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Alexis O'Mahony pictured with her Mum Theresa and Dad Steve as they pick up the keys to her new transportation from Kevin Donnelly at Killarney Autos.

See Page 4



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EDITOR'S NOTE

Welcome to this week's Killarney Outlook. Spring in the air with lots of little green shoots coming through - definitely a sign of hope. Level 5 restrictions has stopped so much for everyone but we still have lots for you to enjoy this week. The Biddy Group have set up an online fundraiser, a

local lady has issued an appeal to dog owners and firefighter Connie Kelly has retired after 27 years service. In our old photograph section this week we focus on the fantastic photographs of Tommy Regan from Killarney Legion GAA Club, Killarney has welcomed the news that the new Lewis Road

Junction has been given the go ahead and Bus to Belfast is back. As always, the message is the same - stay at home and stay safe. #washyourhands #wearyourmask #protecteachother

Aisling Crosbie,
Editor 086 0400958



IF YOU HAVE A STORY...Contact Aisling on: 086 0400 958 | Email: news@outlookmags.com

IT'S A WHOLE NEW WORLD FOR ALEXIS

Just months after a campaign to raise funds for new transport for little Alexis O'Mahony, was put in place, the family picked up the keys of their new Ford Tourneo Custom at Killarney Autos this week.

Alexis needed the new transport to allow the family to travel together to all medical appointments and general family outings.

A committee of five was organised and included Pam Tracey, David Gerald Fleming, Francis O'Sullivan, Chris & Louise McGillycuddy who set up and managed the fund which was separate to Steve and Teresa, Alexis's parents.

"This was very important to the family and that was where the committee came in", Pam told Killarney Outlook.

"Chris & Louise of the Brand Geeks, recorded and produced the video which launched our campaign instantly via social media & Go Fund Me", Pam added. Businesses, communities, groups & organisations both here and abroad, quickly rallied behind the committee, promoting & fundraising for Alexis's Fund producing the result in such a short space of time. The pandemic didn't hamper motivation to the cause, but only awakened everyone's creative ways to make it possible using the power of social media, video & simply asking one another to help in any way.

We would like to thank all Businesses and everyone who donated money and their time to Let's Help Alexis, who liked,

shared & did features across various mediums both in Kerry, nationally and internationally", Pam said.

Speaking to Killarney Outlook this week, Steve praised everyone who helped the family on their journey to new transport.

"We would sincerely like to thank all the committee for their hard work and everyone who donated to this", Steve said.

We also want to thank Kevin Donnelly in Killarney Autos, not only was his service second to none but his support, knowledge and awareness of our needs surpassed all our expectations. His gentle nudge about the VRT tax increase is exactly the kick we needed to get this across the line", Steve added, as the same bus would have cost and extra €7648 from January 1st due to the new tax increases on diesels.

"This time last year this was a vision, today its a reality, thank you for your shares, likes, donations, help, generous support & encouragement along the way", he said.

"We are absolutely delighted with everything, it opens up a whole new world for Alexis, even locally. It is a very comfortable drive for her with room to change her and power to run her pumps and appliances" Steve said.

While Alexis needs are ongoing and she will need continued support, the biggest hurdle for now has been crossed and it's all down to the generosity of all people in this wonderful community of Killarney, Kerry and abroad.

"I just think the whole thing shows too that despite what's



going on around us there is still a lot of positivity if we only look. Belief is everything regardless of the circumstances presently and where there is a will there's a way", Steve said. We may be in lockdown but the O'Mahony family are full steam ahead in their new life changing wheels.



All Smiles.... Alexis pictured with the keys of the new family Ford Tourneo Custom.

Businesses, Organisations & Local Artisan's that supported Alexis

- Killarney Autos
- Flares Gymnastics school
- The Brand Geeks
- Vodafone /Kerry Phone Centres
- Kerry London Association
- Radio Kerry
- The Little Memory Gallery
- Linda Flanagan Zumba Tralee.
- Natalie Russell Zumba & Friends
- Mary Culloty O'Sullivan
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- Frydman Community America
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- Old Market Flea Scott's lane
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- John Francis O'Mahony
- Molly & Grace Horse shoes.
- Curious Cat Café
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The Biddy Group Appeal

for continued support for Kerry Parents & Friends



The Biddy Group who raise much needed funds for Kerry Parents and Friends every year.

The traditional fundraising event "The Biddy" which raised much needed funds for Kerry Parents and Friends Association (KPFA) every year won't be going ahead this year due to COVID-19 restrictions.

Instead this year the Kerry Parents and Friends Biddy Group have organised a Go Fund Me page to help the service which helps so many families.

"A new initiative 'KPFA at Home' was introduced to the clients throughout Covid 19 and we wish to help with funds to increase and continue building on these essential online training and infrastructure initiatives", The Biddy group said.

"Whiles we are unable to continue our annual tradition known locally as 'The Biddy' in celebration of St. Brigid's Day. We ask everyone to please continue with your generous support this year more than ever.

"We would also appreciate you sharing this link with friends and family who may wish to support. A video is added to this link for everyone to enjoy fun, music and laughter from the Kerry Parents and Friends Biddy Group. Kerry Parents and Friends Association (KPFA) offer a wide variety of services in Kerry for over 300 people with intellectual disabilities. They provide a broad range of support experiences and



operate 30 centres county wide in day, residential, respite, home support and outreach.

With your help the 'Kerry Parents and Friends Association Biddy Group' wish to help raise funds to provide the technology to allow all at Kerry Parents and Friends Association to stay connected and continue building on these essential online training and infrastructure initiatives.

The voluntary group have worked with the Kerry Parents and Friends Association for over 10 years raising funds to help

support their many services.

The group have enjoyed tremendous support and a very warm welcome over the years when visiting homes and events in Munster and would very much appreciate your continued support in this extraordinary year and would welcome any donation you can make for this worthwhile organization.

To donate go to: <https://gofund.me/90fbfd92>

Beannachtai Lá Féile Brides!

LEWIS ROAD JUNCTION GETS THE GO-AHEAD

After a lengthy campaign to improve the Lewis Road Junction the Improvement Scheme got the go ahead this week following the dismissal of proceedings in the High Court this week.

Mayor of Killarney, Brendan Cronin has also welcomed the proposals "I welcome the news that the proposals for the Lewis Rd junction to improve safety can now proceed to the next phase of this scheme. This is a positive step in addressing road safety issues at this dangerous junction", he told Killarney Outlook this week.

The work will incorporate the realignment of the junction with the construction of a new



roundabout and a cycle lane.

Cllr Niall Kelleher has also welcomed the confirmation from Kerry County Council that they

will be proceeding with the next phase of the N22 Lewis Road Improvement Scheme, following the decision of the High court to

dismiss the Judicial Review of the Part 8 decision made in 2019.

Cllr Niall Kelleher, who had previously organised a petition with thousands of signatures demanding action at the dangerous junction, which was hand-delivered to the then Transport Minister, Shane Ross, and the TII welcomed the High Court decision.

"It is hugely positive for Killarney, it will create a much safer environment for everybody using that junction and it's a great day for the town," he said. "This project has the potential to make a huge difference and we all need to get behind it now to bring it to fruition" said Cllr Kelleher.

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PRES GIRLS IMPRESS AT BT YOUNG SCIENTISTS

Third year students at St. Brigid's Presentation Secondary School recently enjoyed a hugely positive experience when they entered the 57th BT Young Scientist and Technology Exhibition.

The awards were held on line this year due to the covid-19 pandemic.

Eilís Mullane and Ali O'Donoghue entered a project called "Vertical Farming - The Future for Healthy Schools" in the Social and Behavioural Sciences category.

"We believe that all homes, schools and hotels across Ireland could introduce Vertical Farming as a way of providing fresh fruit and vegetables. This would reduce the need for importing herbs like basil and parsley and would reduce our carbon footprint" the girls told Killarney Outlook.

"We had three rounds of judging and each interview went well. Our confidence grew with each interview and by the third judge we were more relaxed and able to enjoy the conversation. The judges made us feel relaxed and at ease and we enjoyed explaining our project to each of them, so we were delighted that our project was "Highly Commended", which was a fantastic achievement for us.

The girls teacher and mentor Miriam Malone was delighted with the result. "We are extremely proud of Ali and Eilís here in St. Brigids. In spite of all the obstacles presented to them regarding working together they managed to engage with technology to produce a fantastic piece of



Eilís Mullane and Ali O'Donoghue pictured with their teacher Miriam Malone.

scientific work. I think this is only the start for these two wonderful students", she said. The girls are now looking forward to continuing their research, growing herbs using their two-

tier vertical farming modular provided by Farmory in our school and hope to qualify for the BTYSE in 2022 and get the opportunity to present their project at the RDS in Dublin.

European award for Great Southern Killarney



Ettienne van Vrede and Kamile Lyne, Manager of Great Southern, Killarney

The Great Southern Hotel, Killarney has been named the 2020 Historic Hotels Awards of Excellence Best Historic Hotel in Europe.

Historic Hotels Worldwide is based in Washington DC and comprises of a collection of more than 360 of the most prestigious historic

treasures, including many former castles, chateaus, palaces, academies, haciendas, villas, monasteries, and other historic lodging spanning ten centuries. Historic Hotels Worldwide recognizes authentic cultural treasures that demonstrate exemplary historic

preservation and their inspired architecture, cultural traditions, and authentic cuisine. Having first opened in 1854, Great Southern is described as Killarney's Premier Historic Hotel and has proudly been a member of Historic Hotels Worldwide since 2018.

Lawrence Horwitz, Executive Vice President of Washington DC based Historic Hotels of America and Historic Hotels Worldwide commented on the incredible win saying;

"Congratulations to The Hayfield Family Collection, the Scally family, and the leadership and dedicated employees of the Great Southern Killarney (1854) for winning the 2020 Historic Hotels Awards of Excellence Best Historic Hotel in Europe. We are delighted to recognize this magnificent historic hotel and its historic hoteliers for their dedication, enthusiasm, stewardship, and leadership. We honour the Scally family, who are third generation hoteliers, for their work in preserving and increasing the recognition and celebration of this legendary historic hotel since taking over ownership, and for preserving the Great Southern Killarney as an iconic cultural and heritage treasure for future generations."

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APPEAL FROM HSE MANAGEMENT FOR EVERYONE TO STAY AT HOME

Public Health experts says it's clear the people of Kerry are heeding public health advice and asks them to continue to stay at home. In a joint message, HSE management in the Kerry region are appealing to the public to continue to stay home in order to stop the spread of Covid-19 and ease pressure on the entire health system.

Acting Director of Public Health for the region, Dr Anne Sheahan said that her department can see that the people of Kerry are heeding public health advice to stay at home and to avoid contact with anyone outside their households.



Dr Anne Sheahan.

However, the effort needs to be sustained in order to bring the spread of Covid-19 in the region under control.

"The number of close contacts reported to us by people confirmed to have Covid-19 has dropped from an average of just over six to an average of just over two in more recent days. This shows us that people are really heeding the advice, and we will eventually see the impact of this. We understand that it difficult, but it is the only way to bring Covid-19 rates back to a level which don't threaten to over-whelm the entire



health system," Dr Sheahan said.

Dr Sheahan said that great credit is due to people of all ages who are staying home and keeping their communities safe.

"I want to thank everyone for what they have done and ask them to keep it up. Please stay at home as much as you can," she said.

For those who need to leave their homes, Dr Sheahan asked them to remember two things:

- If you are leaving home for exercise, it must be within 5kms of your home.

