in 2020 as advertised on the G.A.A Cul Camp website.

7. Signage: Signs are the responsibility of the club and should be placed at the entrance, in car parks, entrance to toilets and pitch side. Pitch side signs to contain signage on social distancing, personal contact, spitting sneezing, coughing etc as per GAA's Safe Return for Gaelic Games

8. Drop of Collection: The Head Coach/Coordinator and the local club will devise a drop of collection system for each camp as per the GAA's Safe Return for Gaelic Games Document.

9. Covid Officer: The Head Coach/Coordinator will liaise with the Club's Covid Officer in advance of and during the camp to ensure that all of the necessary safety requirements are in place.

10. Daily Health Questionnaire: Parents and staff must complete the daily Health Questionnaire as per the GAA's Safe Return for Gaelic Games Document. We have requested that parents would only have to fill in one form for the camp and are currently waiting on confirmation. * * * *

11. Underlying Health Conditions: Children with underlying health conditions must be advised to seek medical advice before attending a camp

12. Wet Days: In cases where coaching activities are suspended due to adverse weather conditions then camp days may be called off. It will then be the responsibility of parents/guardians to make arrangements to collect their children from the Camp.

13. Club Camps: Clubs who do not commit to running a Cúl Camp will not receive permission to run a camp of their own as per GAA policy.

KILLARNEY LEGION NOTES

As part of the #TakeNotice phase of the #OneGoodClub initiative, Killarney Legion volunteers set out on the streets of Killarney and litter picked in their 5km. Thank you to everyone who helped organise this good deed and those who gave up their free time to clean up the community. A large quantity of litter was picked and Killarney is still remains one of the most beautiful and cleanest places in the world! Make sure to keep up to date with the clubs activities as part of the #OneGoodClub initiative.

ONLINE FITNESS CLASSES

This week was the last session of the Legion Online Fitness series for Juveniles (for now!)

It was great to see so many of our juveniles and parents join in and take part each week. There were 10 sessions during Feb Mar & Apr with over 250 participants over the course of the series. A special word of thanks to the senior players who led the sessions and put us all through our paces. The kids in the club really look up to the seniors and this series will further strengthen the bonds within our club.

10 players (men's / women's) did the sessions so a big thank you to Isabelle Corridan, Conor Keane, Sarah Leahy, Jonathan Lyne, Padraig Lucey, Elizabeth Mohan, Podge O'Connor, Mairéad O'Donoghue, Damien O'Sullivan, Jamie O'Sullivan.

DEEPEST SYMPATHIES

Killarney Legion extends it deepest sympathies to Marion, Mike & the Lucey Family on the passing of Marion's mother Bridget. May she rest in peace.

LOTTO RESULTS

06,07,17,20 Bonus: 8

Match 3's

Tim Buckley Gortaree Aghadoe
Kieran and Rhonda Healy Farranaspig, Aghadoe
Louise Sheahan The Beeches, Mill Road
Tracey Coyne, International hotel
Cian Hegarty c/o Sean Hegarty
Next draw Sunday 18th jackpot €16,300
Thank you for your continued support.

LADIES NATIONAL FOOTBALL LEAGUE **FIXTURES 2021**

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

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

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

In Division 2A, TG4 All-Ireland Intermediate champions Meath will be joined by Clare, Kerry, and Wexford, while Armagh, Cavan, Monaghan and Tyrone feature in an all-Ulster Division 2B.

There are four counties in each group, with the exception of a three-team Division 4B, which contains Carlow, Offaly and Limerick, while the divisions have been comprised in

regional fashion to minimise travelling for the competing teams, and to help ensure the health and safety of all counties.

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

There will then follow a two-week break before the Lidl National League Finals are played on June 27. Confirmation of initial details for the 2021 Lidl National Leagues follow the recent Government announcement that inter-county training can resume from April 19, for 'sanctioned and organised adult inter-county National Gaelic Games Leagues.'

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

Division 1A: Galway, Mayo, Donegal & Westmeath

Division 1B: Cork, Dublin, Tipperary & Waterford

Division 2A: Kerry, Meath, Wexford & Clare

Division 2B: Tyrone, Monaghan, Armagh & Cavan.

Division 3A: Down, Roscommon, Sligo & Fermanagh

Division 3B: Kildare, Laois, Longford & Wicklow

Division 4A: Louth, Leitrim, Antrim & Derry

Division 4B: Carlow, Offaly & Limerick

Proposed Dates

Round 1 – 23rd May

Round 2 – 30th May

Round 3 – 6th June (Bank Holiday Weekend)

Semi-finals – 13th June

Finals – 27th June

Kerry LGFA Fundraiser

The Kerry LGFA Executive and the Intercounty teams would like to thank everyone who bought ticket(s) for the fundraiser. The support has been amazing and is very much appreciated by all the Kerry Intercounty teams. We would like to thank all the businesses who donated so generously with amazing prizes that helped make this fundraiser a huge success. The draw for the raffle will take place next Saturday 17th April. Best of luck to everyone who entered.



The late great Derek Twomey, in centre with ball, with his teammates and still to this day friends back in 2007. PICTURE: TOMMY REGAN



Rathmore Stalwarts Diarmaid and Sheila McCarthy, Donie O Leary, Dermie and Dorothy Moynihan and John Stephen O Sullivan at the Kerry GAA Communication Awards in 1991. PICTURE: TOMMY REGAN



Fr Richard O'Brien, Johnny Culloty, James O'Donoghue, Sean Costigan, Larry Fagan, Con Carroll, Pat Healy and Dermot Reen in front of the old clubhouse in Direen.

