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VACCINATION FOR IRELAND'S OLDEST MAN

Ireland's oldest man Michael O'Connor (107) after receiving the Pfizer vaccine to protect against Covid-19, pictured with Dr Eleanor Johnson, Dr Ken Keohane and Dr Darren Quirke at Deenagh Torc Medical Practice, The Reeks Gateway, Killarney on Wednesday. Michael survived the Spanish flu over 100 years ago and is set to receive his second dose of the covid vaccine in four weeks time on St. Patrick's Day. PHOTO: EAMONN KEOGH



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THIS WEEK

19 : 02 : 21

First vaccine dose for
Ireland's oldest man

- See Page 4.

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Aisling Crosbie.

FROM THE EDITOR

It was a momentous day for Kerry on Wednesday when zero cases of COVID-19 were reported in the county. Our sustained efforts to keep the virus at bay is definitely reaping rewards.

This week was also a momentous one for residents of the county in the over 85 age group, none more so that Ireland's oldest resident, Muckcross man Michael O'Connor, who, at 107 years of age received his first dose of the vaccination.

Remember the struggle we are in today is developing the strength we need for tomorrow.

#stayhome #staysafe #protecteachother

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

T: 0818 222 024

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

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A deer caught on camera near
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PHOTO: ASHLING HARTNETT

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FIRST VACCINE DOSE FOR IRELAND'S OLDEST MAN

It was a red letter day on Wednesday of this week when Ireland's oldest man Michael J O'Connor received his first dose of the Pfizer vaccine to protect against Covid-19.

107 year old Michael was born on the 13th October 1913, he has survived World War I, World War II, The Spanish Flu & the War of Independence.

The Muckross man received his vaccine from Dr Ken Keohane at Deenagh Torc Medical Practice at the Reeks Gateway, Killarney on Wednesday.

Ballyhar couple James and Elizabeth Atkinson also received their first dose at Comirnaty Pfizer/BioNTech vaccine against Covid19 together at the Deenagh Torc Medical Practice at the Reeks Gateway on Wednesday morning. The hale and hearty couple who have been married for 67 years were delighted to receive the vaccine under the rollout for people over the age of 85 years. The couple will receive their second dose of the vaccine on St Patrick's Day.

It was also a momentous day for Dr. Crokes stalwart Donie Sheehan who, at 94, also received his first vaccine on Thursday morning.

This week, Minister for Health, Stephen Donnelly TD, has today confirmed locations for 37 vaccination centres across Ireland for the COVID-19 Vaccination Programme including one at the Killarney Sports & Leisure Centre on Bypass Road.

The centre will support the vaccination of the general population in a safe

and efficient manner. While currently vaccines are being administered in healthcare settings and by GPs, many people will be offered their vaccination in these centres, having self-registered online. All of the centres vary in size and operating hours and have been selected based on population density, ease of access, transport and parking. The design and layout of the centres also incorporates learnings from the COVID-19 swabbing centres. It is important to note that the centres will be of different sizes and operating hours will be based on vaccine supply and catchment area need. Announcing the locations this week, Minister Donnelly said: "I would like to thank the HSE for their ongoing work in developing these vaccination centres across the country. These centres will be ready well in advance of vaccine supply when they will be used as part of our programme. People can expect to see these vaccination centres ready and waiting in their county.

"We have always said the vaccination programme would only be limited by the availability and reliability of supply in these early stages of the programme. In the coming months supply will increase substantially and we will see these centres operating to full capacity and administering vaccines to the general population, following the Government priority list." Kerry will have two centres, with the second one based at the Kerry Sports Academy at Dromtacker Tralee.

Ireland's oldest man Michael O'Connor (107) receiving the Pfizer vaccine to protect against Covid-19 from Dr Ken Keohane at Deenagh Medical Practice, Killarney on Wednesday. Michael survived the Spanish flu over 100 years ago and is set to receive his second dose of the covid vaccine in four weeks time on St. Patrick's Day.

PHOTO: EAMONN KEOGH



Killarney Vaccination Clinic located at the Killarney Sports and Leisure Centre on the Killarney Bypass.

PHOTO: DOMNICK WALSH



Love is... 67 years marriage, James and Elizabeth Atkinson, both 90 years of age, hale and hearty, from Ballyhar, Co Kerry, getting their first dose of the Comirnaty Pfizer/BioNTech vaccine against Covid19 administered by Dr Eleanor Johnson and Dr Ken Keohane at Deenagh Medical Practice, Reeks Gateway, Killarney on Wednesday morning as part of the roll out vaccine for people over the age of 85 years. PHOTO: VALERIE O'SULLIVAN



Pictured at The Reeks, Torc Medical Centre, Dr Ken Keohane, administers the Covid 19 vaccination to 94 year old Chemist Donie Sheehan on Thursday morning.

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CALL FOR RIVER BANK CLEAN UP



At the February 2021 monthly meeting of Kerry County Council, Councillor Michael Gleeson proposed a costal, lake shore and where possible river bank Clean Up day / weekend during March or April thus ensuring the County's great beauty can be presented as pristine to the early year visitors and local people".

"I am aware that there is a National Costal Clean Up Day, usually in September, which achieves wonderful results", Cllr. Gleeson said. Kerry County Council replied that they are willing to work with all relevant stake holders

i.e. Angling and Kayaking / Boating Clubs with a view to arranging such a Clean Up as suggested. It will not be possible to arrange such an event in the current circumstances but would be possible to do so in future years. A pilot area could be initially selected and if successful, this could then be expanded to other areas.

Councillor Gleeson said that how our County is presented from an aesthetic aspect and from health and safety perspectives is of enormous importance for the economic well-being of Kerry. Tourism is a very competitive business both nationally and internationally and unless

our product is of the highest quality, the tourist will go elsewhere.

It is so distressing to note the on-going level of littering on roadsides, lake shores, river banks and sea sides - particularly at this time of lockdown.

Many in Kerry work so hard to ensure highest standards. It is sad that a small percentage of the population persistently undo this good.

Councillor Gleeson welcomed the Council's positive response but asked that Kerry County Council would become the lead Agent at the appropriate time.

Council to unveil preliminary design for N72 road improvement scheme



Kerry County Council has developed a design for the proposed N72 Killorglin-Anglont Road Improvement Scheme, details of which will be announced on a public webinar on Friday, 19 February. Members of the public are invited to register for the online presentation at which details of the 2.6km scheme will be outlined by the project team. The project comprises the rehabilitation and upgrading of the existing

road surface and the provision of a new three-metre wide shared cycle and pedestrian facility on the north side of the road.

The N72 road is an important strategic access route between Killorglin and Killarney and has been identified in submissions to the National Development Plan by Kerry County Council as critical to the development of the Kerry Hub Knowledge Triangle and the improvement of

local infrastructure.

The proposals, which are being developed in conjunction with TII, will improve safety for road users by upgrading both the road surface and sightlines and will promote Active Travel by encouraging a shift to greater use of sustainable modes of transport such as walking and cycling.

The preferred route option will be outlined during the webinar which will take place on Friday, 19th February at 4.00pm. Those wishing to participate must register in advance via the Kerry County Council website, www.kerrycoco.ie so they can be provided with a link to view the presentation. Questions or comments can also be submitted ahead of the webinar.

While the presentation is taking place online due to limitations on public consultation because of the current Covid-19 Level 5 restrictions, the project team based in the Kerry National Roads Office is keen to engage with people during the development of the scheme. The project team can also be contacted by telephone at 066-7142444 and on info@kerry.nrdo.ie.

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Cruinniú na nÓg WANT TO HEAR FROM **YOU!**

Ireland's national day of free creativity for children and young people, Cruinniú na nÓg will take place on Saturday June 12th. In advance of the day, Kerry County Council's Arts Office is looking for feedback from children and young people themselves about what they would like to see included in this year's programme.

"We want to hear from children and young people themselves," says Kate Kennelly, Arts Officer. "This is their day for creativity – it's a chance for them to try out new things, or learn more about artforms they are already

interested in."

As with last year, Cruinniú will be an online event for 2021.

"Safety comes first," says Kate Kennelly, "but there has been a lot of learning around online events in the last year and I am sure it will be a great day for children and young people. Online events allow for events to reach audiences and participants from every corner of the county."

Email the Arts Office at arts@kerrycoco.ie for a short questionnaire on what activities and events you would like to see happen for Cruinniú na nÓg on Saturday June 12th.

Filmmaker in Residence works with Sem TY Students

Mieke Vanmechelen is Kerry County Council's current Filmmaker in Residence has had her residency extended by eleven weeks thanks to funding from Healthy Ireland's #KeepWell campaign.

Mieke is currently working closely with TY class 2021 at St Brendan's College Killarney on a YSI project called 'Sem against stigma'. The students want to break down the stigma, surrounding men's mental health in our community. The work they produce will be part of the YSI Virtual SpeakOut Tour happening 12-16 April 2021.

Mieke is also working with Kenmare Youth Film, a group set up over two years ago with the help of the Kenmare Family Resource Centre. "The arts in these difficult times helps people stay connected and provides an outlet for creative expression," says the Mayor of Kerry, Cllr Patrick Connor-Scarteen. "I am delighted that Kerry County Council is able to offer an extension of this service to young people in Kerry."



FILM FESTIVAL SUBMISSIONS OPEN

Kerry International Film Festival is delighted to announce that it is now open for film and script submissions for the KIFF 22nd Edition, which will take place 14 - 17 October, 2021. The deadline for submissions is 23 August, 2021 and all entries are welcome. KIFF is long established for its celebration of documentaries, features, shorts, live film scores and industry events and it is proud to announce that it was recently named in the Top 100 Best Reviewed Festivals on FilmFreeway and it currently ranks in the top 1.5% of over 10,000 festivals in the world.

Despite the impact of Covid 19, KIFF remains optimistic and is hoping to present a physical element to the festival this year along with their recently expanded online platform. The festival looks forward to presenting an exciting and dynamic festival in 2021 and to supporting and showcasing existing and emerging talent within the film industry.

Chair of KIFF, Grace O' Donnell said: 'The Board and team of KIFF



are looking forward to providing an even bigger and better festival in 2021 and we hope to be able to present a physical element to the festival this year along with our developed online platform. We look forward to engaging with our valued audiences and local partners and we look forward to welcoming and supporting emerging talent and industry professionals this year and beyond.

For information on how to be a part of KIFF 2021 please visit: <https://filmfreeway.com/KerryInternationalFilmFestival> For information on KIFF's Green Initiative: <https://kerryfilmfestival.com/green-policy/>

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

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

This St Patrick's Day, March 17th, The Late Late Show will broadcast on a Wednesday night for the first time in its nearly 60-year history.

Ryan Tubridy will host the evening's festivities, with Irish people from across the world invited to apply to be part of the virtual audience on the night. Traditionally, hundreds of thousands of people flock to Ireland to celebrate St Patrick's Day, with parades and celebrations also taking place across the world. This year, although public events may be cancelled, The Late Late Show will become a global hub for St Patrick's Day celebrations, uniting Irish people everywhere for a very special evening of entertainment.

Applying for audience tickets:

Viewers from abroad who wish to be in with a chance to participate in virtual audience can log onto www.rte.ie/latelate

Historic Late Late Show St Patrick's Day Special will be broadcast on Wednesday, March 17th



Artist Mentoring available with Local Enterprise Office



Artists in Kerry are being offered business mentoring by Kerry County Council Local Enterprise Office and Creative Ireland Kerry.

Mentor Méabh Ring will offer these mentoring clinics via Zoom. Each client will be offered an hour long slot and five clients will be facilitated

on each day. The dates for the mentoring are Thursday 4th March, Wednesday 10th March, Thursday 18th March, Thursday 25th March.

Méabh Ring has worked in the craft, design and retail sector for almost 20 years, first as a product designer, later as a retailer and now in the area of training and mentoring. Typical mentor objectives include developing sales and marketing strategies, product branding, pricing for export, market research and routes to sales. The mentoring is delivered to empower the artist with the tools and techniques on how to market their products and grow their sales.

"I am delighted that Kerry County Council is able to offer this service to artists in Kerry," says Cathaoirleach of Kerry County Council, Cllr Patrick Connor-Scarteen. "This is a valuable opportunity to update or acquire new skills from an experienced mentor."

An expression of interest form is available from www.kerrycountycouncil.ie/arts/creative-ireland/ or by contacting the Arts Office at arts@kerrycoco.ie. It must be completed and returned to Fiona.leahy@kerrycoco.ie by Wednesday 24th February.

ONLINE SERVICES AT THE LIBRARY

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

downloaded directly from the Kerry Library website using a PC/laptop. For members using an iPad/iPhone or Android tablet/phone, the BorrowBox app will need to be downloaded to the device from iTunes/Google Play Store.

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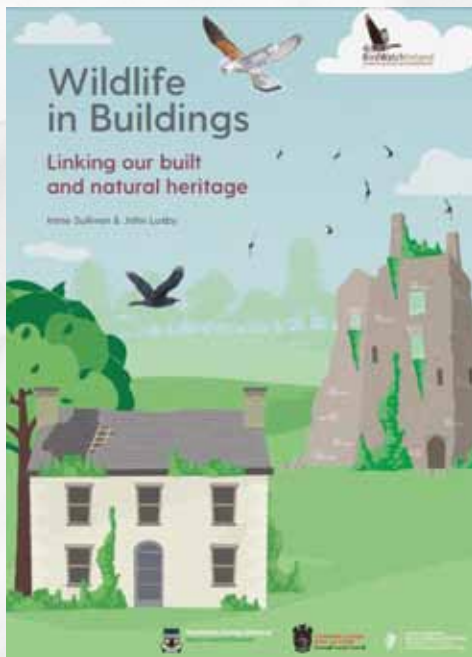
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NEW PUBLICATION LINKS OUR BUILT AND NATURAL HERITAGE



Zoologist and Killarney native Irene Sullivan is one of the co-authors in a new publication called 'Wildlife in Buildings: linking our built and natural heritage'.

It was produced by BirdWatch Ireland, Kerry County Council and Donegal County Council, with funding from the Department of Housing, Local Government and Heritage through the National Biodiversity Action Plan Fund.

Irene, a former student at St. Brigid's Secondary School received a BSc. in Zoology in UCD and went onto attain a MSc. in Sustainable Environments.

Irene co-wrote the book with John Lusby, from Birdwatch Ireland and it highlights the importance of the built environment for wildlife and celebrates the species which have adapted to live alongside us and share our homes.

"When considering how to treat wildlife in buildings, we are forced to examine our relationship with wildlife. The Wildlife in Buildings booklet provides some answers to questions which may be asked by those dealing with wildlife in buildings, such as, what is the correct way to manage urban-nesting Gulls? I hope that the booklet will be a valuable resource for those carrying out works on buildings which might support wildlife and will encourage its readers to view the built environment in a new light," Irene said.

People live in buildings, and wildlife lives in "nature" - right? Well, not quite. Though the idea that man-made structures and civilisation is separate from nature persists,

the built environment – from isolated, dilapidated ruins to busy urban townhouses – supports a huge variety of wildlife. To witness this all we need to do is look at the buildings which surround us and take the time to notice the wildlife which have also made them their homes.

The diversity of species which use buildings, and the ways in which they have adapted to use the built environment, is truly astonishing. Due to the loss and degradation of natural sites used for shelter and breeding, many vulnerable species (such as Swift, Barn Owl and the Lesser Horseshoe Bat) now rely on buildings for their survival. Chimneys, cracks, crevices, ledges and roof spaces now provide 'artificial' alternatives to similar opportunities formerly found in 'natural' habitats for many species.

From the diverse range of birds and mammals which have colonised abandoned ruins in remote rural landscapes, to wildlife which has moved into suburban and urban areas to live alongside us and even share our homes, buildings have become an integral component of the Irish landscape for biodiversity. Certain species are expected residents within our buildings, and for some the association with buildings is apparent even from their names, such as the 'House Martin' which builds its mud nest in the apex of the roof of occupied houses, and the 'Barn Swallow' which travels from Africa to nest in farmyards throughout the country. The vision of a Barn Owl floating silently from a ruined castle at dusk may seem familiar, but less expected occupants may be a pair of Kestrels nesting in a flower box outside a busy kitchen window, or a female Pine Marten raising her kits in the roof space of an occupied dwelling. Of course, much of the wildlife which use buildings go unnoticed, such as bats roosting in the attic of a house in which the inhabitants beneath remain blissfully unaware of their presence.

Given the importance of buildings for wildlife, changes to the built environment can affect wildlife associated with it. The loss of old stone structures due to demolition, dilapidation or renovation is linked to declines in species such as Barn Owl and Swift. Modern buildings do not provide the same opportunities for wildlife. Wildlife in buildings can often be harmed during works due to a lack of knowledge on the part of the developers on how different species use buildings. Being mindful of wildlife in buildings can give rise to questions such as, what do we do if we find wildlife? How do we ensure that building works are carried out in a responsible, legal way, which avoids disturbance?