- If you are outside, remember to wear a face covering

"Don't presume that the people you meet don't have Covid-19. In fact, the likelihood is that if you are out of your home, you will easily meet someone who have Covid-19 but hasn't yet been diagnosed," she said.

Michael Fitzgerald, Chair of the HSE Area Crisis Management team, said that the health service as a whole is under significant pressure due

to the high number of people with Covid-19 needing care. The HSE area crisis management team meets several times a week to co-ordinate the service's response to the pandemic.

"We are appealing to everyone to continue to stay at home. If you are leaving the house, ask yourself if this is a trip that you really need to make or can it be avoided. Even after the rates of Covid-19 in the region start to drop, we will still be dealing with the impact on the health service for a long time afterwards. We all have a role to play right now in protecting our hospitals, our nursing homes and our healthcare workers," he said.

Mr Fitzgerald said that with roll-out of a vaccination programme underway, there is hope on the horizon.

"The vaccine will help us bring this pandemic under control. But we need to hold firm and hold the line for another while, so that we get everybody safely to a point when it is widely available and taken up and has a chance to be effective."

“Don't presume that the people you meet don't have Covid-19. In fact, the likelihood is that if you are out of your home, you will easily meet someone who has Covid-19 but hasn't yet been diagnosed.” - Dr Anne Sheahan



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New tourism plan for the *Dingle* *Peninsula* launched

A plan which captures the unique themes central to the Dingle Peninsula has been launched this week to help drive and sustain tourism in the Dingle Peninsula.

Entitled the 'Visitor Experience Development Plan' for the Dingle Peninsula' with a corresponding Irish version, the plan aims to create a sustainable tourism destination by extending the tourism season and spreading business across all parts of the Dingle Peninsula over the next five years.

Key stakeholders in the area and the local community were consulted and inputted into the plan including Kerry County Council, Dingle Peninsula Tourism Alliance, Údarás na Gaeltachta, the Office of Public Works (OPW), NEWKD LEADER as well as many local tourism operators.

The focus of the plan, which was developed over the last three years, builds on a number of destination development projects that will bring local experiences to life.

Speaking at the virtual launch of the plan, Miriam Kennedy, Head of the Wild Atlantic Way at Fáilte Ireland, said:

"Our plan, which captures the unique themes central to the Dingle Peninsula, is about looking to the future recovery of tourism and hospitality in the region. While the sector continues to be decimated by the pandemic this Visitor Experience Development Plan will be hugely important as we work towards recovery. It provides a framework for tourism businesses and stakeholders to work in partnership over the next five years to create new and improved existing visitor experiences. Local consultation and input was central to this plan and we kicked off a programme of workshops across the region in early 2018. This collaborative approach gave local stakeholders the opportunity to contribute and shape the visitor experiences that are central to the region. When it is safe to do so this plan will motivate both international and domestic tourists to visit the Dingle Peninsula."

Commenting on the plan, Mark Murphy from Dingle Cookery School/The Little Cheese Shop Dingle and Chairperson of the Dingle Visitor Experience Development Plan, said:

"Building on the success of the Wild Atlantic Way and Dingle Peninsula's global reputation

for stunning landscapes, the Irish language, hospitality and traditional music, this plan will provide local tourism businesses with the tools to develop new experiences and enhance existing ones, while encouraging visitors to stay longer and spend more within the region."

Deirdre de Bhailís from Dingle Creativity and Innovation Hub and Vice-Chairperson of Dingle Visitor Experience Development Plan, added:

"Sustainable initiatives on the Dingle Peninsula have recently been showcased by the UN's Regional Information Centre for Western Europe as an example of how communities can work together to achieve sustainability for the future. The Visitor Experience Development Plan is a key part of this and presents an ideal opportunity to shape a tourism industry that both protects and shares the beauty of Corca Dhuibhne for all to enjoy."

For more information on the Visitor Experience Development Plan for the Dingle Peninsula, visit www.failteireland.ie.

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COUNCIL MATTERS

Municipal District of Killarney held their first meeting of 2021 recently. *Here are some of the matters discussed:*

PARKING ON PAVEMENTS



Cllr Michael Gleeson asked that the Council in conjunction with An Garda Síochána would pursue a high profile campaign of strict enforcement in order to prevent the scourge of vehicles parking on footpaths.

Councillor Gleeson stated that this is a very appropriate time to pursue a zero tolerance campaign as due to Covid restrictions the car parks have ample parking capacity. He stated that parking on footpaths seriously inconveniences persons pushing prams or buggies and is most degrading for people who are visually impaired or who have physical disability. It is most dangerous when wheelchair users are forced to leave the footpath and have to go onto the roadway because their way is impeded by an illegally parked vehicle. It is no longer acceptable for drivers to show such disrespect to others and it is wrong that Councils are expected to regularly, at considerable cost, repair the damage done by such a deplorable parking practice."

PEDESTRIAN CROSSING



Cllr. D. Grady: That Killarney MD would provide a pedestrian crossing adjacent to the grounds of Killarney Athletic FC on the Woodlawn Road. The provision of same had been previously approved but was not provided.

Reply: The provision of a controlled pedestrian crossing of at this location will require a Pedestrian and Vehicle Count Survey to be

carried out in order to determine the feasibility of this proposal. If feasible, the provision of a Section 38 Process. The Killarney M.D. Office will carry out the survey as soon as possible given the current level of Covid Restrictions.

UPDATE ON BYLAWS

Cllr. D. Grady: That an update would be given in relation to the bylaws, especially in relation to works which have been carried out in Killarney recently.

Reply: The works carried out in the town under the Mobility Plan are to facilitate the safe movement of locals and visitors into and around the town. These measures are under constant review and are required, particularly given the current level 5 restrictions in place. The development of a countywide Car Parking Strategy has commenced and was substantially progressed prior to the Covid-19 pandemic. The Strategy will now take account of the measures adopted as part of Municipal District Mobility Plans, such as set-down areas and age friendly parking. It is anticipated that the Strategy will be brought to the Roads, Transportation and Marine SPC for consideration.

RADON GAS KITS



Cllr. D. Grady: That Killarney MD would arrange to distribute radon gas kits to a number of Local Authority homes in different locations in the Killarney MD area, with a view to measuring the radon gas levels and ensuring that they are not above the safe limit.

Reply: The lead agency in Ireland with regard to Radon is the EPA (Environmental Protection Agency). The EPA have identified areas of Ireland as being "High Radon Areas". Currently all parts of the Killarney Municipal District are not identified as High Radon Areas. The Department of Housing, Planning & Local Government have previously funded radon testing in Council houses in Kerry, this funding also provided remedial works if required to the Council stock in the period from 2007 to 2009. Kerry County Council will carry out a small number of Radon tests on newly acquired houses in Killarney MD in the Q1 & Q2 of 2021

PAYMENT FOR STUDENT NURSES



Cllr. D. Grady: That Killarney MD would write to the Minister for Health requesting the immediate introduction of payment to student nurses, once they take up placement duties. If this motion is passed, I ask that it would be circulated to all other Local Authorities requesting their support. **Reply:** This is a matter for consideration by the Members.

PLAQUE OF REMEMBRANCE

Cllr. D. Grady: That Killarney MD would engage with the Diocese in relation to the erection of a plaque at the famine burial ground within Killarney Cathedral Grounds.

Reply: The Municipal District will engage with the Diocese in relation to this request.

SKATE PARK

Cllr. D. Grady: That an update would be provided in relation to the provision of a Skate Park in Killarney, i.e. when will plans be available, etc.

Reply: Proposals have been prepared for a skate park at Killarney Sports & Leisure Centre. It is intended to proceed to Part 8 planning process in Quarter 2. Funding sources are currently being examined.



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Bathrooms 4U announce the creation of **70 new jobs** to support expansion plans

Kerry based bathroom refurbishment business, Bathrooms 4U, has this week announced the creation of 70 new permanent full-time jobs to more than double its workforce over the next three years. The jobs will support the business as it continues to expand out of Munster and into Leinster.

Headquartered in Tralee, Bathrooms 4U fits both commercial and residential bathrooms, offering a turnkey solution. Employing plumbers, fitters and tilers, Bathrooms 4U provides a complete service which removes risk for businesses and homeowners who traditionally have to rely on multiple tradespeople.

The positions to be filled include trade roles as well as Business Development, Sales and eCommerce personnel who will support the business as it develops its online offering. Bathrooms 4U plans to launch its eCommerce website in the coming months.

Alan O'Sullivan, CEO and founder of Bathrooms 4U, said: "We are delighted to announce the creation of these jobs following an amazing year for our business. While our commercial work was naturally impacted by the pandemic, we saw a major boom in residential fittings as people spent more time at home with many having more savings due to a lack of opportunities to spend on things like holidays. Our ambition is to increase our



Alan O'Sullivan, CEO of Bathrooms 4U, with Seamus Scanlon (left), Director, and Alan Kelly (right), Sales Manager.
PICTURE: BATHROOMS 4U

footprint in Leinster in 2021 and move into the UK beyond that; these jobs are a pivotal part of our growth strategy for the next three years." Currently employing 45 staff, Bathrooms 4U has begun a major recruitment campaign. The

business intends to have 30 of the roles filled by the end of March 2021 as it steps up its activity in Leinster.

JYSK ANNOUNCE PLANS TO OPEN TRALEE STORE



JYSK, the Danish home retail brand, has announced plans to open three new stores in Ireland in the first half of 2021, bringing the total number of JYSK stores to 12 by June 2021. New stores will open in May in Tralee and Carlow with a second store opening in Cork at Eastgate Retail Park in Little Island in June. Since JYSK first launched in Ireland in April 2019, the brand has seen great success. Currently employing 112 people in Ireland, the new store openings will generate 40 jobs locally. JYSK (pronounced YOOSK) is well known for high quality, on trend products for the home, from the bedroom to the garden. The brand

has also enjoyed a worldwide reputation for expertise and knowledge in sleeping culture, which continues to this day, meaning it specialises in sleeping products – from mattresses, duvets, and pillows to bed-frames and bases. JYSK's Scandinavian design ethic and stylish approach to interiors has made the brand known and loved across the world. Since the opening its first store in 2019, JYSK has successfully opened nine stores across the country in Dublin, Limerick, Cork, Naas, Sligo, Drogheda, Dundalk, Waterford and Portlaoise.



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Lorge Chocolatier up for National Award

One of Kerry's most impressive businesses, Lorge Chocolatier, has been announced as a finalist for this year's National Enterprise Awards. The awards, an initiative of the Local Enterprise Offices, will take place virtually on the 11th February.

Lorge Chocolatier was selected to represent Local Enterprise Office Kerry at the awards and will compete against 29 other finalists for a prize fund totalling €50,000.

Lorge Chocolatier was founded by Benoit Lorge and supplies a wide range of chocolates and confectionery to gourmet shops, including handmade truffles, bars, nougat and hot chocolate powder. It has two retail stores, one of which incorporates the factory where its beautiful products are made. Beloved at home, it ships confectionery worldwide through its website too www.lorge.ie. The finalists, selected by the Local Enterprise Offices in local authorities, represent a diverse range of businesses that are supported by the LEOs across the country. Now in their 22nd year, the awards celebrate small businesses and includes awards that recognise excellence in exporting, sustainability and innovation along with 8 regional awards and an overall National Enterprise Awards winner.

This year also sees the addition of two new award categories that reflect the challenging business conditions that companies have faced in 2020. The Pivot Award will be presented to a company who has successfully pivoted their business in the face of challenging conditions in the last 12 months. The Brexit Ready Award will be presented to a company who have excelled in their preparation for Brexit particularly where it would have created specific challenges for them as a business.

