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# THIS WEEK

19 : 03 : 21

Killarney Outlook Is Gone Green –  
And Not Just For St. Patrick's Day!  
- See Page 4.

## GET IN TOUCH

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Aisling Crosbie.

## FROM THE EDITOR

This week, for the second year in a row, St. Patrick's Day came and went with none of the usual fanfare. However, many people celebrated in style, with virtual parades on line and even some real ones taking place in many homes across the county.

In this week's magazine, Killarney Outlook has gone green - and not just for St. Patrick's Day, the town has offered the hand of friendship to an Italian village and inspirational Killarney teenager Ian O'Connell looks back to three years ago. Jimmy O'Sullivan Darcy looks at what is going on in the sporting world, the Jerasulema Challenge continues to entertain and Lee Valley & An Riocht have launched a family fun virtual 5k challenge. Our fight against COVID-19 continues and the call to stay home and stay safe continues.

#protecteachother #flattenthecurve

## 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.

### ST VINCENT DE PAUL

**T: 064 66 22668** - E: svdpkillarney@eircom.net

### AWARE

**1890 303 302** - Depression Support Helpline - www.aware.ie

### JIGSAW KERRY

**066-7186785** - E: kerry@jigsaw.ie - Young Peoples Health in Mind

### PIETA HOUSE

**T: 01 6010000** - www.pieta.ie

### SAMARITANS

**T: 066 7122566**

Lo Call 24hr: 1850 609 090 Text Support: 087 2609090 - www.samaritans.



A stunning picture of the  
spectacular Lakes of Killarney.

PICTURE: Chris Collins

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for inclusion in the Killarney Outlook.

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# Killarney extends the *hand of friendship to Verrès*



**C**ommunity leaders and natives of the beautiful village of Verrès in Italy have been issued with an open invitation to visit Killarney in 2022 for the St. Patrick's Day Parade.

Strong links between the two locations were forged last year when Killarney architect, Davide Mosca – a native of Verrès – returned to his home place where he was chosen to lead the festivities for a four-day Mardi Gras style festival, Carnevale Verres.

It effectively saw Davide being crowned king for Italy's version of the St Patrick's Day celebrations in the Aosta Valley village of Verrès, to the north-west of Turin.

In February of last year, close on 50 people from Killarney travelled to Italy to join the celebrations, including St Patrick's Festival Chairman Paul Sherry, and Davide Mosca was crowned Count Pierre of Verrès or the festivities.

Now Killarney's festival organisers have invited the people of Verrès to visit next March with both communities

anxious to establish cultural and educational links. "We would love to have them visit us. They were wonderful hosts in 2020 and they are very interested in Killarney. We would be delighted if they participated in next year's parade," said Paul Sherry. According to legend dating back to the 1400s, the Count and Countess left Verrès Castle to join locals in a pre-Lent village celebration and the colourful tradition has been upheld since then, with one native son invited to play the role of the Count every year.

Davide Mosca, a graduate of the University of Politecnico di Torino, has been living in Killarney for over 20 years. He is the third member of his family to be honoured as Count Pierre in Verrès and he follows in the footsteps of his late father and his brother. The festival features pageantry, masquerade balls and drama as well as lavish dinners and community street celebrations.



Davide Mosca (Verres Italy and Killarney) with Paul Sherry Voluntary Chairperson St Patrick's Festival Killarney holding the flag of the Carnevale Verres in front of a community art installation for St Patrick's Day on the grounds of St Marys Church of Ireland Killarney, extending an invitation to Carnevale Verres to participate in St Patrick's Festival Killarney 2022. PHOTO: VALERIE O'SULLIVAN

## Killarney Outlook *is Gone Green* and not just for St. Patricks Day!

Did you know your Killarney Outlook is printed using one of the most environmentally friendly print processes available? Walsh Colour Print produce your Outlook each week and have been using HUV inks since 2016 in an ongoing effort to reduce their carbon footprint and aid the fight against global warming. They were one of the first companies in Europe to embrace this technology which requires less energy for curing (drying), outputs less heat and doesn't release any ozone or odours.

The idea to develop this ink came about through necessity rather than by choice. Back in 2011 the Komori Printing Corporation, founded in Japan in 1923, was rocked by the fallout from the Tohoku earthquake and tsunami. They found themselves

lacking the power supply to run their printing presses as only essential services were supplied with power due to the country wide shortage. They took this opportunity to develop a new type of ink that requires less power to cure, is Volatile Organic Compound (VOC) free, emits 75% less CO2 than traditional ink and emits no ozone, which lowered their carbon footprint drastically and allowed their staff to work in a clean and environmentally neutral environment.

Add to this the fact 99% of Walsh Colour Prints electricity supply comes from renewable resources like hydroelectric and wind turbines and you can safely say that by supporting Killarney Outlook you are doing your bit for the environment!



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**HEGARTY'S Open 7 days, 8am - 10pm.**







Kerry publican Sean O'Mahony, who has launched Licensed Premises of Ireland. The new business will create 10 jobs and is working with licensed premises across the country to reduce the costs of merchant services, cash handling, gas and electricity.



# SEAN LAUNCHES NEW BUSINESS TO REDUCE BILLS FOR PUBLICANS

**A** Killarney publican has launched a new business to reduce bills for publicans as they prepare to reopen after lockdown.

Sean O'Mahony who runs Faha Court Bar has launched the new start-up company, Licensed Premises of Ireland, which will create 10 new jobs across Ireland.

Licensed Premises of Ireland (LPOI) will provide services designed to reduce the cost of mainstream utilities for customers. The initiative will start by targeting everyday expenses that weigh heavily on licensed premises, including merchant services, cash handling, gas and electricity.

Licensed Premises of Ireland works with individual owners of pubs, restaurants, hotels and nightclubs to analyse their day to day running costs, and use new partnerships to see those costs reduced.

Licensed Premises of Ireland worked with a number of pilot premises during lockdown to identify where value could be achieved, with surprising results.

"It is quite fitting that the company chose to launch a year to the day that public houses and Licensed Premises throughout the country were first closed. The bitter pill to swallow during this crisis, is that I was still paying for services even though my business was closed. Once I reviewed the expenditure for my own bar, I was shocked at some of the costs I was paying to be honest. It costs between €250 and €300 per day for a small pub just to open its doors. Unfortunately, I think I became somewhat complacent over the years and stayed with the

same providers and suppliers out of pure convenience. We are excited for the future of Licensed Premises of Ireland and know that we can make a positive difference to the future of the licensed trade", Sean O'Mahony of Licensed Premises of Ireland told Killarney Outlook.

A number of exclusive partnership deals have been secured with service providers, most notably with Brink's Ireland.

Denise McCarthy, Head of Sales at Brink's Cash Services Ireland said "We are excited to be working with Licensed Premises of Ireland in relation to the cash handling aspect of their business. The exclusive offer arranged for LPOI customers offers significantly lower cash processing and coin/note supply rates than what financial institutions are offering. This coupled with the fact that owners will no longer need to travel to the bank will ensure that not only will customers save money but also valuable time and resources."

Negotiations are at an advanced stage with a number of other service providers and further industry partners will be announced shortly. This is not the first time that Sean will have innovated to support the licensed trade in Ireland. He previously launched "Social Spin" in 2019 in conjunction with Diageo and the Vintners Federation of Ireland.

The Head Office of Licensed Premises of Ireland will be based in Faha, Killarney, Co. Kerry, with sales teams operating across the 26 counties. Owners of licensed premises looking to reduce their costs prior to re-opening are advised to visit [www.lpoi.ie](http://www.lpoi.ie) or call 064 66 86001.

## "Great Cinema Deserves Great Audiences" Campaign

Beaufort Film Night is sharing a specially commissioned short film on behalf of access>CINEMA to launch the new GREAT CINEMA DESERVES GREAT AUDIENCES campaign.

Beaufort Film Night works year round with access>CINEMA to curate the unique cinema offering available to local audiences via our screening nights in Beaufort.

In the GREAT CINEMA DESERVES GREAT

AUDIENCES film, people from all over Ireland discuss their love of cinema and what the unique experience of watching films in cinemas means to them. We're delighted to announce that Beaufort features in the short film.

The short film is available on Beaufort Film Night's Facebook page (BeaufortFilmNight) and Twitter page (@Beaufort\_Film).





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# GET SNAPPING

## TO ENTER PHOTO COMPETITION

**T**here is still time to enter the St Patrick's Festival photo competition which is being run to celebrate your virtual St. Patrick Day - from the comfort of your own 5KM. Simply take a photo that reflects St Patrick's Day for you and upload it to the following email address: [info@stpatricksfestival.ie](mailto:info@stpatricksfestival.ie)

Launching the competition Cathaoirleach of Killarney Municipal District Cllr. Brendan Cronin, said "The Photographic Competition will showcase the beautiful area we live in, the fun and craic within our own bubbles. Hopefully this time next year we'll all be taking photos of the real parade in town. The beautiful prize shows the resilience and initiative of our creative and very talented producers".

The winning photograph as chosen by YOU and two judges from the committee, will receive a basket of Killarney's finest themed produce, donated from local food producers, local market traders and specialist suppliers. Killarney's Neighbour food initiative hosted by Alice Thompson, Catriona Kennedy, Philip O'Callaghan & Tom Kennedy, have given a platform for some of the most inspiring food producers in the greater Killarney area.

Included in the prize are a selection from Killarney Artisan Chocolate, Killarney Brewing Company, Muckross Creamery, Real Bread Killarney, Bricín, Green Earth Organics, Killarney Coffee Roasters, Poppa Doms Farm Shop.



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**PHOTO: VALERIE O'SULLIVAN**

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## John hangs up his boots at Fitzgerald Stadium



John Lenihan with Der Brosnan, Johnny Daly and Den Joe Lynch on the occasion of his retirement.

Following fifty years as a volunteer and over ten as supervisor of the Fitzgerald Stadium Community Employment Scheme, John Lenihan is hanging up his boots.

John has been at the helm of the scheme which incorporates as sub-sponsors the Dr. Crokes GAA Club, the Killarney Legion GAA Club, and Deerpark Pitch and Putt.

John's great strength was his people management which saw many of the participants go back into employment or onto further education.

To mark the occasion, Gail Tangney representing the Department of Social Protection made a presentation to John and his wife Margaret. Over the past fifty years John has been a volunteer steward in the stadium. His first game as a sixteen-year-old was a Munster Hurling Final in 1971 when Limerick played Tipperary. He went on to hold a number of positions from Chief Steward, to Assistant Event Controller to Event Controller his present position from which he is now retiring from also.

In appreciation of his service to Fitzgerald Stadium and Kerry GAA, Peter Twiss Kerry County Board Secretary, Tom Keane, County Board Treasurer and Johnny Brosnan, East Kerry Board Chairman made a presentation.

Der Brosnan, Fitzgerald Stadium Chairman thanked John for his outstanding service and friendship over the last number of years. He wished John and his wife Margaret a Long and Happy Retirement."



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



# Care Facility take on *Jerusalem* for Charity

**A**s the Jerusalem dance craze continues to appear across all social media outlets, Our Lady of Lourdes Care Facility in Kilcummin decided to jump on board and organise their own.

Activity Co-ordinator, Katie O'Neill came up with the idea of doing the Jerusalem Dance Challenge to lift the spirits of resident's and staff and to raise money for their chosen Breast Cancer Research Institute Charity.

"It was a great team building experience during these very difficult and worrying times", Katie told Killarney Outlook.

"Organising and taking part in this wouldn't have been possible without the fantastic staff at our facility who continue to do amazing work", Katie added.

There are lots of people to thank who helped in the preparation including Derry Healy who donated his time and patience to video the performance, Fitz Signage Printers for the wonderful Poster/Banners and all our residents and their families for their valued support and donations. "It was great craic and everyone enjoyed it", Katie said.

<http://www.idonate.ie/ourladyoflourdes>



Nora O'Sullivan and Irene Cotter.



Christopher McCrohan, Anna Marie Daly, Katie O'Neill, Noelle McSweeney, Grace O'Sullivan, Mags Whiteley.



Patrick Moynihan and Kitty Moynihan.



Eileen O'Connor and Ngelihle Mialazi.



Noelle McSweeney Sonny Breen and Magda Alina Micka.



Derry Healy (videographer) and Katie O'Neill (Organiser).

## ST VINCENT DE PAUL *LOOKING FOR VOLUNTEERS*

SVP are looking to recruit new Social Housing Volunteers, this is a volunteer role and people would be required to give approximately 3 hours of their time a week, and attend various meetings locally and regionally with support from other volunteers and from the Regional

Social Housing Officer. If this is an area you are interested in- please email your expression of interest to Ellmarie Spillane Dowd( Member Support Officer) at the SVP Regional Office Ellmarie.spillane@svp.ie by Friday the 26 March. A meeting over ZOOM will then be called to

complete the process of becoming a volunteer with Application Forms, Garda Vetting forms, References etc. SVP looks forward to meeting you



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MAGAZINES



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€15,000	8.3%	5 Years	260	€70.01	€3,199.76	€18,199.76
€30,000	8.3%	8 Years	416	€97.61	€10,601.03	€40,601.03

8% (APR 8.3%)

Table is for illustration purposes only and does not constitute an offer of a loan. All figures correct as at 16.03.2021

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# Lee Strand & An Riocht launch Family Fun Virtual 5K Challenge



Irish International Athlete Shona Heaslip.

**G**etting everyone in Kerry fit and healthy is a task that Lee Strand and An Riocht have taken on over the next six weeks.

The call is out to get your family together and progress from walking to running a virtual 5k at your own pace during the May Bank Holiday



Tommy, Emma, Niamh, Sophie and Liam Culloty all set for the Lee Strand & An Riocht Family Fun 5K Challenge.

weekend. Irish International athlete Shona Heaslip will be on hand with lots of video tips on warm-ups, stretching, recovery and nutrition. Plus, to help everyone along the way there is an easy to follow 6 Week Beginners 5k Training Plan. The grand finale at the end of the 6 weeks is to complete the Lee Strand and An Riocht Family Fun Virtual 5K Challenge on the May Bank Holiday weekend.

To register for the Lee Strand & An Riocht Family Fun Virtual 5K Challenge visit [www.myrunresults.com](http://www.myrunresults.com). Entry fee: Individual: €10; Juvenile: €5 and Family of 4: €20. All proceeds from the race entry will be donated towards the development of An Riocht Athletic Club. There is also an option to purchase a souvenir t-shirt and/or medal if desired. Participants will complete the 5K within their own 5km anytime that suits between Saturday, May 1st and Monday May 3rd. Following completion of the 5k, race times will be registered on the [www.myrunresults.com](http://www.myrunresults.com) results portal.