Co-author of the publication Irene Sullivan.

BirdWatch Ireland, Kerry County Council and Donegal County Council, with funding from the National Biodiversity Action Plan, have produced a new publication entitled 'Wildlife in Buildings: linking our built and natural heritage,' in response to this gap in knowledge, and to provide answers to questions commonly asked regarding wildlife in buildings. Designed as a guide to be used by anyone carrying out works on a building which may support wildlife, the publication will be useful for homeowners, farmers, developers, contractors and ecologists alike – as well as those who simply want to know more about how wildlife use buildings. It provides information not just on how disturbance to wildlife can be avoided, but also on how buildings can be improved to accommodate wildlife, to ensure that as the built environment constantly changes and expands, we continue to make space for nature.

John Lusby, BirdWatch Ireland, commented, 'We wanted to celebrate the importance of buildings for wildlife and to create a better link between our built heritage and our natural heritage – as the two are intertwined. We are very fortunate in Ireland that so many of our sites of cultural and historic importance remain intact in the landscape. These stone structures are a rich part of our cultural heritage, but they are also of significant ecological value. Some of these sites hold such a diversity of wildlife in such a small area that they should be considered as among our most important sites for biodiversity.'

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Our little dedicated followers of fashion need have no worries with stores closed at the moment.

Mods & Minis, - a firm favourite with children and their parents are now operating an on-line service where all the latests trends and styles in childrens clothing can be found.

Mods & Minis first opened its doors to the public in 2003 in Killarney New Street. A vivacious, colourful children's store just brimming with personality it was an instant hit. Deirdre McCloskey, founder of Mods & Minis, set out to create a space where families could not only shop for the latest trends and styles in children's clothing but a space where families could go to create memories while enjoying the exceptional customer experience offered in store and now available on-line.

The main brands are Name It which encourages fun with fashion oozing with personality and bursting with colour, truly reflecting what childhood should be. Their lines are always comfortable and wearable and mostly Organic Cotton while also being machine washable.

Always ahead of the latest fashion trends, Name It enables a fashion sense that is bang on trend and funky, it keeps kids exciting while at the same time the clothes are appropriate and kind to mom and dad's wallets - a winning combination! Other brands such as BabyBol Babywear is another terrific addition to the Mods & Minis family. BabyBol is a wonderful collection of baby and toddler clothing, bright and beautiful colours, comfortable, fashionable styles at fantastic prices. What more could you .

"Our doors might be closed but we are still



very much open and busy processing on-line web orders and telephone orders", Deirdre told Killarney Outlook.

"We launched a new website just before Christmas which is so much easier and faster for customers to navigate on", she added.

While most stock is available on line if you are having difficulty finding the perfect item, then please call us on our customer service line (064-6637476 Monday to Saturday 10 to 4PM).

Our Jacket sale continues and with great value in must have basics, key pieces including sweats, casual wear and leggings. Also there is a big demand for New Born presents and gifts which can be delivered by courier nationwide.

"With Communion for 2021 starting in the coming weeks we have introduced virtual consultations which will help with the selection

and fitting of our amazing Communion dresses and suits. Although this will not fully replace the in store experience it is proving to be hugely popular with appointments already booked up in advance", she added.

We are all really looking forward to getting in our new spring collecting's as we roll into March. Phone orders can be taken at the shop between 10 am and 4 PM which is proving a big hit for customers looking for help with gift ideas which can be delivered by courier to friends and family. And with delivery free on orders above €49 it proving to be very popular.

"It is really encouraging to see our site being supported by the local community and we truly appreciate all the goodwill and encouragement from our local customers", Deirdre added.

www.modsandminis.ie 064-6637476

Jimmy's take on the #jerusalemachallenge



It's the craze of Lockdown #3 and this week Jimmy Brien's Bar stepped out with their version of #jerusalemachallenge.

From Ross Castle to Muckross Abbey and from Aghadoe Viewing Point to the shores of a very blustery Lough Lein, dancers strutted their stuff - much to the delight of their social media followers.... You can watch their version on Jimmy Briens facebook page and other social media sites.

The Jerusalema challenge was started off as a hit South African house track by DJ Master KG and Nomcebo, Jerusalema has gone global, largely due to the dance challenge.

From hospital staff to schools, firefighters to hotel staff there has been an array of takes on the Jerusalema Challenge from every corner of Ireland.

It took off here when members of the Swiss Police posted a video of them taking part in the challenge, they extended it to the gardaí, who were quick to take it on, going to roofs, beaches and bogs, and even getting some of the Garda Horses involved for their response.

#Jerusalemachallenge

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John Healy, Healy Insurances Killarney Guides Us Through
The Process Of How To Save Money On Your Motor Insurance

While Motor Insurance premiums have levelled off in the past 12 months there is still ample opportunity to save money. All motor insurance rates are now dictated by Big Data. This means the more concise the data the better the quote. Did you know for example that there are 220 pieces of data behind each vehicle registration number? All these sets of data are taken into account when quoting your policy.

While certain data cannot be amended such as your Eircode or your registration number it is vitally important that the correct details are used and there are other factors which will assist such as the following.

- **Discounts** – Most motor insurers have discounts for low mileage, your spouse/partner having a second car, being claims free and loyalty discounts.

- **Drivers** – Ask about adding your partner/spouse to the policy, some insurers allow up to 15% discount for insured and partner driving. For younger drivers adding a parent can reduce the quote substantially.

- **Vehicle Cover** – For older vehicles ask about third party fire and theft cover but I would insist that windscreen is always included. Windscreen cover can be as low as €20 but a replacement windscreen can cost many hundreds to replace.

- **Paying in full** – consider paying in full for your policy. All Insurers charge for instalments and this can be up to 8% of your premium.

- **Value & Excess** – It is important to value your vehicle accurately and enquire about increasing your claims excess to reduce the quote.

- **Occupation** – Review this annually for all drivers.

- **Drive safe** – Might be obvious but staying penalty point free will ensure you have the best rates available to you.

- **Shopping around** – While shopping around is advisable it is important to understand that direct insurers only sell their own products. Simple yet necessary covers like “driving other Cars”, windscreen or bonus protection may not be included in the standard quote.



- **Use a Broker** – As experts in Motor Insurance we know how to get the best rate for each of our customers and our software enables us to search the market of over 15 motor insurers, Irish and International. Aside from understanding the discounts that can be achieved using the correct data we also achieve bulk discounts from insurers for certain risk profiles.

Irish Wheelchair Association in Kerry calls on the Government to prioritise people with disabilities in Covid vaccination plan

Irish Wheelchair Association in Kerry has called on the Government to prioritise people with disabilities under its vaccination plan, as concerns grow over vaccine delays. The charity said that people with physical disabilities are at severe risk due to underlying conditions.

Terry O'Brien, from the Irish Wheelchair Association based in Kerry said: “Many people with physical disabilities are at severe risk of Covid due to health conditions that could cause complications and hospitalisation, yet they have not been recognised as a vulnerable group by the Government.

“The Government must also recognise that in the absence of regular day services, many people with disabilities have been confined at home since the virus took hold last March, adding additional stress. People we support are eager to get the vaccine and are highly concerned about how long they will wait with vaccine supplies lower than planned.

“At the current time, people over 65 in residential settings with disabilities are rightly getting vaccinated. Yet worryingly, those living



Terry O'Brien.

independently in the community and being assisted at home in Kerry and across the country are not.

“This is a real issue. Our members have told us they are very keen to be vaccinated, but are concerned that they will be left waiting. With concerns about vaccination supplies, we urge the Minister for Health to urgently include people

with disabilities on the priority list to ensure their protection.” Irish Wheelchair Association is Ireland’s largest organisation supporting people with physical disabilities to lead active and independent lives and has 20,000 members. The association currently has 1,500 staff across Ireland visiting 4,000 homes each month, caring for individuals with disabilities, in their own homes.

According to Terry O'Brien: “In Kerry, we have a strong team of frontline workers, who have been visiting people at home every day since Covid arrived almost a year ago. We are helping people get out of bed, get dressed, preparing meals, helping around the home, making trips for shopping, the chemist and with personal care. “Our immediate priority is to protect people with disabilities and to ensure that the most vulnerable have all the support they need while they cannot be with their family and friends. Our members have added vulnerabilities to the Covid-19 virus. They must be included on the Government’s vaccine priority list.” For further information about Irish Wheelchair Association visit www.iwa.ie

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CLARITY AT LAST FOR LEAVING CERT STUDENTS

The announcement made on Wednesday evening was a welcome for the clarity it bestowed for all students, teachers and parents. Whether you agreed with the decisions made or not, everybody had reached a stage of frustration and torment just not knowing what situation we would find ourselves in at the end of the academic year and what type of work should have our undivided attention at this time of year in relation to orals and practical's, that could now be taking place over the Easter holidays and projects that we have been told by an Irish Second level Students Union (ISSU) statement are now "optional".

Being given the option to sit the exams or avail of the newly named "accredited grades" is a decision welcomed by most. However, many questions, which I hope will be answered in the coming days, have arisen with the decision to not factor in oral/practical results into the accredited grade system which we have been told will be overseen by the State Examinations Commission (SEC). My own initial reaction to hearing the news and reading

articles in the national newspapers was that we can sit the exams and then obtain whichever grade is higher between the accredited grades and the exams. This may sound like a positive but on reflection there is a good possibility that this will repeat the events of last year where we saw the highest achieved grades in the history of the state exams and with a state record of CAO applicants of nearly 80,000 this year, I am worried like my fellow students about the influx at entry level of points into third level college courses. Minister of Education Norma Foley also stated on the RTE Six One news Wednesday evening that with the unpredictability of the Covid-19 virus she cannot rule out further disruptions to the plans to sit written exams in June in a safe environment and I think I speak for all leaving cert students when I say that the last thing we want is to be sitting exams in July or like last year, having to wait until November. From my own perspective, the decision made on the leaving cert 2021 has been discussed publicly for quite some time now, it just has to be questioned why it took so long for the Department of Education to come to this



St. Brendan's College Leaving Cert Student Cillian Hickey.

final decision which was the preferred choice of the vast majority and students and an idea put forward by the ISSU a number of weeks ago. My hope for the rest of the year is to return to a safe environment in schools rather than online learning if we are to complete written exams in little under 4 months.

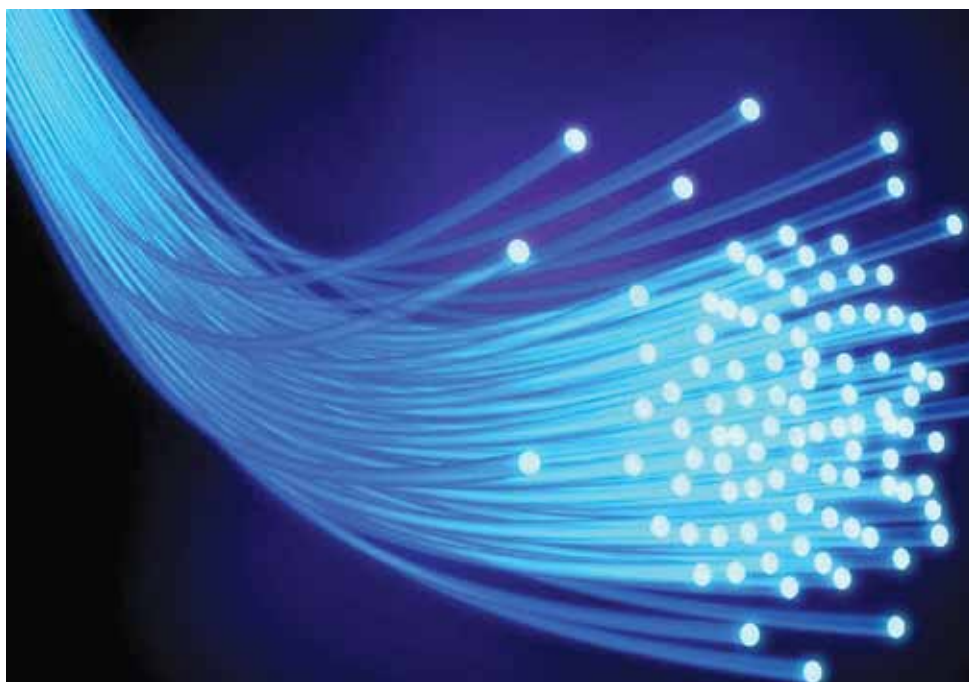
Work underway to ensure Kerry homes and businesses are connected to high speed broadband – Griffin

Work is underway to ensure Kerry homes and businesses will be connected under the Government's plan for high speed broadband, Deputy Government Chief Whip Brendan Griffin TD has said.

Deputy Griffin said: "Homes and businesses in Kerry will be connected to high speed broadband under the Government's National Broadband Plan, for which survey work is underway despite the challenges of the pandemic.

The Broadband Connection Points (BCPs) initiative will see publicly accessible sites in rural and isolated parts of Kerry provided with a temporary high-speed broadband connection by National Broadband Ireland (NBI), the company contracted to deliver the NBP. Many points have been connected already.

As part of the work to connect homes and businesses to high speed broadband, surveying is underway or completed in Townlands around Killarney (including Muckross, Fossa, Kilcummin, Lissivigeen, Ballycasheen, Faha, Furies and Ballyhar), Tralee, Curraheen, Abbeydorney, Kilflynn, Furies, Castlemaine, Ardfert, Rathmore, Knocknacopple, Mounthorgan, Kilquane Upper, Barraduff, Cloonteen, Gneevgullia, Tureenamult, Renasup, Castlegregory, Aughacarla, Camp, Knockbrack, Maum, Lougher, Inch, Annascaul, Derrygorman, Ballyglasheen, Brackluin, Ballintarmon, Drom, An Clochan, Kilshannig, Fahamore, Candeehy,



Brannainn, Ballyheigue, Glenderry, Ladywell, Banna, Lerrig, Ballymacandrew, Causeway, Foxfort, Ballymacaquin, Ballincloher, Dromartin, Beenconeen.

"This is great progress and is so important for the economic and social development of

Kerry as part of Fine Gael's vision for balanced regional development across the county. "Rural broadband is so essential to this vision. It will allow enterprise to flourish in Kerry and ensure people have increased options to live and work here.



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PROPOSED WORKS ON KILLARNEY ROAD, KILLORGLIN

Councillor Michael Cahill has welcomed the unveiling of plans for a proposed road improvement scheme in Mid-Kerry next week. Councillor Cahill said the delivery of an upgraded, modern entrance to the town of Killorglin has just taken a massive step forward with the proposed unveiling of the new road scheme.

"I have campaigned long and hard, as everyone knows, lobbying Ministers, lobbying Transport Infrastructure Ireland, arranging meetings, arranging Deputations, submitting numerous Notices of Motions, etc, and I look forward to examining, in detail, the plans of these road improvements that we have all been waiting for including a 3 metre wide shared cycle and pedestrian facility" stated a delighted Councillor Cahill.

"This upgrade will mean many things to many people as I am well aware and I am overjoyed for everyone involved. It took

patience, hard work and perseverance, but at last, it seems common sense has prevailed" stated the Rossbeigh based Councillor. "I wish to acknowledge in particular, the work of the Killarney road residents, some of whom, sadly, are no longer with us, who have lobbied for many years, for this project which when complete, will see the construction of a new state of the art road, footpath/cycleway from Killorglin town out to the new FEXCO Research and Development building" said the Fianna Fail man. Councillor Cahill also paid tribute to Kerry County Council, the Road Design Office and Transport Infrastructure Ireland for bringing the project to this stage of the process.

Kerry County Council will host a webinar next Friday (February 19th) at 4pm where the preferred route option will be outlined and you can register here to take part; <https://register.gotowebinar.com/register/598822113294051855>



Clr Michael Cahill.

€29,546,648 for maintenance and renewal of road network in Kerry - Griffin

Some €29,546,648 has been allocated for the maintenance and renewal of the road network in Kerry, Deputy Government Chief Whip Brendan Griffin TD has said.

Deputy Griffin said: "This funding will cover routine maintenance to safeguard our infrastructure, ensure that our roads are resilient against the deteriorating effects of climate change and also contains provisions for walking and cycling infrastructure and safety schemes.

KERRY COUNTY COUNCIL

Restoration Improvement €12,166,500
Restoration Maintenance €2,036,000
Supplementary Restoration Maintenance €1,454,000
Discretionary Grant €3,960,000
Bridge Rehabilitation €580,000
Specific Imp. Grants €3,180,000
Strategic Regional and Local Roads €1,500,000
Speed Limits €9,250
Safety Improvement Works €470,000
Cycle Signs - €44,400
Training Grant €105,000
Drainage Works €952,829

Brendan Griffin TD.