The National Enterprise Awards are one of a number of initiatives that the Local Enterprise Offices run to foster entrepreneurship across the country. Others include Local Enterprise Week, the Student Enterprise Programme and National Women's Enterprise Day. The Local Enterprise Offices in local authorities are funded by the Government of Ireland through Enterprise Ireland.

For more information see www.LocalEnterprise.ie/awards



Makes 3 Portions

- 1200 ml vegetable stock (I like Marigold Vegetable)
- Swiss Bouillon which is vegan and gluten free)
- 1 Tablespoon Oil (I like to use Irish Rapeseed oil)
- 2 tablespoons Balsamic Vinegar
- 2 tablespoons nutritional yeast
- 1 tablespoon Soya Sauce or Tamari Sauce if gluten free
- 1 teaspoon of fresh thyme (hard stalks removed just leaf part)
- 3 chopped shallots
- 2 cups Mushrooms (I used a combination of Shiitake and Button)
- 100g frozen peas
- 270g Arborio Rice
- Salt and pepper to season
- A spring onion sliced finely for garnish



Method:

Put oil and shallots in pan and fry on medium heat for about 4 minutes. Add the mushrooms, Tamari sauce and Balsamic Vinegar and fry until golden brown. Add thyme, salt / pepper, and Arborio rice and fry for another minute or so while mixing the ingredients in the pan. Start adding your stock a ½ cup at a time let it fully soak up and then add the next half cup and so on.

Towards the end of the stock add in the peas and the nutritional yeast and cook on low for another 10-15 minutes (depending on how soft you like the rice) stirring regularly. (If it becomes too dry simply add a small bit of boiling water). I garnished with a little sliced spring onions which adds a nice fresh flavor. I love this dish as it is such a tasty meal and so easy to make it is also gluten free so suitable for Coeliacs too. Enjoy and if you like my vegan recipes I would love if you would join me

on my [@vegan_shares](https://www.instagram.com/vegan_shares) Instagram account hope to see you there, Sarah





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5.15pm Monday 1st Feb. WWW.MTU.IE

BÓRD NA MÓNA DECISION DISAPPOINTING

One of the largest changes ever to the lifestyles of Irish people was recently announced when Bórd Na Móna advised that they were terminating the production of Peat Briquettes, according to Kerry County Councillor Michael Cahill.

"Most of us grew up saving turf with our parents on the family bog, or purchasing bales of Briquettes from the local shop to burn in the open fire at home" said Councillor Cahill.

"This announcement signals the death knell of a way of life fondly remembered, as efforts are also afoot to ban the cutting of turf from our boglands" stated the Rossbeigh based Councillor.

"Strong environmental arguments have been made supporting this course of action, but it appears the the small and medium sized farmer, along with our working classes, have been forgotten about in this debate" stated the Fianna Fáil Councillor.

"Irish homes down through the years were always heated by turf and briquettes simply because it was affordable for those who used it. Without it's availability, many homes would have gone unheated" said Councillor Cahill.

"It's all very well for the so called "green"



residents of Dublin 4 getting on their high horses about the environment, when they are in a position to afford the most modern of heating and insulation solutions. While they burn oil and gas, they appear exempt from any Carbon Footprint" stated Councillor Cahill. "Before this proposal is moved any further forward, our Government need to put in place a much more comprehensive grant system so that every home can be professionally heated

and insulated to the highest possible standard and allow homeowners the comfort of being able to provide affordable heat for their families" he added.

"We must protect the environment, but we must also protect the people who live within it" stated Councillor Cahill.

GREENS CALL FOR SAFER STREETS

Speed limit bye-laws in Kerry should be fully implement as soon as possible, according Anluan Dunne, chairperson of the Kerry branch of the Green Party.

The speed limit review was finalised in early 2019. However, two years on the bye-laws enacting 30 km/h limits are still not completely enacted in Tralee and Killarney town centres.

"To create safer town centres Kerry County Council took the proactive step of reducing the speed limit to 30 km/h," says Mr. Dunne. "We now need to see the signs go up and road stencilling completed to advise motorists of the lower, safer, speed limit."

Mr Dunne has asked the Gardaí to enforce lower speed limits when resources allowed.

"We need to see high-visibility policing of lower speed limits to tackle anti-social vehicle use and reduce fatalities and make our streets welcoming again," he adds.



At a recent meeting of the Joint Policing Committee, Chief Supt. Eileen Foster said the two most significant issues in the county Kerry division were drug use and roads policing. The Green Party in Kerry has continually advocated for safer streets which provide accessible, efficient, and attractive routes for people walking and cycling. Lower speed limits form a core part of all Safer Streets campaigns.

DEPUTY HEALY RAE ALSO EXPRESSES DISAPPOINTMENT

Deputy Danny Healy Rae has said he is very disappointed about the announcement that Peat Briquettes will no longer be available in 4 years time. As many households used to keep their homes warm by being able to buy and use peat briquettes as they were affordable to them.

"I am also very disappointed with Mr Tony Lowes, who claims to be, friends of the earth, who is gloating today that this is to happen in 4 years time. I can categorically say he is no friend of mine and will be no friend of people who will finish up cold in their homes suffering from fuel poverty as a result of the announcement today", the Deputy said.

SAFETY BARRIERS

Following several motions and representations to Kerry County Council and the T.I.I. Danny Healy Rae and Cllr Maura Healy Rae have expressed their gratitude that safety banners have been erected at a number of places adjacent to Rathmore, Killarney and Farranfore.

At Gortahaneboy East, adjacent to Reens. On the N22 at Rusheenbeg Glenflesk and at Kilknedin Brennan's Glen and at the start of the N23 road between Farranfore to Castleisland Road. We welcome this work to prevent further accidents and fatalities.



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BIG INVESTMENT IN KERRY

under the Outdoor Recreation Infrastructure scheme

An investment of €20,000 has been announced this week to provide walking and cycling trail signage for the Fossa Way, in Killarney.

Minister for Education and Kerry TD Norma Foley welcomed the announcement that a significant level of funding will be made available for nine key tourism projects across Kerry.

The finance is provided under the Outdoor Recreation Infrastructure Scheme which aims to provide assistance for the development, promotion and maintenance of outdoor amenities such as trails, walkways, cycleways and blueways.

The 2020 Outdoor Recreation Infrastructure Scheme, provides individual grants of up to €20,000 for small scale maintenance, promotion and marketing projects.

Minister Foley said: "I am delighted that this funding will help maintain and create recreation and facilities in local Kerry communities which is key to the tourism industry."

"It is vital that we support the development of such projects in 2021 as tourism in the Kerry region was so badly affected by the pandemic and will take some time to recover."

In total nine key tourism projects have been awarded substantial sums under the scheme.

They are:

The mapping, promotion and marketing of trails countywide: €20,000

The development of an accessible for all amenity area in the Pilgrims Route, Glens North, Dingle, Co. Kerry: €20,000



The development of a public amenity space at Tralee Bay Coastal Walkway, Lohercannon, Tralee, Co. Kerry: €20,000

The provision of walking and cycling trail signage Fossa Way, Muckross Road, Killarney, Co. Kerry: €20,000

The erection of picnic set and information signage at Lixnaw Integrated Constructed Wetland, Lixnaw, Co. Kerry: €20,000

Remediation works to prevent further deterioration of the steps at Ballyheigue Beach, Ballyheigue, Co. Kerry: €20,000

Funding for access issues at the entrance and provide interpretative signage at Bonane Heritage Park, Milleens, Bonane PO, Kenmare, Co. Kerry: €20,000

Development works for the cliff walk assessment project, Cliff Road, Ballybunion: €20,000

Development of the Castlequin Loop Walk Trail in Cahersiveen: €16,659.28

Development of the Ballykissane Loop Walk Trail in Killorglin: €15,052.61

Fueled by fire.... driven by courage

Connie retires from the Fire & Rescue Service

This week, after 27 years service to Killarney Fire and Rescue Service, Connie Kelly has retired as Retained Sub Station Officer.

Connie joined the station in 1993 when his father Mossie was working as a fireman there. Connie had the privilege of serving with his dad for the next seven years before Mossie retired in 2000.

"There are so many people I would like to thank for all the support during my time with Killarney Fire and Rescue, but the most important one is my

wife Lucy who was a huge support to me during my 27 years", Connie told Killarney Outlook.

"Along with my children, Stephen, David and Laura, I couldn't have worked with the Fire Fighters along with my job as a postman in An Post without their support", he added.

"I also want to thank all my colleagues in the station - and while I will miss it, I look forward to taking my bike on the road with Lucy and seeing more of the Wild Atlantic Way."



Connie pictured with his medal and trophy which were presented to him on his retirement.



In the line of duty... Connie pictured at work.



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HOW TO recognise the *signs of a scam* and what to do after...



Unfortunately the Covid19 pandemic has given way for an increase in exploitation by opportunistic fraudsters. New circumstances and methods of payments have opened up new avenues for scammers. Some scams, are of course, more obvious than others, but it's the new creative attempts to rob us of our money that we must all be on the lookout for. Fortunately, there is more information and advice to deal with scams than ever before.

The South Munster Citizens Information Service is a regional service providing free, impartial and confidential information, advice and advocacy services to the public on their rights and entitlements through its 18 Citizens Information Centres located throughout Cork and Kerry. The South Munster CIS are knowledgeable experts and can give advice on common consumer problems, which scams would fall into. With fraudulent behaviour at an all-time high,

it's important that we take time to familiarise ourselves with the signs of a scam and how to deal with it.

Some scams, are of course, more obvious than others, but it's the new creative attempts to rob us of our money that we must all be on the lookout for. Phishing is a cyber-crime that uses disguised text messages and email as a weapon. The goal of the scammer is to trick you into believing that the message is something you want or need and is from a source they know or trust. For example, a request from your bank with a click to a link or a downloadable attachment or a notification to pay customs duties on a home delivery.

Speaking about the increase of scamming ploys and what we can do to protect ourselves, Frances Clifford, Kerry Citizens Information Manager said, "There is a big increase in the number of people contacting us about scams. Some can be quite obvious, while others can be very difficult to recognise.

If in doubt, do not open the message or email, click on the link, or engage in any way and don't hesitate to contact the company to verify if the communication or message is real or not. If you have any concerns please contact your local Citizens Information Centre, we remain open and are here to answer any questions you may have."

Scammers are cunning and believe that they are above the law, this is why we must be one step ahead of them at all times and know the signs, and how to protect ourselves from scams. Be very cautious of;

- Unsolicited contact from a company out of the blue
- A deal that seems too good to be true
- You are asked to share personal details
- You are being pressured to respond quickly or transfer money quickly
- You have been asked to pay by an unusual method, for example through a transfer service like Western Union or virtual currency like Bitcoin
- Misspellings or grammatical mistakes
- Unusual email addresses

For anyone needing information, advice or have an advocacy issue, they can call a member of the local Citizens Information team in Kerry on 0761 07 7860, they will be happy to assist and make an appointment if necessary. The offices are staffed from Monday to Friday from 10am to 4pm. Alternatively people can email on tralee@citinfo.ie or log on to www.citizensinformation.ie for further information and contact details.

Surge in postal requests at The Friary

With Level 5 operations in place, the Mass Office at the Franciscan Friary have seen a huge increase in the number of postal requests for Mass Cards and offerings.

The office are receiving requests from all over the country as the the office is closed and dropping in isn't an option.