"Lee Strand is delighted to continue our support with An Riocht Athletic Club. As the event is virtual this year it will provide a great

opportunity for families and individuals all over Kerry to participate this May Bank Holiday weekend. This year more than ever people need to focus on their health and wellbeing and we are delighted to help everyone work towards an attainable goal. If you ever wanted to run a 5k at your own pace, there is no better time than now to achieve that goal. Lee Strand and An Riocht will be there to support you along the way with an easy to follow six week, 5k beginners training plan with weekly tips on stretching, recovery and nutrition. Remember, you don't have to be great to start, but you have to start to be great" Gearoid Linnane, CEO, Lee Strand said.

Everyone is welcome to take part, families or individuals of all levels, walkers, joggers or runners. There are lots of fun participation prizes to be won, simply share your photos with Lee Strand on social media with #leestrand5kchallenge. Follow Lee Strand and An Riocht on Facebook and Instagram for weekly updates and further details on registration.

## Minister Foley welcomes announcement of €70 million in funding for LEADER projects

**M**inister for Education Norma Foley TD has welcomed the announcement of €70 million in funding for LEADER Projects across the country over the next two years.

The Government has announced the extension of the 2014-2020 Rural Development Programme, under which LEADER is funded, out to the end of 2022.

As part of that process, the LEADER Programme will be allocated a total of €70 million for 2021-2022, adding an extra €50 million to the initial funding of €20 million announced in December 2020.

The programme supports private enterprises and community groups in rural areas and forms part of Ireland's multi-annual Rural

Development Programme which is co-financed by the EU and is part of the Common Agriculture Policy (CAP).

The LEADER programme funds projects in Kerry under a range of themes that include enterprise development, rural tourism, social inclusion and the environment.

Minister Foley said: "I welcome this funding announcement which is very positive news for all LEADER groups across the country, including Kerry. This additional funding is a welcome endorsement of the excellent work carried out by these organisations in rural communities. It is a particularly timely announcement which will greatly help support facilities and job creation possibilities across the county."





ON YOUR MARKS, SET...GO!

Lee Strand



TASTE THE FRESHNESS



# Family Fun 5k Challenge

Lee Strand has teamed up with An Ríocht Athletic Club to get everyone in Kerry fit and healthy over the next 6 weeks.

Get your family together and progress from walking to running a virtual 5k at your own pace during the May Bank Holiday Weekend. We will be there to help you along the way with our **6 Week Beginners 5k Training Plan**.

Plus, Irish International athlete Shona Heaslip will be on hand to give you lots of video tips on warm-ups, stretching, recovery and nutrition on our social media.



SHONA HEASLIP  
Irish International Athlete

START  
22nd March

5K TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	Run 1 minute Walk 1 minute Repeat x 10	REST	Run 2 minutes Walk 4 minutes Repeat x 5	REST	REST	Run 2 minutes Walk 4 minutes Repeat x 5
2	REST	Run 3 minutes Walk 3 minutes Repeat x 4	REST	Run 3 minutes Walk 3 minutes Repeat x 4	REST	REST	Run 5 minutes Walk 3 minutes Repeat x 3
3	REST	Run 7 minutes Walk 2 minutes Repeat x 3	REST	Run 8 minutes Walk 2 minutes Repeat x 3	REST	REST	Run 8 minutes Walk 2 minutes Repeat x 3
4	REST	Run 8 minutes Walk 2 minutes Repeat x 3	REST	Run 10 minutes Walk 2 minutes Repeat x 2 Run 5 more minutes	REST	REST	Run 8 minutes Walk 2 minutes Repeat x 3
5	REST	Run 9 minutes Walk 1 minutes Repeat x 3	REST	Run 12 minutes Walk 2 minutes Repeat x 2 Run 5 more minutes	REST	REST	Run 8 minutes Walk 2 minutes Repeat x 3
6	REST	Run 15 minutes Walk 1 minutes Repeat x 2	REST	Run 8 minutes Walk 2 minutes Repeat x 3	REST	REST	Virtual 5k You can do it!

5K REGISTRATION

## May Bank Holiday Weekend - How can I take part?

1. Register for the Lee Strand & An Ríocht AC Family Fun 5k Challenge on [www.MyRunResults.com](http://www.MyRunResults.com)  
ENTRY FEE: Individual: €10 | Juvenile: €5 | Family of 4: €20
2. Complete the virtual 5k challenge within your 5km anytime that suits you during the May Bank Holiday Weekend (Saturday May 1st - Monday May 3rd)
3. Following your race, register your completed 5k race time on [www.MyRunResults.com](http://www.MyRunResults.com)
4. Share your photos with Lee Strand on social media #LeeStrand5kChallenge

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# ARTIST BURSARY AWARD FOR CON



Contemporary street artist and circus performer Con Horgan has been announced as the Kerry recipient of the inaugural PLATFORM 31 artist bursary scheme.

Developed by the Association of Local Authority Arts Offices (ALAAO), in collaboration with the Arts Council, PLATFORM 31 is a nationwide

scheme for artists in all art forms which offers financial and developmental supports for the awarded artist over the course of one year. The nationwide invitation went out to artists of any discipline and practice, based in Ireland, as well as multi-disciplinary practice.

Kerry award recipient Con Horgan is a contemporary street arts and circus performer and artist. He has been performing since 1997 with Fanzini Brothers, since 2012 performing solo as Professor Plunger, since 2015 performing in the ensemble piece Circus Jukebox & since 2018 performing in two duo shows with Kim Mc Cafferty, Ballet Poulet & Spailp. Fanzini Productions are supported by the Arts Council of Ireland, Culture Ireland, Creative Ireland, Ealaíon na Gaeltachta and Kerry County Council.

He is a fluent Irish speaker and performs regularly in Irish. Fanzini Productions were invited to curate the Irish language events of the 2014-2020 St. Patrick's festival and produced the "Cirque Du Gael" Irish language



circus tent as part of the Big Day Out celebrations in Merrion Square, Dublin.

Commenting on the award, County Arts Officer Kate Kennelly said, "I'd like to congratulate Con Horgan on being selected for this inaugural PLATFORM 31 Award. It's a fantastic opportunity for an artist to invest in their practice, avail of invaluable developmental supports, as well as become part of an exciting peer group of artists nationally."

## HOTEL SUMMER BOOKINGS REMAIN AT HISTORIC LOW

Kerry Hoteliers are calling for urgent government action to aid their survival.

The latest industry survey shows average booking levels nationally of just 21% across July and August

The survey from the Irish Hotels Federation revealed a collapse in new hotel bookings following the Government's update on Covid restrictions on 23rd February. The sector is effectively at a standstill with no net new bookings as cancellations wipe out any new business. Hotels and guesthouses in Kerry and across the country are now facing enormous uncertainty without much-needed clarity and additional supports from the Government.

The Irish Hotels Federation has urged the Government to provide a significant increase in sector specific supports for tourism businesses as a matter of urgency with hotels and guesthouses nationally reporting booking levels of just 22% for July and 20% August which are usually the key summer months that act as a lifebuoy for many other months of the year.

"The domestic market was very important to the Irish hotel sector last year and we expect that booking levels will improve. However, in the meantime, businesses have to plan. The Government may not be able to provide assurances as to when society will reopen, but they can give much needed certainty and reassurance around business and employee supports. With Kerry hotels facing a prolonged

period of closure and related cash burn, this piecemeal approach is hugely frustrating and detrimental for hotels and their teams who, along with the rest of the tourism and hospitality sector, have been disproportionately impacted by Covid restrictions", Bernadette Randles, Chair of the Kerry branch of the Irish Hotels Federation has said.

"Specifically, we are seeking increases in payments under the Covid Restrictions Supports Scheme (CRSS) with a doubling of payment amounts irrespective of the level of Covid restrictions as well as removal of the current €5,000 weekly cap. We estimate that 44% of hotel bedroom stock nationally is excluded from CRSS entirely, and this must be resolved as a matter of urgency."

"Enhanced employment subsidies are also necessary. We also ask the Government to intervene with the banks to ensure they have appropriate supports and engagement processes in place for hotels and their team members until the pandemic has passed. Hotels also require a clear commitment from the Government to retain the 9% tourism VAT rate. Many hotels are already contracting for international business up to two years out. Tourism is highly competitive, yet they have no pricing certainty in relation to the retention of this critically important VAT measure and this could hamper their recovery."

"Hotels are focussed on restoring employment



Bernadette Randles.

levels as quickly as possible and the best way to ensure that is to support the businesses. It is critical that we get certainty around supports for business recovery. We cannot afford any delay if businesses are to have a fighting chance of survival. Prior to the pandemic, some 15,700 livelihoods were supported by tourism and hospitality here in Kerry with the sector contributing €592 million to the local economy. A severely devastated hotels sector would be a major loss to Kerry's economy and society for many years to come. This can and must be avoided," Ms Randles added.

The IHF survey was carried out on 8-10th March, and the results are based on the response of 303 properties with 31,150 guest rooms spread across the country.





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NO ROAD IS LONG, WHEN DREAMS ARE BIG

# Living life on four wheels...

## Ian looks back at St. Patrick's Day 2018

**Three years ago this week, inspirational Killarney man Ian O'Connell marked a very special day. This week he spoke about what his first trip home to Killarney was like following his lifechanging accident.**

"Three Years ago I came home from hospital on a weekend trip for Paddy's day, it was my first time home since my accident. I can still remember chancing my arm asking my occupational therapist @livetoloveyoga when she thought I could get home for a few days as I was seeing people who were in Rehab longer than me getting home for a few nights. When she said let's work towards Paddy's weekend I was blown away because I had been in hospital 9 months", Ian said.

"I had a vision of driving into Killarney in my head for the last 9 month's, if you have come into Killarney from the Tralee side before, you know what I mean the view is amazing. It was my very first time seeing a lot of my friends since my accident and seeing the ones who came to visit me in hospital properly because I had a neck

brace on and there was tubes going in and out of me at that time. Surprisingly I wasn't nervous about coming home in a Wheelchair because I knew I was inches away from death when I fell off my bike. I broke my neck on 2 wheels now I live my life on 4 wheels", Ian shared

"I thought that I would have been scared or nervous coming home to Killarney but I was buzzing to come home and meet my people. I was welcomed home by the people of Killarney in such a nice way. I was so thin after losing nearly 3 stone and I hadn't an ounce of muscle on me back then. Its been a long road to get to where I am today. Early mornings, sleepless nights, the highest of highs and the lowest of lows, but looking back on it now it was worth every single bit of it", Ian said.

*Braveheart: Ian O'Connell pictured with his best friend Michael Horgan on his first day home after his St. Patrick's Day home following his accident.*  
PICTURE: VALERIE O'SULLIVAN



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# Seachtain na Gaeilge celebrated in St. Brigid's

*Sarah Louise Ahern is a first-year student in St. Brigid's Secondary school. Sarah gives us a unique perspective of a first-year student experiencing Seachtain na Gaeilge.*

**M**y first Seachtain na Gaeilge in St Brigid's was a one to remember! I personally thought we would not have Seachtain na Gaeilge this year as we were not in school. However, we did not let a school closure stop us and we celebrated it virtually. This past week was lots of fun and I improved my Irish in many different and enjoyable ways throughout the week. I am now also a member of St Brigid's 'Coiste Gaeilge' which promotes the Irish language throughout the whole school environment. Together, we did a lot of work to make Seachtain na Gaeilge happen virtually and I look forward to continue working with this committee, promoting the Irish language within our school community. I really enjoyed my first Seachtain na Gaeilge in St Brigid's and look forward to many more, hopefully in the school building!

Dia dhaoibh, Sarah Louise Ahern is ainm dom. Thosaigh mé sa chéad bhliain an Meán Fómhair seo caite. Táim ag freastal ar Mheánscoil Bríd Naofa, Cill Airne. Déanaimid ár ndícheall chun

an Ghaeilge a chur chun cinn i measc muintir na scoile. Bhí díoma an domhain orm nuair a dhún na scoileanna arís, caithfidh mé a rá. Cheap mé nach rabhamar in ann Seachtain na Gaeilge a cheiliúradh i mbliana. Tháingamar le chéile agus bhunaíomar an 'Coiste Gaeilge' leis na múinteoirí Gaeilge inár scoil. D'eagraíomar go léor imeachtaí difriúla. Is iontach an rud é agus tugann sé deis dom mo chuid Gaeilge a chleachtadh le mo chomhdhaltaí.

Thug peileadóirí Ciarraí, David Clifford agus Anna Clifford oráidí spreagtha dúinn trí mheán na Gaeilge ar fhíseán ar líne chun tús a chur le Seachtain na Gaeilge inár scoil. Thosaíomar an tseachtain le Toraíocht Taisce. Bhí orainn dul timpeall an tí, rudaí a fháil agus grianghraif a ghlacadh leo. Chuireamar 'collage' le chéile leis na grianghraif. Chomh maith leis sin d'imríomar cluiche biongó chomh maith agus bhí duaiseanna ar fáil.

Bhí paráid fhíorúil ar siúl agus sheinn mé ceol traidisiúnta ar an consairtín. Bhí daltaí ag canadh, ag damhsa agus ag seinm uirlisí ceoil chun ár gcultúr a chéiliúradh agus a léiriú.

Bhí cúpla comórtas ar siúl do na daltaí go léir chomh maith. Bhí comórtas ealaíne agus comórtas bácála ar siúl. Ní mór dúinn postaer a chruthú bunaithe ar seanfhocal éigin as Gaeilge agus bhí ar dhaltaí béile traidisiúnta a



Sarah Louise Ahern.

ullmhú. Deiseanna iontacha i gcomhair gach saghas dalta i mo thuairim.

Chun críoch a chur ar na himeachtaí, ghlacamar páirt sa rang íoga trí mheán na Gaeilge. Bhíomar go léir ar ár sáimhín só!

Seachtain den scoth a bhí ann agus táim ag tnúth go mór le Seachtain na Gaeilge sa dara bliain an bhliain seo chugainn!!