PICTURE: TOMMY REGAN

KILLARNEY CELTIC NOTES**CELTIC LOTTO**

Numbers drawn 11,12,16,20. There was no jackpot winner. Match 3 winners received €50. The next jackpot on Monday April 19th is €6,600. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com.

KILLARNEY CELTIC GEAR

Is available online through www.bmcsports.ie and the link can be accessed from the Killarney Celtic Facebook page.

MUCKROSS ROWING CLUB**RETURN TO ROWING**

We are now counting down the days to a return to rowing! Outdoor training for underage crews in pods of 15 is set to resume from Monday, April 26 and further clarification is awaited on rowing in single sculls for adults.

EASTER MARATHON CHALLENGE

The final results of our Easter Marathon Challenge were announced live on the club's Instagram page on Sunday last. Over 60 club members logged the minimum 42km of running over the two weeks of Easter school holidays, well done again to all. Spot prizes were awarded to members in a raffle draw – congratulations to Darragh Doolan, James O'Carroll, Eva O'Shea, Cara O'Sullivan, Matthew Hegarty, Diarmuid Quirke, Cathal Coffey, Colm Looney, Sharon Cooper and Abbie Daly who each won a share of Rowing Ireland merchandise and Easter goodies. Special mention for Abbie Daly, whose photograph from the running challenge featured on Virgin One weather with Deric O'hArtagain. Our thanks to club Chairman, Sean Daly, who kindly sponsored the prize draw.

EUROPEAN ROWING CHAMPIONSHIPS

The Irish rowing squad enjoyed great success at the European Rowing Championships held in Varese, Italy last weekend. Former Muckross rower Aileen Crowley and fellow Killorglin native Monika Dukarska were among six Irish crews to reach A finals and place among the top six in Europe. In the Womens Pair, Aileen and Monika finished sixth and will now look to build on the result in the boat they have already



Pictured above The Killarney Celtic Youths squad 2010/11, winners of the Munster Youths Cup on Sunday April 17th 2011 in Mounthawk Park when they defeated Waterford Bohemians 5-1.

qualified for Tokyo. The Mens Lightweight Double of Paul O'Donovan and Fintan McCarthy powered to gold and established themselves as firm favourites for Olympic gold this year. Also showing solid Olympic potential was the Irish Womens Four crew of Emily Hegarty, Eimear Lambe, Aifric Keogh and Fiona Murtagh who finished a very close second in their A final to win a silver medal. This crew will race at the final Olympic qualification regatta in Switzerland next month for one of only two remaining places for Tokyo in this boat class.

GNEEVEGUILLA ATHLETIC CLUB**LOTTO**

No winner of our lotto draw 09/04/2021, numbers drawn were 14, 17, 23 & 29. €50 Y/T prize to Donal McCarthy, Londis Rathmore, €50 to Eugene O' Neill Lyre, Rathmore. €40 each to Eilish Coffey Woodlawn, Killarney, Mary Donnelly Coom & Thomas Carmody Gullane. Sellers prize Centra Rathmore. Bonus not won numbers drawn were 3, 6, 13 & 22. Next week's jackpot €18,200 plus €1,000 bonus.

YEARLY LOTTO RENEWAL

Yearly lotto tickets which in the past fell due on January 1st are now due for renewal on May

7th, appreciate if all concerned can arrange to have your monies paid on or before May 7th. Anyone wishing to join the lotto for a year may contact Tom Joe on 087/9339087. Currently he lotto is our sole source of finance.

TRAINING

It look likely that we will be able to resume training on May 1st. Training will resume in Barradubh, Gneeveguilla & Glenlara venues. More details to follow nearer the time.

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

The club notes the recent announcement of the intended re-opening of all courses on Monday April 26th next. We await further details in the weeks ahead about what such a re-opening will entail. The club re-iterates its intention to play the 2020 U16 Matchplay for all of last year's U16 members. Further details will follow on that.

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



Legion players with team mentors who helped the Sem to win 2 Munster U15 and a half Championships in 1987 and 1988

Left to right..Donal O Leary,Sean Culloty,David Regan,Jim Trant,Richard Willis,Fr Jim Kennelly,Denis Doody,Sean Kelly,Tony Fagan,Tommy Brosnan, Cathal O Grady.

PICTURE: TOMMY REGAN



JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

GAA

The new GAA inter-county season will get underway with the first round of the Allianz National Hurling League on May 8th and 9th with the Football Leagues starting a week later. The Association are also to seek clarity from the government in the coming days as to whether teams will be able to play challenge games in advance of the commencement of the National Leagues. Unfortunately, I imagine it's unlikely - the fact of a fourth county, Monaghan, being investigated for breaching restrictions certainly doesn't help.

NATIONAL FOOTBALL LEAGUE

The Allianz Football League will from the weekend of May 15/16 to the weekend of June 19/20 with Divisions split into North and South as originally planned in December.

Four teams will be in each group based on geography with three Round Robin games per team. The top two in each divisional group will advance to the league semi-finals followed by a league final.

The bottom two in each divisional group will play relegation semi-finals with the two losers of those matches relegated. The bottom teams in Division 4 will play a Shield semi-final and final. League finals will only be played on June 19/20 if counties involved are not playing in the championship the following weekend. If they are, then joint winners will be declared for

Division 1 and joint winners and promotion for Divisions 2, 3, and 4.