Anyone who wants a Mass Card sent to them or would like prayers said for a particular intention, they can contact the Friary on 064-6631066 or email killarney@franciscans.ie

The Friary itself is open for Personal Prayer and adoration from 7.45am to 7pm every day with limited numbers allowed and is sanitised daily by local volunteers.

There is also a daily mass at 10am with prayer taking place throughout the day. These can all be viewed on the Killarney Franciscans Facebook page. All videos are available to watch at any time.

The office is open for phone calls daily from Monday to Saturday from 9.30am to 4.00pm.



Br. Pat Lynch, OFM Guardian, Ann Marie O'Leary and Marguerite Herlihy, Friary Office Administrators pictured at the Friary Office.



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DONIE FOR PRESIDENT AS HIS HOMETOWN CHEERS HIM ON

Donie O'Sullivan has been talk of the town since his brave reporting from Capitol Hill last week and this week, on Wednesday 20th January the staff at Devlin's Centra in Cahersiveen, Donie's home town, were cheering for one of their own, Donie O'Sullivan, as he reports from Washington, DC, for the US Presidential Inauguration.



the town of Cahersiveen doing so well. We have been following Donie's journey over in the US and are very proud of his brave reporting over the last couple of weeks. We wanted to have a bit of fun on Inauguration day to show that we are cheering him on back home", Vincent said.

To show their support, the team at Donie's local Centra are proudly wearing a 'Donie for President'

SEARCH TO FIND 2021 TEXACO CHILDREN'S ART COMPETITION WINNERS LAUNCHED

The search to find the young artists who will excel in this year's Texaco Children's Art Competition has begun. Last year, Kerry student, Casey Etherton from Coláiste na Sceilge in Cahirciveen, brought distinction to the county when he was chosen overall winner of the Competition, taking first prize in the senior 16-18 years age category for his artwork entitled 'Kevin In The Pink'. Now in its 67th year, it is widely acknowledged as the longest running arts sponsorship in Ireland. The closing date for entries is Wednesday, 24th March. Judging will take place in April with winners to be announced in May. Details are available through Texaco service stations and online at www.texacochildrensart.com



New Autism-Friendly Communication Board Is The First In Kerry

In their bid to become an Autism Friendly Town, Tralee Municipal District has installed a Communication Board in the playground at Tralee Town Park. The board, which is the first of its kind in Kerry County Council managed playgrounds, will assist those with disabilities to communicate in different ways by pointing to a picture on the board to better convey what they wish to do. The Mayor of Tralee, Cllr Terry O'Brien welcomed the new Communication Board stating that: 'The playground sign is an innovative approach for creating a more inclusive experience for all to enjoy. I also wish to acknowledge the dedication and hard work of Tralee's Autism Friendly Committee in the town's journey to achieve the Autism Friendly Town accreditation.' Aisling Sweeney of the Tralee Autism Friendly Committee said: 'The Committee is delighted with the communication board. We will be moving forward in 2021 with the effort to make Tralee an Autism Friendly Town and hope to have the backing of retail, leisure and hospitality communities as we roll out other initiatives', she said.





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Mark's Black Bean Quesadilla



Mark Doe.

Killarney Chef features on *Operation Transformation 2021*

In this week's Operation Transformation show on RTE 1, Just Cooking owner and chef, Mark Doe was featured cooking a dish for one of the Leaders Andrew Burke Hannon.

"I was delighted to feature a recipe on the show" Mark told Killarney Outlook.

Just Cooking is based in Fries and is run by

husband and wife team Mark and Bernie Doe, both of whom have over 20 years experience in the Food and Hospitality Industry.

Before establishing Just Cooking the couple worked in some of Europe's finest hotels and restaurants before opening their business in 2007.

The Ingredients

½ small red onion
1 small red pepper
1 garlic clove
400g tin black beans (240g drained)
30g Cheddar cheese
2 large wholemeal tortilla wraps
4 tablespoons shop-bought salsa (60g)
1 teaspoon fajita seasoning
1 tablespoon rapeseed oil (15g)
side salad, to serve (see separate recipe)

The Method

Peel the red onion and finely chop. Remove the seeds and core from the pepper and finely dice. Peel and crush the garlic.
Drain the black beans in a sieve and rinse well under cold running water, then tip on to kitchen paper to take away any excess water. Finely grate the cheese on a plate.
Heat a frying pan over a medium heat and add one teaspoon of the oil. Sauté the red onion, pepper, garlic and fajita seasoning for 3-4 minutes until tender and picking up a bit of colour. Stir in the black beans until evenly combined.
Place the tortilla wraps on a chopping board and spread half a tablespoon of the salsa on

one side. Place the black bean mixture on top followed by the grated cheese. Fold over to enclose the filling.

Heat a griddle pan over a medium heat. Add half the remaining oil and then add in one of the quesadillas. Cook for 2-3 minutes on each side until the quesadilla is golden and the filling inside is piping hot. Transfer to a chopping board and use the rest of the oil to cook the other quesadilla.

Cut each black bean quesadilla into three pieces and arrange on plates. Divide the rest of the salsa among two small dipping bowls and place alongside with separate bowls the salad to serve.

CALL FOR GRANT FOR DERELICT PROPERTIES

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

According to Councillor Michael Cahill, the

imposition of levies could be seen as a form of intimidation and would have a negative effect.

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

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

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

light and hope for business projects" said the Rossbeigh based Councillor.

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

"Property owners, whether Private or Corporate, can have a very positive affect on all our lives, by providing locations for services and employment, including social housing which in turn bring spending power in to the local community. We could do with more, not less, of these resources" added Councillor Cahill.



Heartbeat is a voluntary Cardiac Support Group for those with heart disease or who have had a cardiac event or stroke in their lives. It is run by both heart patients and carers, and its objective is to help people to return to living as full a life as possible.

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

Upcoming Topic

STROKES

MONDAY 25th JANUARY

Guest Speaker: Dr. Helena Moore
Consultant Neurologist/Clinical Director
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Remember - *The park is for everyone...*

We are very lucky in Killarney to have the National Park on our doorsteps for us to enjoy and as we are in the throes of our third lockdown it has become more popular than ever for those who live within 5k of it.

However, this week, a reader of Killarney Outlook contacted us with regard to an incident which happened to her on Monday. The lady, who wishes to stay anonymous, is afraid of dogs.

"Not only am I afraid, I am absolutely petrified", she said, and despite the signs at every entrance to the park stating clearly that dogs must be kept on a lead, people are constantly letting their dogs free", she said. "Due to level 5 restrictions I now walk alone, and on Monday morning while in the park there were two ladies with their

3 dogs, 2 of which were not on leads were in the park. I kept walking however two of the dogs came running towards me....I understand they may be friendly and this is just play but for me it's not. "Unfortunately they were not friendly! I was so scared and visibly upset and the women could see this but did nothing. They didn't call the dogs to take them away from me instead left me get more panicked. I was bawling crying and frozen to the ground but they did nothing, I eventually turned around and ran a little trying to catch my breath and also gather myself, as my legs were like jelly, in order to walk home", she added. Unfortunately this lady is now afraid to walk alone in the park during Level 5 Restrictions and has issued a plea to all dog owners in the area. Please keep your dogs on a lead and remember the Park is for everyone.



Castleisland Community College Transition Year Students enter *Design a Home competition*

Past pupil and CEO of Madden and Mangan Construction Ltd, Lee Mangan, visited Transition Year students before the Christmas holidays to go through the optimum build type, with advice on costs/ materials/ alternative building techniques/ building time frames/ advice on everything from foundations/ insulation/ windows and doors/ roofing materials to name but a few of the areas covered in the talk.

All this in preparation for the Transition Year entry into the Construction Industry Federation (CIF) Competition - Design a Home

for everyone challenge. The project is team based and students are asked to design a home that helps solve issues such as the housing crisis and climate change. The task requires students to design the optimum build type to solve our social housing crisis that effects 4,000 homeless children in Ireland as well as people currently in direct provision centers who all need a place to call home- something that we all take for granted. The submitted designs will need to eco-friendly, affordable and suitable for both elderly people and those with physical

disabilities. The project is being undertaken in Construction Studies class under the guidance of Aidan Joy (Woodwork and Construction Studies teacher). Best of luck to the TY's in their endeavours and mile buíochais to Lee for giving so generously of his time! Lee left Castleisland Community College in 1995 and worked his way up in the building industry to become a very well respected builder of quality homes throughout Kerry and Munster. An inspiration to all.



Past pupil and CEO of Madden & Mangan Construction Lee Mangan pictured with the Transition Year students.



Lee Mangan pictured with Lee with Principal Teresa Lonergan.



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A Legion of Memories

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



1. Legion Team that beat Fossa in Fitzgerald Stadium in 1979 in East Kerry Junior League. Front Row, Mike Sayers, Jimmy Reen, Pat Reen, Dan Moynihan, Sean Murphy, Tom Prendergast, Con Carroll, Tomas Lyne, Michael Lyne. Back Row, James O Donoghue, Mike Fleming, Gene Fogarty, Michael Murphy, Sean Brosnan, John Lyne, Michael Moynihan, Pat Moynihan, John Nolan, Pa Doyle, Denis Russell, Seamus O'Neill.



Breda Murphy, Mike Leahy, Tadgh Moriarty, Joan Fogarty at a Legion Social.



Sean O Grady, Con Carroll, Justin Kidney, Brendan Murphy, Larry Fagan at the 1990 Legion Social.



Jackie Lyne, John C Cooper and Johnny Culloty, a trio of Legion and Kerry.



Tommy Regan, Breda Murphy, Padraig Brosnan and Donal O'Meara.



At the launch of the Golden Pages sponsorship of Killarney Legion are Bernie O'Connor, Eamonn O'Sullivan, Sean O'Grady and Eamonn Fitzgerald.



At the 1998 Legion Social.. Weeshie Fogarty, Bridie Costigan, Sean Costigan, Mary Regan, Tommy Regan, Joan Fogarty, Maureen and Gene Fogarty, Breda and Denis Slattery.



At the Kerry All Stars Banquet.. Weeshie Fogarty, Eoin Bomber Liston, Eddie Walsh, Jim Culloty and Mick Galwey.

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*Johnny Culloty
with Brian Morgan
who was a star of
the Down Team in
the 1960s.*



Enjoying the Tea after the Club Mass in Direen.



Happy faces at the Social.



*Celebrating Mrs Kathleen O Mearas 80th Birthday in 1995
Front Row...Sheila O Donoghue, Kathleen O Meara, Helen O Meara (wife of Pat)
Back Row...Catherine O Meara, Pat O Meara, Hugh O Donoghue,
Donal O'Meara, Michael B O'Donoghue, Mary O'Meara.*



*At the 1998 Social...Front Row...Bridie Costigan, Mary Regan,
Johnny Culloty, Joan Fogarty Back row...Tommy Regan, Joan Culloty,
Weeshie Fogarty, Sean Costigan.*



*At the Legion Club Mass 1994...Ned Sullivan, Sean O'Grady,
Pa McGillycuddy, Timmy McGillycuddy.*



*Kerry Star Declan O Sullivan presenting the
Legion girls with their medals after a successful
year. Also in picture Team Mentors Paudie
Breen and Denny Murphy.*

A Legion of Memories





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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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Pat Cronin of Cronin's Restaurant presenting William O Sullivan with a new set of jerseys. Also in photo Jim Carroll, Pat Kissane, Tomas Lyne.



Holding the Legion flag in the St Patricks Day Parade of 1993 is a staunch Legion and Muckcross man, soon to be celebrating a big birthday, Michael Bernard O Donoghue.