## #SeachtainNaGaeilgeArLíne #SNAG2021 Le Sarah Louise Ahern – 1st year student Gluais:

- Déanaimid ár ndícheall = we do our best
- An Ghaeilge a chur chun cinn = promote
- Caithfidh mé a rá = I have to say
- Tháingamar le chéile = we came together
- Deis = opportunity
- Comhdhaltaí = fellow students
- Peileadóirí = footballers
- Oráidí spreagtha = motivational speeches
- Trí mheán na Gaeilge = through Irish
- Toraíocht Taisce = Scavenger Hunt
- Bhí orainn = we had to
- Duaiseanna = prizes

- Paráid fhíorúil = virtual parade
- Sheinn mé = I played
- Ceol traidisiúnta – traditional music
- Consairtín = concertina
- Comórtas ealaíne = art competition
- Comórtas bácála = baking competition
- Ní mór dúinn = we have to
- Béile traidisiúnta = traditional meal
- Rang íoga = yoga class
- Ar ár sáimhín só = we were relaxed
- Ag tnúth go mór le = looking forward to



Comhghairdeas to 5th year students Rebecca Doyle and Saoirse Coffey at St. Brigid's Secondary School who have had fantastic success recently in Irish competitions. Firstly, the girls took part in the Gael Linn Comórtas Oráide (Speech Competition) before Christmas where they recently progressed onto the county final. As well as that, the girls also took part in the European Commission 'Young Translators Competition' last week. Scoláirí spreagúla iad gan dabht ar bith!



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# NATIONAL LEARNING NETWORK (NLN) CHAMPIONS INCLUSION FOR PEOPLE WITH DISABILITY OR DISADVANTAGE



By Billy Ryle

Further and Higher education isn't for everybody so it's reassuring to know that National Learning Network (NLN) courses provide attractive alternative options. NLN is a specialist training provider, offering free courses to those with additional needs or who feel that a mainstream PLC or 3rd level course would be too difficult. NLN caters for early school leavers, those needing extra support in school, those with mental health difficulties including anxiety, stress or depression, those recovering or living with an illness, those with a wide range of physical disabilities, those who had a setback in life due to illness or injury, those with learning difficulties, including dyslexia, dyspraxia etc., autism spectrum disorder and addictions.

NLN provides accredited training and education courses at levels 3 to 5 on the National Framework of Qualifications (NFQ). NLN has small class sizes, provides more time to complete a course, provides regular access to resource teaching, provides psychological support and assists students who have a range of non-course related needs. NLN courses are open enrolment and run all year. Students can start at any time once a place is available. Most students are also eligible for a training allowance.

NLN has over 50 training centres across the country. Each one is a hub of activity providing students with a comfortable, supportive, well resourced, friendly and relaxed environment. NLN assists its students to fulfil their own personal goals, whether this is to get a qualification or a job, or go on to further education or to simply work on personal development. In each centre NLN, works closely with the local community and has built a network of business and industry partners, including many local employers who provide students with on-the-job training and work placements. NLN courses are flexible and designed to meet the individual needs of each student. NLN aims to address all the factors that affect how a student learns. NLN's unique method of training enables students to reach their potential in a way that takes account of personal, social and environmental requirements.

NLN offers individually structured training plans supporting each student to achieve her/his individual goals and ambitions. Students learn at their own pace. Wellness programmes ensure a holistic approach to each student's continuing personal and



Pictured at NLN, Clash Road, Tralee this week were Assistant Area Manager NLN, Kevin Smith on the right, Instructors Samantha Riordan and Frances Griffin on the left, with Killarney students, Cillian O Donoghue and Eugene Carton.

professional development. Education, literacy and numeracy supports are available where required. Information Technology skills training is provided. NLN provides access to health, leisure, social and cultural activities to support students' quality of life and to ensure they enjoy themselves as they build confidence.

All students receive training in job seeking skills such as CV development, interview skills and job search skills enhancing their chances of employment. Students can avail of online and blended learning including NLN's state-of-the-art online digital learning system, eNLN, which allows students to learn from home. NLN supports each student to progress to her/his chosen next step and all of NLN's awards enables its students to progress to further or higher education in Ireland.

Applying for a NLN course is very straight forward. Just call NCT on 1890 263 000 or call in at your local centre. The application process is user friendly and an applicant will be provided with all the information needed to commence a training course at the local NCT centre. In Kerry, NLN is based at Clash Road, Tralee, Co. Kerry., Tel: (066) 7122533, email: kerry@nlm.ie. NLN Tralee has a team of 28 instructors and support staff offering a wide range of training courses. Over 3,000 students have availed of courses in Tralee NLN since it opened in 1979 and 170 students are currently enrolled. NLN Tralee offers over twenty courses in a wide range of disciplines, including business administration, tourism with business, sport & recreation, construction and furniture making information processing, office skills, retail skills, community development and early childhood care & education. Full details are available in

the current NLN Prospectus and at [www.rehab.ie/national-learning-network](http://www.rehab.ie/national-learning-network).

## CHECKLIST

- ✓ Further and Higher education doesn't suit everybody
- ✓ NLN provides courses for those with disability or disadvantage
- ✓ NLN provides accredited training and education courses at levels 3 to 5 on the NFQ
- ✓ NLN has small class sizes and provides more time to complete a course
- ✓ NLN assist its students to fulfil their own personal goals
- ✓ NLN courses are flexible and designed to meet the individual needs of each student
- ✓ Education, literacy and numeracy supports are available where required
- ✓ Information Technology skills training is provided
- ✓ NLN students receive training in job seeking skills
- ✓ NLN in Tralee has a team of 28 instructors offering a wide range of training courses
- ✓ NLN in Tralee is now enrolling new students for its training courses
- ✓ Full details are available in the current NLN Prospectus and at [www.rehab.ie/national-learning-network](http://www.rehab.ie/national-learning-network)
- Kerry NLN is based at Clash Road, Tralee, Co. Kerry., Tel: (066) 7122533, email: kerry@nlm.ie

**Billy Ryle is a Career Guidance Counsellor and Educational Commentator**  
**Email: [rylebilly@gmail.com](mailto:rylebilly@gmail.com)**  
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IF YOU HAVE A STORY... **Contact Aisling on: 086 0400 958**



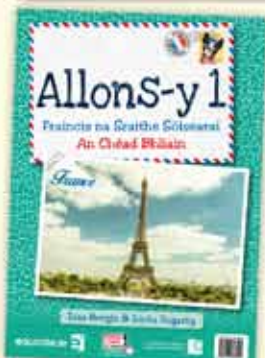
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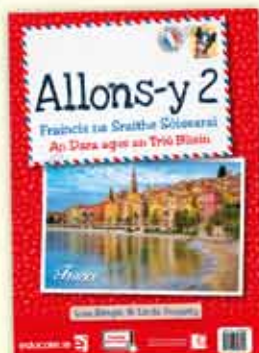


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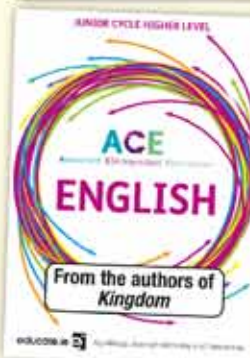
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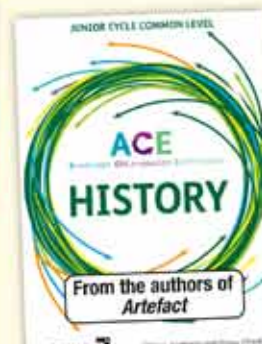
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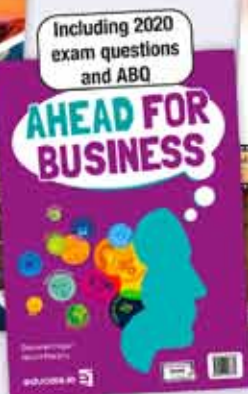


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# St. Brigid's *Down Memory Lane*

Sheree Murphy Teacher and PRO of St. Brigid's Presentation went down memory lane this week with **Deirdre Fleming from St. Brendan's Place, Killarney.**

**S: So Deirdre what year did you graduate from St. Brigid's?**

D: 1990...there was actually two Deirdre Flemings in my year. I was known as Deirdre V and the other girl was known as Deirdre M.

**S: We're you involved in any extracurricular activities in school?**

D: I got through to the BT Young Scientist in Dublin in the year I think 1986. We had a great few days up in Dublin, presenting at our stand, meeting a load of important people and we got to go to funder land!! We also used to singing, jeeze we had great crack singing. I also played the flute.....badly but I tried!!!!

**S: \*Laughs\* what was your favourite subject in school?**

D: English was my favourite subject I was mad about my English teacher. She used teach drama is well so she had a lovely way of getting the subject across. She would act it out and then you would remember it very well.

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

D: Ya we went to Cappanalea for two nights. The instructors used wake us up in the morning by hitting a soup ladle off a big pot!!! That was your wakeup call and I tell you we all jumped out of our bed, we would nearly get a heart attack!!! We enjoyed the two nights away so much a group of us went back during the summer holidays for a "survival week."

**S: Can you think of a stand out memory from your school days?**

D: We did this thing called a time vault like a time capsule. We all wrote a letter to ourselves saying where we would be in 5 or 10 years time. We put in music tapes, wrote down who we fancied at the

time and all!!!! We got them back at our reunion in 2015 so 25 years later.

**S: Oh that was such a lovely thing to do. Did anything in your time capsule surprise you?**

D: Well I had said I'd be living in Australia!!! There was a big fit of laughing by everyone when they opened their capsule at our reunion; it was a great thing to do.

**S: Did you make long lasting friendships and are you still in contact with many from school?**

D: Ya I made lifelong friends. Before Covid we used meet up monthly and also do a girly holiday once a year.

**S: Wow that's great to be able to get everyone on a holiday every year after all these years! Was there a defining moment in your school life that you knew what career you wanted to take?**

D: During Senior Cert we did work experience. From the work experience I knew I wanted to work with children or teenagers. 20 years later, I am still working with teenagers as I am a SNA.

**S: Was there any teacher that put you on your path to being an SNA?**

D: Yes Eddie Sheehy, he was my career guidance teacher and he used always say to me, "Oh your definitely suited to the caring profession, I can see you going down the caring root."

**S: If you could would you change anything about your school days?**

D: Yes in PE class we had to wear these blue towelling baby grows, I am sure my year can relate to me on this one!!!!

**S: Who was the biggest joker in your year?**

D: Kathleen Cooper....she was just great fun!

**S: Have you any stand out funny moment from your school days?**

D: One day in Home Economics class we had to make soup. My group decided to bring a packet of readymade soup so we were done within minutes. There was three of us in my group



compared to the other groups being in just pairs. We also brought in the actual veg so people had seen the veg; everyone thought we were quicker at the chopping as we had the extra pair of hands. Sure we were sitting down eating our "homemade soup" and dipping our rolls into it while everyone else was still chopping their veg. What topped it off was the teacher thought our soup was the nicest!!!!

**S: \*Laughs\* How do you think your classmates would describe you?**

D: Always smiling, probably up to some mischief. No badness just a lot of madness!!!!

**S: Very good!! What message would you have to current students in St. Brigid's?**

D: Make the most of your time, always be kind to people. Once 1st year is over the years fly so enjoy your journey.

**S: They really do fly! Thanks very much Deirdre glad to hear you enjoyed your time in St. Brigid's.**

D: No problem sure I loved school so much I'm still there nearly 21 years later!!!!

*If you would like to feature in "St. Brigid's Down Memory Lane" please contact pro@sbk.ie*

## SKDP WELCOME INCREASED LEADER ALLOCATION FOR 2021 & 2022

South Kerry Development Partnership, a member of the Irish Local Development Network (ILDN) who represent the 35 Local Development Companies (LDCs) who deliver the LEADER Programme nationally, have welcomed the announcement by the, Minister for Rural & Community Development Heather Humphreys TD, and Minister for Agriculture Food & Marine Charlie McConalogue TD, of an increased national allocation of €70 million in 2021 & 2022 for the LEADER Programme.

Welcoming the announcement, Noel Spillane, SKDP CEO said; South Kerry Development

Partnership and ILDN have been calling recently for the Government to utilise funding available from the EU for Rural Development, for the purposes of LEADER. As the deliverers of LEADER in South Kerry we are greatly encouraged by today's announcement of an increased National allocation of €70 million to the end of 2022."

"The LEADER Programme offers the ideal vehicle for the delivery of development funding to Rural Areas in the most effective manner. The allocation



Noel Spillane, SKDP CEO.

of this increased funding will deliver critical stimulus to Rural areas to help drive the post Covid recovery. Furthermore, the funding announced today will ensure that more vital projects in South Kerry focused on climate change, digital transformation, remote working and enterprise development can be progressed in our rural communities to meet the expectations of the EU in terms of the requirements of its Recovery funding criteria.





The advertisement features two bottles of Killarney Brewing & Distilling Co. products. On the left is a bottle of Killarney Irish Whiskey, labeled 'AGED 8 YEARS', 'IMPERIAL STOUT BARREL-AGED', and 'LIMITED EDITION'. On the right is a bottle of Killarney Imperial Stout, labeled 'IMPERIAL STOUT' and 'LIMITED EDITION'. Both bottles are set against a dark background with a large, curved wooden barrel in the background. The text 'KILLARNEY BREWING & DISTILLING CO.' is visible on the barrel. The bottles are placed on a wooden surface.

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Pre-school  
kids hold  
their own

# St. Patrick's Day Parade

*Even though the annual Killarney St. Patrick's Day parade is cancelled for this year, the staff and children of the Holy Cross Mercy Preschool were determined to mark our national holiday. Parents went to great effort to ensure their children were dressed in green when coming to the preschool.*

The children were very busy making decorations and the rooms were festooned with a sea of green shamrocks, streamers and leprechauns! The excitement was tangible! As the weather was lovely, the children were able to spend some time outdoors and each group had their own parade complete with Irish music filling the air, some children playing musical instruments while others were on the Judging Panel to pick best dancers, best marchers and best outfits. All in all, there was great 'sport agus spraoi' and the children had an opportunity to experience a parade for themselves. We would like to thank our parents who have always been so involved with the preschool – their enthusiasm helped to make the parade a special event. Two of our parents – sister and brother, Patricia & Malcolm - did an Irish dance to include in our St. Patrick's Day/ Seachtain Na Gaelige video which can be viewed on Facebook and Instagram







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# Lockdown Learning for Firies NS pupils

The children of Firies National School gave us a glimpse inside their world and what they have learnt during lockdown.

Many adventures were had both inside and outside the glass. Some of the everyday normalities were shattered but the children collected up the pieces and glued things back together. It may not have been the same as it was before but our children still shined. They learnt about the importance of family, friends, health and wellness.