Kerry will be at home to Galway on May 15th, play Dublin at a neutral venue on May 23rd, and be away to Roscommon on May 30th to conclude our group games.

Provincial Draws

The draw for the Munster Football and Hurling Championships will take place live on Radio 1's Morning Ireland Show next Monday, April 19th, at 7.30am and 8.30am

NATIONAL HURLING LEAGUE

Divisions 1 and 2 of the Allianz Hurling League will run from the weekend of May 8/9 to the weekend of June 12/13. Division 3 of the Allianz Hurling League will run from the weekend of May 15/16 to the weekend of June 19/20.

There will be no Division 1 Hurling League quarter-finals, semi-finals, or Final played. There will either be joint winners for 2021, or if the teams that win Div 1A and Div 1B meet in the Championship, this will double as a League Final.

The Division 1 Hurling League Relegation Play-off will be played as curtain raiser to Senior Hurling Semi Final in August.

Divisions 2 and 3 will not have League Finals either. The top team in each Division will be crowned champions. The bottom team in Divisions 2A, 2B, and 3A will be relegated.

CHAMPIONSHIPS

The inter-county season has necessarily been reduced from 27 weeks to 20, and as a consequence the championships will be knock-out. I know how tough that can be, to have a year's effort ended in an abrupt 70 minutes (effectively, just one horrible late minute for Kerry against Cork last year) but the truth is that I prefer knock-out. There also won't be a Tailteann Cup. I'm in favour of the long-term changes to the championship structure and the playing season that the GAA have been working to implement in recent years, but quite rightly and understandably right now the priority is to get games going again.

This year's All-Ireland Senior Football final will be played on the weekend of August 28th and 29th, with club championships of last year concluding and this year's commencing at that stage. Kerry are tentatively examining the possibility of playing county league games prior to that without county players. That's a hard one for me - I've never liked the way that players are held from their own club games (no-one ever tells us that 'the county team is the bedrock of the association' - but the sooner that club players can get back in action the better. The All-Ireland Senior Hurling Championship remains unchanged from December's original calendar and the All-Ireland final has been fixed for the weekend of the 21st and 22nd of August.

PACKIE MCGARTY RIP

A little late, but I couldn't let the great man pass without mention. There's often debate about Kerry's greatest midfield pairing. Most people go for Mick O'Connell and Paddy Kennedy, the pairing on the Millennium Team, but I have always thought that the pair brought style, while Jack O'Shea provided raw power - I'd blaspheme by starting O'Connell on the forty.

No-one, ever, debated who was Leitrim's best footballer. In fact, the wonder is that Packie McGarty's name isn't mentioned more often as the greatest footballer ever. McGarty never won an All Ireland medal - coming from Leitrim, it was never likely to happen. But he was a Railway Cup star at a time when those players were household. He was man of the match in the county U14 Final in 1949 - at 10 years of age. He made his debut for the Leitrim seniors at just 16 years of age (I believe that teenagers were simply much more active in those days - no playstation, motor car, television, and more manual labour). He would keep his place on the starting fifteen until 1971, 23 years altogether. At 19 he made his Railway Cup debut - and promptly roasted no less a player than Jas. Murphy, scoring 1-4. In the end he would win



three Railway Cups with Connaught. He reached his first (and only) All Ireland Final with Leitrim in the 1952 All Ireland Junior Final, which they lost to Meath. In the end he would lose six Connaught Finals to Galway's great three in a row team of the sixties, four of them in a row.

It's a subject that regularly crops up and invariably leads to interesting debates. Who were the best players never to win an All Ireland? I actually remember a time in the early nineties when we all knew the answer to that question - it was "Maurice Fitzgerald". And everyone would agree

and raise their glass to you (often a subtle hint to refill). I think everyone would agree on certain names in the category, but only a very select few. For me, a selection without the likes of Tommy Murphy, Mickey Kearns, and Declan Browne would not be credible. Oh....and a certain Packie McGarty.

Before anyone else says it, yes, I have certainly left off some very redoubtable names. Jobber McGrath of Westmeath, Jim Wall of Waterford, Barry Owens of Fermanagh, Frank McGuigan from Tyrone, Kevin Kehilly of Cork, Dublin's Paddy Christie and Ciaran Whelan, Dessie Mone from Monaghan, Gerry O'Reilly from Meath, Conor McManus of Monaghan (a very tough call!), Glen Ryan and Johnny Doyle from Kildare, our own Jack Hussey (the Ballymac man was Kerry's first great, back when the Association was founded), John Pius O'Sullivan (the 'Champion' of Laune Rangers), or Denis O'Sullivan of Rahillys. Look, you could write out a list of a thousand names, and the first person to see it would remind you of a name you had forgotten - and they would be right. Some conversations will never grow old....

ROWING

Monika Dukarska and Aileen Crowley finished sixth last Sunday in the Womens' Pair Final at the 2021 European Rowing Championships in Varese, Italy. They had qualified by finishing second in their heat, losing out to Romania but coming in ahead of the Czech and Danish crews. They made a strong start in the final and were in third place, but couldn't quite maintain that intensity, finishing in 7.11.83 as the sixth boat past the line. Great Britain were the eventual winners, with the redoubtable Romanians in third.

KERRY LADIES GAA

Kerry, having unfortunately been denied promotion purely by the circumstances of the pandemic rather than anything on the pitch (they were unbeaten), will be trying to repeat their superb feats of last year in Division 2A of the Ladies National League.