Happy faces at the Social.



Award winner at the Legion Social Michael O'Sullivan (centre back row) with Front Row...Ciara O Sullivan, Mary Casey, Joan O'Sullivan, Niamh O'Sullivan. Back row.. Donie O'Leary, Teddy O'Sullivan, Finance McEvoy, Derek O'Sullivan.



Cathal O'Grady, Kitty O'Grady, Seamus O'Neill, James O'Donoghue, Sean O'Grady and Sheila O'Neill.



Sean Culloty testing his kicking skills under the watchful eyes of all who attended the clubs Field Day.



Sean Hegarty, Peter O'Leary, Pat Kissane, Paddy Cronin, John McGillicuddy, Justin Healy and Kevin Griffin all being honoured at the Club Social.



Enjoying the Legion Social are Deirdre Fleming, Mary Counihan, Sean Counihan, Anne Culligan, Joe Howe and Sheila Casey.

A Legion of Memories





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Award winners at the 1997 Social.... Front Row..Con Carroll, Enda Murphy, Ger McGillicuddy Back Row..Pat Kissane, Donal O'Meara, Pat Nagle, Nora Kissane, Michael O'Leary and Dan Moynihan



At the launch of Weeshie Fogarty's book about Dr Eamonn O'Sullivan are Donie Sheahan, Alice and Pat O'Sullivan and Pa O'Brien.



Award Winners at the 1996 Social..Sean O'Grady, John Cronin, Michael O'Leary, Michael Murphy, Dan Moynihan and Michael O'Callaghan.



Sean Costigan, Weeshie Fogarty, Pdraig Brosnan, Teddy O'Sullivan, Sean Murphy and Ian Hallissey at the 1995 Legion Social.



The U12 Legion Team that went through all of 1986 unbeaten capturing East Kerry and County titles with mentors Justin Kidney, Jimmy Murphy, Larry Fagan, Weeshie Fogarty, Tommy Regan, Donie Fleming and Moss Brosnan.

A Legion of Memories





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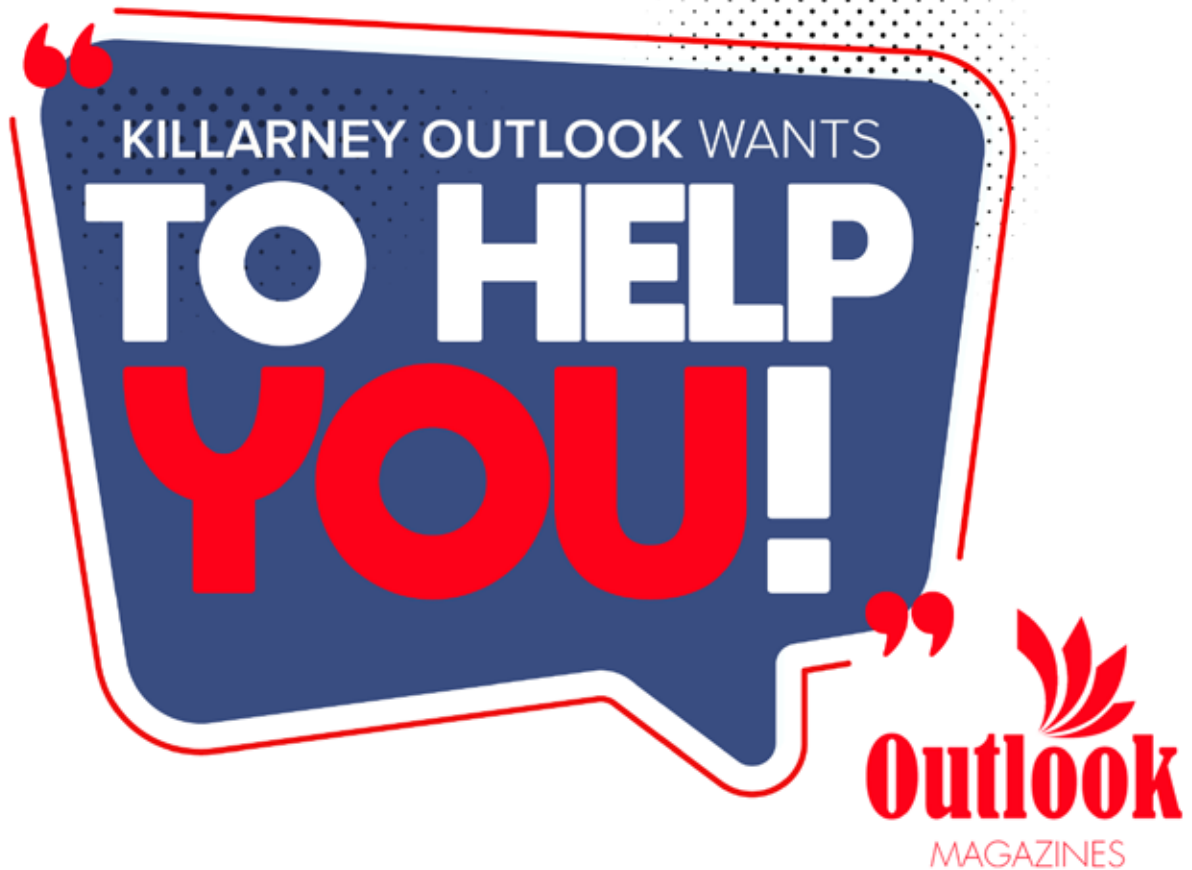
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All-Electric Opel Combo-e Van Delivers Uncompromising E-Mobility

Opel has revealed the first photos of the all-new, 100% electric, Opel Combo-e light commercial vehicle. Joining its Combo petrol and diesel engine siblings, voted International Van of the Year 2019 and Irish Van of the Year 2020, the zero-emission compact van makes no compromises on functionality, comfort or safety.

Boasting a range of up to 275km from a single charge, the new Combo-e offers up to 4.4m³ cargo space and 800kg payload and is available in two lengths. It arrives in Ireland in late 2021. Prices and final equipment will be announced closer to launch. The newest addition to Opel's all-electric LCV portfolio is available in two lengths. The 4.40m long Combo-e, which has a wheelbase of 2,785mm and can carry objects up to 3,090mm long, offers payloads of up to 800kg and cargo volumes of 3.3 to 3.8m³. It has a towing capacity of 750kg, class-leading in its segment. The 4.75m extra-long XL-variant has a wheelbase of 2,975mm and a cargo volume of up to 4.4m³ that can accommodate objects up to 3,440mm in length. Six tie rings on the floor (with the option of

four more at mid-height) help keep everything in its place. Based on the extra-long XL-variant, the crew van version comfortably seats up to four passengers as well as the driver, while cargo or equipment is safely stowed away behind the partition wall. Thanks to a flap in the wall, the transportation of long items is still possible.

The new Combo-e covers up to 275km on a single charge of its 50kWh lithium-ion battery (WLTP2). Depending on the model variant, the Combo-e accelerates from zero to 100 km/h in only 11.2 seconds, while the electronically controlled maximum speed is 130 km/h; the perfect balance for urban and motorway driving. A sophisticated regenerative braking system with two user-selectable settings further increases efficiency. Customers can "refill" the battery to 80 per cent in around 30 minutes at public charging stations. The battery with 216 cells and 18 modules is packaged under the floor, so that it does not compromise usage of the cargo area or passenger compartment. In this location, the battery lowers the centre of gravity as well, which benefits

cornering and wind stability even when fully loaded, while also contributing to increased driving pleasure. Assistance systems available as standard or optional, depending on trim, include driver drowsiness alert, lane keep assist, trailer stability control, traffic sign recognition, forward collision alert with pedestrian protection and automatic emergency braking. Surround Rear Vision helps to prevent accidents with cyclists and pedestrians when making a turn, whilst the Flank Guard alert prevents annoying and costly dents or scratches. Unique in the market segment is the sensor-based load indicator that allows the driver to check, at the touch of a button, that the vehicle is not over-loaded. Professionals who need extra ground clearance and traction in mud, sand or snow can upgrade

the Combo-e with the worksite pack and the IntelliGrip electronic traction control system.

The Multimedia Radio and Multimedia Navi Pro infotainment systems, available as standard or optional depending on trim, come with a large 8.0-inch touchscreen. Both systems feature phone integration via Apple CarPlay and Android Auto.

The new Combo-e will arrive at dealerships this autumn, joining the Vivaro-e as the newest member of Opel's all-electric LCV family. The next new model, the new Movano-e, will also arrive in 2021. This means that the brand's entire light commercial vehicle portfolio will be electric by the end of this year. Opel will offer an electrified version of every passenger car and LCV model by 2024.



*All-Electric Opel Combo-e Van is available at **Ahern's, Castleisland.***

BUS TO BELFAST IS BACK

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



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HOPE.... Spring is in the Air as Jacqui Tangney's dog Hope takes time to smell the new daffodils.

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Complete the **CAO application form** thoroughly as the closing date draws near



By Billy Ryle

Whether the standard Leaving Cert exam or the 'calculated grades' process is provided by the State Examinations Commission (SEC) this year, CAO applicants will still be keen to secure a coveted college place. As the 1st February, the closing day for applying to the CAO draws near, it's due time to make sure that the application form is thoroughly and accurately completed.

Almost all applications to CAO are made via "Apply," the interactive online application facility, which remains open until 1st Feb. on the CAO website, www.cao.ie. "Apply" is user friendly and easy to follow, particularly as CAO provides an 'Interactive Demo' to enable you make a trial application.

Go online at www.cao.ie and click on "Apply" to open your CAO Account. Enter your personal details. Tick the qualifications and assessment section(s) that are relevant to you. Enter your payment option – Credit/Debit card or Fee Payment Form. If you are paying by credit/debit card you will be redirected to a payment screen. Create your own account password. Click on "Proceed with application" to obtain your CAO application number and your application details will appear on screen.

Log into "My Application" by entering your CAO application number, date of birth and password. Provide the additional personal information. If you are applying on the basis of Leaving Cert (1985-2021) results enter the name and address of your second level school(s) and the years attended. If you are a Leaving Cert 2021 candidate tick the box provided. If you have previously sat the Leaving Cert, provide the year(s) in which you sat the exam and your exam number(s).

Add your Level 8 and Level 7/6 course choices by 1st Feb. by clicking on "Add Level 8 course choices" and/or click on "Add Level 7/6 course choices." You may apply for a maximum of ten course choices on each list. List your courses based on genuine order of preference.

If you are a mature applicant, click on 'Mature



Application Form' to update your mature application form.

If you wish to disclose a Disability/Specific Learning Difficulty (SLD) and to apply to the Disability Access Route to Education (DARE) click the "Modify Disability/SLD and DARE Application Status" button and follow the instructions provided. If you wish to apply for the Higher Education Access Route (HEAR), a third level alternative admissions scheme for school leavers from socio-economically disadvantaged backgrounds who are resident in the Republic of Ireland, click the "HEAR Application" button and follow the instructions provided.

If you intend to apply for a college grant, indicate this on your CAO online application form. CAO will then provide your identification, contact and offer/acceptance details to the grant authority, Student Universal Support Ireland (SUSI).

Once you are satisfied with the detail you have submitted, click 'Log Out' to exit. All of your details will then have been submitted to CAO.

Check your course choices immediately via the "My Application" facility to ensure that they are correct. Use the online change courses facility on the CAO website if you need to amend or add courses. This facility is free of charge until 1st Feb. You may also use the online change of course choices facility from 5th February to 1st March (fee €10).