Here are some other examples of what the children learned during home schooling:

- How lucky they are to have brother/sister
- Importance of family and friends

- Increased hygiene and self-care
- learnt the guitar
- how to work as a team with my brother/sister
- learned how to grow fruit and vegetables
- Learnt how calves are born
- Value of pets
- Importance of play
- learnt how to bake / cook
- That not all heroes wear capes
- School days are the best days
- There are better days ahead

As the saying goes 'books open windows to the world' but we now have a clearer understanding/ view of the world just outside/inside our own windows.



## People of Sneem say Thank You to UHK

An incredible €7,200 has been raised by the people of Sneem as a gesture of thanks and appreciation from the village of Sneem, to all who have worked, and continue to work, on the front line during Covid 19.

"Everyone is aware of the huge effort put in by hospital workers everywhere. They show extreme courage, patience, kindness and excellent care to all patients. They put their own health at risk on a daily basis. They have taken the place of family members to reassure anxious patients, and in being at their sides at the moment of death in some cases, when family visits are not allowed", Louis Moriarty, owner of Sneem Hotel told Killarney Outlook.

"I would like to thank all the volunteers who helped with this effort, Rosie Crouch, Lisa O'Shea, the generous donors and those who undertook various athletic challenges to raise money", he added.

We would also like to acknowledge the advice and guidance of PJ Hayes who is part of the fundraising team at UHK.

The figure raised is a credit to a rural area with a small population. They have big hearts and gave generously despite all the other outgoings at and after Christmas.

"We look forward to the end of the pandemic and the return of a buzz to the village", Mr. Mulcahy said.

Louis Moriarty owner of the Sneem Hotel who presented a cheque to the University Hospital Kerry of 7,200. This money was raised by the people of Sneem and the surrounding areas and the fundraiser was organised by Louis Moriarty. L:R: Mr Jim Feeney (Golf), John V O'Sullivan (Walking), Louis Moriarty (Fundraiser Organiser), Garbhan Kavanagh (Swimming), Ewen Buckley, (Cycling), Sean McCarthy (Golf) and Sonnie Looney (Sneem Mens Shed). Photo: Lisa O'Shea.





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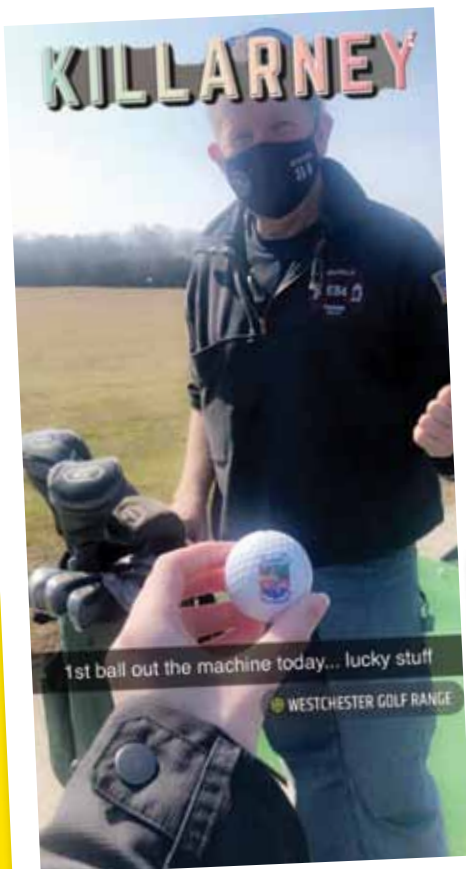
There is always a reason to smile 😊



All smiles as Ann Elizabeth Rohan is pictured with her parents Betty and Don after she was awarded a National Tour Guiding certificate with Distinction from Kerry College Monavalley Tralee. Picture: Claire Rohan.



Marian O'Doherty and Patrick Fleming of the Golf team reached the fantastic milestone of 25 years of employment at Killarney Golf & Fishing Club. Marian and Patrick always have a warm smile and welcome for anyone they happen to meet in the golf club and it's part of the famous Killarney welcome that golfers talk about when they revisit memories of playing our wonderful courses. Congratulations Marian and Patrick.



It's a small world... It certainly brought a smile when Killarney Native Sean Brosnan, who lives in New York, decided to get some practice at the range in Westchester. Sean could not believe his eyes, when the first ball out of the machine displayed the Killarney Golf & Fishing Club crest. Sean is an overseas member of Killarney Golf Club.



Thumbs up from the 5th year students in St. Brigid's who returned to school this week.



Amber O'Donoghue, daughter of Rosemary and Colm, all smiles in her St. Patrick's Day outfit and ready for school at Montessori House of Children.



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*Did you know the deadline to register your right of way / easement is the **30th of November 2021***

## Register your right of way

We are now taking appointments for

**March / April surveys**

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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.*



## TRIPLE LAYER VICTORIA SPONGE

### Ingredients

This week it's one of my favourite cakes to bake it triple layer victoria sponge with strawberries and cream

Ingredients for Cake

225g - softened butter

225g - caster sugar

4 large - eggs

225g - self-raising flour

1 1/2 level tsp - baking powder 1 tsp - good

quality vanilla extract

For decoration 500ml - double cream 2 teaspoons

icing sugar 1/2 tsp - vanilla extract

Chopped strawberries

1 jar of strawberry jam

### Method

1. Preheat the oven to 180°C/Fan.

2. Line and grease three round baking tins with parchment paper 3. In a stand mixer beat the sugar and butter until light and fluffy. Add the eggs one at a time and beat until fully mixed. Sift and fold in the flour and baking powder and mix but do not overmix. Divide the mixture evenly between the tins and level out. 4. Bake for about 15 minutes or until well risen and the tops of the cakes spring back when lightly pressed with a finger.

5. Leave to cool in the tins for a few minutes then turn out, peel off the parchment and finish cooling on a wire rack. For decoration of the cakes 1. In a mixer place the cream, icing sugar and vanilla extract and whip until forms stiff peaks. 2. Once the cakes have cool down. Place a half l of the jam & cream on top of one of the cake layers add some chopped strawberries then repeat until all the two layers are completed



## Vegan Shares

with Killarney Outlook



## Spring Bean Stew



### Ingredients

80g Giant Couscous

1 tbsp Rapeseed Oil

1 onion chopped

2 garlic cloves crushed

2 celery sticks finely chopped

2 red peppers deseeded and chopped

1 courgette diced

500ml vegetable stock

1 tin butter beans (240g drained)

1 tin cannellini beans (240g drained)

1 400g tin tomatoes

1 teaspoon Italian Seasoning

Fresh Parsley to garnish



### Method

Put the giant Couscous in 160ml boiling water and cook for 8-10 minutes until all water is absorbed then set aside. In a deep pan put your oil and onions in fry on medium heat for 3 minutes or until the onions are soft. Add the garlic and fry for another 2-3 minutes then add the celery fry another 2 minutes. Add the peppers and courgettes and fry for 3 more minutes. At this point add the stock, the beans, Italian Seasoning and tinned tomatoes. Bring to a boil and then simmer for 40 minutes. Stir in the already cooked giant couscous and

stir, simmer another 5 minutes. I served mine with basmati rice and garnished with chopped parsley. This also makes a gorgeous filling for a tortilla wrap. Enjoy and if you like my vegan recipes I would be delighted if you would join me on my Instagram account @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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*If you would like to make an appointment to discuss the above or want any further information you can contact Dermot Cronin at 0646622775 or [dermotcroninifa@gmail.com](mailto:dermotcroninifa@gmail.com)*

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## €50M FUND TO SUPPORT THE LIVE PERFORMANCE SECTOR



Looking back to a crowded INEC Arena for a Picture This concert in December 2019.  
PHOTO: DON MACMONAGLE

Education Minister and Kerry TD Norma Foley has welcomed a new €50m suite of measures which will support the commercial live performances sector directly affected by Covid 19.

Producers, promoters, venues and musicians across Kerry will be able to apply for Government funding which will be made available next week through the Live Performance Support Scheme. The objective of the funding is to support employment and wellbeing opportunities in

the live performance sector across all genres and maintain high quality artistic output for the general public.

The Live Performance Support Scheme 2021 will be open for applications from 19th March 2021 until Wednesday 14th April.

Minister Foley said: "I welcome this funding which will help support Kerry's rich community of talented musicians, artists and entrepreneurs who have been adversely affected by the pandemic. I want to encourage all musicians, performers, promoters and everyone in the arts sector to avail of this funding when it comes on stream next Friday."

### Key features of the scheme are:

- To support live performances that will occur on or before 30th September 2021.
  - To support the creation of employment and wellbeing opportunities in the culture and creative industries and the generation of high quality artistic output.
  - To maintain commercial venues, producers and promoters in the culture sector (e.g. music, entertainment and theatre).
  - Awards will range from €10k upwards.
- Further details, including how to apply for the scheme, are available on [www.gov.ie](http://www.gov.ie).



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





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## BACK TO THE FUTURE: THE OPEL MANTA GOES ELECTRIC

With the much-anticipated, new, 100% electric Opel Mokka-e due to land in showrooms this April, Opel has revealed a first glimpse of its latest exciting e-project. The Opel Manta GSe ElektroMOD celebrates the legendary Opel Manta of 1970, whilst highlighting the growing "restomod" phenomenon among automobile fans and collectors, who are mixing original designs with new technologies. The all-electric Manta GSe ElektroMOD, with its fully digital cockpit, is as sporty as an original Opel GSe, whilst its name is a clear nod to the iconic Opel Elektro GT that set world records for electric vehicles, fifty years ago.

The Opel Manta GSe ElektroMOD is a tribute to the beautiful Manta that most recently provided the inspiration for the design of the striking new Opel brand face. The Opel Vizor seamlessly integrates into one single module, the grille, the lighting system and the Blitz brand logo. The new Opel Crossland and the new Opel Mokka feature the Vizor, which will be a hallmark of all future Opel models.

The Opel Manta GSe ElektroMOD stands boldly and confidently starts a new future, emission-free. With its sustainable, all-electric drive, the Opel Manta now becomes immortal, avoiding



any potential driving ban for older combustion engine cars. The transformation to ElektroMOD also illustrates how timeless the lines from 1970 are: what was sculptural and standout half a century ago, still fits perfectly with the Opel design philosophy today.

The Manta GSe ElektroMOD faithfully follows Opel's "simply electric" route to the electrification of the brand. Whether as passenger car or light commercial vehicle, every Opel model will be electrified by 2024. The Opel customer already

has the choice between plug-in hybrids such as the Grandland X and all-electric BEVs from the compact Corsa-e, to the large Zafira-e Life "lounge on wheels", and from the Combo-e cargo to the Vivaro-e van, International Van of the Year 2021.

The Opel Manta GSe ElektroMOD is electrifyingly different. An electrically driven icon of the past, it delivers a fully digitised solution for a sustainable future. The Opel Manta GSe ElektroMOD is available at Ahern's Castleisland.



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152 Nissan Qashqai  
142 Opel Corsa, 1.3 Dsl

2014 Opel Zafira Tourer  
2014 Opel Mokka Elite  
131 Opel Corsa, 1.3 Dsl  
131 Opel Astra, 1.3 Dsl Saloon  
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2013 Opel Mokka Elite, Full Leather  
2012 Opel Insignia  
2012 Opel Astra Dsl Estate  
2011 Volkswagen Golf High Line, 1.6 tdi  
2011 Opel Astra, Dsl Saloon

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2011 Nissan Qashqai, 160 Klms  
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# #wearpurplefor13Q raises money for two charities



The Buckley-Heelan family.

A fundraiser which was held in December in aid of Cork University Children's Charity and Bumbleance - The National Children's Ambulance Service has raised an amazing €3,391.70.

The fundraiser was organised by Jenny McCarthy and Aoife Murphy, both of whom are Early Years professionals from Killarney. They recently set up an informative and educational platform for educators, carers, parents and guardians have filled a much needed gap in the market offering their knowledge on social media platforms to everyone who is interested.

"We both have a BA in Early Years Education and wanted to set up an informative and educational platform for educators, carers, parents and guardians", Aoife told Killarney Outlook

"As a result, we also have a Podcast called Little Steps, "Little Steps, Big Futures" where we have guests and professionals in the areas of Nutrition, Therapies, Teachers, Business Owners and many more", she added.

The girls, who are sisters in law have nine years experience between with Jenny managing a creche in Limerick and Aoife recently managed a Naoinra in Killarney before moving to Washington DC.

It was on one of these podcasts that Little Steps, Big Future welcomed a local guest Megan Buckley Heelan who spoke about her sister Mia who has a very rare condition called Chromosome Deletion Syndrome 13q. The response we got from that episode was fantastic and prompted the girls to set up a fundraiser for CUH

Children's Charity and Bumbleance both picked by Mia and Megan's family as they are close to their hearts. In December they held a 'Raise awareness day' for this condition using the #wearpurplefor13Q

"It was amazing to get to help these two amazing charities and to share Mia's Heelans story. Megan Buckley Heelan and her family are so thrilled to raise awareness for Mia's rare condition", Jenny said.

On top of that Mia's school, St. Oliver's National School, raised €300 for Bumbleance. The teachers, staff, pupils and their families all donated and Megan, Mia and family wanted to extend their gratitude to all involved and the principal Mr. Rory D'Arcy.

The girls are now planning their next fundraiser, in memory of Jenny's Mom, Kay McCarthy and in aid of the Irish Cancer Society.



Mia pictured with her sister Megan Buckley-Heelan.

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



## 10 Vital Skincare Tips

### 1. Build a Skincare Routine

Start with 3 – 5 products you love, that make a difference to your skin.

### 2. Wear sunscreen everyday

It is the simplest and cheapest way to preserve your youth plus it reduces your risk of skin cancer.

### 3. Stay Hydrated

both inside and out You can drink water to make your skin glow, but it also needs moisture on the outside. A good serum and moisturiser will plump fine lines and prevent dry, dull skin.

### 4. Indulge yourself in sleep

Deep and REM sleep helps cell and tissue repair so try get 7 – 8 hours quality sleep for glowing skin and less puffy eyes. Skin makes collagen while we sleep too to plump and soften lines.

5. Stop Smoking to reverse Aging Smoking just 1 cigarette can deplete blood levels of vitamin C by 50%!

### 6. Use a separate targeted Eye cream

to see results This area is 10 times thinner than the rest of the face with less collagen and elastin and needs to be treated differently.

### 7. Take care of your Neck!

It gives the game away so always include in your facial routine

### 8. Invest in Retinol

If you are serious about Anti-Aging for prevention or to correct, smooth and regenerate skin.