They are pitched against Meath, Wexford, and Clare. The proposed dates for the games are Round 1 – May 23rd, Round 2 – May 30th, Round 3 – June 6th. The semi-finals will take place on June 13th and the final on June 27th. Hopefully at that stage Kerry will be the last team standing in Division Two!

KERRY CAMOGIE

Again, great news as there are clear dates set for the resumption to action. Maybe just a tiny 'ulpl' at who we are facing in that action, though! Make no mistake, this is seriously daunting. Kerry are grouped with Cork B, Tipperary B, and Galway B, and all of those include players from their senior panels. These are the upper echelons of the game and yes, it will undoubtedly be hugely challenging, but in fairness Ian Brick and his team won't be shirking any of the

MY BEST TEAM TO NEVER WIN AN ALL IRELAND (TODAY'S VERSION ONLY!)

Seamus Hoare (Donegal)

Sean Marty Lockhart (Derry) Eddie Boyle (Louth) Seamus Clancy (Clare)

Graham Canty (Cork) Billy Goodison (Wexford)

Tom McCreesh (Armagh)

Dermot Earley (Kildare) Tommy Murphy (Laois)

Peter McGinnity (Fermanagh) Packie McGarty (Leitrim) Mickey Kearns (Sligo)

Declan Browne (Tipperary) Mattie Forde (Wexford) Ciaran McDonald (Mayo)

Anton O'Toole RIP

He didn't so much saunter out of his Synge Street club (he later managed them to an Intermediate title) and onto the Dublin team as saunter. Among the intensity of the famous hut in Parnell Park when the Dublin players gathered to thresh things out, O'Toole was usually the quietest man in the hut, and Kevin Heffernan didn't mind that. Normally Heffernan forced those lads out of themselves,



but he knew there was no need here. O'Toole, like David Hickey and the irrepressible Mick Holden, brought quiet laughter into that room – he had that knack all his life – and Heffernan was willing to forego his usual demand for raw passion. You couldn't ruffle O'Toole – but Heffernan never needed to. O'Toole was big, rangy, and amazingly fast. Dublin supporters – and remember, in the early seventies a Dublin supporter was a rarity, and a Dublin win even more so – watched the tidal wave that saw them dethrone Cork as 1974 All Ireland champions. The long haired lad at the back with the speed quickly attracted the moniker 'The Blue Panther' and lived up to it. O'Toole was tireless on the field, but he also had silky skill. He could solo run with the ball under perfect control as fast as most players could sprint and he was deadly for goals – when that Dublin team were finding their feet, it was Anton O'Toole who got the crucial goals to snuff off the challenge of two strong Meath teams – without him, the juggernaut would have been derailed before it could build momentum. He was one of the few to be there from the start all the way to the finish, joining Brian Mullins with four celtic crosses. Ar dheis Dé go raibh a anam uasal.

RUGBY

Ladies Six Nations

Ireland 45 Wales 0

All too easy, to be quite honest. This was not a great game, an unfortunate Welsh side looked well out of their depth. That said, Ireland looked very strong and fit, carried well, and I liked the speed of their passing at times. But when you factor in the quality of the opposition....no, Ciara Griffin's team will be asked much harder

questions by France next week (they beat Wales 53-0). Still, it's great to see some bit of action again, and it must be wonderful for a team (the Irish players look to me like they have worked hard during lockdown) to actually get back playing on the field.

Eimear Considine scored what I've seen described as a stunning individual try to open the scoring. I'm not a fan of patronisingly allowing lowered standards because it's the 'womens game', that was chronic defending and needs to be called out as such. Considine took the easy gap well, though. Wales weren't just on the back foot; they were already reeling, unable to handle Ireland's speed both of foot and in passing. Béibhinn Parsons (that's a real name talent0 evaded a fairly poor attempt at a tackle and showed a clean pair of heels – that kind of pace is hard to stop with a bit of space. Her second one was a real beauty, though, catching an absolutely superb kick across by Hannah Tyrell and going over. After just 17 minutes, Eimear Considine broke through the Wales line far too easily for a fourth. Wales had good players and were hugely willing – they just clearly had no idea how to link the defence and, worse, never seemed to commit in those tackles. In the second half, Ireland could afford to lower the intensity and still score tries through Sene Naupo, Dorothy Wall (in fairness, Wales defended that one well, it needed to be and was a good finish) and Hannah Tyrell, whose outstanding play most certainly deserved it.

CHAMPIONS CUP

Leinster 34 Exeter 22

There's only one Irish team still standing as we go into the final four, and there's a good reason that they are still standing. Mind you, it didn't look that way early on – Tom O'Flaherty absolutely sliced through the defense with embarrassing ease for Exeter's opening try. Then he did it again, albeit after more width by Exeter. 14-0. Good response, though, Keenan doing well to offload to James Lowe for the try. I know Lowe's defence can be worrying, but I always believe that he brings an invaluable dimension to attacking play. It was Keenan again (the Lions might have an embarrassment of riches in his position, but he's the most rounded of them and I'd have him on the plane) who offloaded to Jordan Larmour for their second try. In fairness, this was hugely entertaining rugby, both teams willing to attack. Johnny Sexton was gone for a Head Injury Assessment. It's happening to him a lot in games this year, I really would worry about long term implications, given what we now know about long-term concussive effects. A lion-hearted warrior has taken too many bangs. Ross Byrne took over the conversion duties comfortably and added a penalty won by the outstanding Ronan Kelliher. Exeter probably had more of the attacking play, but Leinster's defence, especially the aforementioned Kelliher, were pulsatingly brilliant. They pretty much won all the contests. Just before the break, Ross Byrne nailed his second penalty and Leinster had effected a 34 point turnaround, from 14-0 down to 20-14 ahead.