DARE | DISABILITY ACCESS ROUTE TO EDUCATION

"Apply" is user friendly and secure and allows you to submit your application from the privacy of your own home.

CHECKLIST

- ✓ "Apply" is the standard method of applying to CAO
- ✓ The online application is interactive, secure, user friendly and easy to follow
- ✓ Password protect your CAO application
- ✓ Note your 2021 CAO application number as soon as it appears on screen
- ✓ Confirm receipt of your application by the "My Application" facility
- ✓ You may use the online change of course choices facility (free) to 1st Feb (5.15pm)
- ✓ Application for restricted courses must be made by 1st Feb (5.15pm)
- ✓ Restricted courses normally require additional assessment procedures, e.g., portfolio
- ✓ You may use the online change of course choices facility from 5th Feb.(noon) to 1st March (5.15pm, fee €10) to add any restricted courses not already listed or if you're a restricted category applicant (i.e., mature).

Billy Ryle is a Career Guidance Counsellor and Educational Commentator

Email: rylebilly@gmail.com

Tel: 0879808979

Ireland could attract more EU third-level students post-Brexit

Seán Kelly MEP is calling for Irish third level institutions to seize the opportunity posed by the UK's departure from the Erasmus program by increasing efforts to attract EU students to Ireland.

"16,000 EU students participate in an Erasmus in the UK every year. Now that the British are leaving the Erasmus programme, Irish third level institutions have the opportunity to attract some of these numbers. We are now the biggest English speaking Erasmus destination, and we have top quality education to offer across all disciplines", the Ireland South MEP said. Kelly's comments come after UK Prime Minister Boris Johnson's announcement that the UK chose to leave the Erasmus program, despite his assertions in the House of Commons in January 2020 that there was no

likelihood of this happening. About 8,000 EU students already come to Ireland every year through the Erasmus program. UCC and UL are popular choices, and the Tralee campus of the Munster Technological University attracts students not only from the EU, but also from over 140 countries worldwide."

The EU's Erasmus program was first established over 30 years ago to facilitate study exchange programs for higher education students. Since then, over 9 million people have participated, and it has been extended to include apprentices, teachers and youth workers.

"Erasmus is about much more than education in the traditional sense. It helps to broaden the perspectives of participants and boosts employability, especially for those considering a career abroad. It fosters international

relationships and boosts cultural awareness among students", the MEP continued. "Erasmus students also provide a boost to the local economy and to tourism. A Higher Education Authority study from 2016 shows that these students welcome an average of 4.3 visitors each to Ireland while undertaking their studies, usually family members who stay for a full week.

"The young people of the UK voted overwhelmingly to remain in the EU, but will no longer benefit from the brilliant opportunity offered by Erasmus. Thankfully, the Irish government have committed to providing the funding for Northern Irish students to participate in Erasmus post-Brexit," said Kelly, a former secondary school teacher.

2021

FULL-TIME COURSES NOW ENROLLING

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3. We'll be in touch with you regarding an interview or place offer.

Apply early as places on many courses are limited.

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



• Skills to Compete Course

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

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

Employment | Progression | Apprenticeship



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of Further Education & Training



Monavalley
Campus
Tralee

CODE	COURSE TITLE	START DATE	DURATION (WEEKS)
310812	Deciding Your Future, Tralee A great short course to help you re-set and re-start.	11 January	11
304241	Pharmacy Sales Assistant, Tralee Gain the right skillset to seek work in a retail pharmacy environment.	25 January	39
300811	Skills to Compete ECDL - European Computer Driving Licence, Killarney Master your PC skills Internationally recognised qualification.	25 January	13
300820	Digital Marketing and Sales, Tralee An all-new sales focused Digital Marketing training programme.	1 February	50
309768	Healthcare Support (Carers), Tralee Become a qualified carer.	1 February	41
301238	Traditional Stonewall Construction, Tralee Learn the art and craft of traditional stonewall.	22 February	34
307230	Skills to Compete Bus Driving - D Licence, Tralee Achieve D-Licence & CPC Pre-Requisite: D-Licence Learner Permit.	22 March	12
307248	Skills to Compete Digital Photography, Tralee Learn the craft of digital photography.	22 March	14
301684	Skills to Compete Welding Intermediate, Tralee Get EN9606-1 VOB1, EN9609-1 SSP and EN9609-1 ALO1 certified.	29 March	18
300819	Digital Media Production Skills, Tralee • Unique to Kerry College Visual Communications Video Photography.	29 March	53
300821	Marine Engineering, Fenit • Unique to Kerry College Learn about marine craft construction, systems, engineering and maintenance.	19 April	28
300916	Broadcast Production Skills, Tralee • Unique to Kerry College Nationally renowned training programme for crew skills.	26 April	53
307181	Skills to Compete Construction Ground Work Skills, Tralee Develop key construction and groundwork skillsets. Safepass included.	10 May	22
307246	Deciding Your Future, Tralee A great short course to help you re-set and re-start.	17 May	11
307227	Wind Turbine Maintenance Technician, Tralee ONLY ONE IN IRELAND Unique industry-led training programme with 100% job placement.	14 June	39
307229	Skills to Compete Heavy Goods Vehicle - Artic, Tralee Achieve CE-Licence & CPC Pre-Requisite: CE-Licence Learner Permit.	21 June	10
307226	Advanced Outdoor Activity Instructor, Killorglin Designed to up-skill and enhance the employment opportunities for those working or training in the Outdoor Sector.	19 July	47
307225	Outdoor Activity Instructor, Killorglin The ideal starting point for those interested in developing a career in the Outdoor Adventure, Tourism and Education Sector.	26 July	47
309767	Healthcare Support (Carers), Killarney Become a qualified carer.	9 August	42
307205	Skills to Compete Coded Pipe Welding, Tralee Get ASME IX and EN 9606-1 certified.	23 August	25
303566	CAD - Computer Aided Draughting and Design, Tralee This course is for those who wish to pursue careers as CAD Technicians.	30 August	47
307220	Hairdressing, Tralee Ideal for those starting out in hairdressing or who have some basic skills and experience in the industry.	6 September	44

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



Get Super Soft Invigorated Skin



Staying at home is leading to a more sedentary lifestyle and the accumulation of toxins from less physical activity and consumption of more food and drink during lockdown can result in a bloated skin appearance.

Invigorate and detoxify the body with dry body brushing. It is like a mini work out for the skin on the body, increasing blood circulation and assisting with the elimination of waste fluid by enhancing the lymphatic system. This helps to

reduce cellulite, improve digestion, increase energy and firm the skin.

For best results

- Body brush daily using a soft bristle brush for 3-5 minutes.
- Use on dry skin only before your shower.
- Start at the feet, using long firm strokes upwards towards the heart.
- Vary the pressure depending on the sensitivity of your skin.
- Dry body brushing not only improves the appearance of the skin but leaves it feeling soft, smooth and prepared for your body moisturiser.

For seriously soft skin I love, Dermalogica Body Hydrating Cream €35 with orange, lavender and patchouli essential oils along with naturally derived lactic and hydroxy acids to lightly exfoliate and relieve dry skin. This is the perfect daily self-care ritual.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwants.ie

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



B WELL
FITNESS CLUB



Q & A WITH B WELL FITNESS

this week's question is from someone who recently started back jogging having not done so in some time

Question: I am suffering from tight calf muscles and ankle stiffness, what can I do to help relieve the discomfort?

Answer: Starting out one of the most important things to realise is that you are just that – starting out! For first timers it's probably easier as you have no experience to compare to but for someone that is getting back running they have expectations re times, etc but you need to park this at the beginning and allow your body time to get used to the demands being put on it.

Tight calf muscles can impact ankle mobility, so initially we would recommend a combination of foam rolling and stretching to help increase muscle flexibility which will in turn help with ankle mobility. Now we are assuming here that the ankle stiffness as the person called it is due in part to lack of muscle flexibility and not down to an injury – either current or a past injury, so it is important to discuss with your therapist if there is an injury issue and follow their advice.

Foam rolling is not something that should take forever and even spending a couple of minutes rolling out your calf muscles (the back of the lower leg) and the tibialis anterior (at the front and to the side of the shin bone) every day will lead to improvements in muscle flexibility.

What we then need to add to it is some mobility drills for the ankle joint. A simple but effective drill is pretending your big toe is a pencil and write the alphabet with your toe. This drill will get you moving your ankle in all planes of motion and with repeated practice will again help with the stiffness being felt in the ankle.

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



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PAUL REEN *MISCP*

MSC. PHYSIOTHERAPY

Chartered Physiotherapist

Approved by all major Health insurance providers.



JIMMY GALVIN *MISCP*

MSC. PHYSIOTHERAPY

PGdip. EXERCISE AND SPORTS MEDICINE

Chartered Physiotherapist

Approved by all major Health insurance providers.



Astrid Longhurst

Life, Inspiration & Body Confidence Coach/Author

www.astridlonghurst.com

www.instituteforbodyconfidencecoaching.com

Why we need to love ourselves more during the Covid Pandemic

If the Corona Virus has taught us anything, it's how fragile, beautiful and amazing we are. Now more than ever we need to really value and appreciate ourselves and others. This means really taking stock of what matters to you in your life. It means appreciating the little things, whilst realizing they are the big things. It means learning to love your body, because without it, you don't exist. It means never ever giving up and reaching out a helping hand to others along your way. It's up to them if they choose to take it and all you can do is offer it.

This life is not something any of us can take for granted. None of us know if we will be here tomorrow to appreciate another day.

And so, as we move through these

changes in our lives and in our world, let's make a pledge to love ourselves a little bit more and be super kind to others we meet along the way.

I was very taken with some of the words that Pope Francis said in his New Year's homily when he wrote, "You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world."

Our lives truly is the greatest enterprise in the world and the only thing that is required is to live it the best that we can.

Stay well and wonderful!





LIVE
zoom
WORKOUTS




NO EQUIPMENT NEEDED

MONDAY

Full Body Tabata - 10:00am
Duration 45 Minutes

TUESDAY

Ab Blast - 6:00pm
Duration 30 Minutes

THURSDAY

Legs, Bums & Tums - 6:00pm
Duration 45 Minutes

FRIDAY

Full Body HIIT - 10:00am
Duration 45 Minutes

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Aghadoc Physiotherapy Clinic
will be remaining OPEN
over the forthcoming weeks
of level 5 restrictions.

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

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

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

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

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

Aghadoc Physiotherapy Clinic

Darren and Joanne Gaffey MISCP
Chartered Physiotherapists





DR. CROKES

LOTTO

Draw took place on Monday January 18th numbers drawn were 3 16 20 22 JACKPOT €6,500 not won. 6 Patrons matched 3 numbers receive €70. Jackpot for draw on January 25th will be €6,500. We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis's Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below And follow instructions attached

https://play.clubforce.com/play_new.asp#Anchor. 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, AGM will be held on January 19th @ 7.30pm, Covid restrictions require us to have a virtual meeting using Microsoft Teams. All emails to be sent to secretary.drcrokes.kerry@gaa.ie.

LEVEL 5 LOCKDOWN

CLUB SPECIFIC GUIDELINES--

for activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted

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

Club Gyms must remain closed until further notice.

No indoor meetings can be held.

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

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

Commercial use of indoor halls (for example by state bodies – e.g. HSE/Schools is permitted where agreement was in place prior to March and relevant insurance are in place

No outdoor gatherings on GAA property are permitted.

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

SYMPATHY to the Kerins O'Rahillys Club and Foley family on the death of Jimmy a former chairman of Tralee Town Board. Ar dheis de ar anam dilis.