PSCI: Survey Support €34,000
Active Travel €1,571,767
Climate Adaption €343,502
Former National Roads €274,400
Improvement Scheme €865,000
Total Allocation €29,546,648

Deputy Griffin continued: "Maintaining our regional and local road network in Kerry is not only important for connectivity, but crucial to ensuring safety on our roads, reducing road collisions and protecting lives.

"Funding for the roll out of a signage programme relating to lower speed limits in housing areas as well as 'safe passing' signs for cyclists will also be provided for as part of today's allocations.

"Routine maintenance works are fundamental to safeguarding our road infrastructure and keeping the network in a good condition.

"All strategic road improvement investment schemes will include provisions for walking and cycling infrastructure to take account of the needs of all road users, including cyclists and pedestrians.

"I commend my colleagues Minister Eamon Ryan and Minister of State Hildegard Naughton for this critically important investment. I know it will make a huge difference to our road network in Kerry."



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Sport Ireland announce financial boost to swimming pool operators in Killarney

Swimming pool operators in Killarney are among hundreds across the country to receive the second and final phase of the COVID-19 swimming pool grant scheme.

This week the Minister for Tourism, Culture, Arts, Gaeltacht, Sport & Media, Catherine Martin TD, and Minister of State for Sport and the Gaeltacht Jack Chambers TD welcome the allocation of €706,000 for swimming pool operators across the country in the second and final phase of the COVID-19 swimming pool grant scheme.

Sport Ireland appointed Ireland Active, the representative body for the leisure, health and fitness sector, to administer the swimming pool grant scheme, supported by partners Swim Ireland.

The €2.5m funding scheme was announced as part of the July Stimulus package which aimed to support publicly accessible swimming pools respond to the challenge associated with maintaining swimming pools and the effort to reopen and remain open, within COVID-19 safety protocols, and

to promote participation in the sport of swimming.

The ongoing restrictions continue to cause uncertainty for swimming pool operators, which remain closed at the current Level 5. In December 2020 €2,386,519 was awarded to over 200 facilities.

Among those who received funding this week were the Aquila Club who received a further €3,156 bringing their total to €14,840; The Castlerosse Park Hotel who received a further €1,532 bringing their total to €7,202; Innisfallen Health Club, who received €1,926; Killarney Sports & Leisure Centre who received a further €3,295 bringing their total to €15,495; Killarney Towers Leisure Centre, O' Donoghue Ring Hotels received a further €1,833 bringing their total to €8,620; Leisure Centre @ the Parkavon Hotel received a further €1,276 bringing their total to €6,001; Muckross Park Hotel, received a further €1,555 bringing their total to €7,311 and

The Brehon Hotel & Angsana spa Fitness Centre, €1,741 bringing their total to €8,184.



You are invited to...

'A night of songs and music to lift the spirit'

A musical night from the beautiful St. Mary's Cathedral will take place online on Wednesday night next and everyone is welcome to attend online.

The concert will feature singers **Lillie & Jean Foley**, pianist **Noel O'Sullivan** & violinist **Olwyn Trant**.

Words of welcome, comfort and reflection will be provided by Father Niall Howard.

The concert will be held online only on Wednesday 24th February 2021 at 8.00 pm. It will be live-streamed from Facebook on the 'Lillie & Jean Foley Music' pageMusic, and also live-streamed from the website for the Killarney Cathedral, www.killarneyparish.com

www.killarneyparish.com

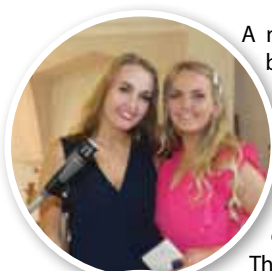
Lillie & Jean Foley are sisters that love music and sing all genres from classical to musical theatre, R & B, Pop, Jazz and everything in between. Lillie is studying for a degree in performing Arts in the University of Limerick and Jean has just finished her grade 8 Singing Exams. They have made a few T.V. performances down through the years making a couple of episodes of the 'BEO show' for RTE 1, they featured on the popular shows such as Realta agus Gaolta and Junior Eurovision Live on TG4. They are members of Killarney Musical Society and have been part of several recent productions. Lillie & Jean Foley are Cantors with the choir in the Church of the Resurrection. They are delighted to be joining Noel and Olwyn for this special concert.

Olwyn Trant is a local teacher in Holy Cross Mercy School. She is a violinist from Killarney. She has been involved with music in the church from a very young age and continues to perform with her sisters, the very popular trio 'The Trant Sisters', for weddings and various events. Olwyn has been a performer with the Killarney Musical Society and she also worked with Noel during the Teen Spirit shows a number of years ago.

Noel is a teacher in St. Oliver's NS and plays

the piano in local hotels and restaurants. He accompanied Lillie & Jean Foley for the Dr Croke's Mass which was live streamed from the St Mary's Cathedral in early February and out of that event there was some enquires whether a concert could be put on to showcase the talent of the Foleys, as well as provide people with a much-needed lift during this challenging lockdown. Fr. Niall has been very helpful in making this unique event happen. There is a unique connection between all the performers in this concert. Noel O'Sullivan's father, also Noel O'Sullivan, Olwyn Trant's grandfather, Jim Trant and Lillie & Jean Foley's grandfather Bryan O'Connor would have all worked together, teaching in St Brendan's College. They were all good friends and worked together for many years. Sadly, all now have passed away but we like to think they will enjoy this concert from somewhere! N.B. The concert is online only and has been organised in compliance with COVID regulations and with appropriate social distancing.

Lillie & Jean Foley Music <https://www.facebook.com/Lillie-Jean-Foley-Music-139333660254893/>





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Ballyduff BUOS FRC ballyduff2016@gmail.com	066 714 8883
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Duagh FRC duaghfamilycentre@gmail.com	068 45333
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Castlemaine FRC anita.mainevalley@gmail.com	066 976 7833
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Tralee International Resource Centre	066 712 7918
info@trc.ie	
KASI Killarney Immigrant Support Centre	064 662 0705
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TravelWise	01 613 1733
The Dept. of Foreign Affairs: helpline for those with travel concerns.	
SeniorLine	1800 804 591
Open every day from 10am - 10pm, supporting older people.	
Asthma Advice	1800 445 464
Free call-back service available to people with asthma and the parents/carers of young people with asthma.	
FLAC	1890 350 250 or 01 874 5690
If you have a legal query, the Free Legal Advice Centre's helpline is open Monday to Friday, 9.30am-1pm / 2pm-5pm.	
COPD Advice	1800 832 146
Chronic Obstructive Pulmonary Disease call-back service - not to be used as an emergency service.	
Worker's Rights Centre	1890 747 881
SPTU helpline, open 8.30am-5pm, Mon-Fri: for issues related to work.	
MABS	0761 07 2000
Advice service for money management & debt issues, open weekdays.	



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Rape Crisis Centre 1800 778 888
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Childline 1800 66 66 66
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HSE Elder Abuse Helpline 1850 24 1850
For people over 65 experiencing abuse

ADAPT Kerry Women's Refuge 066 712 9100
Free phone confidential listening service

Women's Aid 1800 341 900
Support for women suffering abuse

Men's Aid 01 554 3811
Men suffering from domestic abuse

Community Information & Support Services:

Kerry County Council 066 718 3500
www.kerrycoco.ie

Kerry Public Participation Network 087 689 1105
www.kerryppn.ie

Kerry Citizens Information 0761 07 7860
www.citizensinformation.ie

Kerry Volunteer Centre 066 711 7766
www.volunteerkerry.ie

Local Link Kerry 066 714 7002
www.locallinkkerry.ie

Department of Social Protection 1890 800 024
tralee@welfare.ie

Údaráis na Gaeltachta 066 915 0100
Suíomhídirín Clárúcháir: www.udaras.ie

NEWKD CLG 066 718 0190
info@newkd.ie

SKDP CLG 066 947 2724
info@skdp.net

IRD Duhallo CLG 029 60 633
duhallo@irdduhallo.com

Kerry Civil Defence 087 669 4011
thosnan@kerrycoco.ie

Irish Red Cross Tralee 087 708 8395
Secretary, Tralee@irishredcross.com

St Vincent de Paul Kerry 066 712 8021
info.SouthWest@wp.ie

GAA Kerry 066 712 2061
Secretary: kerry@gaa.ie

Teagasc Tralee | info@teagasc.ie 066 7125077

Kerry Money Advice and Budgeting
Tralee: 087 410 1355 | 0761 07 2190
Killarney: 087 410 1355 | 0761 07 7827

Children and Youth Services

Kerry Diocesan Youth Service | reception@kdiys.ie 064 663 1748

Children & Young People Services' Committee 066 719 9764
Claire.otoole@tusla.ie

Tusla Child Protection & Welfare Duty Team 066 718 4501
www.tusla.ie/services/childprotection-welfare/concerns/

Health & Wellbeing

HSE General Information | hseinfo@hse.ie 1850 241 850

HSE Your Mental Health 1800 111 888

HSE South, Kerry Community Services 1850 335 999

Southdoc - www.southdoc.ie 1850 335 999

Recovery Haven Cancer Support 066 719 2122
reception@recoveryhavenkerry.com

Jigsaw - kerry@jigsaw.ie 066 718 6785

Askonefamily - Helpline for people parenting alone 01 662 9212
info@onefamily.ie

National Suicide Helpline (5pm - 10pm) 1800 742 645

Healthy Kerry - www.healthykerry.ie 066 718 3680

Kerry Recreation and Sports Partnership 066 718 4776
info@kerryrecreationandsports.ie

MOVE CORK Helpline | Men Overcoming Violence 086 604 4047

Aware - Supporting people experiencing depression 1800 80 48 48

Kerry Adolescent Counselling Service (Tralee) 066 718 1333
kacs20@gmail.com

South West Counselling Centre (Killarney) 064 663 6416
info@southwestcounselling.ie

Resource Officer for Suicide Prevention 087 719 8903
donagh.hennebry@hse.ie

Heart Beat Kerry Cardiac Support Group 085 177 3910
heartbeatkerry@gmail.com

Kerry's Call Service - Friendship & support to older people 087 912 6184
kerryscall@gmail.com

Kerry Age Friendly Programme 066 718 3680

Kerry Stroke Support Group 087 358 6451

Alone - Helpline for older people 0818 222 024

Phoenix Women's Centre 066 913 0430
info@phoenixwomenscentre.ie

Bereavement Support 1800 80 7077

Monday to Friday 10am-1pm

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Accommodation, Housing and Support:

Homeless Information Centre 066 711 7633

Kerry County Council Housing Department 066 718 3862

Housing First/Novas 066 719 7025

Citizens Information 0761 07 7860

A service for general advice

Threshold - Advice for people who are renting 1800 454 454

COVID-19 /CORONAVIRUS Kerry Community Response Forum

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There is always a reason to
smile



Glenflesk National School sent all their pupils a pancake pack to celebrate Pancake Tuesday. They invited all the children to a school zoom session for pancakes, hot chocolate, some games and a bit of craic!



A baby duckling at Kennedy's pet farm is always a reason to smile.



Popular Killarney man Batty O'Sullivan (Batty Skips) certainly had a reason to smile this week when he won €16,000 in the Killarney Celtic Lotto!



Luke O'Sullivan received his medal for completing the 31 Day January Challenge 2021 and he's still going! He is hoping to complete the 100day challenge Luke's mum Gillian told Killarney Outlook.



With a little help from his grandson Cíarán, Ger Fitzgerald blows out the candles on his 60th Birthday cake at the weekend.



'LOVE IS IN THE 'BEAR' IN BALLYHAR' The Ballyhar Bears dress up for Valentine's Day much to the delight of all those who pass....



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SEC-Accredited grades offered to all Leaving Cert candidates and the option of a Leaving Cert exam



By Billy Ryle

Combined best points score (6 subjects)

SUBJECT	Written Exam Grade	Assessed Grade	Best Grade	Points for best six
Irish (H)	H1	H2	H1	100
English (H)	H2	H2	H2	88
Maths (H)	H3	H4	H3	102
Spanish(O)	O2	O3	O2	
Biology(H)	H3	H2	H2	88
Business (H)	H2	H1	H1	100
History (H)	H4	H3	H3	77
TOTAL				555

Young people had little chance to celebrate St. Valentine's Day or any other significant milestone during the past year. Their education has been a bit like *Lanigan's Ball* – in school again, out again! They've had no social life, recreation nor sport worth mentioning. They spent their days in the attic struggling with remote learning for an undefined objective.

But the nerve-wracking uncertainty ended on Wednesday for 120,000 Leaving Cert and Junior Cycle exam candidates when it was announced that the Leaving Cert exam will go ahead in June and students will also have the option of applying for grades accredited by the State Examinations Commission (SEC), to be called SEC-Accredited Grades. These were known last year as 'calculated grades'. This means that the SEC has provided every Leaving Cert candidate with not one, but three methods of having their achievement measured at the end of their post-primary education – a traditional Leaving Cert, the SEC-Accredited Grades or a combination of

both methods, whichever yields the best results. So, students have the best of all worlds. They can apply for the SEC-Accredited grades and also, if they wish, for the Leaving Cert exam in June. Students can opt into these processes on a subject-by-subject basis. Students will be awarded a SEC-Accredited grade in each subject they apply for, based on their previous work and teacher's assessment. In addition, they will achieve a grade in each subject they sit for in the traditional Leaving Cert exam. The icing on the cake is that the student will ultimately be awarded the higher grade in each subject across both options. The example below illustrates what may happen in a system which isn't perfect but is definitely the fairest for the students. The timetable for the June written exams, which begin on 9th June, is available on www.examinations.ie from Thursday, 18th February. As expected, the Junior Cycle exam was cancelled.

For those taking the Leaving Cert exams, oral exams will be held during the Easter holidays

or shortly after. Coursework will also proceed in the relevant subjects. Additional time will be provided by the SEC for completion of this work. In some subjects, the holding of practical exams won't be possible given public health considerations. Details of revised schedules will be issued to schools in the coming weeks. The oral and coursework components of the exams will not form part of the SEC-Accredited Grade process.

The Irish Second -Level Students Union (ISSU) has long held the view that students are entitled to a choice of traditional exam or calculated grades, now called SEC-Accredited grades. ISSU ran an effective campaign and emerged as clear winners.

All aspects of staging the exams will be guided by public health advice and schools will be supported and given clear guidance on the staging of the exams. The results of the Leaving Cert process will be issued to students within the required timeframe for CAO and UCAS (British Colleges) college offers.

Students will get their SEC-Accredited grades at the same time as they get the results of the traditional Leaving Cert exam. That means students won't know their SEC-Accredited grades before deciding whether or not to sit the June exam. But it's a win-win situation for students. Any student, who is up for it, should sit a few or all of her/his subjects in the June exam because it gives you a second bite of the cherry. The exam papers might also be watered-down considering the amount of in-school time lost during the past few years. Nobody will quibble if students are offered more choice on an exam paper or a single exam paper in a subject where two is the norm. The June exams are very doable and may provide a student with the few extra points to secure that precious college course.

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

Castleisland Community College begins Fittest Family Challenge

Castleisland Community College under the guidance of science teacher Kellie Sheehy has invited all families in the school community to take part in Castleisland Community College Fittest Family Challenge. The competition will take place over the coming weeks with 2-4 members of a family participating. The aim of the challenge is to get staff, students and their family members involved in physical activities. It will certainly allow students

a break from computer screens and it will also develop communication and teamwork skills. The most important aim however is for the school community to have some fun! Challenges will be posted on the school app Teams and each family must record each competitor undertaking a challenge and submit the video. Prizes will be awarded for the winning families. So let's get active and be alive!



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KILLARNEY ALL SET TO CELEBRATE AS ONLY IT CAN!

It will be a St. Patrick's with a difference and one that will leave other towns green with envy when Killarney turns on the style to celebrate St Patrick's Day 2021.

It will be much different to previous years – for obvious reasons – but it will still be quite spectacular as the town will turn various shades of green to mark the annual feast day.

Plans are at a very advanced stage for the greening of Killarney with several iconic landmarks ready to light up throughout the month with the spotlight set to illuminate the buildings from Friday, March 5 to Sunday, March 28.