The Exeter pack powered over to get back within one point on the restart (power play lacks entertainment value for me but I appreciate the enormous skill in that cohesive push). Simmonds missed the conversion but he got a penalty to nudge them in front. Ross Byrne replied in kind, though – he must be moving up in Andy Farrell's thinking.

Leinster put some precious daylight between the teams on sixty minutes, Jordan Larmour showing great composure to finish after good team play. Byrne missed a difficult conversion, but won a penalty that he nailed – mistakes on either side were being ruthlessly punished – and Leinster were 31-22 ahead. Leinster's defence again had to be their rock as Exeter pushed relentlessly, but to no avail.

We'll only whisper it yet. The best club rugby in the world is in France (with commensurate salaries) but the best club in Europe might yet prove not to be French. There'll always be a little bit of grudging famers' sons of Munster versus the upper class D4 accents of Leinster cankered within my soul, but it would be great for Irish rugby. It depends on whether they can play like they did for seventy minutes against Exeter for the full eighty against La Rochelle, who are of course coached by none other than their old arch-rival, one Ronan O'Gara!

Because if they repeat that opening ten minutes....ouch! It really wasn't pretty....

SOCCER

Treaty United

A 1-1 draw with Cobh Ramblers sees Treaty United maintain their unbeaten record in their debut year, but this was a tight one and once again, they did themselves no favours by playing the game with 10 men for sixty minutes. Treaty's defending, including by our own Matt Keane in midfield, are obviously excellent, but they haven't finished a game with their full complement yet – it's asking a lot. They were 1-0 ahead at that stage, Seán McSweeney having scored a beauty. Cobh's Darryl Walsh scored from a volley five minutes into the second half, with some observers feeling that the goalkeeper had been impeded after punching clear -I learned long ago in the League of Ireland to give more weight to the referee's opinion!



Best of luck to Micheál Devlin as he captains Georgetown College in the quarter-final of the Mid South Conference. Micheál, whose academic excellence has also been recently recognised, has also signed a contract with professional side Duluth for the summer.

Micheál Devlin into Quarter-Finals

Best of luck to Micheál Devlin as he captains Georgetown College in the quarter-final of the Mid South Conference. Micheál, whose academic excellence has also been recently recognised, has also signed a contract with professional side Duluth for the summer.

HORSE-RACING

Ladies Day

It's probably a little bit too early to congratulate Rachael Blackmore on winning the RTE Sports Personality of the Year Award for 2021. Only because it's an Olympic year, though – in any ordinary year that title would or at least should be locked down already. Less than a month ago she was the first woman to be crowned leading jockey at Cheltenham with six winners. Last weekend, even more impressively, she became the first woman to win the Grand National at Aintree. That's the first one in 182 years, by the way.

It's a phenomenal achievement by Rachael, but I'd say even more so by trainer Henry de Bromhead. He pulled off the famous 'Cheltenham Hat-trick' of the Champions Chase and the Gold Cup. Ironically, Rachael had turned down the Gold Cup winner Minello Indo, opting for A Plus Tard, leaving the ride to our own Jack Kennedy. If that was a slight error of judgement, it's pretty much her only one this year, and she has a Grand National to prove it.

It shouldn't matter what her gender is. It shouldn't even be worth mentioning. She herself is quoted "I don't feel male or female right now. I don't even feel human."

It shouldn't matter....but it does. We are getting there.



Rachael Blackmore and Minella Times win the Aintree Grand National for owner JP McManus and trainer Henry de Bromhead on Saturday. Photo: Grossick Racing/Racing Post

GOLF | US Masters



Well, that got entertaining pretty quickly! I'll be honest with ye, I couldn't sit down and watch the Masters; that's a huge commitment of time. I put it on in the background and keep an eye on it during the day....it gives me a kind of rolling narrative of what is happening, with an occasional blank to fill in. I was there for that crucial 16th, though...that drama was well heralded by the hole before it!

A surprising amount of big guns fell by the wayside very quickly. Rory McIlroy is still waiting to complete the Grand Slam and join a tiny elite, and he'll wait a while yet going by this performance. His biggest moment came when he hit his father with a wayward shot – the pair laughed it off, which was good to see. Dustin Johnson was one of my favourites for the tournament, but the slow greens killed



his game early (six three putts in two rounds?) and his main function this year was to pass the famous green jacket to his successor. Matt Kuchar, always a dark horse, stumbled over the early fences and was gone. Brooks Koepka, another name you wouldn't be surprised to see riding high on the leaderboard, rode off into the sunset instead. World number 10 Patrick Cantlay? Bye bye. Fred Couples, Sergio Garcia, Bernhard Langer, ditto. I know it's cruel, this is their livelihood, but it's entertaining, and all of the aforementioned are multi-millionaires.