### 9. Feed your Skin from within

Take skincare supplements to turbocharge the effects of skincare. The "Advanced Nutrition" Nutraceuticals provide vitamins, minerals and plant extracts for vibrant, healthy skin.

10. It's never too late to start 20% of aging is genetic the rest is under your control.

Noreen Mangan

Tel: 0646630712

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



## B WELLS TOP 10 WELLNESS COACHING TIPS - PART 1

### 1. Be present:

make sure you "show up" to any activity or exercise session your taking part in. You might say, "well how do you mean...show up". What we are saying is to "be present" and aware of what you are doing, your surroundings, the sounds around you, the company with you, the smells the scenery and how your body feels. It's important you soak up the experience and not get distracted by the head or external stressors pulling you away from being present. Being present will enable you to get the maximum effects of the feel good factor from the activity you are doing. Try it out and trust yourself, a little break from the head will do you the world of good.

### 2. Slow down:

this comes hand in hand with no. 1. Rushing and racing will make you miss out or bypass what you are doing and quiet often not even enjoy the activity or exercise you are taking part in. Have you ever done an exercise workout and felt like your head was elsewhere and often even annoyed after the workout cause you were stressing about something that happened earlier that day in work? Slow down, reset and then try again and notice the difference. We are not saying to physically slow down through the entire workout but sometimes you need to slow down to reset and re evaluated where you are and what you are doing and it should start flowing better.

### 3. Be curious:

have we got you thinking already!!!!!! To be curious and challenge yourself can take you beyond fear. Fear can often inhibit us from moving forward, so don't be afraid to step outside your comfort zone and start exploring the unknown.... you might be surprised in what you will find out.

### 4. Be reflective:

appreciating what went "right" for you today or this week is important as it affirms the positive things that happened to you. This will create a sense achievement and achievement gives us the motivation we need to keep going... keep consistent .... and change overall lifestyle in a long term lasting way.






## ASTRID LONGHURST

Life, Inspiration & Body Confidence Coach/Author

Are your thoughts bringing you joy?

**Three ways to think effectively for your greatest happiness, health and wellbeing**

Everything that we feel, imagine or take action on begins with a thought first. If you find yourself feeling low or de-motivated, track back to what you may have been thinking earlier on in the day. There is usually some sort of a negative or unhelpful story we have been telling ourselves about our life, others or a situation. Or it might have been something you watched on the news which created an upsetting or limiting thought and feeling.

The good news is that although we can't always control situations, we find ourselves in, we can choose how we desire to respond to them.

**Follow these three coaching tips to help you to think more effectively.**

1. Whenever something doesn't work or goes wrong, instead of blaming yourself or others, take a step back and ask yourself, "What can I learn from this?" This immediately puts you in a different mindset. Blaming yourself won't get you anywhere, however, building positive lessons from your setbacks will help you to become more resilient and focused.
2. Use powerful words to trigger powerful feelings. Words are the architects of our life. They shape our feelings and our actions by how they inspire our thinking. For example, change the words "I'm struggling" to "I'm finding my way through!" Change the words, "I can't" to "I choose not to." And the words, "I should be where they are..." to "I'm exactly where I need to be right now."
3. Talk about what you want, not what you don't want. There is a saying that goes, "If you say you can or you can't, either way, you're right." Become aware of what you are saying about you, your life, your body, your health, your dreams, hopes and wishes. The mind seeks to bring you what you are focusing most on, so make sure that what you think about is what you desire to come about!

[www.instituteforbodyconfidencecoaching.com](http://www.instituteforbodyconfidencecoaching.com)

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Strike for Freedom on St.Patrick's Day...Ireland's oldest Man Michael O'Connor, 107 years, from Muckross, Killarney, received his second dose of the Pfizer/BioNTech vaccine against Covid19. Michael survived the Spanish flu, the Irish Civil War and two World Wars in his lifetime. The vaccine was Administered Dr Ken Keohane at Deenagh Torc Medical Practice, Reeks Gateway, Killarney on St Patrick's Day, With him are medical staff from left, Nurse Louise Doolan, Dr. Miriam McCarthy, Nurse Louise O'Leary, Dr. Ken Keohane, Practice Manager Anthony Palmer, Nurse Annmarie Cronin, Dr.Darren Quirke his Own GP and Dr.Eleanor Johnson.

PHOTO: VALERIE O'SULLIVAN

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## SPA

### >HAPPY ST PATRICKS DAY

Happy St Patrick's Day to all our members, supporters, volunteers, players and neighbours. Help us celebrate this St Patrick's Day by dressing in green and/or your club colours and send us a photo or a short video clip (5 sec) wishing everyone a Happy St Patrick's Day. Send your pictures or video to Anne at 085 7780883.

### >REGISTRATION

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

### >BACK TO SCHOOL

Best wishes to all students, teacher and school staff that are back to school this week.

### >SPA LOTTO RESULTS 08/03/21

Numbers drawn: 6, 9, 14, 27. No winner and Lucky Dips receive €50 each to Sean Devane, Brendan Spillane, Kathleen O'Reilly and Linda O'Doherty. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €6,800. Tickets are on sale online on [spagaa.com](http://spagaa.com) or from Dalys Supervalu, Killarney Hardware, Centra Muckcross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

### >NO UPDATE ON RETURN TO PLAY

There has been no update on a return to GAA yet, with hope of a return to training, especially for juveniles, in April. Visit [gaa.ie](http://gaa.ie) or [gov.ie](http://gov.ie) for the most up to date information.

### >LIDL SUPPORTING LADIES GAA

Lidl Ireland are encouraging clubs to support their ladies teams by collecting stamps on the Lidl app each time you spend a minimum of €30 in store. Just download the LidlPlus app, select your club and start collecting! Open from February 15th until April 10th, and each time you spend min. €30 and scan your app at the till, you will receive a digital stamp. Once six stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total.

### >SPA GAA ON YOUTUBE

We are continuing to upload Spa football games and videos of club events online for people to watch in their own time. Please visit our YouTube channel, under the name Spa GAA Club Killarney. And if anyone has any videos, DVDs or photos that we can copy please send them on to 0851216359 or [pro.spa.kerry@gaa.ie](mailto:pro.spa.kerry@gaa.ie)

### >ITEMS FOR NOTES

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

Written by: Deirdre O'Sullivan-Darcy

## GLENFLESK



Congratulations to Vera Healy and Donal Lehané who celebrated their wedding recently.

### >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](https://member.clubforce.com/tickets_m.asp?LL_ID=2534)

### >DARRAGH ROCHE 4X4X48 CHALLENGE

Congratulations and well done to our Senior player Darragh Roche, raising over €18,000 for Irish Cancer Society in a grueling 4x4x48 challenge recently. Darragh was joined on each run by friends and club mates at Glenflesk GAA Club and these included: Ian Roche, Dylan Roche, Padraig Doyle, Alan Murphy, Evan Cronin, David Clifford, Brian O'Donoghue, Kieran O'Donoghue, Chris O'Donoghue, Stephen O'Donoghue, Seamus Moynihan, Brid Ryan, Evan Lucey, Shane Dennehy, Gearoid O'Sullivan, Sean Lucey, Jeff O'Donoghue, Colm Tobin, Diarmuid O'Malley, Paud O'Donoghue, Jerry Kennedy, Ollie Favier, Micheal O'Shea, Aaron Jones, Daragh Reen, Patrick Darcy and Sean O'Riordan.

### >BARRADUFF COMMUNITY FIELD ORGANISATION

Barraduff Community Field Organisation are giving you the chance to win a 3-bedroom 2-storey detached dwelling house in Barraduff, Killarney, Co. Kerry worth €270,000 for just €100. Limited number of tickets here > [www.winadreamkerryhome.com](http://www.winadreamkerryhome.com) Imagine, living the country life, being part of a vibrant local community with the ability to work from an office or a hot desk in Barraduff, with a relatively short commute to Cork or Limerick. It truly is the Dream Home. Plus, the house is not the only prize - there is a 2021 car and eight other prizes including a €1,000 hotel voucher, €1,000 cash, new furniture valued at €1,000, hotel vouchers and spending money as well as other cash prizes and 1000 litres of home heating oil.



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## KILCUMMIN

## ➤COMMUNITY GAMES

Anyone interested in the following; U12 & U16 Solo Singing, U12 & U16 Solo Music, also art, handwriting, recitation, model making, please contact Maria O'Leary as soon as possible on 087-4619954.

## ➤KILCUMMIN COMHALTAS

Renewal of Garda vetting is now due for some Comhaltas members. Please check your email to see if you have received an invitation for renewal of Garda vetting. If anyone is unsure please contact Helen on 087 119 1353. Thanking you

## ➤KILCUMMIN NS

Junior Infants Enrolment 2021/2022: Kilcummin National School is currently enrolling for September 2021. Please contact Kilcummin National School by email at kill43163@gmail.com or 0646643163. Enrolment application forms are now available. We look forward to hearing from you. Keep well and safe.

## ➤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 SUPPORT LINE FOR OLDER PEOPLE

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



Artist Sophie Lodge, who specialises in community art installations, working with Artist Maitiú Gray, centre and Dean O'Sullivan, with Paul Sherry, Chairperson, Killarney St. Patrick's Day Festival, placing the final butterflies, bees and shamrock on the bell tower of the Church of Ireland, Killarney, ahead of St Patrick's Day Virtual Festival this year.

PHOTO: VALERIE O'SULLIVAN

## BEAUFORT

## ➤SPORTS PREDICTION QUIZ

Thank you to everybody who took part in the quiz. Thank you to all the sheet sellers. Updates will be given regularly.

## ➤NEW REFEREE COURSE

Names are been taken for a new boy's and men's Gaelic football referee course.

If anyone is interested in becoming a referee, please contact the Club at 087 9975737.

## ➤FOUNDATION COACHING COURSE

A foundation level course for men's football will be held online on Monday, 22nd March.

It is for new coaches or anyone interested in GAA football coaching.

Anyone interested can register at [www.learning.gaa.ie](http://www.learning.gaa.ie) and follow the instructions to book the course.

## ➤FACILITIES

As we are still at level 5 restrictions, the field and gym are closed until further notice.

The walking track remain open for use.

Written by Cliona Coffey



## >BABY JOY

Congratulations To to Cllr Niall & Linda Kelleher on the birth of their Baby Girl, Everleigh Grace Kelleher born 9th March.

## >IRD DUHALLOW HOME INCENTIVE SCHEME

There are home insulation grants available through the Sustainable Energy Authority of Ireland (SEAI) for homeowners whose properties were constructed prior to 2006. These grants are to assist the home owner upgrade their home in an affordable manner and help save thousands of euro over the lifetime of the home. Works carried out include attic and cavity wall insulation. Grants of up to €850 are available to qualifying households. IRD Duhallow will carry out a free survey on your property to determine what works can be funded. To apply, contact Colm Crowley or Joanne O'Connor on 029-60633 or email whs@irdduhallow.com

## >SENIOR ALERT SCHEME

Personal Monitored Alarm IRD Duhallow delivers the Seniors Alert Scheme in Cork and Kerry. It enables older persons (65yrs+) to continue to live securely in their homes by providing them with a free personal monitored alarm and pendant. The alarm is supplied & installed free of charge with one year's monitoring. To apply, contact Joanne on 029-60633 or email whs@irdduhallow.com

## >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. To keep up to date with online activities, all patrons can follow us on Facebook (KerryLibrary) and Twitter (@KerryLibrary).

## >COVID VACCINATION CLINIC

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

## >SYMPATHIES

To Brendan Martin & Siobhan (Cahill) & family on the death of their mother Mary Ann(Maureen) Martin (nee Hickey) Kanturk & Rathmore Brendan Galvin. Lower Knocknacopple, Rathmore, May they rest in peace

## >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 COVID19. 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.

## >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.

## >MEALS ON WHEELS

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. Alarm responders are required by the Social Action Group for burglar and fire alarms in St. Joseph's Day Care Centre and Teach Íosagáin. If you live within 2km of these facilities and wish to express interest please provide your name and contact details to info@sag.ie or contact St. Joseph's Day Care Centre on (064) 7758588 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

## >NOTICE OF MOTION

At the Killarney MD meeting on the 3rd March, Cllr Maura Healy-Rae tabled a notice of motion asking Kerry County Council and Iarnród Éireann to realign the bridge over the railway between Ballinadiege and Gortahaneboy. Both KCC and the TII agree that the realignment of this bridge should form part of a future N72 road improvement scheme. Discussions are at an early stage with TII with a view to agreeing the scope and extent of this project."

## >RATHMORE GAA CLUB

Online only until further notice.  
PLAY.CLUBFORCE.COM Rathmore GAA Club  
Join the Red Circle and defend the fort by renewing or buying a yearly ticket now.Red Circle ticket offer. Chance to win €1,000 in a special draw on Easter Monday April 5th Weekly prize of 40 when Jackpot is not won Yearly ticket €90 (7 free draws) Three yearly tickets €220 (Extra €50 off) Referees Needed Kerry GAA training will be available shortly for young people interested in refereeing to officiate at U.11 and U.13 games Any former players who will be available to referee senior games. If interested please contact Una Moynihan or Mike Cronin

## >COMMUNITY HERITAGE GRANT SCHEME 2021

The Heritage Council has allocated in the region of €1,000,000 to its Community Grant Scheme 2021.  
The aim of this scheme is to support capital projects that improve access and inclusion to heritage sites; that apply good heritage practice to the management of places, collections, or objects (including buildings). The scheme also supports the purchase of essential equipment. This scheme is intended to enable communities and heritage non-governmental organisations (NGOs) to continue their work in this area or to start new initiatives.

## >PROJECT TIMEFRAME

Projects that begin after the grant offer date in early May, and are completed by 8th October 2021 can be considered for funding under this scheme.  
Who can apply?  
• The scheme is open to:  
• voluntary and community groups  
• heritage-related non-governmental organisations (NGOs)  
• not-for-profit heritage organisations  
• Museum Standards Programme for Ireland (MSPI) participants  
• Adopt a Monument Programme participants  
Applications from other organisations, private companies or individuals will not be considered.  
How to apply  
Submit your application via The Heritage Council's Online Grants System by Monday 29th March 2021 at 5pm. Applications

## >SHARE THE BUCKET

Gneeveguilla Community Development Council &Gneeveguilla Basketball Club had our weekly draw for our Share the Bucket on Friday evening 12/03/21.The Jackpot was€301.This weeks winner is Stephen O'Donoghue, the lucky winner of €301. Well done StephenThis weeks lucky winner is Congratulations to Tom this week's jackpot winner £301 @8:30 pm on Facebook liveThis weeks winner is Stephen O'Donoghue, the lucky winner of €301. Well done Stephen.