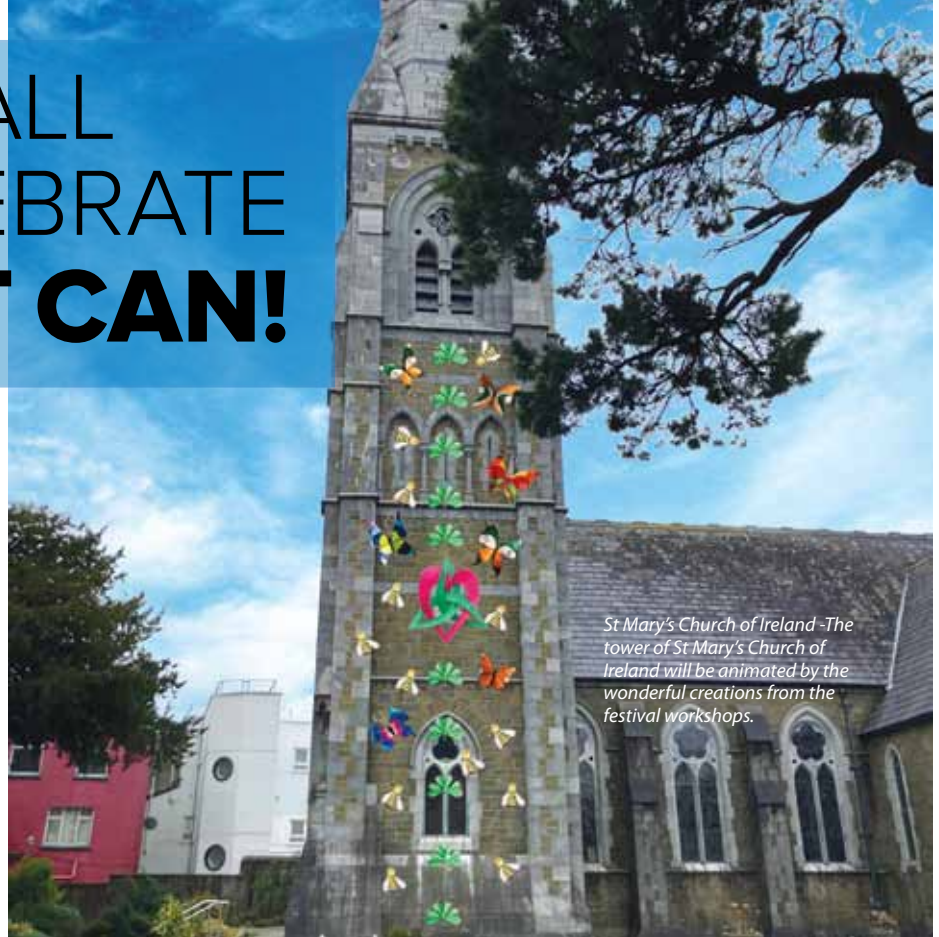
Sites turning green will include St Mary's Cathedral, St Mary's Church of Ireland, Killarney Methodist Church, Ross Castle, Killarney Courthouse and the Franciscan Friary "Ross Castle is an awesome sight, day or night, at any time of year but it is truly spectacular at night during the St Patrick's Festival when it is drenched in green light," said festival chairperson Paul Sherry.

"It has become a signature image for the festival enjoyed by millions all over the globe and it is real picture-postcard material," he added.

In advance of the festival last year, just before Covid-19 called a halt to proceedings, the festival committee had organised various workshops with community artist Sophie Lodge.

The initiative, facilitated by Killarney Chamber of Tourism and Commerce and Kerry County Council, saw children and adults coming together to create colourful and imaginative props for street decoration in advance of the parade.

Sadly, due to the circumstances, the public never got a chance to view this work and the children didn't see their efforts on display but all is not lost as this year the tower of St Mary's Church of Ireland will be animated by the wonderful creations that were prepared for last year's festival, thanks to the cooperation and enthusiasm of the Venerable Simon Lumby. "Those behind the annual St Patrick's Festival in Killarney recognise that many people who would like to be with



St Mary's Church of Ireland -The tower of St Mary's Church of Ireland will be animated by the wonderful creations from the festival workshops.

us this year will be unable to join us as they are stranded elsewhere because of pandemic restrictions," Paul Sherry acknowledged.

"We are instead calling on Killarney people all over the world to join us in our virtual celebration as we await better days ahead," he added. People everywhere are being invited to send photographs, via Instagram or on the St Patrick's Festival Facebook page, of their own celebrations on St Patrick's Day and the best snapshot will win accommodation in Killarney for the 2022 festival. Full details will be available on the festival website at www.stpatricksfestivalkillarney.ie.

There will also be a photographic competition for those remaining at home in Killarney and all people have to do is send their photographs with the theme "Killarney – My 5K" to the festival's social media platforms. Further details will be announced shortly but, in the meantime, get snapping because you can enter as often as you wish. There will also be a prize for the best

greened building and the best dressed shop window so watch out for further details.

The festival committee is extremely grateful for the support of its partners and sponsors, Kerry County Council, Killarney Chamber of Tourism and Commerce, Fáilte Ireland and the business community of Killarney.

For the full low-down on this year's St Patrick's Festival in Killarney go to www.stpatricksfestivalkillarney.ie. The Cathaoirleach of Killarney Municipal District, Cllr Brendan Cronin, said he is delighted to welcome plans for what will be a very different St Patrick's Day in 2021. "After what has been a difficult year, we are looking forward to being able to celebrate our national holiday in what will be a very different but very exciting manner," he said, "Kerry County Council is delighted to work with St Patrick's Festival Committee to develop this unique celebration of our people and place," Cllr Cronin added.

4 Miles every 4 hours for 48 hours - Darragh takes on the challenge

Life is all about facing challenges and for Glenflesk footballer and East Kerry star Darragh Roche, he is planning to take on the ultimate one.

On 4am on the 6th of March 2021, Darragh will begin the 4x4x48 Challenge, which means that he will run four miles every four hours for 48 hours, the equivalent of two marathons in two days.

"I decided to take on a challenge both for myself but especially to raise funds for the Irish Cancer Society," Darragh told Killarney Outlook.

In January 2020, Darragh lost his uncle Denis Lucey to cancer. "We wanted to do something for the Irish Cancer Society, and in particular the Night Nurses, who service was amazing when Denis was sick," he added.

As a family we had hoped to do a fundraiser for them, but with COVID-19 we didn't get the chance. "Irish Cancer Society Night Nurses rely solely on donations and I can't believe the response I am getting to the fundraiser," he added. "The challenge was invented by retired Navy Seal, David Goggins in the USA and this is the second year of the it", Darragh said.

Darragh is currently training for the challenge along with working as a Sales Rep for Redmac Plant and Engineering Supplies.

If you would like to donate to Darragh's fundraiser you can do so by Revolut at 0879720898 or make a donation at All Care Pharmacy, JR Spares or Tim Jones Butcher. #4x4x48challenge



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A Legion of Memories

In this week's Killarney Outlook, Tommy Regan shares some of his vast collection of photographs which he has taken through the years at his beloved Killarney Legion Club



Smiling happy winning girls team including cousins Mairead O'Donoghue and Julie Kelly.



Jimmy Reen getting a "special presentation" from Tommy Regan.



All glam at the Club Social in 1992.



The late Mrs Looney with Ita, Tom and Michael Looney at Weeshie Fogarty's book launch.



At the opening of the New Club House.



Padraig Brosnan and Donie Whitty O'Sullivan with their Legion, and Man Utd prospects.

*.Cork Ladies
GAA Legend Brid
Stack, 11 Time All
Ireland Winner
and more recent of
the Sydney Giants
Aussie Rules
team and recently
recovering from
a horrific injury
pictured with
Weeshie Fogarty at
the 2012 Munster
GAA Awards.*



Eileen O'Neill, Louise Moriarty and Joanne Downey.



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The Skinny Baker

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

This week Denis is sharing his recipe for :



Vanilla Cupcakes

Ingredients

175g self raising flour
110g Caster sugar
110g butter
1 teaspoon of vanilla extract
1 teaspoon baking powder
2 eggs
2 tablespoons water

Method

1. Mix the butter and sugar together until fully mixed
2. Add in the 2 eggs and mix
3. Add the 1 teaspoon vanilla and mix again
4. Sift in the flour and baking powder and mix
5. Add 2 tablespoons of water and mix into the a smooth mixture
6. Pre heat the oven to 180° fan
7. Put the bun cases into the bun tray
8. Spoon the mixture into the bun cases
9. Bake in the oven for 15 minutes

Tag @theskinny.baker on Instagram and I will share your cupcake pictures



Savoury Root vegetable Pasties

Ingredients

For Pastry
300g plain flour
Pinch of salt
150g vegan margarine
150ml water
(you may not need all of this)
Mix flour, salt and margarine and crumble into breadcrumb like pieces. Add the water gradually and from into a dough. Divide pastry into 4 even pieces. Roll each piece out into a circular shape. Put in the fridge while making the filling below.

Method

For filling
mix the following in a bowl
225g potato cubed
75 g carrot peeled and cubed
125g turnip cubed
1/2 cup frozen peas
1 small red onion chopped
Teaspoon of fresh thyme leaves
50g grated violife vegan cheese
30g vegan margarine melted
Sprinkle of salt and pepper to season
1 vegetable stock cube crumbled
Evenly divide the mixture into one side of your pastry rounds, fold in half and seal together by moistening the edges of the



rounds and using a fork to seal the edges together. Bake in a preheated oven at 190 degrees for about ½ and hour. These make a delicious lunch or anytime snack and they can be eaten hot or cold, so handy for when you are out and about. If you like my vegan dishes I would be delighted if you would join me on my Instagram page @vegan_shares hope to see you there Sarah.

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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TIPS AND ADVICE FROM OCCUPATIONAL THERAPISTS ON LIVING SAFELY AND INDEPENDENTLY AT HOME

A new webpage developed by Cork Kerry Community Healthcare Occupational Therapists aims to assist people to continue to live safely and independently in their own homes.

The webpage was developed by HSE/Cork Kerry Community Healthcare Occupational

Therapists working in adult services in Cork. HSE Occupational Therapists help people do the everyday things they want to do or need to do when faced with a physical illness, injury or disability. Covid-19 has meant that the team had to reconsider how they deliver their services and interact with the people in need of their support.

With fewer face-to-face interactions taking place, the Occupational Therapy team decided to develop a web-page with useful resources, tips and strategies. These practical suggestions can assist a person to continue engage in meaningful activities and live safely and independently in their own home.

THE LEAFLETS INCLUDE:

- Falls Prevention
- Tips to help your memory
- Checklist for choosing a supportive armchair
- Buying and installing grab rails
- Fatigue management, mindfulness, occupations & wellness, and pain management

advice Sinead Tierney, Occupational Therapist said: "The Adult OT website for CKCH provides instant accessible information to the public on a range of Health Promotion and Self-Management topics" "This was a collaborative project involving fellow OT colleagues, HSE digital team, graphic designers, and the communications department. This was a very new way of working which was exciting project to be part of. Our website has worked hand in hand with the increase in telehealth (online appointments) used by occupational therapists due to Covid -19 restrictions. As we move further into a technology-focused society this has allowed us to move our service provision into that space too"



Sinead's 'Top Tips' for creating a routine during the Covid-19:

- Set out a daily routine for yourself and write it down on paper, this can help to keep you focused and give a sense peace of mind and predictability in an ever changing world. Writing your schedule down it will also provide a sense of satisfaction when you can tick off your activities that are completed.
- Try to have a good variety of activities in your day, some exercise, cleaning or household

jobs, some self-care activity, and a phone call to family members or friends. Always include something you enjoy to do in your day which could be an activity such as painting or baking. If you are feeling very motivated maybe try something new!

- If you are unable to do an activity you previously liked because of restrictions think of another way you could simulate it e.g. online dance class, phone calls to friends you may have met weekly, go for a walk before watching mass on the television or online.

- Try to keep a consistent sleep routine, going to bed at the same time every night and waking at the same time every morning. A lie-in should be limited to 1 hour later than your regular wake time.

Let your creativity flow....

ON-LINE RESOURCES ANNOUNCED



A range of online creativity resources that are available to parents, schools, youth groups, children and young people have been announced by Kerry Local Creative Youth Partnership (Kerry LCYP) at Kerry ETB.

The information is located on the online resources section of the LCYP pages on the Kerry ETB website and can be accessed by searching the website www.kerryetb.ie/creativity Activities, videos, manuals and step by step instructions on all things creative can be printed off or downloaded and used as step by step guides to help you get creative at home. Included also are video demonstrations by artists and craft makers, and fun instructional guides for youth leaders and teachers to help making and creating that bit easier at home during the current lockdown.

"We are conscious that during a lockdown, young people are looking for things to do that are different, a bit of fun but also have some degree of learning involved. We are hopeful that schools, youth groups and families will find the list of activities useful and will give them a go", stated Ann O'Dwyer, Director of Schools, Youth and Music at Kerry ETB.

The activities include a range of craft and design step by step guides, but also a series of video workshops that can be included in a lesson or watched at home or in school – workshops on poetry, design, drama, art and

much more. There are also comedy sketches to enjoy online, and craft activities that use everyday household materials that can be sourced in the kitchen or cheaply in the local shop. Design projects include everything from découpage to designs for bird houses and bird feeders, painting, poetry and creative writing instruction. There is also a history of animation video and a screen and playwriting video workshop that will appeal to young film makers. "We asked creative practitioners in Kerry to share their know-how on a range of activities to suit different age groups. The step by step guides and videos will help you get creative at home, but equally transfer if you are looking for new ways to working with young people online", stated Deirdre Enright, Co-Ordinator of the Kerry Local Creative Youth Partnership Programme at Kerry ETB. There is also a handbook of creative exercises that artists and tutors will enjoy and anyone who is looking for creative ways to work with young people.



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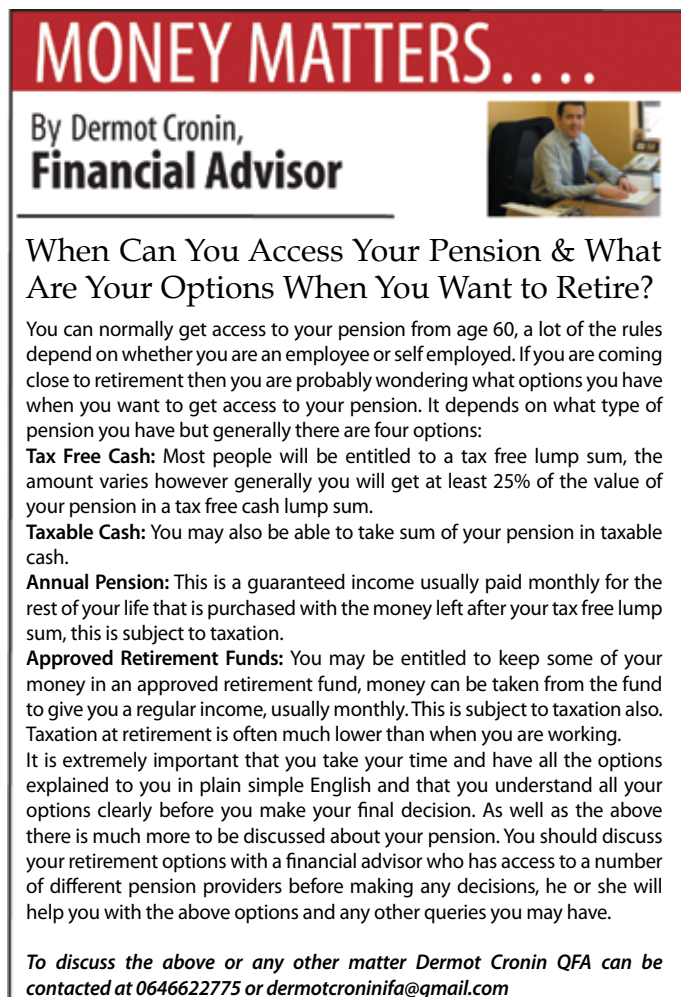
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You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement then you are probably wondering what options you have when you want to get access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

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

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

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

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

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

To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or dermotcroninifa@gmail.com



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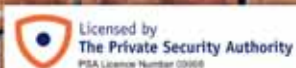
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JUMPING FOR JOY

Jordon named as Brand Ambassador

Irish Paralympic Tokyo 2021 bound athlete Jordan Lee has just been announced a brand ambassador with Toyota main dealer, Kelliher's Garage, Tralee.

Collecting his brand new 211 Toyota C-HR from the team at Kelliher's Garage over the weekend Jordan said "I am delighted to become a brand ambassador for Kelliher's Garage and look forward to travelling to my training, competitions and preparing for Tokyo in style".

Toyota Ireland, named recently as the SIMI (Society of Irish Motor Industry) best selling car brand for January 2021 are an official partner to Paralympics Ireland. Toyota's vision is to improve mobility for everyone and Tim Kelliher of Kelliher's Garage, Tralee was keen to stress that "Kelliher's see great potential in Jordan and for his future, he is an absolute credit to his community and his county. We are very proud to welcome him on board as a brand ambassador and we look forward to helping him anyway we can on his journey from the Kingdom to Tokyo and to fulfilling his ambition".