CONGRATULATIONS TO C Team Manager Ciaran and wife Charlene on their recent arrival.

MILLTOWN/CASTLEMAINE CLUB

FUNDRAISING LOTTO JACKPOT €12,600

Our next draw for a jackpot of €12,600 will be on this Friday, January 22nd. If we have no outright winner, a match 3 could see you win or share

€200. Should we not have a match 3, we will have six consolation prizes (2 x €50 plus 4 x €25) on offer. Mile buíochas to all who contribute to our fundraising lotto jackpot. Your support is very much appreciated. Tickets can be purchased at local shops and businesses.

CLUB AGM: FRIDAY FEBRUARY 5TH

The Milltown/Castlemaine GAA Club AGM 2020 will be on Friday 5th February 2021 @ 8.00pm. Unfortunately, in these strange and unpredictable times due to the Covid 19 pandemic, the club cannot hold the AGM in the traditional way. This year it will have to be held on Zoom, as per Croke Park, with only the executive in attendance. Any nominations / motions please forward to the club Secretary – Mike Carroll, Kiltallagh, Castlemaine Co. Kerry or secretary.milltowncastlemaine.kerry@gaa.ie – before 5pm on Friday 22nd Jan 2021. We would ask you, in the interest of everyone, to refrain from sending in any motions for this year. Prior to the AGM, the Chairman's Address, Secretary's & Treasurer's Reports, Nominations, Motions and Ballot Papers (if needed) will be sent out to all full members. Any queries arising from the reports can be forwarded to the Secretary and the club will endeavour to answer them within five working days after the AGM. If there are any club members in your household, please share this information with them. Any queries, please contact our club secretary, Mike Carroll on 087/2256548.

GYM/PITCH CLOSURE

No Entry/No Exceptions

Given the current exceptional rise in infection rates of Covid 19 and the increased risk of community transmission, our government and Croke Park have directed that club pitches and gyms must stay closed until further notice. Under the current Government Regulations, neither training nor games are permitted at club level. We are appealing to everyone to please adhere to this ruling and not to enter the grounds until you are allowed to do so.

ENTER THE 2021 NATIONAL GAA CLUB

DRAW ONLINE: <https://www.idonate.ie/raffle/Milltown-Castlemaine-Draw>.

Around this time of year, we would generally be out and about selling tickets for the National GAA Club Draw, with the club here in Milltown/Castlemaine receiving the full proceeds of each ticket sold. With fundraising events curtailed due to Covid-19 restrictions, money raised will help with the day to day running of our club as well as assisting in financing other elements of our 'Field Development Project' including our Community Walking Track around the perimeter of the grounds.

There are some fantastic prizes up for grabs including a Renault Clio Car, an All-Ireland Final Package incorporating two Premium All Ireland Final tickets and a two night stay in the Croke Park Hotel and a variety of cash prizes up to €2,000.

To keep in line with guidelines to help reduce the transmission of Covid-19, in particular our contacts with people, we are making the tickets available online. Tickets can be purchased by clicking on the following link <https://www.idonate.ie/raffle/Milltown-Castlemaine-Draw> at a cost of €10 each. The draw will take place on

Wednesday, March 10th, 2021. We would like to thank you in advance for your valued support.

KEEL GAA CLUB

AGM

Keel GAA Club will hold its AGM virtually on Microsoft Teams on the 19th of February next at 8pm. If you would like to be part of the meeting please send your email address to secretary.keel.kerry@gaa.ie. All officers are outgoing. Nomination papers can be obtained from the secretary. Nominations and motions must be received to the secretary by 5pm on the 28th of Jan.

EVERY STEP COUNTS

1,000km of our 4,000kms completed! Thank you to everyone who has signed up to take part in the challenge. We now have 32 people involved and over 1,200kms completed. You can still join! The more people we have participating the easier it will be to reach the target and fingers crossed, be in with the chance of winning a prize for the club. Follow these steps to get involved: 1. Download the MyLife app from the App store or Google Play store 2. Register your details 3. Tap on the social tab on the MyLife app 4. Select challenges 5. Select the challenge for Munster 6. Tap on join & select Keel GAA. We will have updates on our social media throughout the challenge. All details can be found on our Facebook and Twitter pages.

MKL GAELS

MKL Gaels are raising money for Tír na nÓg Orphanage by walking/running the 10,489km between Kerry and Tír na nÓg orphanage in Boma Ng'ombe, Tanzania. The target is to do this by 31st January 2021. Tír na nÓg was created by Tralee lady Louise Quill to alleviate the suffering of the Tanzanian children and provide a home where they would be nurtured in a loving, safe environment. They have already reached Algeria and raised over €1,200 for Tír na nÓg Orphanage. Keith McGuigan is posting daily updates over on the MKL Gaels Facebook and Twitter pages. They need all the help they can get, and you can do the following to support: 1. Donating kilometres you have walked or ran each day or an accumulation of days by messaging the MKL Gaels LGFA Facebook or Twitter page or you can post on their Facebook or Twitter page. 2. Donate to their fundraiser which is on the Keel GAA and MKL Gaels Facebook and Twitter pages. Best of luck to everyone involved.

WALKING TRACK

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



EAST KERRY GAA NEWS

By Michael O'Mahony

EAST KERRY A.G.M.

will take place on this Friday 22nd of January at 7.30p.m, way. Due to the current restrictions this year's AGM will be held online.

CONDOLENCES

to following families

Patrick Paddy O'Sullivan (Farmer) London & Killarney brother of Andy O'Sullivan former Treasurer of East Kerry GAA Board

Kathleen Doolan RIP killcummin

Jimmy Foley RIP Tralee

May they all rest in peace

CONGRATS

to David Clifford on his PwC GAA All Star nomination for 2020

The All-Star awards will be presented at an appropriate TV ceremony in February.

EAST KERRY AGM

East Kerry GAA Annual Convention 2020.

will take place on Friday 22nd of January at 7.30p.m, Due to the current restrictions this year's Convention will be held online. wishing to join meeting to send email to secretary so they can get the link. (secretary.east.kerry@gaa.ie).

LEGION GAA

COVID 19

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

DEEPEST SYMPATHIES

The Legion Club extend its deepest sympathies to the Howe Family on the sad passing of their mother Diane. The Howe family have been involved in the legion club for many years. RIP.

LEGION LOTTO RESULTS

11-16-18-24 Bonus 7

Match 3's - Rena Long, c/o Pat Moynihan

Billy Doyle, Woodlawn

Dermot O'Connor, 47 O Kelly's Villas

Ryan Ferris, Wayside

Dj O Riordan, FairHill

Jackpot €6,300 plus bonus €10,000, draw

next Sunday 24th. Play online or buy a ticket

at the Reeks, Centra Sheehans, Hegarty's,

Ulster Bank, Healy's Newsagents or 4star Pizza.

BALLYHAR-FIRIES GAA

LOTTO

Lotto results from Monday 18th January

Numbers drawn: 5, 7, 14, 17

No jackpot winner

5x€30

Denise O Sullivan, Gearha

Jerome Crowley, Farranfore

Donal Groves, Rusheen

Olivia Butler, c/o Bridie

Sean Brosnan, Port Rd, Killarney

The next draw takes place on Monday 25th for a Jackpot of €4,700.

Congrats to all our winners

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.

AGM

The Annual General Meeting of Furies Football, Hurling and Ladies Club which will take place on Friday 29th January 2021 @7:30pm via an Online Platform. Further details will be emailed to all 2020 Club Members in the coming days and details will also be available on our social media outlets. If you have not received any information re the upcoming AGM please contact the Club secretary Kevin Cronin via email secretary.furies.kerry@gaa.ie or by phone 0872998231.

OUTLOOK SPORTS

MUCKROSS ROWING CLUB

LEVEL 5

The current Level 5 public health restrictions introduced before New Years are to be reviewed before the end of January. However, based on the current incidence of the virus nationally, it is not expected that there will be any significant relaxation of the lockdown measures in place as we approach the month of February.

SYMPATHY

The club extends its deepest sympathies to the O'Donoghue family on the passing of Michael O'Donoghue, late of Gortugallane. Our thoughts and prayers are with Michael's wife Cecily, sons Stephen, Paul, David and Michael, sisters Sr. Rose, Eileen, Mary and Kathleen, grandchildren and extended family. He will be very sadly missed by all those who knew him in the Muckross community and beyond. Ar dheis Dé go raibh a anam uasal.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 15/01/2021, numbers drawn were 2, 7, 22 & 29. Sellers prize winner Mairead Carmody. €50 y/t prize to Dan Joe McGillicuddy Tournonaugh, €50 to Eileen O' Donovan Tureenacahill, €40 each to Denise Horgan Bridge Bar, Shelia O' Donoghue Taur & Mariv Kaczopowski Killarney. Bonus not won numbers drawn were 3, 5, 12 & 16. Next week's jackpot €15,800 plus €1,000 bonus.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 16,18,21,27. There was no jackpot winner. Lucky Dip winners received €50. The next jackpot is €16,000. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com.

KILLARNEY CELTIC GEAR

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

LEVEL 5

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

CONGRATULATIONS

to Micheal Devlin who has been named as captain for Georgetown University for the 2021 season.

CONDOLENCES

Killarney Celtic extends its deepest sympathies to the Devine family, the MacCurtain family and the Howe family following recent bereavements.

HEARTBEAT MEETING

HeartBeat presents a night with Neurologist Dr. Helena Moore on Monday January 25th at 8pm. Dr. Moore will talk about Stroke avoidance - Stroke treatment - Stroke after-care. Dr. Helena will answer your questions and bring clarity to procedures

and field worries people may have in this area. Access to this meeting can be had by texting for the codes beforehand to 085 1773 910 or emailing heartbeatkillarneykerry@gmail.com.



HeartBeat
KILLARNEY KERRY
CARDIAC SUPPORT GROUP

KILCUMMIN NEWS

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

SYMPATHY

Sympathy is extended to the family of the late Kathleen Doolan, Ballinamanagh who died recently. May she rest in peace.

COOLICK NATIONAL SCHOOL

Coolick National School is currently enrolling for September 2021. Please contact the school at coolickns@gmail.com or 0669764549 for an enrolment application form.

COOLICK PRE-SCHOOL

Coolick Pre-school is now enrolling for September 2021. Morning Session 9.00-12.00 (limited availability) and Afternoon Session 12.30 -3.30. For further information please contact Ciara Moynihan on 0871181993 or 0669764549

DIOCESAN YOUTH AND YOUNG ADULT PROJECT

Diocesan Youth and Young Adult Project "Instagram Youth Project" Let Us Dream, The Path to a Better Future. Pope Francis invites us to dream of the future and to see, to choose and to act to create a better future for all. What kind of future do you hope for and how will it be achieved? Share your ideas through one of the following categories: Art, Photography, Poetry or Video (up to 1min) All entries can be submitted directly to Instagram @youthDoK or by email to desbailey@dioceseofkerry.ie up to 24th January 2021. Participants must be between 16 and 30 years old. The entries will be posted on the diocesan Instagram page and on www.dioceseofkerry.ie during the week of the diocesan mission. Prizes for best entry in each category. Please contact Des Bailey Ph. 086 736 4605 for more details.

KILCUMMIN GAA**SYMPATHY**

Kilcummin GAA wish to express sympathy to the

family of Kathleen Doolan who died recently. Kathleen competed with Kilcummin in Scor competitions winning East Kerry titles in Set Dancing and Figure Dancing. May she rest in peace.