## >NOTES

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

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



## MILLTOWN CASTLEMAINE

### GOOD LUCK

Best wishes to the students, teachers and educational staff returning to school in the coming week, including all those from 3rd – 6th class at Primary Level and 5th years in Post-Primary.

### CLUB LOTTO

Next Draw – Tickets are available at all usual outlets for our next draw which will take place on Friday, March 19th with the Jackpot Prize of €12,600.

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

### SYMPATHIES

All at Milltown/Castlemaine GAA Club wish to extend our sincere condolences to the family of Noreen Cronin (née McKenna) who sadly passed away recently. Noreen's grandson Liam plays with our U17 side. Our thoughts and prayers are with Noreen's family at this time.

Ar dheis Dé go raibh a hanam Our most sincere condolences also to Alan O'Connor of Almas Takeaway on the sad passing of his mother Nora O'Connor (née Raferty) during the week. Our thoughts and prayers are with the entire extended O'Connor family at this sad time.

Ar dheis Dé go raibh a hanam

### COISTE NA NÓGART COMPETITION

The younger members of our club have been busy all week sending on entries for our 'design your own Milltown/Castlemaine jersey' competition. We have had a fantastic selection of jerseys sent displayed on our social media pages this week. The competition is split into 3 age groups (8 and Under, 9-12 and 13+) and the deadline for entries is Monday March 15th, we will be doing a random draw from each group to give away some lovely Easter eggs.

To enter design your own Milltown/Castlemaine GAA 'jersey' and send it on to Dámy 'oh' 087 6536631 This competition has been arranged by Catherine Dennehy our cultural officer and Catherine wished to congratulate the wonderful entries so far..... Buíochas speisialta inniu do na páistí a chur isteach ar ár gComórtas Ealaíne agus do na tuismitheoirí a chabhraigh leo. Tá na pictiúirí go léir go hálainn agus ard-chaighdeán bainte amach ag gach páiste. Mas mian le héinne eile cur isteach, ná déan dearmad ar an spriodháta, 15ú Márta. Níl ach cúpla lá fágtha anois.

### JUVENILE TEAMS

Our juvenile teams are continuing their training at home whilst restrictions are still in place. They are all doing a fantastic job, a big thank you to all of the coaches, parents and players for a huge effort. A special word of thanks so Coaching Officer Liam Doherty for facilitating many great online meetings for the teams and for continuing to support our teams with football at home plans. Other News: 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.

Fossa Gaa Clubhouse  
Lit up For St.Patrick's Day.



### MILLTOWN/LISTRY BRANCH OF KERRY HOSPICE FOUNDATION

would really appreciate if you could take part in our VIRTUAL annual fundraising walk. This year due to Covid restrictions it will be held virtually and we are asking that you take to the roads and walk within your 5km limit any time between St Patricks Day and Good Friday, adhering to all the government guidelines at all times please. We are fully dependant on fundraising to assist in the running of Kerry Palliative Care Unit Day Centre and Inpatient Unit and any donations for the walk can be made to www.iDonate.ie/LongGoodFriday or given to any of our Committe members. Your support is greatly appreciated.

### KEEL GAA CLUB

#### COURSE

Kerry GAA Coaching and Games are delighted to announce the details of their upcoming Foundation Level Coaching Courses. This course is aimed at beginner coaches and gives a thorough understanding of the "what" and "how" to coach Gaelic games. To be certified at the end of the course, participants must attend ALL elements. There is no cost associated with the course. The course will be delivered by Tomás Ó Muircheartaigh GDA Ciarrai Thiar and PJ Reidy GDA Mid & South Kerry. Those interested in registering must register on the GAA Learning Portal. Registration for the course closes on Friday the 20th of March at 6pm. A link to access the course will be sent out to you on Monday morning the 22nd of March. Full details are available on our social media.

**KEEL, CASTLEMAINE &**

### KILTALLAGH DAFFODIL DAY

The Daffodil Day volunteers have set up a donation page to raise money for the Irish Cancer Society as they cannot go out this year and raise much needs funds. If you would like to donate, please visit: [www.justgiving.com/daffodil-day-castlemaine](http://www.justgiving.com/daffodil-day-castlemaine)

### MY LIFE EVERY STEP COUNTS CHALLENGE

– We would like to thank everyone who took part in this walking challenge which ended on the 3rd of March. Unfortunately, we did not win anything in the Munster province draw. Congratulations to Beale GAA who won a €2,500 O'Neill's voucher for their club.

## FOSSA GAA CLUB NEWS

### COISTE NA NÓG

Best of luck to newly appointed Coiste na nóg chairperson Siobhan Bennett on her new role, also a huge thanks to Mike Cahillane for his great service over the last five years.

### CHILD WELFARE COURSE

An online Childrens Welfare Course has been organised by our child welfare officer (Catherine) it is mandatory that you have this completed to work with children so please email Catherine ([childrensofficer.fossa.kerry@gaa.ie](mailto:childrensofficer.fossa.kerry@gaa.ie)) to book your spot for April 15th, 7pm ish. If you have never done one please make yourself available, we will fill it and book a second if needed.

### STAY SAFE

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. (Hopefully we will have more on this in the next couple of weeks).

### LADIES

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

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

### LOTTO

Date 14th March 2021 Numbers Drawn

15,1,16,21 €40 WINNERS

TED CLIFFORD, BALLYTRASNA FAHA;  
JOSEPHINE COLEMAN, ROCK ROAD KILLARNEY;  
ANNE ANDERTON, CROHANE FOSSA;  
PAT O'DONOGHUE, 2 MILE;  
EMMA O'CONNOR, C/O TOM O'CONNOR GAP

RD. Next weeks jackpot €10,350.

Tickets on sale from Foleys Spar Fossa, the Golden Nugget and usual sellers. Thanks for your support.

## DR. CROKES GAA CLUB

### LOTTO

draw took place on Monday March 15th numbers drawn were 8 14 18 27 JACKPOT €5,000 was not won. 2 patrons Matched 3 numbers and receive € 200 each. Michael Moloney Snr. Cait & Aine Griffin . Jackpot for draw on March 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](https://play.clubforce.com/play_new.asp#Anchor) When you click on the link it brings you to the Clubforce Main page. From here click Club name Dr. Crokes GAA. This brings you to another page that you again put in Dr. Crokes, which in turn brings you to the Dr. Crokes home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app, on [https://member.clubforce.com/tickets\\_m.asp?LL\\_ID=734](https://member.clubforce.com/tickets_m.asp?LL_ID=734)

### SENIOR MANAGEMENT

Colm Cooper will join the Management team for what will hopefully be a successful 2021 season. Edmund O'Sullivan will remain as manager and will be assisted by Eoin Brosnan Jamie Doolan and Colm. LGFA Officers 2021 Áine McMahon

Secretary: Catherine Keogh, Club Treasurer: Noreen Cooper, Club Registrar Francis O'Sullivan PRO Áine McMahon, Club Children's Officer Michelle O'Sullivan Darcy DLP: Matt O'Neill County Board Delegates: Catherine Keogh, Áine McMahon Players Delegate TBC Level the Playing Field We're calling on you to help your local LGFA club to "Level the Playing Field". Every time you spend €30 or more, and scan your Lidl Plus card at the till, you'll receive a stamp on your digital stamp card. If you spend €60, you'll get two stamps, €90 = 3 stamps, and so on.

Once you have collected 6 stamps, you can submit your completed stamp card which will be added to your chosen club's total. The more stamp cards submitted for your club, the more rewards they will receive. Follow the simple steps below and help your local LGFA club!

Step 1: Tap "Start collecting" on the home screen of your app. Make sure to do this before you do your shopping, or you won't get stamps.

Step 2: Select your club by following the instructions on the home screen.

Step 3: Collect your stamps and fill the stamp card! Get one stamp for every €30 spent.

Step 4: When your stamp card is full – submit it!

You can collect as many stamp cards as you like but don't forget to submit them or they won't count. Rewards begin at a set of new jerseys for clubs that collect at least 50 stamp cards and go right up to €5,000 in cash funding for 500 or more completed cards. In addition, the club in each province that collects the most stamp cards will win the €20,000 top prize. Click here for more information including progress updates for clubs and shareable resources to encourage engagement in your community.

Remember to scan Lidl Plus every time you shop to collect your stamps!

**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](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).

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

FAMILY Fun Competition in the next few weeks we will be running a fun competition all ready committed to participating are Colm & Mark Cooper Fionn and Cilian Fitzgerald Tony and Steve Brosnan Micheál and Mickey Joe Burns. Áine and Leah McMahon. Further detail to follow Am Comórtais / Competition Time <https://www.gaa.ie/news/am-comortais-competition-time> <https://twitter.com/officialgaa/>

status/1366810889882599426

**HEALTH & WELL** Crokes' Health & Wellbeing Club- Phase 3 We can't go to Croke Park in person, but all of our members can link-in there. They are planning several initiatives for clubs such as ours and it is all going to be free.

### GAA MUSEUM VIRTUAL BOOK CLUB

You can still learn more about Gaelic Games and the history of the Association by becoming a member of their new virtual GAA Museum Book Club. Each month the GAA Museum team will choose a well-known GAA book to read and review. At the end of the month, the museum will host a free online interview with the author, in which you can submit questions and comments. The ambition of the book club is to review some of the great GAA books and to give us all a much-needed sporting boost as we stay at home.

You can find out more and how to get involved via the following link: <https://crokepark.ie/bookclub>

It is a simple sign-in and away you go then; I have already asked Croke Park to consider featuring excellent GAA books written by Dr Crokes' members.

1 How to play Gaelic Football published in 1914 Author Dick Fitzgerald

2 King in a Kingdom of Kings ( 2008) The biography of Dick Fitzgerald. Author Canon Tom Looney

Any queries, you may contact me. Eamonn Fitzgerald r Crokes' Health & Wellbeing Club-Phase 3

We can't go to Croke Park in person, but all of our members can link-in there. They are planning several initiatives for clubs such as ours and it is all going to be free.

First up is the-----

### GAA MUSEUM VIRTUAL BOOK CLUB

I have already asked Croke Park to consider featuring excellent GAA books written by Dr Crokes' members.

1 How to play Gaelic Football published in 1914 Author Dick Fitzgerald

2 King in a Kingdom of Kings ( 2008) The biography of Dick Fitzgerald. Author Canon Tom Looney

If you have any queries, you may contact Eamonn Fitzgerald [fitzgeraldfam48@gmail.com](mailto:fitzgeraldfam48@gmail.com) 0876298606 To whom it concerns and/or applies check into the Croke Park

### FEBRUARY WELLBEING CALENDAR

Irish Life Health have developed a Calendar of resources for February, with a Focus on Women's Health & Cancer Care, it is available to view and download here: [WorkLife--Wellbeing-Schedule\\_Health.pdf](https://www.irishlifehealth.ie/Health.pdf) ([irishlifehealth.ie](https://www.irishlifehealth.ie))

### MINIMUM FITNESS TEST

Operation Transformation, in collaboration with DCU School of Health and Human Performance, have developed the Minimum Fitness Tests to demonstrate the minimum fitness standard for your age group. These tests are designed to show you where you sit within the minimum standards of physical fitness and give you a target to aim for within your age bracket and gender. You can find details of this attached to this email and also via the following link: Operation Transformation 2021 » Operation Transformation Minimum Fitness Test ([rte.ie](https://www.rte.ie))





## HSE STRESS CONTROL ONLINE

This is an evidence-based programme that teaches practical skills to deal with stress. It will help you to recognise the signs of stress such as how stress affects our bodies and our thoughts and help to develop skills to overcome panicky feelings and how to get a good night's sleep. The course runs for three weeks starting on the 8th of March (timetable attached) and you can find further details at the following link: [www.stresscontrol.ie](http://www.stresscontrol.ie)

## IRISH LIFE HEALTH – WELLBEING

Irish Life Health have developed a hand wellbeing calendar for the month of March which focuses primarily on, preventative health and financial wellbeing. The calendar includes lot of links to different resources and webinars that will be of interest to Dr Crokes' Healthy Club and community. click here to access the calendar: [WorkLife-March-Wellbeing-Schedule\\_Health.pdf](http://WorkLife-March-Wellbeing-Schedule_Health.pdf) ([irishlifehealth.ie](http://irishlifehealth.ie))

## 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.

## LEGION GAA NOTES

### ONLINE FITNESS - JUVENILES

Great to see so many of our juveniles (and parents!) online again this week as part of our Online Fitness for Juveniles. Thanks to all those that logged on and did the session, well done everyone! A special thanks to senior men's player Jonathan Lyne who put us through our paces this week. Tune in again next week for the next instalment! #OneGoodClub #funfitness

As the #Connect phase of the #OneGoodClub initiative comes to a close, we would like to say thank you to everyone who took part in all the activities. For the next two weeks the focus is #BeActive. There is a jam-packed schedule and there is something for every age group, youths, adults and older adults.

Please email [secretary.legion.kerry@gaa.ie](mailto:secretary.legion.kerry@gaa.ie) or check your teams' Coaching Groups for any of the online links to take part!

Please note that the consent form attached must be completed by a parent / guardian for participants under 18 for all classes: <http://bit.ly/LegionConsent>

### LEGION LOTTO

Support the club via our weekly lotto!!!

Play online: <https://cutt.ly/sy5EIUC>

Or get tickets at: Hegarty's, Sheahans, Healy's New St, Ulster Bank and FourStar.

This is our most important avenue for fundraising - thank you for your support.

Jackpot €6,300 plus bonus €10,000.

### LEGION ANNUAL MASS

The club will be holding its club mass on Wednesday March 24th at 7pm. This will be done via zoom by Fr Jim Lenihan. A link will be sent to all club members.

### CLUB MERCHANDISE

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

### WELL DONE

A super well done to Mairead O'Donoghue who is doing a fantastic job with her interviewing skills, Mairead give up the day job!

Get well wishes - We would like to wish Emma Horan from our U16s girls a speedy recovery she fell and broke her leg last week and had surgery in UHK in the last few days. Get well soon Emma from all in the club and your teammates.