Driving in style, Jordan acknowledged the huge difference and great boost having his own car will mean to him "it will help me in a huge way, getting to crucial training sessions that perhaps in the past I was unable to attend as I always had to rely on others to get me there. Now with my Toyota C-HR I have my own independence and appreciate the helping hand from Tim and the team in Kelliher's to get me from A to B and allow me attend the sessions I need in the run up to the games.



Jordan "jumping for joy" collecting his new 211 Toyota C-HR at Kelliher's Garage, Tralee.



GAA RECORD LARGE DEFICIT FOR 2020

By: Jimmy O'sullivan Darcy

The GAA's accounts for 2020 were released this week and unfortunately, they make for grim reading, with last year's E8 million surplus replaced with a whopping E34.1 million loss as a result of covid.

Central finances recorded a deficit of E15.6 million, county and provincial losses ran to E7 million, Croke Park recorded a E10.2 million loss, and miscellaneous costs ran to E1.3 million.

These accounts only go up to October 31st, when the GAA's tax year ended, so the costs and revenue of running the All Ireland championships behind closed doors has yet to be factored in. Revenue fell 57%, from E73.9 million to E31.4 million, with over half of that coming from State funding of E18.5 million. Director General Tom Ryan acknowledged the vital contribution of the Government to keeping the organisation afloat "The GAA simply could not have navigated its way safely through 2020 without the significant support of governments both north and south" and noted that the GAA would almost certainly have to rely on Government funding again in 2021.

"There was provision made in last year's budget

Revenue for the GAA fell during 2020 with stadiums like Fitzgerald Stadium, Killarney closed due to COVID-19.



I know for the sporting sector this year," he said. "We've already spoken to Sport Ireland and the Department just about the principles of that, highlighting to them that we're not out of the woods yet. We don't like having to rely on the public purse but we flagged with them already that this year is going to be challenging." There are 37 motions on the clár for this year's GAA Congress, which will be held online next weekend, with a further 10 motions deferred until there is more clarity regarding returning to play protocols, including proposals for a new format for the All Ireland Football

Championship. Among the more significant motions up for debate are the introduction of a penalty and a sin bin for aggressive fouls that deny a clear goal-scoring opportunity, the elimination of maor foinne, allowing managers to make two challenges to a referee's decision calling for hawk-eye, no entry by officials onto the field of play, no back pass from a kick out in football, and widening player eligibility for a club or county to include 'other relevant connection' – that one in particular could have big implications for Kerry's parish rule.



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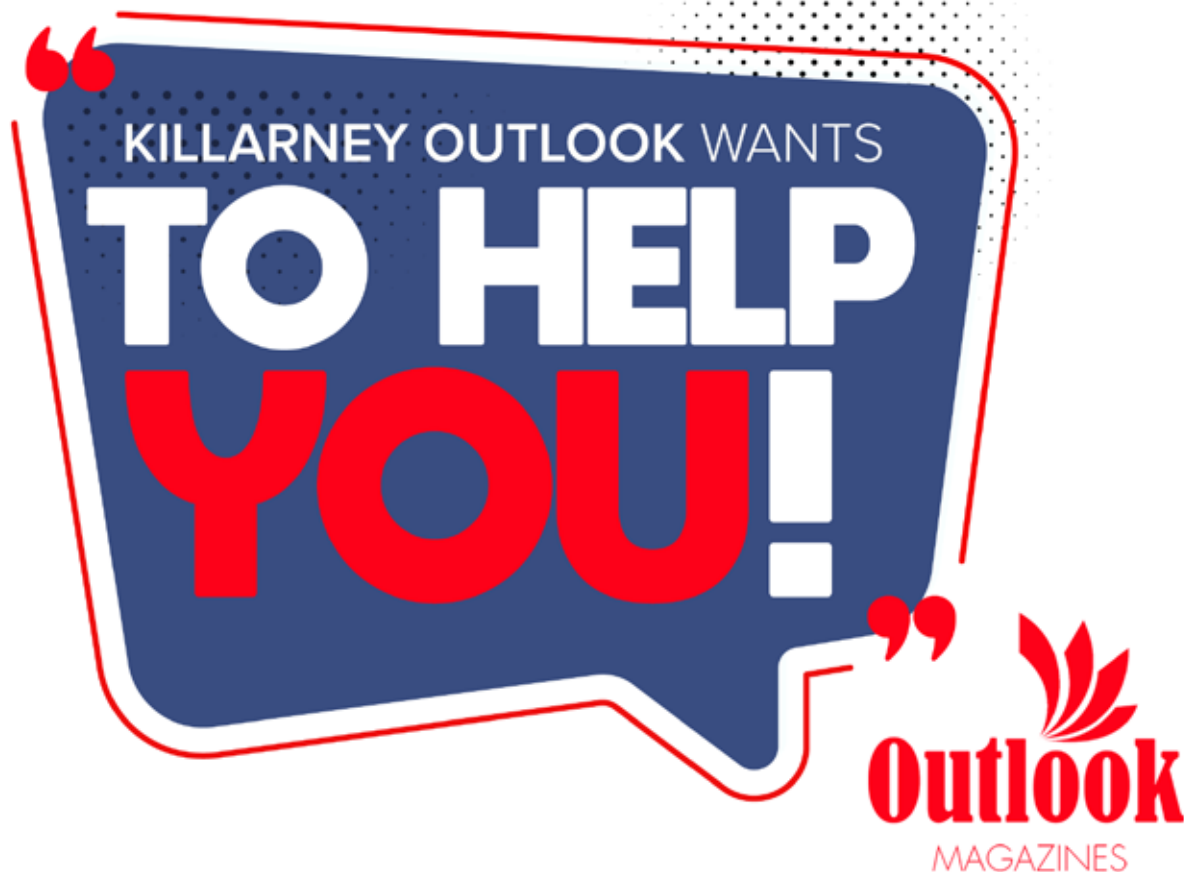
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Noreen at What Women Wants gives you some **beauty tips** while you are staying at home during Covid-19



A Happy gut = Healthy Skin

Your body has an ecosystem of bacteria known as the Microbiome. This has a huge effect on your wellbeing and your skin. In your gut there are millions of these bacteria, viruses and yeast, both good and bad. If there is an imbalance in your gut microbiome it can lead to constant fatigue, immunity disorders, moodiness, digestion problems and skin concerns like premature aging, inflamed and problem skin. Hippocrates wrote "All Disease begins in the gut".

For a healthy gut:

- Take a probiotic like 'Skin Youth Biome' which have fused together 5 billion live cultures of 4 scientifically studied bacterial strains with vitamin C to balance your gut and ensure maximum skin health. Probiotics are especially important to rebalance the gut after taking a course of antibiotics.
- Eat a healthy varied diet rich in fibre, fruit, vegetables and whole grains to feed healthy bacteria.
- Avoid processed foods high in



sugar and saturated fats as these can increase bad bacteria and suppress the good bacteria.

- De-stress and get good quality sleep.
- Exercise to get the gut moving to detoxify and rebalance.
- Eat fermented foods that are naturally high in live cultures like live yogurt, pickles, apple cider vinegar and sourdough bread which encourage more microbes to grow.

Noreen Mangan

Tel: 0646630712

www.whatwomenwant.ie

Sarah donates her beautiful hair to Rapunzel



A generous hearted girl from Laharn in Milltown has donated her beautiful hair to the Rapunzel Foundation.

Sarah Quirke, who will be celebrating her 10th Birthday next week on February 23rd is a pupil of Faha National School. Sarah started growing her hair for her First Holy Communion in 2018 and then decided to keep going for the Rapunzel Foundation which is a charity organization that works to improve the lives of those living with hair loss (alopecia) through fund raising as well as through hair raising.

Hair is raised through the Rapunzel Foundation's Ponytail campaign, where people commit to growing their hair 14 inches or longer with the view to their hair being sent to help make much needed wigs to improve the lives of those living with the hair loss.

Sarah also managed to raise €400 which she sent to the Tir na nÓg orphanage in Tanzania.

She cut her hair on December 22nd before the current lockdown restrictions were in place.

Fitness Expert
Edele Daly guides you

TIPS TO HELP
YOU STAY MOTIVATED

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HOW DO I GET RID OF THE "COVID BELLY"? Part 2

- It's no harm to start targeting the core muscles also to get them toned and lean, however doing these exercises alone will not give you a six pack. They will however get stronger and develop so that when your body fat around that area is burned off through diet and exercise you will start seeing those toned lean muscles under the layer of fat starting to shine through. Don't just target the front abdominal muscles, make sure your targeted core training includes all the deep interstitial core muscles like the rectus abdominis and the transverse abdominis and not forgetting those pretty side lying muscles, the obliques. If you are looking for a total core programme then contact the B Well team for info on their new customised Targeted Home programmes.
- Exercise fasted if you can. This is especially beneficial for all you morning exercisers. You will burn more fat with this method and the recovery meal you have after training (breakfast) will be used for fuel and recovery and not storage.
- Avoid sugary foods. These have been known to increase the amount of fat stored around the tummy area. This isn't just sweet foods, this goes for creamy stodgy foods too that have all hidden sugars, so watch out. Again the fitness pal app will advise you how much sugar is in your diet once you log the food in correctly.
- Cut back on carbs. We advise limiting them to post workout meals. or 1-2 meals per day. Replacing starchy carbs like rice, pasta, potatoes.
- Cut down or cut out alcohol. Hidden sugars and empty calories in abundance here. So it goes without saying cut down your drinks or cut out to help strip the belly fat. A lot of the home drinking at the moment is just habit and for comfort so get out for an evening walk instead.
- And finally...Be Consistent... being "good" for just 2 or 3 days of the week isn't going to get you the results you are looking for. So stay true to your goals, stay on point most days of the week and reap the benefits of a nice flat, lean toned tummy.

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



ASTRID LONGHURST

Life, Inspiration & Body Confidence Coach/Author

Become a force of fabulousness!


As the Covid pandemic rolls on, it is never more vital that we seek to become the very best that we can be. It is now that we need to have the courage to create something new, to have hope in our hearts and to be a beacon of light so that we can light up the way for others. We cannot control the events of our lives; however, our greatest power is in being able to choose how we respond to them. This time has been challenging for so many people and every one of us has been touched by the Corona virus in some way. And while we yearn for our lives to return to "normal" we have to live in ways that don't feel normal at all.

However, it is now that we can choose to be the most positive and most proactive that we've ever been. Enjoy these top three tips to become a force of fabulousness and light the way ahead!

1. Don't let others pull you into their storm. Invite them to join you in your peace. This means that you step back from the drama and before reacting negatively or feeling upset about something, you quietly remind yourself how you desire to feel and if your reaction is going to take you there.
2. Be inspired by people and life. Talk about all the wonderful things that life offers you. Refuse to get drawn into a conversation that brings you down. Listen, by all means and then point out all of the really good stuff that brings you alive and what you feel grateful for.
3. Smile - it's all good. You got up this morning. You have another opportunity to make someone else's day whilst making your own! Know that you are fabulous and so is everyone else too!

Keeping our mental health positive is so important. Even the smallest positive thing you can do has a powerful effect when it comes to staying well. Take care of you.

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7.30pm sign in for 8.00 start

Guest Speaker: Nurse Anna O'Donoghue

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GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 12th February 2021, numbers drawn were 7, 9, 19 & 24. Sellers prize winner Mairead Carmody, €50 y/t prize to Donagh Hickey Rathmore, €50 to Marie Healy Cordal, €40 each to James Regan Killarney, John Guerin Newmarket & Stephen Donnelly c/o Margaret Hayes. Bonus not won numbers

drawn were 5, 9, 10 & 17. Next week's jackpot €16,600 plus €1,000 bonus.

KILLARNEY CELTIC NOTES

CELTIC LOTTO

Numbers drawn 2,6,9,23. There was 1 winner of the jackpot of €16,000, Batt O Sullivan. The next jackpot on Monday 22nd is €5,000. Tickets are available from club members, the Dungeon

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

Killarney Celtic Gear is available online through www.bmc sports.ie and the link can be accessed from the Killarney Celtic Facebook page. New gear has been added to the range.

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

Kennedy continues with his winning form

Jack Kennedy brought his winning form to Fairyhouse on Monday where he partnered the Gordon Elliott-trained Grand Paradis to take the second division of the two-mile maiden hurdle for owners Andrew and Gemma Brown. It was all very straight forward for the 7/2 chance which pulled nine length clear of the Willie Mullins-trained 6/4 favourite Grand Bornand to give Kennedy his 44th winner of the season.

Kennedy ended the week with a winner at Punchestown on Sunday where he partnered the ML Bloodstock-owned Farmix to a clear-cut success in the rated novice chase. The 4/1 chance went clear before the final fence and easily beat the James Motherway-trained 85/40 favourite Dinny Lacey by five and a half lengths to record his third victory for County Wexford trainer Liz Doyle.

Grand Paradis wins for Jack Kennedy and Gordon Elliott at Fairyhouse on Monday.
Photo: Patrick McCann/Racing Post.



KILLARNEY RFC ONLINE TRAINING PROVES HUGE HIT



10,000 views....
Dan's on-line
session are a
huge success.

With the rugby season curtailed since before Christmas, due to the Lockdown regulations, the children of Killarney RFC have been really missing their rugby. We were hoping that training could recommence following the Christmas break, but unfortunately the Lockdown stopped that. However, our Community Rugby Officer Dan O'Sullivan – who visits local schools in the school term introducing many children to rugby for the first time, came up with the idea of holding online training sessions, via Facebook live every Saturday morning. The club are absolutely delighted with the response and the feedback has been very positive with players of all ages partaking.

The idea is to get all ages up and moving in the comfort of their own homes along with Dan - fun and a workout. These sessions have

become the talk of Munster!

These sessions have proved to be a huge hit, with Munster Rugby asking Dan to run sessions for them online.

Last Thursday, Munster Rugby asked Dan to run a session for them via their Facebook page, which was a huge success with almost 10,000 views!

"A lot of businesses had moved onto zoom etc so I thought doing a Facebook LIVE was more authentic and attracts more people to engage with me as the Killarney RFC Community Rugby Officer, absolutely loving being able to share my knowledge and skill with the local community, which has grown to the Province through Munster Rugby website. Live on Tuesday's and Thursday's 1:15pm Munster Rugby Supporters Club Facebook page and Killarney RFC Facebook page Saturday mornings 10:30am", Dan told Killarney Outlook.



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DR CROKES

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LADIES COACHES 2021

Senior Ladies - Caoimhín O'Donoghue, Mark Cooper, Catherine Keogh

Minor Ladies - Mark Cooper, Brendan Connor, Aine McMahon

U16 Ladies - Brendan Connor, Jason Stack, Teresa Cahillane

U14 Ladies - Catherine Keogh, Alan McGorrian, Danny Cooper, Kate Stack, Ava Sheehan

U12 Ladies - Padraig O'Shea, Rheanne O'Shea, Siobhan Burns, Emma Murnane, Noreen Kelly

U8 & U10 Ladies - Padraig O'Shea, Breeda Burke, Ramona Keogh

LOTTO draw took place on Monday February 15th numbers drawn were 3 6 17 18 JACKPOT €6,500 was won. Winner Tom & Anthony Casey Stonepark Longford. Jackpot for draw on February 22nd 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,

MEMBERSHIP

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

If you want to register and cannot remember your password, please click the "Reset Password" button and follow the steps.

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

You can register online using the link below... Here's looking forward to a successful 2021 for us all...! https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=7826#Anchor. We are appealing for members to download app on their phone as this will be the main means of communicating going forward. If possible if registering more than one member you give individual phone and emails. (for communications).

SAFEGUARDING CHILDREN

There were twenty-three attendees at the

virtual workshop on Safeguarding Children last Tuesday evening. The workshop was hosted by Bernie Reen, County Children's Officer.

Those attending were a mix of club officers and coaches, who will now receive certification from Croke Park. Thanks to Bernie and those members, who gave up their time to ensure that they have all the required information to ensure that Dr. Crokes young players can train and play in a best-practice and child-safe environment.

LAST MAN STANDING

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

DR. CROKES SHOP

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

ANNUAL AWARDS NIGHT (

virtual) will be held on Sat. February 27th, it is hoped to present on Dr. Crokes You Tube. Further details to follow.

HEALTH & WELL BEING Dr Crokes' Health & Well Being sub-committee We wish to inform our mature adult members of the programme; 'Let's Move & Stay Active at Home'

The Kerry Recreation and Sports Partnership are organising the,

'Let's Move & Stay Active at Home' programme, as part of a Keep Well Campaign.