Jordan Spieth had a triple bogey (that's my standard, not his) in his opening round, with practically every golfer clearly disliking the brutally unforgiving greens and I assumed it was the end of him. No, fair play, Spieth kept his head down and calmly worked his way back into it, it showed a lot of character and resilience. But when all the dust settled, everybody was talking about just one golfer. Hideki Matsuyama made his move after the cut, an immaculate 65 giving him a four shot lead going into the last day. I'd say it was all over bar the shouting, except that there was

plenty of shouting to be done yet. Matsuyama stumbled early on but kept going and actually stretched his lead into a whopping six shots after 11 holes. No Japanese man has ever won the Masters, and that's a nation that really buy into the game – maybe a few of them were starting to relax a bit. Then the pressure came on. Spieth was coming well back into contention, but it was Xander Schauffele's four birdies in a row that loaded the shoulders. Don't ask me why, but I was keeping a closer eye on Spieth and, to a much lesser extent, Will Zalatoris. I guess Spieth is such a big name I got blinded by it instead of focussing on what they were doing. The big drama came at the fifteenth. Matsuyama's approach skidded over the surface instead of slowing, and it ended in an ominous splash. He took the drop and held his nerve to get out of it with a bogey. Only now his lead was down to two, with Schauffele breathing closely down his neck....only for Schauffele to find water on the 16th, just when he needed to tighten the screw.

Call it sentiment, but I'm glad. Hideki comes across as a nice guy, and losing it at that stage is something that could have haunted him forever. When people think about the Great White Shark Greg Norman, all many of them remember is that famous 1996 collapse of a six shot lead Nick Faldo at this same venue.

Believe it or not, Phil Mickleson was playing that day, and not only did he play last weekend, but he actually acquitted himself quite respectably!



The prep work continues at Killarney Golf & Fishing Club ahead of reopening on the 26th of April. Fairways on Killeen and Mahony's Point have been blown and cleaned after a recent verti-cut. PICTURE: IAN CRONIN

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KNOW YOUR RIGHTS

EVICION DURING COVID-19 LEVEL 5 RESTRICTIONS

Question: *My landlord has asked me to leave my rented accommodation. Can I be evicted during COVID-19?*

Answer: Under COVID-19 restrictions, an eviction ban automatically kicks in any time people's movement is restricted to 5 kilometres from their home. This means that you cannot be evicted at the moment while Ireland is at Level 5, and for a ten-day grace period after this.

Your landlord can give you an eviction notice during this time. However, the notice is paused while these restrictions are in place and for 10 days after restrictions are lifted. This means the date you are due to be evicted is extended by 10 days, plus the amount of time Ireland is at Level 5.

These protections do not apply if your landlord is asking you to leave for one of the following reasons:

- Anti-social behaviour
- Acting in a way that would invalidate a house insurance policy
- Acting in a way that would cause substantial damage to the accommodation
- Using the accommodation for commercial or other non-residential purposes

If the eviction notice is for one of these reasons, the eviction can go ahead once the appropriate notice period expires.

For more information on the eviction ban, see the Residential Tenancies Board's guidance document and FAQs. If you are threatened with eviction, you should call Threshold for advice.

You can find more information about Renting and COVID-19 on citizensinformation.ie.

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

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



Sinner?

John 5:14

Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life.

Sin is an unpopular word, but Scripture teaches that it is a big problem for all of mankind; Jesus came to free us from it.

Grace Baptist Church would like to offer you a FREE copy of the Gospel of Luke.
(No one will contact you unless you wish)

We can be found at:

<https://www.gracebaptistchurch.ie/>

John 3:16

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

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Gardening
with Killarney Outlook
by John O'Sullivan

Summer Flowering Bulbs



There is a large selection of Summer Flowering Bulbs, but one of my favourites has to be Dahlia's with its large selection of colours and different types of flowers. From now until around the end of May is a good time to plant Dahlia tubers.

Sometimes in cold Winters it is a good idea to dig up the tubers and store them indoors, but usually they survive in the ground in our climate. When planting Dahlia tubers in the ground, plant them roughly twice the depth of the size of the tuber.

Most Dahlia's can grow between 3 and 5 feet so remember when you are planting give them plenty of space and they can also be grown in large containers.

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CONNECTION

When we try to make contact with another we must take into consideration how we make contact with the self:

What is our intra- personal relationship like prior to making contact with the other, the inter-personal.

What are we aware of, how do we see ourselves, how do we value ourselves and overall how do we manage this on a daily basis.

The key word here is awareness. Taking the time to check in and evaluate our thoughts and feelings, what may/may not be impacting on us and how to navigate such will rely on compassion and perspective i.e. Is the glass half full or half empty? Sometimes when we are feeling under pressure we may need to rely on our support system for assistance; this may come from a family member, a friend, perhaps even a colleague etc. to tease out what may be blocking our processes. It may help widen our lens and offer more options and coping skills. Alternatively having a gratitude journal reminds us of how fortunate we really are and gives us hope that situations can improve...what doesn't break us, makes us! In some cases we may need to access professional help i.e. GP and/or counselling. The point being to recognize when we need assistance because we've recognized and acknowledged to ourselves, by checking in, that we are feeling low, stressed, confused or worried and so on.

The relationship with the self is crucial and it is important to be cognisant of who we are, what influences our make-up, what we invite into our lives (our world) and to question how we endeavour to preserve it. Self-care can be achieved in many ways and it is unique to every individual; taking ownership and responsibility for this is key and enables us to have empathy for others. Being kinder to ourselves and our loved ones, instead of criticising ourselves and loved ones, will go further to enhance our quality of life on an emotional level and improve our relational skills. As Carl Jung once said "The most terrifying thing is to accept oneself completely". Why not give it a go!