### LOTTO RESULTS

9,15,21,28 Bonus 25

Match 3/lucky dips:

Sarah O'Keeffe C/O Bolmore, Rathcoole Mallow

Jessica Leane 31 O'Kelly's Villas

K Clifford, Kilcummin

Connie O'Shea, Pinewood

Alan Lyne, Muckcross

Next draw Sunday 21st March.

## BALLYHAR-FIRIES GAA CLUB

### 2021 MEMBERSHIP

Membership fees for 2021 are now due and everyone is advised to register as soon as possible.

For 2021 and going forward all membership registration will be online. Follow the links on our social media accounts. Alternatively, you can make contact with Club Secretary Kevin Cronin, Peter Costello, Paudie O'Sullivan Hurling or Fiona Walsh or any club officer/ Mentor or Member and they will be able to give you further details. All players must be registered before playing or training. Membership will be live from March 1st.

Family Membership - €100

Adult Member - €55

Adult Player - €65

Juvenile - €30

Student (over 18) - €40

Due to challenges associated with club finances through Covid-19 we would request that members consider participating in the Club Lotto which is the key fundraising platform for the club.

### LOTTO

Lotto results from Monday 15th March

Numbers drawn were: 2, 3, 17, 19

No jackpot winner

5x €30

Mike Sullivan, c/o Bridie

Kian Costello, Roxboro

Mtn Gallivan, c/o Bridie

Ann O'Neill, Ballyhar

Daniel O'Shea, Mapleleaf, Coolcauslagh

Next draw takes place on Monday 22nd

Thanks to everyone who purchased a ticket and don't forget to get one for next week!!

Get your lotto tickets online via the Furies page on Clubforce or tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Furies, Hendersons Shop and Bar Furies and from all the usual sellers. We thank these businesses for their continued support. Thanks you all for your continued support.

### LIDL SUPPORTING LADIES GAA

Lidl Ireland are encouraging clubs to support their ladies teams by collecting stamps on the Lidl app each time you spend a minimum of €30 in store. Just download the LidlPlus app, select your club and start collecting! Open from February 15th until April 10th, and each time you spend min. €30 and scan your app at the till, you will receive a digital stamp. Once six stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total. So make sure you have register Furies Ladies GAA as your club of choice. Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

### FIRIES GAA WEBSITE

The Club is in the process of getting the website updated and this is a call out to all club members who may have any old photos, match reports, Club History pieces or any other information relevant to the club. If you would like to see this information on the club website, could you please email it [topro.furies.kerry@gaa.ie](mailto:topro.furies.kerry@gaa.ie).



Expanding East Kerry Shop / Business  
seeks

## PART TIME / FULL TIME YARD / TRADE COUNTER SALE ASSISTANT

FOR WEEKDAY, EVENING AND WEEKEND WORK  
DEALING WITH CONSTRUCTION, AGRI, DIY  
AND STOCK CONTROL

**Ideal candidate must possess**

Excellent Customer Service, Communication,  
Organisational and Computer Skills

Must be able to work on own initiative  
but also part of a dynamic team

Strong attention to detail, organised and flexible

Clean Driving Licence (C Licence an advantage but not essential)

All replies please post to:

**Box No 12830**

Killarney Outlook, Walsh Colour Print  
Castleisland, Co Kerry.

or Email: [eastkerryshop@gmail.com](mailto:eastkerryshop@gmail.com)



Down  
Syndrome  
Kerry

## WAITING STAFF

required for

Deenagh Lodge Tea Rooms,  
Killarney

from April to October 2021

## FULL AND PART-TIME

positions available.

Previous training and experience in  
hospitality sector, along with an ability to  
relate to persons with an intellectual  
disability desirable. Immediate start needed.

Apply with CV and cover letter to

[adminsecretary@downsyndromekerry.ie](mailto:adminsecretary@downsyndromekerry.ie)

**by March 31st 2021.**

Expanding East Kerry Shop / Business  
seeks

## PART TIME SALES ASSISTANT

FOR WEEKDAY, EVENING AND  
WEEKEND WORK

**Ideal candidate must possess**

Excellent Customer Service, Communication,  
Organisational and Computer Skills

Must be able to work on own initiative  
but also part of a dynamic team

Strong attention to detail, organised  
and flexible

All replies please post to:

**Box No 12820**

Killarney Outlook, Walsh Colour Print  
Castleisland, Co Kerry.

or Email: [eastkerryshop@gmail.com](mailto:eastkerryshop@gmail.com)



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064 6650963 or  
[info@djmaccounting.ie](mailto:info@djmaccounting.ie)







## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



### RUGBY

#### Six Nations

#### Ireland 27 Scotland 24

Poor. Very, very poor, to be honest about it.

I've been a staunch defender of James Lowe, and I still think he offers a cutting edge that we need, but he was wide open here. You have to get the basics right, and he didn't; that's the blunt and plain truth of it. I still think the avalanche of criticism is a bit unfair, there is an element of scapegoat about it. Gibson Parke wasn't great either, but he still offers more for me than Conor Murray. Don't get me wrong; Murray is an absolute legend and a warrior. There is no-one better in the trenches. But if you look at it coldly, how much actual good does his brilliant trench warfare actually do on the scoreboard?

The truth is that we coughed up bad scores and at the other end, we relied heavily on the excellent Johnny Sexton. He's 36 years old, and no-one has put their hands up to replace him. Frankly, I'd have been happier to lose the likes of this game and come out with an idea of where we are going – right now it feels like we are running to stand still. How did we let an injury-depleted Scotland back into this game? This was a win that, frankly, feels very much like a defeat.

#### Wales 48 Italy 7

Move along, nothing to see here. Let's face it, every time Italy play these days, they make Georgia look good. Can Wales do the slam? I can't see them beating France, but to be honest, I didn't expect Wales to be beating England either. They have surprised and delighted me; it's been very clever rugby, even occasionally cheeky. Best of luck to them.

#### England 23 France 20

Brilliant. Simply brilliant. England have been turgid throughout this tournament but have always shown flashes of potential; against a brilliant France they rose their game and it made for an absolutely enthralling contest. France are young, vibrant, and have the likes of Dupont and an under-rated Jalibert playing with enormous confidence. But England were equally fearless and ferocious. Did Itoje ground

that winning try? Ah, lads, come out of it. That's a try all day long. They won it fair and square, and both sides deserved a standing ovation at the end of a cracking contest. Rugby as it should be played. Andy Farrell, were you watching?

### GOLF

#### Kerry Courses Among Ireland's Top 100

Golf Digest's annual list of Ireland's top 100 golf courses is something of a must read for aficionados of the game, and this year's list made enjoyable reading for Kerry golf fans. Kerry has three in the top ten. The Old Course in Ballybunion has leapfrogged Tralee into seventh place – Ballybunion has been in the top ten for years now and is deservedly one of the most popular links courses in the world, while Tralee is getting the rewards for the big investment and work of recent years. Waterville is in 10th place. Dooks has jumped an impressive three places to 24th. Ballybunion's Cashen Course is in 50th place, with Killarney's Killeen Course a very respectable 52nd. Hogs Head, the former Skellig Bay, is ranked 62nd and Dingle is 68th. Killarney's O'Mahony's Point is the last Kerry club mentioned in 90th place.

#### Killarney Golf Course

#### Appoint Graham Spring

Synergy Golf, the professional golf management company who took over the running of Killarney Golf Club in May 2019, have announced the appointment of Graham Spring as Director of Golf. Graham, one of the famous Tralee sporting and political family (he himself is a former Mayor of Tralee) represented Ireland at Boys and Mens' level in golf and competed professionally in the 1998 British Open. He has extensive experience of both playing (he has since returned quite happily to his amateur status), having managed the five star Doha Golf Club in Qatar. According to Graham "I am really excited to be appointed as Director of Golf at such a prestigious club as Killarney Golf & Fishing Club. I have thoroughly enjoyed playing golf at Killarney down through the years and I am now looking forward to working with all the team at Killarney Golf & Fishing Club to contribute to a memorable golfing experience for members and guests. The Club has great ambitions as outlined in the Five Year Vision and I look forward to being part of this."

#### Players' Championship

Last week I mentioned Rory McIlroy's consistency in top ten finishes and Bryson DeChambeau's unorthodox but extremely effective approach. DeChambeau lived up to my billing – his duel with playing partner Lee Westwood, both of them excellent, was the main narrative of a very good Players'



*Graham Spring has been appointed as Director of Golf at Killarney Golf & Fishing Club.*

Championship at Sawgrass. Rory? Not so much – Rory departed early after shooting a 79 in his opening round. He subsequently explained (one of the things I've always liked about Rory is that he is unfailing courteous, even on the hard days) that he was trying to work more power into his swing, following DeChambeau's example. Ummm, okay, Rory, but why? You aren't short of power, Rory, you have one of the best long games out there. What you are missing is much simpler; you need to drop more putts.

As good as Westwood and DeChambeau were, they didn't win it; Justin Thomas hit the lowest 36 hole total in the competition's history to snatch it. He joins Tiger Woods as a player with 10 PGA wins, a major, and a Players' Championship before the age of 28.

Thomas takes home \$2.7 million, Westwood \$1,635,000, DeChambeau \$885,000. The Irish story of the weekend wasn't McIlroy's nightmare, but Shane Lowry. A brilliant opening round saw him in the top three before two over par on Friday saw him drop below the chasing pack. Sin deireadh an sceaí seo, ceapaim, ach níl. Lowry held his nerve and produced two great rounds to push himself right back up there and eventually finished in eighth place, pocketing a cool \$468,750 for his trouble. He will also have given his chances of a Rookie card for the Ryder Cup (admittedly, an extremely remote possibility) no harm at all in the process.



# MARVELLOUS MARVIN HAGLER

Boxing hasn't exactly been making good headlines recently, and probably won't until the long-awaited clash between Tyson Fury and Anthony Joshua – if even then. Thus it was with a sense of nostalgia as well as sadness that I read of the passing of Marvellous Marvin Hagler.

Hagler was one of the Four Kings who ruled boxing and sports headlines throughout the '80s. Boxing had fallen into a decline after the departure of Muhammed Ali – he simply cast too big a shadow for any of his putative heirs in the ring to live up to. Instead of heavyweights, it was the middleweights who were matching up, and they produced some of the greatest boxing matches ever to take place.

It also made money, as pay per view gradually became the operating model. It's first outing had been on September 16th 1981 for the title fight between Thomas 'Hitman' Hearns and Sugar Ray Leonard, it was an instant success. That was the same month that Marvin Hagler, a New Jersey Southpaw, stopped Alan Minter in the third to become world champion. He defended it twelve times, and was only knocked down once. I didn't get to see those fights until years later (pay per view? In our house? Are you nuts?). In fact, we got to see very few fights – boxing was not a big sport around Killarney, with John 'Killer' O'Callaghan, who was actually one of the gentlest men you could meet, ploughing a lone and often under-appreciated furrow in coaching boxers.

We had all watched Sylvester Stallone in 'Rocky', though, the working class fable underlain with realism – the later ones became parodies of themselves, but as kids we absolutely lapped them up. I'll concede now that 'Raging Bull' is



*The late Marvellous Marvin Hagler,*

mind. No, he didn't have the knock-out power of the others, but for sheer speed and skill....this guy could make Ali look crude by comparison. Hagler next – Hagler was ferocious. Duran, the most durable but also undisciplined, Duran never got the best out of himself. Hands of stone, maybe, but he was never going to be the top guy for long. Hearns would have been great in any other era, but he was a fraction behind them for me.

In 1983 Roberto Duran went the distance with Hagler – the only one who did – but couldn't beat him. In 1985 Thomas Hearns and he fought a bloody eight minute battle – it's called 'The War' and it feels like it. Hagler defended his title until 1987. In 1986 he fought John Mugabi, who had won all 21 of his fights by knock-out. Mugabi fought cagily, out-boxing Hagler early. He was eventually caught in the 11th, but three years retired Sugar Ray Leonard, sitting in the front row, felt that the boxing had been

ever seen. Leonard actually took the next three rounds, but then Leonard began to tire and hagler, always an aggressive boxer, upped the tempo. In the ninth, Hagler had him against the ropes, landing punch after punch...Leonard was reeling....until he unleashed a torrent of punches that saw Hagler, for the first time ever in the ring, back off. Sugar Ray mightn't have been the force of old, but he was still Sugar Ray. There's still controversy about the scoring – one judge had it at 118-110 to Leonard, it must have been Pontius Pilate – but personally I think Leonard did just enough to take a tight decision. Leonard, who knew as well as anyone how close it had been, retired again immediately after the fight, refusing a rematch. It was actually the last fight for Marvellous Marvin Hagler, though he kept pressing for a rematch for the next two years. Kings indeed.



## MURRAY WALKER RIP

Hagler wasn't the only sporting icon to pass away this week. If anything, Murray Walker was even more beloved. He had been a tank commander during the war and then became an advertising executive – he is credited with "A Mars a day helps you work, rest and play" and "Opal fruits, made to make your mouth water". He took up commentating on motorsport part-time in 1949. For the next 52 years, his was the voice

that narrated the races. He worked mostly with former World Champion James Hunt, one of the original playboy generation – the two men could not have been more different. Hunt was brash and off-the-cuff, rarely researching, but lightning witted. Walker was quieter, calmer, extremely knowledgeable, and meticulously prepared – the two did have an on-air fight in the commentary box once, but actually became good friends. Ironically, Murray's excitement and love of the sport occasionally led him into gaffes for which he became a legend – the sporting public absolutely adored his gentlemanly enthusiasm. These are some, and just some, of his more memorable lines. They still make me smile; Murray Walker was that sort of man.

*The lead car is unique, except for the one behind it which is identical.*

*I don't make mistakes. I make prophecies which immediately turn out to be wrong.*

*There's nothing wrong with the car except that it's on fire.*

*And now, excuse me while I interrupt myself.*

*Unless I'm very much mistaken... I am very much mistaken!"*

*And that just shows you how important the car is in Formula One Racing.*

*Either the car is stationary, or it's on the move.*

*That's history. I say history because it happened in the past.*

*Murray: "There's a fiery glow coming from the back of the Ferrari!" -*

*James Hunt: "No Murray, that's his rear safety light"*



## SOCCER

Next Wednesday sees Ireland face Serbia in our first, and almost certainly most crucial, World Cup qualifier. The omens, unfortunately, are not good.