This programme is specifically designed to help Older Adults in Kerry to stay active and to connect with others.

The programme aims to provide an online platform for the older adult population, where participants join up online and can particularly Feel Be more physically active Connect & chat with each other Tutor will deliver one online session each week for the next four weeks. Have fun

PLAYERS INSURANCE 1

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

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

LEVEL 5 LOCKDOWN

CLUB SPECIFIC GUIDELINES

for activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted

Dressing rooms, showers and all other indoor

training facilities should remain closed for club activities.

Club Gyms must remain closed until further notice.

No indoor meetings can be held.

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

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

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

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

SYMPATHY to Triona, Brendan And Cian O'Connor on the death of Triona father Pat he was also uncle of Liam McSharry a member of our hurling panel, to the family of Annette Ecker nee Hurley, to Paudie Sheahan on the death of his brother in law Marcus Harig to East Kerry Board Delegate Pa O'Brien on the death of his sister May, to Underage mentor Martin Muldoon on the death of his father Martin and to Sylvester Hennessy Sports Editor Kerry's Eye on the death of his father Sylvester. Ar dheis Dé go raibh a n-anamacha dilis

KEEL GAA CLUB

AGM

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

CLUB GEAR

Some new club gear and accessories have been launched on O'Neills. Visit <https://www.oneills.com/shop-by-te.../ireland/keel-gaa.html...> to see more.

EVERY STEP COUNTS

7,000km completed! Thank you to everyone who is taking part in the challenge. The challenge continues until the 3rd of March. You can still join! Follow these steps to get involved: 1. Download the MyLife app from the App store or Google Play store 2. Register your details 3. Tap on the social tab on the MyLife app 4. Select challenges 5. Select the challenge for Munster 6. Tap on join & select Keel GAA. All details can be found on our Facebook, Twitter, and Instagram pages.

WALKING TRACK

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

SPONSERSHIP

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



Cruinniú na nÓg

Saturday 12th June 2021

bain triail as!

Cruinniú na nÓg is an all-Ireland event offering **FREE** cultural and creative activities and experiences for children and young people in Kerry.

(1) Kerry County Council's Arts Office | **Creative Ireland Office**

is inviting arts & cultural organisations, artists & creative practitioners, schools, youth arts organisers, communities & community venues **interested in organising an event for 0-18's** to get involved.

Young artists, designers & anyone working with young people,

we would love to hear from you!

An event form is available to download on

<http://www.kerrycoco.ie/home3/arts/arts-forms/>

Events are free to the public

(2) If you are 18yrs or under and have an idea on what would appeal to you for Cruinniú na nÓg 2021 we want to know! Please email in thoughts & ideas to arts@kerrycoco.ie or on social media Facebook, Twitter or Insta **@KerryCoArts** by March 19th at 1.00 pm.

COMPLETED EVENT FORMS MUST BE RETURNED BY
1.00 pm FRIDAY MARCH 19th, 2021

Kerry County Council, Arts Office
Queries to 066 7183541 or arts@kerrycoco.ie



MILLTOWN/CASTLEMAINE NEWS

NEW SENIOR MANAGER

Congratulations and the best of luck to David Heasman who was recently named manager of the Milltown/Castlemaine Senior Team.

David has been a juvenile coach with several of our underage sides and currently coach of U14 Kerry County Development side. David played junior football with Kerry in 2000 while he also picked up an All Ireland Junior Club championship medal with Castlegregory in 2010. We of course look forward to a safe return to football hopefully in the not too distant future but for the time being David and his coaching team are in contact with our senior panel ensuring that they are individually able to get ready to take the field when they are able to do so. Best wishes to David along with his selectors Brian Kerins & Ian Twiss. As well as Liam Doherty & Paul Twiss who will provide stats and analysis support. Wishing the coaching team and the senior team all the very best for the year ahead.

CLUB LOTTO:

Join us this coming Friday the 19th of February on the Milltown/Castlemaine GAA facebook page for our next lotto draw.

Our next draw for a jackpot of €12,600 will be on Friday February 19th 2021. Buíochas ó chroí to all who continue to support our fundraising Lotto Jackpot Draw. We very much appreciate your support.

Mike Carroll - A huge thank you to Mike Carroll who will be finishing up as our wonderful Lotto host. Mike has been involved in our Club Lotto Draw for over quarter of a century, thank you so much for your efforts in making the club lotto so enjoyable and successful over the years.

As well as most recently serving as club secretary Mike has been involved in several roles from chairperson, to coach and so many other positions within executive for 30 years, not to mention his playing years prior to that. Thank you Mike from everyone at Milltown/Castlemaine GAA for being such an incredible asset to your club. Of recent times Mike has kept us all going with the Lotto Draws during this uncertain period and always with a glint in his eye to go with his beaming smile. Míle buíochas Mike.

EILEEN SPRING

We would like to also thank Eileen Spring for her involvement in our club Lotto for the last 5 years. Over an unprecedentedly busy few years the time Eileen put into the club lotto behind the scenes has been immense. Thanks to our club members fantastic support there was a huge increase in annual lotto tickets which Eileen integrated into the draw seamlessly. A sincere thank you again to Eileen for her efforts and for continuing to ensure that the new team have all the support they need. Míle buíochas Eileen.

GAA FOR ALL

Our GAA for ALL organising team of Gillian Twiss, Stephanie Dinham, Danny McClure, Dara O'Connor and Marie O'Sullivan are busy preparing for the year ahead and hoping to commence the counties very first GAA for ALL

training program later this year.

We are currently taking names of players, coaches and supervisors interested in taking part. If you wish to register your interest please make contact with Danny on 0876536631. We will then keep you updated on progress and can arrange training for any coaches if required.

"GAA- Where We All Belong" / "CLG - Tá Áit Dúinn Uilig Ann"

What is GAA for ALL? GAA for All is a family of initiatives in the GAA encompassing Wheelchair hurling and Camogie, football for all, Fun and Run, All Star programme, Inclusive clubs and intercultural activities.

GAA for ALL aims to offer an inclusive, diverse and welcoming environment for everyone.

Coiste Na Nóg:

U9 Team meeting and fun quiz - Well done to U9 boys coach Liam Doherty for organising a fantastic team meeting and fun quiz this evening, we may not be able to take to the fields of the county yet but these boys will be ready when it's safe to do so.

Paul Twiss and Liam laid out the trianing at home plans for the team and Liam presented a great quiz with a great mixture questions.

On the night there were nearly 20 attendees. We hope to see all these faces out on the field at Paddy Burke Memorial Park later this year but for now stay safe, keep practicing and have fun. Congratulations:

New arrival - Milltown/Castlemaine GAA Club wishes to extend its Warmest Congratulations to Club Senior Player/Underage Coach Jerome Flynn and Melissa Sheehy on the birth of their Baby Girl on Saturday afternoon, Feb 13th. Also to underage star Aidan on the birth of his Baby Sister. Wishing you guys all the best into the future.

Other News: Check out our New Club YouTube Channel - <https://www.youtube.com/channel/UC9FdJxSz24VicmAtNOHTUng>

Our first ever video posted on the channel is of clubs 'walk to croker' which was organised by our clubs U11 coach Garry Murphy in January and got us all out in the fresh air for lots of exercise and lots of fun.

Check out our club website on the link below:

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

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

EAST KERRY GAA NEWS

By Michael O' Mahony

CONDOLENCES to following families

Joan Shanahan Currow her daughter Margaret Reidy was a Officer of the Board about 20years ago. Sylvester Hennessy RIP Abbeydorney. His Son Sylvester Is Sport editor of kerry eye.Dr crokes Delegate to East kerry GAA Board Pa O'Brien's sister Eileen (May) O'Brien RIPKillarney. Ann Hickey RIP Currow. Bill O' keeffe RIPBoherbee co,cork father in law of mike

murphy gneeveguilla footballer. Philly Ban) Cremin RIP Rathmore grand father of former kerry player & killcummin sean O' Leary.

Ar dheis De go raibh a anam.

CHALLENGE

On the 5th of March Glenflesk Senior player Darragh Roche is going to try and complete the 4x4x48 challenge. It is basically where he will run for 4 miles every 4 hours for 48 hours in aid of the Irish Cancer Society and especially the night nursing unit. If anyone would like to donate it would be more than greatly appreciated, big or small it will all make a difference. You can donate by Revolut, Cash, Cheque or Darragh can be contacted on 087-9720898. Donations can also be dropped into JR Spares, All Care Pharmacy or both of Tim Jones butchers. Best of luck Darragh with this great cause.

ST. PATRICK HURLING CLUB EAST KERRY

Congratulations to Paul Horan who was named as St Pat's Senior Hurling player of the year 2020 and James Burke who was named as St Pat's Junior Hurling player of the year 2020 Well done lads on a great achievement .

EVERY STEP COUNTS

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

LEGION GAA NOTES

Legion's online Fitness 4 Teens kicks off this week. Join us on Tuesday at 7pm as our senior players take you through the exercises. No equipment needed - maybe a bottle of water For details of the online link to join, contact your team's coach, send a message to our Facebook / Instagram page or email killarneylegion@gmail.com Exercises suitable for girls / boys aged 13 to 18 years old.

ONE CLUB PROGRAMME

Killarney Legion have been selected to represent Kerry in the LIDL One Good Club Programme in partnership with JIGSAW. We are looking for volunteers to help out. No football experience needed. The Programme is made up of simple actions aimed at boosting your mental health and wellbeing. The steps include 'Connect', 'Be Active', 'Take Notice', 'Give' and 'Keep Learning'. We plan to carry these actions out through events and campaigns.

For more information click: <https://ladiesgael.ie/Igfa-hub/clubs/lidl-one-good-club/>

If you would like to get involved in this club initiative, feel free to message the page.

LEGION LOTTO RESULTS

03,05,15,26 bonus 24

Match 3's

J Leane 31 O Kellys Villas

Shiela Moynihan Co John Foran

Nuala Moynihan Co Pat Moynihan

Seán +Ann Lyne Mill Road

Kay Horgan Coolegrean Park

Next draw Sunday 21st Feb, jackpot €16,300.

Tickets can be got from: hegartys, sheahans, reeks, fourstar, ulster bank and healy's New St. Thanks for your support.

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BALLYHAR-FIRIES GAA

FIRIES SPORTS PREDICTOR 2021

Do you know your sport?? Firies GAA present Sports Prediction 2021. Follow our social media outlets for further details when the link goes live. €15 per entry or 2 entries for €25. Each correct prediction is worth 10 points, and the winner will be the participant with the highest point total. In the event of a tie, dead heat rules apply — that is to say, the €750 prize will be split amongst the winners. Closing date for entries 3rd March 2021 For information please contact Niall Donohue 086-0309260.

Link to Firies GAA Club - Sports Prediction Quiz https://member.clubforce.com/tickets_m.asp?LL_ID=2188

COACHING RECRUITMENT 2021

Our club is delighted to introduce our new coaching recruitment and selection process for 2021. This process ensures coaches recruited by Firies Football, Hurling & Ladies Football Club

adhere to best practice guidelines adopted by the Club, thus safeguarding our players, coaches and the Club in an inclusive, safe and developmental environment. In accordance with best practice guidelines, our club extends invitations to interested participants to apply for coaching positions for all codes within the club; Football, Hurling and Ladies Football. Any queries regarding same may be directed to email firiescoistenanogchairman@gmail.com. Our club recognised that we have a responsibility to children, young people and their parents/guardians to ensure that our coaches are selected, supported and trained to fulfil their roles in a careful, sensible and effective environment.

LOTTO

Lotto results from Monday 15th February
Numbers drawn were: 3, 8, 17, 25
No jackpot winner
5 x €30

James Ellard, Currow Rd
Michael O Leary
Stephen Prendergast, Firies
Richard Sherwood, Farranfore
Amy Kennedy, c/o Bridie
Congrats to all our winners
The next draw will take place on Monday 22nd Feb for a Jackpot of €4,700.
Thanks to everyone who purchased a ticket and don't forget to get one for next week!!
Get your lotto tickets online via the Firies page on Clubforce or tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Firies, Hendersons Shop and Bar Firies and from all the usual sellers. We thank these businesses for their continued support. Thanks you all for your continued support.

COMMUNITY FOCUS

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

SPA LOTTO RESULTS 08/02/21

Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income. Numbers drawn: 1, 2, 15, 16. No winner and Lucky Dips receive €50 each to Pat Cronin, Brid Horgan, Eileen Galvin, Paddy B Lynch and annual ticket holders monthly draw winner is Claire King.

Our weekly Monday night Lotto draws will continue for now and this week's JACKPOT is €6,600. Tickets are on sale through our website spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers.

OFFICIAL UPDATE FROM GAA (Feb 10th)

A chara, The GAA's Covid Advisory Group met this evening to consider the outcome of a meeting between the three Gaelic Games governing bodies (GAA, Ladies Gaelic Football Association and Camogie Association) and representatives of the Irish Government, including the Minister of State for Sport, which took place earlier this week. The meeting was held to brief the governing bodies on the short-term prospects for a return to training and playing of our games. The Government representatives clarified that inter-county Gaelic Games activity is not covered under the current Level 5 exemptions for elite sports.

As such a return to intercounty training or games is not permitted under the current restrictions. It was also clear that there will not be any change to this position post-March 5th when the restrictions currently in place are reviewed. It is the view of

the GAA's Covid Advisory group that no on field activity will be permitted - training or games - until Easter at the earliest.

In the interim, it is expected that the Government will publish an updated "Living with Covid" plan and we expect that this will provide clarity on when clubs and counties are likely to be allowed return to training and games in 2021.

It should also provide clarity on when other off-field club activities may be permitted to resume. It is clear that this extended delay to the planned return of the inter county season will have knock-on effects for both the inter county and club games programmes originally planned for 2021.

As of now the GAA have made no firm decisions on what competitions may or may not be facilitated in any revised fixture programme - such decisions will be a factor of how much time is made available to us, both for an inter county season and for the broader participation levels that will be necessary for a meaningful club season.

While we will begin to look at contingency plans for the Master Fixtures programme, we will not be able to take definitive decisions in this context until we have a clear picture of what restrictions we are likely to be operating under at various points in the year ahead.

Rest assured however, that once clarity is provided by Government and Public Health Authorities on the likely road ahead for society generally and sport in particular, the GAA will follow with its own roadmap and plan for our own activities at both inter-county and club level, that will cover

whatever time is available to us for the remainder of the year.

We know these latest developments will come as a great disappointment to all those who are anxious to resume their Gaelic Games involvement, be it on or off the field. While we remain in the midst of a deadly pandemic, there is significant cause for optimism that much better days lie ahead.

The manner in which we have endured and overcome thus far, both as individual members and as an Association generally, has been praised by many and is a cause of great pride to us all. With your help we are certain that we will eventually have a fulfilling season at both club and county level in 2021, just as we had in 2020.

Finally, we would again like to take this opportunity to thank our members, players, coaches, managers and officers at all levels for their patience and understanding of the current situation and for co-operating with all of the restrictions that have been put in place.

We want to remind you all again that we will prepare a revised Master Fixture Calendar and plan for the remainder of 2021 once a new Government road map for society and sport is made available.

Is muidne, Uachtarán Sean Ó hÓráin & Ard Stiúrthóir Tomás Ó Riain

ITEMS FOR NOTES

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



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**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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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

GAA

McDonagh Cup Team of the Year

After a year in which they lost just three games, two of them finals, Kerry have five players listed on the McDonagh Team of the Year. Tomas O'Connor is at right corner back, Jason Diggins on the wing outside him, Shane Nolan is in midfield, Shane Conway lines out at centre forward, and Daniel Collins, Kerry's incoming captain, is, perhaps surprisingly, named at left wing forward. Antrim, who beat Kerry in all three of our defeats (fair dues, that's a great team) have seven players named (I must admit that James McNaughton is a very surprising omission to me), with Carlow (2) and Westmeath (1) making up the remainder.

RUGBY

Irish Womens' Team of the Decade

Congratulations to Ciara Griffin on being voted in as blindside flanker, i.e. number 6, on the Irish Womens' Team of the Decade. Griffin's superb performances in last year's Six Nations Championship (this year's Championship, unfortunately, had to fall by the wayside), where Ireland went unbeaten at home, meant that she was always likely to top the vote for this team. Her fellow Kerrywoman, Siobhán Fleming from Kerry, can't have been very far away though. Womens' rugby has come vast distances in the past decade (most sports have, although parity of pay or esteem or, most crucially in my opinion, facilities at ground level, are nowhere close to where they should be) – people like both Ciara and Siobhán have played a huge role in that.