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

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

Contact 064 8636416 or Email: info@southwestcounselling.ie
Registered Charity No.: CHY 14775

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

CALL FOR KERRY TO 'BAKE' A DIFFERENCE



Children's Health Foundation Ambassador Donal Skehan was joined virtually by CHI patients Adam King and Saoirse Ruane to celebrate the launch of this year's Great Irish Bake for Crumlin and Temple Street taking place on 21st May, proudly supported by Gem.

Are you ready to 'bake' a big difference for sick children this year? On Friday, May 21st, the Great Irish Bake will once again raise vital funds for sick children in both CHI at Crumlin and Temple Street! #GreatIrishBake For many years the Great Irish Bake has raised some much-needed dough for sick children in CHI at Temple Street. This year, for the first time, Children's Health Foundation's Great Irish Bake campaign will be encouraging people in Co. Kerry and all around the country to raise funds and support sick children in CHI at Temple Street and Crumlin. Donations raised will help even more children across Ireland to get the great care they need.

The funds raised by our Great Irish Bakers will support the vital and life-saving equipment fund for CHI at Crumlin and Temple Street. This equipment ensures that the hospitals continue to have state-of-the-art equipment for operations, pain and fluid pumps that provide medication and comfort during a child's stay in hospital, lab equipment that provide fast test results and diagnoses, multi-sensory equipment that creates a warm, engaging and child-centred environment and so much more. Even though it may not be possible to meet up with friends or family in person just yet, there are still many fun and creative ways to help. Invite friends and family to join a special virtual bake off, host a baking tutorial on Zoom, and/or organise a sugarcraft competition on Instagram. The more people involved, the more fun it will be and the more funds raised to support sick children in CHI at Crumlin and Temple Street.

Register to receive a Great Irish Baking kit jam-packed with everything you need to make sure your bake off is a huge success, including an inspirational Recipe Book filled with hand-picked yummy recipes from some of CHI's patients. Are you ready to whisk it for the biscuit and take part in this year's Great Irish Bake to help sick children in CHI at Crumlin and Temple Street? Sign up by April 23rd to be in with a chance to win an exclusive hamper containing all your baking essentials, kindly sponsored by Gem. Register now at childrenshealth.ie/greatirishbake



ANY NEWS?

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THE MIRACLE PRAYER

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

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

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

Amen.

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

MC.

THE MIRACLE PRAYER

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

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

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

Amen.

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

R.C.

PRAYER TO THE HOLY SPIRIT

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

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

In thanksgiving.

GRATEFUL THANKS

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

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

BILLY LEAHY



LATE OF ST. COLUMBANUS
WHO DIED ON THE
17TH APRIL 2020

As we lovingly remember Billy Leahy on his first anniversary we the Leahy and Lynch Family wish to express our sincere gratitude to those who sympathised with us on our sad loss.

Our thanks to all the staff at St. Columbanus who took great care of Billy while he resided there and for providing the high standard of care and dignity to Billy in his final days.

We would like to thank Billy's neighbours and friends who stood outside their homes to show respect to Billy as they could not attend his funeral due to covid restrictions.

Our thanks to Dr. Niall and Fr. Dowling who celebrated the funeral mass.

Thanks to all at O Sheas Funeral Directors for organising the funeral in these challenging times.

Billy's Anniversary Mass will be celebrated on Saturday 17th April at 6.15pm in St Mary's Cathedral.

RIP Billy


Your niece Marie, Mike, Kaylee, Lauren, Shauna, Ellie and Ryan xx

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A Word of Victory


Welcome back dear reader... "since God chose you to be the holy people He loves; you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful" (Colossians 3:12-15 NLT).

Dear friend is your head wrecked from something much worse than the virus – oh yes – it's 'coviditis'. People are under such pressure and strife and discord are widespread. In the Scripture above God reminds us that choosing to be patient and kind is a decision of the will rather than a natural easy attribute. Jesus said that in the end times offences would increase and warned us to beware (Luke 17:1-4; Matthew chapter 18). Thank God the five kilometre rule is gone, and we can now go out and about a bit more. What has being stuck at home all together taught you? Working all hours from a cramped corner of the house has really impacted on people's social as well as mental health. Or perhaps you've been working on the frontline, or in a business that has boomed during lockdown and are feeling the pressure of complete physical and mental exhaustion. Whatever your situation, there is no doubt this has been a tremendously difficult time, and one result of covid fatigue is fighting, disharmony and short fuses.

There is a place of peace and rest that God longs for you to find. It is in the safe refuge of His love expressed in His Word the Bible. No matter what has gone on – or who has been opposing you and causing you grief, God made the way for you to remain stable and fixed under His protection (Psalm 91; John 14:1-6). To come into that place of peace you need to repent of your sins – especially repent of holding offence. Now, don't shout me down! I'm sure that you have a great defence as to why you should keep the bitterness or resentment, but friend it will only kill you – slowly. Like Elsa sang... 'Let it Go!' Turn to God, and ask Him to deliver you from offence and then release forgiveness to those who have hurt you. Even the smallest annoyances can fester into big grievances over time. That is not a healthy way to live. Life is so short – come on – it is a battle not worth fighting. Ask the Lord Jesus to fill your heart with His peace, and put on some new clothing – put on love, and boot division out in the bin!

Please join us live online this weekend as, united under Christian Voice Ireland, we pray and fast for our nation.

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


Check us out on Facebook.