In fairness, Stephen Kenny has had absolutely no luck since taking over as national manager – Mick McCarthy, who is once again proving that he is an extremely capable manager, must have a wry smile on his face. The fact is that very few Irish players are competing at the top level in soccer, our development pathway is worse than useless and has been for years. That requires a culture change that simply isn't happening – this nonsense of Dundalk's qualified/unqualified manager reeks of a deserved contempt for the FAI. That will take years to shift. That isn't Kenny's fault but it is what has left him with such a weakened hand. Not that Kenny can be entirely blameless either. Look, there has been a very entertaining, well-crafted yarn about how he is all about the positive approach and playing on the deck and showing ambition – the trouble is that it isn't remotely true. Check the stats of any of the games; Ireland's pass completion has been well below our opponents in every single one. Nor do I get the insistence on a 4-3-3 formation – it leaves us exposed in the middle, open on the wings, and most especially lost up front. 4-5-1 is conservative but suits us – and the 1 needs to be a workhorse. Why isn't the best Irish striker of all time working with our young players instead of Shamrock Rovers? Arrah, don't ask. It's the FAI; this is just how they roll.

Randolph is a massive loss; he is massively under-rated. Rock solid. Kelliher should be fit and start, Rochdale's Bazuna is too young to make a debut like this. As I say, I'm conservative. Doherty ahead of Coleman for me on the right – I've heard speculation about Coleman being pushed out to midfield, utter nonsense. If that happens, I'm changing channels. Stevens on the right – let's be honest, he's limited but all we have. I'd still go with Duffy in the middle, despite his nightmare time with Celtic. Duffy



*Irish soccer manager Stephen Kenny.*

has never let Ireland down; I'd give him the benefit of the doubt ahead of Clark. Dara O'Shea beside him; I like O'Shea. One of the few players we have who attacks the ball.

Jeff Hendrick is a certain starter in midfield. Unglamorous but effective, a hard worker, and provides cover. He won't make headlines but he also doesn't make mistakes. We need him. I want Josh Cullen beside him – I rate Cullen very highly (apparently much higher than Stephen Kenny does). Cullen went to the continent to develop his football and that's exactly what happened – it's less money than England, but better opportunities. Jason Knight will probably get the nod, though, and Knight looks very overrated to me. Alan Browne gets the nod over Conor Hourihane for me – look, I'm sorry, Hourihane is a great trier, but he isn't able to impose himself at international level. Browne may be raw, but he's game.

Robbie Brady is the conundrum. He isn't a

vague echo of an actual striker and he is completely lost on the wing, but he gets goals, and quite frankly we don't have many options of those. If – and I should probably say when – we spring him from the bench, it'll be a sign of growing desperation.

Up front....oh boy. Look, when supporters are bemoaning the retirement of the limited David McGoldrick, you know times are tough. None of the wunderkind's so proudly trumpeted a year ago as budding superstars have come up trumps – Tottenham Hotspur starlet Troy Parrott scored his first goal in League One last week. I'd start Shane Long – he doesn't score much but he's a handful and he'll make them work. Connolly or O'Dowda to poach and pinch – I'd tell Connolly to take them on every time. Don't worry if you lose possession, attack every time. Callum....you lay it off to Aaron, like a good lad. No offence (he'll go and score now – reverse psychology in action).

I don't know a lot about Serbia, to be honest. Mitrovic has impressed for Fulham, a big target man. Tadic is the main playmaker for Ajax, a controlled passer in the middle. Milenkovic has been scoring for fun with Fiorentina, he sounds like an incredible danger. He's allegedly worth E28 million – we have nothing that comes close. Matic hasn't made the squad; it's an indication of strength in depth. Hard to tell, though, I get the impression that a facile 5-0 win over Russia masked a lot of cracks in Serbia's make-up. Their results over the past two years haven't been great shakes at all. We won't outplay them, but we could wear them down.

Look, we are underdogs here. But so what? We've been underdogs all my life. They are at home, the pressure is on them. Ireland have a free pass here.

Let's face it. If you didn't believe in dreams, you wouldn't be following the Kafkaesque lunacy that is Irish soccer anyway. I say buckle up and let's go ride that rollercoaster.



*Killarney's Killeen Course reached a very respectable 52nd of Ireland's top 100 golf courses. PICTURE: IAN CRONIN*



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

Numbers drawn 10,16,18,24. There was no jackpot winner. Match 3 winners received €25. The next jackpot on Monday March 16 is €5,800. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com.

**KILLARNEY CELTIC GEAR**

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

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

**WELL DONE**

to former player Micheal Devlin who has signed a semi pro contract in Minnesota. Micheal is currently in Georgetown College University.

# NEW **KEEPING KERRY ACTIVE** PROGRAMME LAUNCHED



Ready to lift off. Dan Barry one of hundreds of Kerry children who will benefit from the Keeping Kerry Active Programme.



Sisters Alison, Ella Kate and Sarah Piggott gearing up to try out a long list of innovative activity programmes which will be rolled out by the Keeping Kerry Active Programme.

**K**erry's sports businesses, clubs, and recreational facilities are being invited to register and apply for programme funding support, under the newly launched 'Keeping Kerry Active' programme, which will be rolled out across Kerry. The programme, which is being overseen by the Kerry Recreation and Sports Partnership, is encouraging sports businesses, clubs, and facilities to offer and deliver over the coming months, a range of activities in line with the rolling level of restrictions, for the people of the county, with the support of a new recreational fund.

The Keeping Kerry Active programme, a Keep Well initiative supported by Sport Ireland and Kerry County Council, aims to support the counties sports businesses, clubs and facilities which have been closed and impacted by the COVID-19 pandemic. In turn, the providers present and deliver a 4-hour offering, which can be either a physical activity or a training and education programme, for the public. Individuals can then sign up to the programmes, explore and possibly gain a new experience of a specific sport or physical activity for 4 hours. The offerings can be either online or in person when the restrictions lift.

In turn, these programmes and the services of the providers will be promoted by Kerry Recreation and Sports Partnership and can offer a suite of sport and physical activity programmes for the people of the county. And potentially introduce new clients and members to the county's sports providers. This approach supports KRSP's tagline of getting the active more active, and the less active, active.

'A detailed programme of activities in which people of all ages can take part in will be rolled out in all parts of the county over the next few months. This gives the chance for Kerry people to be more active during the current situation,' said Jimmy Deenihan Chairperson of Kerry Recreation and Sports Partnership.

Successful providers will receive grant support up to €400 for providing a 4-hour innovative programme (4x1 hours or 2x2 hours), which could catch the imagination of participants while offering a fun and inclusive experience. Providers have the choice to apply for multiple offerings, up to a maximum of three, that will be delivered in line with level of Covid-19 restrictions at a point in time.

The Mayor of Kerry, Cllr Patrick Connor-Scarteen encouraged sport business providers, clubs and facility operators to take part in the programme: 'This initiative fits perfectly with the national Keep Well campaign which is designed to support health and wellbeing at this very challenging time. This programme will match the demand for more physical activity with the providers who can offer this kind of activity.'

Donal Barry, Kerry Recreation & Sports Partnership Outreach Programme Facilitator, encouraged all to register for the support through the websites of Kerry Recreation & Sports Partnership or the Kerry County Council.

'KRSP acknowledges that many business, clubs and facilities, are key to the delivery of sport and physical activity opportunities to people of all ages and abilities across Kerry so we will be working closely with them to support a range of activities for everyone,' he said.

More information is available on the websites of the Kerry Recreation and Sports Partnership and Kerry County Council as well as on social media channels.



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# Citizens Information

## KNOW YOUR RIGHTS

### Help when bereaved

**Question:** *I'm looking for some simple information on first steps after a bereavement for my sister who has been widowed. Can you recommend an appropriate resource?*

**Answer:** Bereavement can be overwhelming and your sister may be going through many different emotions. The Citizens Information Board (CIB) has published a booklet that may be of help to your sister at this difficult time.

Bereavement – A practical guide (pdf) answers questions she may have about accessing money, getting help with funeral expenses, dealing with her loved one's estate, and other practical issues she may be worried about. It has information on dealing with the loss of a loved one during COVID-19, as well as contact details for a range of support services available to those who have been bereaved.

You can get the guide online at [citizensinformationboard.ie](http://citizensinformationboard.ie). You can also get a printed copy from your local Citizens Information Centre.

You can get more information about any of the topics covered in the booklet on [citizensinformation.ie](http://citizensinformation.ie). The website has detailed information on practical arrangements after a death, and all of the latest information on death and bereavement during COVID-19.

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

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

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



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## Gardening

with Killarney Outlook

by John O'Sullivan

### CLIMBERS

For colour all year round you can't go wrong with conifers and there are lots of different types to choose from.

When choosing a conifer they are usually classified under four sections. Dwarf which will grow from 1.5ft to 15ft. Medium 12ft to 50ft. Tall- anything over 50ft and finally ground cover or prostrate growing from about 2ft in height to a spread of anything from 2ft to 6ft.

When choosing a dwarf conifer it is very important to remember that it can mean two things. It may describe a slow growing variety which will grow to about 2 to 3 ft after 10 to 12 years or it may mean that it will grow to its maximum height in a quicker time frame.

An ideal dwarf conifer to choose is Juniperus Communis Compressa which will not grow more than 2 to 3 ft which makes it ideal for a rockery.

There is also a big choice when it comes to medium conifers. So remember before you choose find out the mature height and spreads. Medium conifers are ideal for shrub beds as they will give you a good focal point and colour all year round whether it is green, gold or blue-grey.

Tall conifers speak for themselves and are ideal for a large garden. Prostrate conifers are ideal for ground cover but make sure to remember that there are different varieties, dwarf, medium and large. Conifers are also ideal for centre pieces in pots and containers.

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

## The demise of the high stool

By Nicky Barry

*In years to come the high stool, could be an antique,  
 Standing in museums, as something quite unique,  
 And as rare as chamber pots, that nestled under beds,  
 When toilets were all out the back, in corrugated sheds.  
 High stools stood along the bar, like soldiers on parade,  
 Awaiting all the thirsty men, who made up the night trade.  
 Every bar was lined with them, before Covid attacked,  
 And with health restrictions, were all banished out the back.  
 Overnight the Irish pub, became a dangerous place,  
 Where Covid could run rampant, and stool men were displaced.  
 They had to sit at little tables, spaced metres apart,  
 And this drastic measure, broke every pint man's heart.  
 Most ladies sat at tables, happy out and cool,  
 While pint men perched up on their stools, as a general rule.  
 These poor men were not happy, as the craic was not the same,  
 For the banter was diluted, and it was a whole new game.  
 You had to catch a waiter's eye, to order your next pint,  
 And if the bar was busy, this could take half the night.  
 I hope and pray that someday soon, when Covid goes away,  
 The high stool will stand tall again, like back in the day!*

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### AVAILABLE CLASSIFIEDS

ED 13

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**CONTACT: (087)4 586136**

## RECOVERY HAVEN

Recovery Haven Kerry will facilitate a Lymphoedema awareness, information & management talk via Zoom on Wednesday, March 24th from 3-4pm.

University Hospital Kerry physiotherapists Kiera O'Brien and Mary Hickey will host the online talk, explaining what Lymphoedema is and how to manage the condition.

To register for this free event and receive your personal Zoom link, please call Recovery Haven Kerry at 066 7192122 or email reception@recoveryhavenkerry.com



Ireland's oldest Man Michael O'Connor, 107 years, from Muckross, Killarney, received his second dose of the Pfizer/BioNTech vaccine against Covid19. The vaccine was Administered Dr Ken Keohane at Deenagh Torc Medical Practice, Reeks Gateway, Killarney on St Patrick's Day.

PHOTO: VALERIE O'SULLIVAN





## A Word of Victory

Welcome back dear reader we have been looking recently at how to connect with God and how to overcome fear. The result of knowing God and understanding His power and love towards us is that we can live fearlessly – courageously facing and enjoying life, instead of living in dread.

One area that worries many is regarding children – their protection, their future, their friends etc... Psalm 112 talks about the person who trusts in the Lord, and states that because he or she fears the Lord, and lives generously and in accordance to God's Word, there is a blessing that comes upon their children ensuring great success for their future. "Praise the Lord! How joyful are those who fear the Lord and delight in obeying His commands. Their children will be successful everywhere..." (Psalm 112:1-2 NLT)

Our children face all kinds of issues, even more so since covid. They are separated from school friends, their social outings are at a standstill, and there is such pressure on them to perform well on social media. It is not an easy time to grow up. We all need God's wisdom in navigating these days, but so do our children. The greatest heritage a parent can give their offspring is demonstrating their own relationship with God.

In the Scripture above we see that the parent's lifestyle has a consequence that leaves a legacy that will be long felt. This is not a 'for-show' faith that dips in and out of relationship with God in order to fulfil rituals. Many people engage with God like you do at your local take out – 'give me a number 32, an extra side of fries, and hold the sauce.' No! The Lord wants a meaningful relationship - where you come to Him and talk honestly. And He will answer you honestly from His Word! (Mark 16:14-20) God always confirms His Word with signs following and His greatest desire is for us to involve Him in every area of our lives so that we can be blessed. It's not for God's Own sake that He wants us to come to Him – but it is for our sake, so that we can be protected, healed and restored under His plan of Salvation through Jesus His Son.

We can proclaim God's Word and promises over our children's lives and instead of living in fear for their future, we can have peace knowing that God's Word is active upon them. (Isaiah 54:13; Isaiah 49:25; Matthew 11:25-30; Proverbs 22:6)

Pray... Lord Jesus, I dedicate my children to You. I thank You for their lives, and I ask You to draw them unto Yourself, protect them, and fill them with Your Holy Spirit. I proclaim that all my children are taught of You Lord, and great shall be their peace. In Jesus name I bless them, Amen.

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



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

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## Sinner?

John 5:14

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

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

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

We can be found at:

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

John 3:16

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

## In Loving Memory

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**Email: killarney@franciscans.ie**

Card payments  
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## PRAYER TO THE HOLY SPIRIT

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

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

In thanksgiving.

## THE MIRACLE PRAYER

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

Take it dear heart of Jesus and place it within  
your own broken heart where your Father sees it.  
Then in his merciful eyes it will become your  
favour not mine.

Amen.

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

## 20TH ANNIVERSARY

IN LOVING MEMORY OF

## FIONAN SPILLANE



HEADFORD,  
KILLARNEY, CO. KERRY  
WHO SADLY PASSED AWAY ON  
THE 20TH MARCH 2001

*Silent thoughts sincere and true,  
from a family  
who thought the world of you,  
No longer in our lives to share but in  
our hearts you are always there.*

Sadly missed and always  
remembered by your loving family.

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Father sees it.

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

Amen.

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

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