England 41 Italy 18

Italy actually made a confident start, loane scooting over after three minutes. Owen Farrell with a penalty. Jonny Hill with a try, more power than guile really. Italy with a penalty, level after 20 minutes. I'd say a discomfited England were very glad these games are played behind closed doors! To be fair, they aren't getting rattled and are staying with the job in hand.

Italy actually started well against France, too, before performing a remarkable disappearing act. The same looks like it's about to happen here too, as Watson neatly slices through for a try and Farrell converts. Italy hold out well, though, until just on the stroke of half-time, Jonny May leapfrogs over the line. The commentators are in paroxysms of ecstasy. I'll make allowances; I'd say lockdown is getting to them lads. England 20 Italy 8 at half-time. Highly respectable.

Garbisi with another penalty. Fair play, Italy, ye have a lot more character than I gave ye credit for, and I'm delighted to see it! England respond, great interception and burst by Watson for a try. Nice play, and Farrell converts.



Ciara Griffin.

Jack Willis with another try before departing with a leg injury. Italy with a try, it was coughed up a little soft, but taken well. Eddie Jones won't be happy here; England are not convincing against a team they should be blowing out of the water. But I'm delighted for Italy. They were never going to win this, but they are showing a courage and a hunger I'm not used to from them. England respond with another try through Daly and a Farrell conversion; that closes out the scoring.

Unconvincing by England, but a win in the bag at least. They aren't great and it's not going to be a great Six Nations even if they win every game from here, but England have the knack of coming out of Six Nations stronger than when they went in. As for Italy? They aren't going to win any game, but if they can show me more of this, I'll applaud them to the skies.

Wales 25 Scotland 24

A little unpatriotic confession. This is the game I was most interested in this weekend, much more than our own. Wales had impressed me a lot against us – fair enough, they were a little slow at actually putting the hammer down after laying good groundwork and Ireland gave them a testing battle, but they deserved their win and showed flashes of a Wales that we hadn't seen in a long time. Scotland, however, were the real surprise package. They weren't neat or clinical against England, they were just.....stubbornly determined and relentless. It wasn't always pretty, but it was exhilarating. So the rubber game between these two revitalised former giants of the game was always going to grab my attention.

Did it live up to the billing? In excitement definitely. In quality? Mmm, maybe not so much....

Wales looking a bit livelier early on, and Halfpenny opens the scoring with a penalty. Scotland with a penalty of their own; they opt to kick for the corner. I can admire the ambition, but I'm a very firm believer in going for the score unless time is up and you are chasing the game. They get another penalty; this time Finn Russell takes the three points. Good lad.

Wales have more possession, but can't penetrate. It's Scotland who take the first try in the 18th minute, and it's a lovely score, a clever chip by Ali Price sending Darcy Graham over. Russell converts and it's 10-3. Seven minutes later they get another one, Stuart Hogg chasing down his own kick and pouncing after Leigh Halfpenny fails to deal with it. A bad one to concede. Russell converts again. 17-3. This is a nightmare for Wales, made worse with Halfpenny departing for a HIA, and a dream for Scotland. Two minutes from half-time, Wales finally attack with a bit of purpose. Scotland pull down a driving maul but Wales don't hesitate and play advantage to go for the jugular. Remember the criticism of the Irish defence when Lou Rees-Zammit went over? Wales do the same thing again, stretching the line perfectly with quick and accurate passes; done right, it's almost impossible to defend. Half-time Scotland 17 Wales 8

Scotland are pounding at Wales and have a try overruled by TMO for obstruction; Wales got a bit lucky there because I don't think it was intentional. Correct call, though. Having just had a narrow escape, Wales suddenly go on the attack and snare a try of their own, very much against the run of play. The Welsh pack tie Scotland up, and that opens up room; once again Rees Zammit is involved, laying it off to Liam Williams for an easy finish. Sheedy converts. 17-15, Scotland should really have wrapped this up before now.

Then disaster strikes for them. I've rarely believed in games turning on a single moment (it's lazy journalism, to be honest, games tend to be flowing narratives), but this one did. Scotland were awarded a very scorable penalty when TMO called the play back to show Zander Fagerson going in recklessly with the shoulder and making contact with Wyn Jones' head. Not malicious, but way too clumsy. Red card, penalty reversal. A minute later Wales are powering over Scotland's line and in front, 20-17.

Scotland twice opt for scrums with a good chance of kicking three points (I reiterate my earlier point, give me pragmatic over pretty any day). Except that it works eventually, the scrum holding on a third occasion and Hogg getting inside a little bit too easily. 24 – 20 with

15 minutes left. But Wales still have that extra man....and when it comes down to it, that extra man turns out to be Rees-Zammit, who hares down the wing and gathers his own neat chip. A brilliant try and a match-winner. Delight for Wales, heartbreak for Scotland. And hugely entertaining rugby.

France Ireland

Oh well, sin deireadh an scéal. We're not winning the Six Nations. To be honest, we need to avoid the wooden spoon, and that's going to be tricky enough.

I didn't have high hopes for this one. I'll be honest; it came as a complete surprise to me to learn that France haven't beaten us in Dublin in a decade, I would never have guessed. We have a lot of guts and effort, but a real lack of flair or guile. We are far from the force we were. More troubling for me is that we don't look like a team who have settled on our best options; that needs to be sorted by the end of this Championship.

The story of the game is relatively simple. There was little enough between the sides. We actually started better, exerting good pressure. Jalibert misses a good penalty chance, Burns misses an even worse one (a real ouchie effort; I feel sorry for Burns, but that's bread and butter, to be honest). He nails the next one. 3-0 after twenty minutes; the scoreline tells a lot. Le Roux departs on a yellow, Ireland spread it well, James Lowe (not perhaps quite as adept as Larmour at defending the full width, but a much better overall option for me) tears down the flank and in....no! Dupin just managed to force the tip of his boot into touch. Great defending, as I did not say at the time.

14 man France get a try instead. And it's sublime. It's gorgeous rugby, actually, my favourite try of this Six Nations. Yes, Gibson Park made a slight mistake initially, but the punishment is so immediate and immaculate you have to admire it. Jalibert converts. France have limited possession compared to Ireland, but are just so much more clinical with it, especially with precision offloads. Jalibert with a penalty, 10-3 at half-time.

Roger O'Gara tells us that "Ireland were the better team," at half-time. I assume that he's watching the game on the radio. Burns, Healy, and Henderson all go off with knocks – big losses,, but I have to say that subs Ross Byrne (really impressed me, moved into pole position for the slot), Tralee's Ultan Dillane, and Ed Byrne all do very well on their introduction, in fact all of Ireland's subs throughout the game look impressive. But France are comfortably soaking up everything Ireland are throwing and after fifteen minutes, they again stretch our defence the full width before Penaud goes over. 15-3.

Ronan Kelliher pulls back a try for Ireland. Dillane knocks the line-out down, it takes the flukiest of bounces. Kelliher snatches it and sprints without a second's thought. Yes, it was pure opportunism, but he had a lot to do after the initial bit of luck. Byrne converts and it's a one score game. Byrne slots another penalty. Ireland finish out the game exerting huge pressure.

No, sorry, I have to correct that. Ireland have loads of possession and go through loads



Jon Walters.

of phases, without once looking like really creating anything. We need France to make a mistake, and they simply don't. It's our biggest limitation. Plenty of bludgeons, no rapier.

Let's get realistic about this. I'm not expecting peak performance from any team in any sport at the moment, given the particular times we live in. And we were missing Johnny Sexton, Peter O'Mahony, Conor Murray, Caelan Doris, and James Ryan. That's a fair chunk out of any starting fifteen. I'm actually reasonably pleased with the battle we have put up in both our games so far.

McGeechan's Team of the Six Nations

You'll see a lot of these teams later, sure I might have a pop at one myself (I'll modestly exclude myself from selection), but Ian McGeechan has been the first to stick his head above the parapet and select his best team after just two games. Ireland, perhaps a trifle surprisingly, have six players selected on the fifteen, which is great going for a team that has lost both games (if you didn't realise that McGeechan is the Vodafone ambassador for Ireland). Garry Ringrose, Robbie Henshaw, Jamison Gibson Park, Iain Henderson, Tadhg Beirne, and Rhys Ruddock all make the cut. I won't lie; I am a little surprised at a couple of those. Keenan has probably been Ireland's best player for me (Beirne, in fairness, has been a real warrior in the deep trenches and Henshaw has been a dynamo) but Stuart Hogg was always getting the nod there, and quite rightly.

SOCCER

Jon Walters Applies to Head PFA

The Professional Football Association in England is the oldest professional sports union. While no-one would argue that it has always gotten things right - it certainly did not cover itself in glory during the players' revolt against the wage cap and since the introduction of the Premiership in 1992, that particular tail has invariably been wagging the dog. Nonetheless it is the PFA that has led the way in Community Schemes, in injury benefits, in anti-racism drives (still, sadly, very necessary). Their best work is often unseen in the background – the vast majority of professional soccer players are actually on low wages, with little long-term guarantees, and often at the whim of unscrupulous owners – until the PFA step in. It has an annual turnover of £34 million a year and net assets listed of £68 million

Gordon Taylor has been the CEO of the PFA since 1981, and overall I would certainly say that he has done a very good job. There has been very strong criticism of his salary, £2 million a year, and the PFA's handling of dementia issues among former players. To be fair, Taylor never had a say in setting that salary (which will be reduced to £500,000) and followed inadequate medical advice regarding dementia.

At first glance, Jon Walters might not seem an obvious candidate to be his replacement. Walters was a decent striker, but not elite in Premiership standards. There weren't too many kids with posters of him on their wall. The highlight of his career was playing in the 2011 FA Cup Final.

English born, he qualified for Ireland through his mother. He had played at U21 level, but didn't win his first senior cap until the age of 27 in 2010 under Giovanni Trapattoni. Ireland were already beginning to decline at that stage, even before more recent financial woes. Like many of the players, Walters had a brilliant attitude, tireless workrate, real loyalty....and limited ability for that level. The truth is that apart from record goal-scorer Robbie Keane, we had more bludgeons than sharpshooters, and our long ball tactics meant that Walters was never going to break any scoring records. His first goal arrived in his second cap, a crucial Euro 2012 qualifier against Estonia which Ireland won 4-0. 2015 was his greatest year for Ireland – Walters was absolutely immense. He scored five goals that year and was Ireland's Player of the Year. His best game was the legendary 1-0 victory over Germany. There are two schools of thought on that one, A: Ireland played absolutely brilliantly to down the World Champions, and B: reality. They executed Dick Turpin for lesser larcenies. But an outplayed Ireland hung in there and stymied a rampant Germany and absolutely no-one stood taller or harder in that battle than Jojn Walters. They gave Long man of the match for his goal (a long ball punt) but Walters, forced to drop back into midfield, was the mainstay of Ireland's resistance. Walters retired from international football in 2018, having scored 14 goals in 54 games, and from club football in 2019.

None of that is why I'd love to see Jon Walters

become head of the PFA. Nor is it any Irish loyalty; I don't want any parochialism in such an important role. I want him there because I think he would be genuine and great at it. He played in every professional league in England, lining out for Blackburn Rovers, Bolton Wanderers, Hull City, Crewe Alexandra, Barnsley, Scunthorpe United, Wrexham, Chester City, Ipswich, Stoke City, and Burnley. He captained most of them (and his country) and left them all on good terms. He knew the highs and lows as a player. He has fundraised, both publicly and privately, for charities throughout his whole career, most notably for Alzheimers. He was one of the first voices to challenge British Health Secretary Matt Hancock when he called on footballers to take pay cuts – Hancock, who was paid more than the vast majority of footballers, backed off very quickly. Walters is very much one of the good guys, but he isn't a pushover. One of those who found that out very quickly – twice – was a certain Roy Keane, who twice challenged Walters on his injury recovery with both Ipswich and Ireland. Roy, unquestionably

a better player (one of the greatest midfielders ever) had an enormous weakness in dealing with team-mates or players. On that occasion, to say the least, he bit off a lot more than he could chew; it badly tarnished his fading managerial reputation.

Walters, of course, isn't the only candidate. Dave Kitson effectively ruled himself out of the running almost as soon as he announced it by suggesting that black players inadvertently draw racism on themselves with social media posts, citing Raheem Sterling. Kitson isn't a racist; but he's not very bright either. A more likely candidate is former Chairman Ben Purkiss, who lost a fairly bitter power struggle to Taylor. Purkiss had agreed previously along with the outgoing Management Committee (Walters was on the Board of Management) not to stand, but has since changed his mind.

There is a fairly dramatic wave of change sweeping through English football. Richard Scudamore has stepped down as Chief Executive of the Premier League, as has FA Chief Executive Martin Glenn and EFL Chief

Executive Shaun Harvey.

With transfer fees and salaries likely to be put under severe pressure after covid (frankly, those astronomical numbers badly needed a reset; financial fair play has been a joke without a punchline in recent years, and that's without mentioning the FA's self-inflicted problems), there are choppy waters ahead for whoever does get the role.

SFAI NATIONAL COMPETITIONS CANCELLED

While League of Ireland soccer is expected to resume fairly shortly, being deemed an elite sport under Government guidelines, the SFAI have announced that last year's Kennedy Cup competition and this year's National Cups have to fall by the wayside in the current circumstances. They are hoping that the 2021 Kennedy Cup competition will take place, but quite understandably that will depend on progress in regard to safety.



BOXING

Milltown heavyweight boxer Kevin Cronin, the Kingdom Warrior, has announced that his third professional fight will take place on March 20th in Luxembourg, a six round match against highly rated Dutch boxer Nick Postma. The Dutchman lost to Cork boxer Valdimir Belujsky (a real name to watch out for this year) and is a real test for 6'2" firefighter Cronin, who boxed as an amateur with Cashen Vale BC. This is a big step for Cronin, whose last couple of fights unfortunately fell by the wayside because of covid. If he can win this win against a boxer of Postma's experience, he will be moving up much higher on the radar.

The fight will be available on pay per view.

NO GAA UNTIL AT LEAST EASTER

The GAA confirmed that, following clarification on Government guidelines in regards to exemptions for elite sport, there will be no GAA activity until at least Easter (April 4th). It had been hoped to start the Allianz National Leagues in late March. Regulations had previously classed GAA as elite sport, similar to professional rugby and soccer (the League of Ireland will commence on March 19th). However, Junior Minister for Sport Jack Chambers confirmed that this does not apply to the GAA because of its amateur status and that the previous exemption under level 5 of inter-county GAA games was a concession that no longer applies because of the rise in the number of covid infections since then, pointing out that Ireland had more cases in January of this year than in all of 2020. Both the Minister and the Taoiseach praised the GAA for their co-operation and support during the pandemic.

The GAA issued the following statement :

"It is the view of the GAA's Covid Advisory group that no on field activity will be permitted - training or games - until Easter at the earliest. In the interim, it is expected that the Government will publish an updated "Living with Covid" plan and we expect that this will provide clarity on when clubs and counties are likely to be allowed return to training and games in 2021.

"It should also provide clarity on when other off-field club activities may be permitted to resume.

"It is clear that this extended delay to the planned return of the inter-county season will have knock-on effects for both the inter county and club games programmes originally planned for 2021".

"Such decisions will be a factor of how much time is made available to us, both for an inter-county season and for the broader participation levels that will be necessary for a meaningful club season," the GAA note read.

"While we will begin to look at contingency plans for the Master Fixtures programme, we will not be able to take definitive decisions in this context until we have a clear picture of what restrictions we are likely to be operating under at various points in the year ahead.

"Rest assured however, that once clarity is provided by Government and Public Health Authorities on the likely road ahead for society generally and sport in particular, the GAA will follow with its own roadmap and plan for our own activities at both inter-county and club level, that will cover whatever time is available to us for the remainder of the year.

"We know these latest developments will come as a great disappointment to all those who are anxious to resume their Gaelic Games involvement, be it on or off the field. While we remain in the midst of a deadly pandemic, there is significant cause for optimism that much better days lie ahead. The manner in which we have endured and overcome thus far, both as individual members and as an Association generally, has been praised by many and is a cause of great pride to us all. With your help we are certain that we will eventually have a fulfilling season at both club and county level in 2021, just as we had in 2020."



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Go Raibh Míle Maith Agat Tony'



Tony O Connor (2nd in from the right) honoured by CCÉ Kerry County Board. Photo taken in October 2019 at the opening of the Dúchas centre.

Kilcummin CCE would like to congratulate our previous chairperson Tony O Connor, on receiving a special presentation from CCÉ Kerry County Board at their recent AGM, in recognition of his work as development officer and in particular for his work in the development of the new Dúchas building in Tralee. Tony was also commended on all his work, dedication enthusiasm and commitment to Kerry CCÉ in the past. Tony held many officers positions on Kerry County Board including Chairperson.