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

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IN MEMORIAM

TO PLACE A
MEMORIAL IN THE
KILLARNEY OUTLOOK

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

If it is a repeat anniversary we will have
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In Loving Memory

7TH ANNIVERSARY

IN LOVING MEMORY OF

**JERH
BUCKLEY**



LATE OF LISMONGANE, FOSSA,
KILLARNEY

WHO DIED ON THE
16TH APRIL, 2014.

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

Sadly missed and lovingly remembered
by Kathleen, Mary, Teddy, Michéal,
grandchildren and great grandchildren.

BIRTHDAY REMEMBRANCE

KAY MCCARTHY



*Loved and remembered by her family
Seanie, Shane & Jenny
on her 60th Birthday.*

NOVENA TO ST. CLARE

IN THANKSGIVING

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

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

Amen

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

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF
**MICHAEL (MIKE)
MURPHY**



KNOCKNALOMAN, RATHMORE
AND FORMALLY OF
SCARTAGLEN, CO. KERRY

WHO PASSED AWAY ON 16TH
APRIL, 2020

As we lovingly remember Michael on his first anniversary, we his family, wife Eileen, son Pádraig, daughter Siobhán, daughter-in-law Varina, grandchild Erika, Michael's brothers John and PJ, sisters Margaret and Kay, and the extended family wish to express our sincere gratitude, to all who sympathised with us on our sad loss.

Due to health restrictions, we were unable to meet with family, friends and neighbours but we were greatly touched by the volume of letters, Mass cards, enrolments, online condolences, phone calls and floral tributes we received. We would also like to thank those who sent food to our home.

Our heartfelt thanks to those who formed dignified Guards of Honour, in particular Scartaglen GAA, Cullen GAA, former work colleagues from St. Finans and also members of the walking group Michael was involved with.

A special thanks to Fr. Pat O'Donnell for calling to our home, to Fr. John Kerin for celebrating Michael's Funeral Mass and burial, and to Mary who sang and played so beautifully on the day. We would like to thank O'Keeffe's undertakers for their professionalism and kindness, and also thanks to the gravediggers for preparing Michael's final resting place.

We would like to express our gratitude to the doctors, nurses and staff of Cork University Hospital who took care of Michael with compassion and kindness.

A special word of thanks to the late Dr. Patrick Casey, Dr. Michael Casey and staff at Tullig Medical Centre, Millstreet, for their care and attention and to Reen's Pharmacy for their professionalism.

Thanks to Public Health Nurses Áine and Maureen, and their team, for their assistance in helping us care for Michael in his home. To the palliative care team, Marymount, for their care and kindness. A special thanks to Eileen and Ger for their help.

We remember also Michael's close friends who visited him at home and in hospital, and those who sent mass cards during his short illness.

As it is impossible to thank so many individually, please accept this acknowledgement as a sincere token of our appreciation. The Holy Sacrifice of the Mass will be offered up for your intentions.

*Your presence we miss,
Your memory we treasure,
Loving you always,
Forgetting you never.*

**Michael's First Anniversary Mass will be
livestreamed from St. Joseph's Church,
Rathmore, on Saturday 17th April
at 6.00pm
www.mcnmedia.tv/camera/st-josephs-church-rathmore**

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF
**CATHERINE
(KATHY) 'DONOGHUE**



TIERNABOUL
WHO DIED ON APRIL 17TH, 2020

We, the family of the late Catherine (Kathy) O'Donoghue lovingly remember today and everyday our dear mother who passed away peacefully at home on April 17th, 2020.

We wish to acknowledge the kindness and care shown to our mother in her final years and the love and support shown to us since her passing.

Sincere thanks to all who sympathised with us, telephoned, sent mass cards and letters of sympathy. Everyone who sympathised with us through Condolences-RIP.ie, these provided us with great solace and comforted us in our sad loss.

Thank you to all Kathy's friends, relatives and neighbours for the many visits she received especially in her later years. Your presence as Kathy's funeral cortege made its way from her residence in Tiernaboul to her final resting place in Aghadoe was respectful and heartfelt and was very much appreciated by us her family.

A sincere thank you to Kathy's homehelps, Kathleen and Bridget and to her wonderful carers who supported us in caring for our mother in her home in Tiernaboul. We were truly privileged to have such great care for our mother. Your dedication, compassion and professional care of our mother will be forever appreciated.

We wish to acknowledge and express our gratitude for the medical care our mother received from Dr. John Geaney, Dr. Fiona Gallagher, staff of Cahernane Medical practice, public health nurses and Sheahan's Pharmacy, Killarney.

We are very grateful to O'Sheas Undertakers for their compassion, guidance and assistance at the time of our mother's passing.

Thank you Fr. Kieran O'Brien for your many visits to our mother and for celebrating her beautiful funeral Mass. We are thankful to those who viewed the mass online and prayed with us. Special thanks to Helen Kerins, Denis Crowley for enhancing the liturgy with their music and song. Also to Claire Stagg, accordion player, for her lovely music in the church and at the graveside and Maureen McMahon O'Leary for her graveside instrumental which befitted our Sliabh Luachra mother.

*The Holy sacrifice of the Mass has
been offered for all your intentions.*

FIRST ANNIVERSARY MASSES (LIVE STREAM)

will be celebrated for Kathy on Monday 19th April at 6.15pm in St. Mary's Cathedral and Sunday 25th April at 11.30am in Our Lady of Lourdes Church, Kilcummin.

REST IN PEACE Catherine.

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