The Chairperson of Munster Comhaltas was also in attendance, Tadhg Ó Maolcatha, he thanked Tony for his work through the years. We in Kilcummin CCÉ have a lot to thank Tony for also, his guidance, advice and experience is invaluable to us all in the day to day running of our branch. Unfortunately in these strange times the AGM was held on Zoom, so the presentation was a virtual but an unforgettable one all the same. Comhghairdeas leat ó gach duine i Comhaltas Cill Chuimín CCÉ

RATHMORE | GNEEVEGUILLA NEWS

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

RATHMORE GAA CLUB

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

EVERY STEP COUNTS

Join Rathmore GAA Club to walk the combined distance of a trip around Ireland. Simply download the My Life AP. Again see Facebook or Instagram page.

LOTTO

Feb. 8th 2021 Numbers drawn 12.17.24.25. Jackpot Winner: Congratulations to Elaine O'Shea, Caherdaniel, Co. Kerry who won €13,000 the lotto Online only, PLAY.CLUBFORCE. COM Rathmore GAA Club.

ST. PATRICK HURLING CLUB EAST KERRY

Congratulations to Rathmore's Paul Horan who was named as St Pat's Senior Hurling player of the year 2020 and Rathmore 'S James Burke who was named as St Pat's Junior Hurling player of the year 2020 Well done lads on a great achievement

KNOCKNAGREE N.S.

are now accepting applications for enrolment for the 2021/2022 school year. Application forms can be downloaded from the school website [knocknagrees.ie](https://www.knocknagrees.ie) closing date for receipt of application forms is March 31st.

KNOCKNAGREE COMMUNITY

Development Group AGM will take place on Monday 1st of March at 8pm. anyone who would like to virtually attend please send your email to knocknagreecommunitygroup@gmail.com.

SYMPATHIES

To Mary (O'Connell), Eilish (Lawlor), Kay (O'Leary) and John on the death of their father Philip (Philly Ban) Cremin Lissyconnor Rathmore whose funeral took place on Friday. To John Coakley & family on the death of his aunt Kit Coakley Dempsey & Dublin & Rathmore Townland whose funeral took place in Dublin. To the family of Flor O'Riordan & Clare, London & Annabeg whose funeral took place in Clare. May Philip, Kit & Flor May they rest in peace

RATHMORE PARISH

Parish Offices are to remain closed to the public. Any query please phone, leave a message and we will get back to you. There will be no collection service for mass cards. Mass cards can be ordered by telephone to the Parish Office (064) 7761669

or email: rathmore@dioceseofkerry.ie and we will then send out in the post

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

RATHMORE LADIES FOOTBALL

Kerry Ladies are holding an online fundraiser for the upcoming football season. Please support & be in with a chance to win brilliant prizes. Rathmore Ladies are very fortunate & proud to have representatives at all ages at County level. Along with club players, the club also has many club trainers; our former chairperson and a former club trainer are also involved with management teams in the Kerry Ladies teams. Please support a great organisation!

Help support Kerry Ladies Gaelic Football for the year by purchasing a raffle ticket. All support is greatly appreciated and goes a long way! <https://www.idonate.ie/raffle/KerryLGFAFundraisingRaffle>

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RD Duhallow is inviting young people (aged 16 to 35) to have their say in expressing how the COVID-19 pandemic has impacted the lives of young people locally. Click on the following link: <https://forms.gle/1TQt5iBtUpGnbnm8>

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Christy's Take Away

McCarthy's Butchers,

Rathmore District Credit Union,

Blaze Pizza & Grill,

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Rathmore Post Office

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THE RATHMORE SOCIAL ACTION GROUP will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time.

To avail of this service, please call Norah & Marie on 064 77 58588. These meals will be dropped to the door of the person's home. We will help to deliver this service to as many as we can.

HELPFUL CONTACT NUMBERS:

Jigsaw Kerry: (Young Peoples Health in Mind)

Contact 066-7186785 Email: kerry@jigsaw.ie

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

ILLEGAL DUMPING

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

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NOTES

if you would like to add to the notes, please email

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Citizens Information

KNOW YOUR RIGHTS

Shopping online from the UK after Brexit

Question: I ordered something online from a UK website – will I have to pay extra charges when it arrives?

Answer: From 1 January 2021, you may have to pay extra tax when having your online shopping delivered from the UK (this does not include Northern Ireland). This is because the UK has left the European Union (Brexit) and the transition period that was in place ended on 31 December 2020.

Depending on the item's value and where it was made (place of origin), you may have to pay:

- Value Added Tax (VAT) • Customs duty

How will I know if I owe these taxes?

If your package is valued at €22 or less (including the transport, insurance and handling costs), you do not have to pay any VAT or customs duty. However, if your package is valued at €23 or more (including the transport, insurance and handling costs), you have to pay VAT. The standard rate of VAT for most items bought in Ireland is 21%. If the items were made in the UK and are valued at €150 or more (not including transport, insurance and handling charges), you do not have to pay customs duty. However, if the items were not made in the UK and are valued at €150 or more (excluding transport, insurance and handling charges), you may have to pay customs duty. The amount of customs duty you pay depends on the type of product you buy.

You should be aware that the value limits are for the whole delivery, not just one item.

How do I pay these charges, and who do I pay them to?

You may have already paid Irish VAT and customs duty during the checkout stage of your online purchase. This is because some UK retailers are registered with Revenue and automatically charge the relevant taxes as part of the purchase. Check your receipt (this is usually sent to you by email) to see if you have already paid Irish VAT or customs duty. If the UK business is not registered with Revenue, the postal service or courier will send you a bill before delivering your package. This is because the postal service or courier completes all the relevant customs declarations, including where the product is manufactured. You will usually be charged an administration fee for this service, which can be a minimum of €10 to €15.

Are there any other changes to my consumer rights when I buy from the UK? As a result of Brexit, there are changes to your consumer rights when buying online from businesses in the UK. You will still have consumer rights but they will be set down in UK law and not EU law. It is very important to check the terms and conditions on the seller's website to find out your rights around:

- Returning the item if you change your mind
- Cancelling the item before it is dispatched
- Complaining if something goes wrong

Read more about buying online from the UK after Brexit, including what to do if things go wrong.

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.**



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BEAUFORT NEWS

SPORTS PREDICTION QUIZ

Thank you to everybody who took part in the Sports Prediction Quiz. Thank you to all the sellers. All the quiz sheets will be collected by Friday, 19th February. The sellers are presently making arrangements to collect them in a

socially distanced way. Updates will be given after each event.

SYMPATHY

is extended to Peter and Donal O'Shea and families, all the extended O'Shea families on the sudden passing of their brother, Patrick.

TRAINING AND EVENTS

There is be no team training under level 5 restrictions at present. The gym is not open until further notice. The walking track is open.

FOSSA NEWS

Written by: Shane Kelly

STAY SAFE

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

COVID-19

CLUB SPECIFIC GUIDELINES

Club Games and Training - In level 5 and under the current restrictions, individual training only is permitted – neither adult nor underage teams may train collectively. GAA club grounds must stay closed. Club games are not permitted. Club Gym must remain closed until further notice.

LADIES

Great initiative from Lidl Ireland to help Ladies

clubs. Fossa are asking all our members, players, friends, and family to come on board and PLEASE make the effort to start collecting tokens. Its very simple! You need to download the Lidl Plus App, click Fossa LGFA and have it scanned every time you shop. Starting Monday 15th February every time you spend €30 you can collect tokens towards jerseys and cash for our club.

(Please note you cannot select our club on the app until the 15th).

LOTTO

Club lotto is unfortunately suspended for the foreseeable future due to COVID-19 restrictions, thanks for your continued support.

LIBRARY

Killarney Library is currently closed due to Covid-19 Level 5 restrictions. A range of free online resources are available to all members

24 a day on www.kerrylibrary.ie. These online resources include eBooks, AudioBooks, digital magazines, digital newspapers, digital comics, eLearning for up to 500 courses, and language learning for up to 100 languages. eBooks and AudioBooks can be downloaded directly from the Kerry Library website using a PC/laptop. For members using an iPad/iPhone or Android tablet/phone, the BorrowBox app will need to be downloaded to the device from iTunes/Google Play Store.

CONDOLENCES

The club would like to pass on our condolences to the family of Marie Klausner (née Guerin) Gortroe Cottages, Fossa. May she rest in peace. Also to the family of Kathleen Corcoran Aghadoe Fossa may she rest in peace.

GLENFLESK NEWS

Written by: Seamus Healy

NATIONAL CLUB DRAW 2021

The purpose of the GAA National Club Draw is to assist Glenflesk GAA in our drive to raise much needed funds to develop and promote our games in Glenflesk parish. Please note that the Club retains all of the proceeds from the tickets sold by the Club. As fundraising opportunities will be limited for the foreseeable future all support for the draw would be greatly appreciated. Don't forget a ticket sold by Glenflesk GAA won the car in this draw!

The 2021 Draw has even more prizes on offer, varying from a Renault Car to All Ireland Final Tickets, and a variety of cash prizes. Tickets

can be purchased online at: https://member.clubforce.com/tickets_m.asp?LL_ID=2534

IRISH CANCER SOCIETY 4X4X48 CHALLENGE

On the 5th of March Glenflesk Senior player Darragh Roche is going to try and complete the 4x4x48 challenge. It is basically where he will run for 4 miles every 4 hours for 48 hours in aid of the Irish Cancer Society and especially the night nursing unit. If anyone would like to donate it would be more than greatly appreciated, big or small it will all make a difference. You can donate by Revolut, Cash, Cheque or Darragh can be contacted on 087-9720898. Donations can also be dropped into JR Spares, All Care Pharmacy or

both of Tim Jones butchers. Best of luck Darragh with this great cause.

SENIOR LADIES TEAM

We have had a good response in relation to forming a Senior Ladies team. A big thanks to everyone who contacted us. We want to give a final shout out to any other ladies, who would like to get involved with the Senior team. Please contact Glenflesk Ladies Secretary at glenflesk.kerry@lgfa.ie. It now looks very promising that we can field a Glenflesk Ladies Senior Team for the coming year 2021.

KILCUMMIN NEWS

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

KILCUMMIN GAA

The 2021 A.G.M. will be held online at 4pm on next Sunday 21st. Positions to be filled include Treasurer (Tim Casey outgoing), PRO (Mike Riordan Outgoing), Insurance Officer (Donal Dwyer outgoing). Contact our secretary Ciara if you need to get a link for the AGM or have proposals to fill the vacant positions.

SYMPATHY

Sympathy is extended to Kay O'Leary, Dave, Sean and Philip and all her family on the recent death of her father Philip Cremin. May he rest in peace.

VACANCY

A vacancy presently exists on the Kilcummin C.E

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

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

COVID 19

As level 5 Covid restrictions are set to continue, we should continue to spare a thought for our elderly and most vulnerable in our community. We ask you to be mindful of your

family members and neighbours who may be experiencing hardship and anxiety and could welcome your help and support during these difficult times. We should also respect the measures put in place by the authorities and adhere to all the regulations as it is only when we all pull together that we can overcome this pandemic and get our lives back to normal. Ni neart go cur le chéile

ANABLA N.S

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



Gardening

with Killarney Outlook

by John O'Sullivan

TREES

Trees are beautiful in any garden and their long life makes them a wonderful garden feature. A tree should be the first thing you plant in your garden after the hedging – they can be underplanted afterwards with bulbs and shrubs. Trees are interesting in all four seasons with attractive unfolding of leaves in spring, full foliage in summer, good Autumn colour followed by decorative bark in the Winter. The first and most important thing you need to know when buying a tree is what's the height and spread going to be when it is mature. There are many varieties of trees to choose from and there is a tree suitable for most areas. Trees can be planted all year round but as with hedging, trees can be planted when they are dormant between November and March.

With these bare-rooted trees you will still have a few weeks left to plant them. If you plant before the end of March, it will give the tree a better chance of rooting into the ground that bit quicker. When planting your bare rooted tree, dig the hole big enough, that you can spread out the roots all around the hole. Then drive your stake into the hole roughly about 6 to 8 inches below the bottom of the hole, place your tree and spread the roots out well. If possible place your stake on the side of the prevailing winds as this will ensure that the tree is blown up against the stake when the wind is high. Fill in the soil mixed with compost around the roots and firm in with the heel of your foot. Lastly, place your tree ties on – one near the top and one at the bottom with a spacer in between to stop the bark being damaged by the stake.

Next week I focus on Herbaceous Perennials

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Sunlight filtering through the trees on a very foggy morning in Muckross.

PICTURE: SHEILA HANRAHAN



PLAN FOR SUCCESS

Planning ahead, in whatever task we do, can help smooth the way and prevent problems from arising later on. Confucius, the Chinese philosopher rightly said, "A man who does not plan long ahead will find trouble at his door." It is said that "Planning is bringing the future into the present so that you can do something about it now."

Chances are, if you speak to anyone who has been successful they will tell you that planning ahead was a vital ingredient in their formula for success.

Planning ahead can be a very effective way to stay on top of things and not get too stressed. Feeling in control of your life is the foundation of stress management – and whilst we can't control for everything – planning ahead helps us to achieve a balanced life – with time for work, relationships, relaxation and fun. Planning ahead can enhance our performance, make us more productive and ultimately help us to become more effective in what we do. Mark Sanborn – a writer in this field – claims that "Thorough preparation creates tremendous performances."

Planning ahead helps us to be proactive rather than reactive – and take the right course of action when faced with difficulties and challenges. We can also save money by planning ahead – as tickets can often be cheaper when bought early on and cheap deals usually book up in advance.

Of course, we don't just make a plan and leave it at that. Effective plans need to be reviewed and updated regularly. Our plans evolve over time – and can help us to stay on course and get to our destination. Now might be a good time to begin to plan ahead (or review your current plan). This may be for the new school term, for Christmas, a holiday next year or maybe a career change. Whatever your goal is – follow these golden rules of planning and watch your plan fall into place:

1. Know where you're going – what are you aiming for?
2. Set specific goals, tasks and intentions
3. Create measurable milestones
4. Break down large tasks into smaller more manageable chunks
5. Set timeframes and deadlines
6. Create a visual representation of your plan
7. Set daily actions to help accomplish your task
8. Stick with your plan and don't give up
9. Revise & update if necessary
10. Realise your goal.

Many of us harbour limiting beliefs and negative habits which block us from success. In next week's issue we will address the skill, tools and discipline needed to overcome our psychological barriers to success.

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

Contact 064 6636416 or Email: info@southwestcounselling.ie
Registered Charity No: CHY 14775

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



A Word of Victory

Welcome back dear reader "I will live with them and walk among them, and I will be their God, and they will be My people." (2nd Corinthians 6:16; Jeremiah 31:33) Many people are deeply spiritual and know inside of themselves that they need God. However they have never been taught how to connect with Him. They may have learnt off ritualistic babbling prayers but find themselves sadly lacking the faith to trust God in times of trouble, and don't know how to talk to Him and get answers.

God desires so much to have relationship with you dear friend. He gave all He had – His Only Begotten Son the Lord Jesus, to die on the Cross and be raised from the dead so that He could enact His plan of Salvation and bring freedom and victory to you. But there had to be a sinless blood sacrifice to pay the penalty for sin. And there was only One way to do it – one time for all (Hebrews 10:5-25). God came down Himself and paid the ransom with His life. In order for you and me to connect with God we first need to acknowledge that He is Holy, and that our sin separated us from Him and repent for it. Then we need to forgive others for what they have done to us. This is never easy. But it is the ONLY way to receive freedom from the pain. Jesus taught us – "forgive us our sins AS we forgive those who have sinned against us" (Matthew 6:7-15). Let's start a new 'how to pray' series: but friend, you need to open your Bible, and pray aloud!

How to get to know God: Dear God – You are holy. I am a sinner and I cannot do anything to pay the price for my sins, so I ask You to please forgive me, and cleanse me from all unrighteousness. As You have forgiven me my sins I now choose to forgive all those who have sinned against me – whether they be living or dead. I release forgiveness from my heart to them, and cut the poisonous root of bitterness and resentment so that I can be healed. I forgive myself for my sins, and the mistakes that I have made and I renounce all offence. Thank You God for sending Your Son, the Lord Jesus, to save me. Dear Jesus, I ask You to come into my heart and be my Lord. Take over control of my life by filling me with Your Holy Spirit and heal me. I want to know You Lord. Teach me Your ways and baptise me with Your Holy Spirit Power. Let me hear Your voice as You speak to me through Your Word. I dedicate my life to You, and I will serve only You, in Jesus name I pray, Amen.

See more at wordofvictory.net



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2ND ANNIVERSARY

IN LOVING MEMORY OF
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of the Saints for favours received. And thanks
to the universe.

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**EILEEN 'NELL'
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