KILCUMMIN HEALTH AND WELL-BEING

A chance for us all in the club to win O Neill vouchers up to the value of € 2500. Any club that can collectively track 4000 KM will be entered in the draw. 1 Download the free MyLife app. 2 tap on social tab. 3 select , Challenges, Munster and Kilcummin GAA.

GAA DEVELOPMENT

Despite the inactivity in GAA clubs at present our Development is nearing completion and once construction returns we will be close to finalising the project. This will be a wonderful facility and living proof of the community spirit and goodwill of the people of Kilcummin.

KERRY ETB COMMUNITY EDUCATION PROGRAMME

COVID-19 has had a huge impact on communities throughout Kerry. The Kerry ETB Community Education Programme has responded by making a number of courses available online. Kerry ETB understands that not everyone is confident in accessing courses online, but we are available to support individuals to do so. While nothing can replace the learning and social interactions that occur when we meet face to face, we are mindful that people may become disconnected if we do not respond. Therefore, our tutors are available to deliver courses and provide a platform to keep communities connected. Courses are aimed at adults in Kerry who are living alone, adults who have underlining health issues that have resulted in them cocooning and adults who are caring for

a vulnerable adult or child. All courses are free of charge to these groups. Register your interest on www.fetchcourses.ie using relevant course codes on the notice in the Church porch or by contact John on 086-1279381.

'THE KINGDOM CONNECTS'

Kerry ETB are also taking names of those who wish to learn to use their smartphone, tablet or other portable device for the purpose of staying connected with family and friends. This course will be delivered by our team of ICT tutors who have many years of experience working with people who are not confident around technology! We aim to get adults, particularly those living alone, to develop new skills to ensure we reduce social exclusion at this time. For further information please email Michelle Anne mhoulihan@kerryetb.ie | 087 2486070 or Tracy tcorridon@kerryetb.ie | 086 0753059

HEALTHCARE STAFF REQUIRED

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

FOSSA NEWS

Written by: Shane Kelly

COVID-19**CLUB SPECIFIC GUIDELINES**

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

LOTTO

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

Retirements:

Congratulations to Brian Kelly, Jonathon Lyne and Shane Enright who have all announced their retirement from the Kerry Team. All 3 players showed huge commitment and dedication to the Green and Gold Jersey over

the years. All in Fossa GAA wish them well in their next chapter.

CONDOLENCES

The club would like to pass on our condolences to the families of Danny O'Carroll Crohane, Tony Devine Knockasarnett and Brendan Sweeney of Beaufort brother of our President Pat. May they rest in peace.

BEAUFORT NEWS

Written by Cliona Coffey

SPORTS PREDICTION QUIZ

Our 2021 Sports Prediction Quiz is now open for entries. The entrant is asked to predict the result of 30 sporting events of 2021. It will be one of our main fundraisers for Club development this year and we are appealing for your support. Entry forms can be got from usual sellers and online at www.beaufortgaa.com or the Club facebook page. Entry is €20 or 3 entries for €50. Syndicate entries welcome. The closing date is 14th February 2021.

FACILITIES DURING LOCKDOWN

The Club gym is closed for now. The walking track is open during daylight hours. Please walk with your own family members and observe social distancing. Ireland Lights Up has been postponed to early February 2021. If anybody need a helping hand to collect shopping or with any other errands, please contact Mary Jo at 086 3779702.

SYMPATHY

Beaufort GAA Club wishes to extend our deepest sympathy to Simon, Patricia and Diarmuid O'Sullivan on the death of Jamie. Jamie was a great supporter of Beaufort GAA and will be sadly missed by his many friends throughout the club. Jamie was wonderful character and always had a smile on his face. Ar Dheis Dé go raibh a anam dílis

RATHMORE | GNEEVEGUILLA NEWS

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

**RATHMORE PARISH
COVID-19 - UPDATE**

The new Covid regulations took effect on December 31st, 2020 and remain in place until January 31st, 2021. These regulations have the following implications for religious services, funerals, and weddings.

Public worship may take place only online or through the use of remote means.

Funerals are restricted to no more than 10 people, excluding the priest. Guards of Honour should not form or congregate on church grounds. Weddings are restricted to no more than 6 people, excluding the priest and also excluding the couple getting married. Baptisms: Save for cases of emergency, baptisms are postponed until further notice.

Church Opening: Churches remain open for private worship.

House visits/First Friday visits should not take place save for cases of emergency or where it is necessary to minister to the sick or dying.

CHURCHES

All those attending church for private worship or for the purposes of cleaning the church must wear face masks or face coverings.

Parish Offices are to remain closed to the public. Any query please phone, leave a message and we will get back to you. There will be no collection service for mass cards. Mass cards can be ordered by telephone to the Parish Office (064) 7761669 or email : rathmore@dioceseofkerry.ie and we will then send out in the post

SYMPATHY

To Joan, Maura, Denis, Tim & Eilis Twomey Inches on the death of their mother Mary Twomey, whose funeral took place recently. To Mary O'Connell, Clairwood Rathmore/ & her daughters Catherine & Theresa, son John & their families on the death of Tom O'Connell whose funeral took place in Rathmore. May Mary & Tom rest in peace

THE DIOCESAN MISSION

begins next Sunday January 24th and runs to Friday 29th January. The Mission, Be Christ's Joy, offers an opportunity for people to gather in reflection and in prayer, online and in the home. We invite you to REGISTER HERE on the Diocesan Website: www.dioceseofkerry.ie, for the Mission and to please encourage others to do the same. On registration you will get an email each morning of the Mission offering links to all the daily Mission Activities. The Mission booklet is available in (your church give details) and online on the diocesan website - www.dioceseofkerry.ie.

**DIOCESAN YOUTH AND YOUNG
ADULT PROJECT**

Instagram Youth Project "Let Us Dream, The Path to a Better Future". Share your ideas through one of the following categories: Art, Photography, Poetry or Video (up to 1min)

All entries can be submitted directly to Instagram @youthDoK or by email to desbailey@dioceseofkerry.ie up to 24th January 2021. Participants must be between 16 and 30 years old. The entries will be posted on the diocesan Instagram page and on www.dioceseofkerry.ie during the week of the diocesan mission. Prizes for best entry in each category. Please contact Des Bailey Ph. 086 736 4605 for more details.

BUSINESSES OPEN IN RATHMORE PARISH

Rathmore
McCarthy's Londis,
O'Keeffe's Food & Filling Station,
Reens' Pharmacy,
Christy's Take Away
McCarthy's Butchers,
Rathmore District Credit Union,
Blaze Pizza & Grill,
Hickey's Centra & Filling Station,
Kerry Agri Store Rathmore,
Rathmore Post Office
Linda's Restaurant Open for take away only
Friday-sunday 10-6
O'Keeffe's Hardware & O'Keeffe's Oils

Sapphire Sign

Washbasket Dry Cleaners & Laundry
Guerins' Foodstore Filling Station, Ballydaly Cross

Gneeveguilla

McCarthy's Quick Pick,
Paddy O'Keeffe's General Store
Knocknagree
King Plaza Take Away

**GNEEVEGUILLA COMMUNITY DEPARTMENT
ASSOCIATION & BASKETBALL CLUB**

had our weekly draw for our Share the Bucket on Friday evening 15/01/21.

The Jackpot was Congratulations to Kevin Moynihan the winner of €309. This week's jackpot Guaranteed winner every week, go to our Facebook page to find out how and where you can play.

REMEMBER if YOU are not in you can't win

<https://www.facebook.com/gneeveguilla>
a/Draw takes place every Friday eve @8:30 pm on Facebook live

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

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

HELPFUL CONTACT NUMBERS:

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

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

OUTLOOK GOLF

**DEERPARK PITCH
& PUTT CLUB****LEVEL 5**

Course is closed to play until January 31st at the earliest with the latest Public Health Restrictions. Pitch & Putt Ireland have informed us that the need for the holding of AGM's is postponed for the time being and will be assessed at a later date.

U16 MATCHPLAY

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





JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

DAVID CLIFFORD NOMINATED FOR ALL STAR

Kerry, who went through the National League with just one defeat, and lifted the title after a very comprehensive display against an admittedly very weakened Donegal side, have just one nomination for a Football All Star this year, with David Clifford one of three choices for the left corner forward position. The Championship, of course, did not go our way

The circumstances are similar to 2012, which is the last time that Kerry only had one All Star nomination, and he happened to play in the exact same position as David. On that occasion, however, it was Cork's Colm O'Neill (they had beaten Kerry in the Munster semi-final) who won the All Star at right corner forward.

His nomination, considering that Kerry departed the championship after one dismal outing against Cork, has generated a fair amount of debate. To be honest, I've believed for a long time that the All Stars try to embrace at least one controversy, and people have latched onto this one at the moment. Personally, I really think that a player's performance over the full year, including for club, is what should be considered when the All Star team is selected, and David meets those criteria quite comfortably. I have also felt that the latter games of the championship have too much bearing on the selection, with good players from weaker counties go unrecognised – this year, of course, Dublin were head and shoulders above any competitors.



All Star Nominations

Goalkeepers: David Clarke (Mayo), Stephen Cluxton (Dublin), Raymond Galligan (Cavan)

Defenders: Davy Byrne, Michael Fitzsimons, Eoin Murchan, John Small, Robbie McDaid (all Dublin), Oisín Mullin, Eoghan McLaughlin, Lee Keegan, Chris Barrett, Patrick Durcan (all Mayo), Ciarán Brady, Padraig Faulkner, Gerry Smith

(all Cavan), Kevin Fahy, Bill Maher (Tipperary), Iain Corbett (Limerick), Aidan Forker (Armagh), Peadar Mogan (Donegal).

Midfielders: James McCarthy (Dublin), Brian Fenton (Dublin), Colin O'Riordan (Tipperary), Gearóid McKiernan (Cavan), Matthew Ruane (Mayo), Ian Maguire (Cork)

Forwards: Niall Scully, Con O'Callaghan, Ciarán

Kilkenny, Dean Rock, Seán Bugler (all Dublin) Cillian O'Connor, Kevin McLoughlin, Ryan O'Donoghue, Aidan O'Shea, Tommy Conroy (all Mayo), Martin Reilly, Thomas Galligan (Cavan), Shane Walsh, Paul Conroy (Galway), Michael Langan, Ciarán Thompson (Donegal), Conor Sweeney (Tipperary), David Clifford (Kerry)

FOOTBALLER OF THE YEAR

Dublin's midfielder Brian Fenton and forward Ciaran Kilkenny are joined by Mayo forward Cillian O'Connor in the nominations for the Footballer of the Year Award. This one is a bit different, in that the award is voted on by other players. In fairness, how Brian Fenton (or Stephen Cluxton) have never won it before is a bit amazing, but I suspect that's because Dublin's dominance has meant that they have had more than one nominee a year in recent times, it might actually split the Dublin vote.

In actual fact, I do feel that Ciaran O'Connor was the best footballer this year and clocked up amazing totals. Moreover, he also did it on a National League team who were well

off the pace. It may be unfair on the Dublin lads and impossible to quantify, but the fact is that, while both were awesome this year, the fact is that their team dominated the competition so completely that any Dublin footballer is going to look good. It's always harder to impress when you are on the losing side – do any of ye remember the days when John Galvin of Limerick or Declan Browne of Tipperary would terrify Kerry almost on their own. Declan did win an All Star; I still maintain that John should have. Cillian, the all-time top championship scorer, had to do it with a lot less help than Fenton or Kilkenny. Let me make it clear, if I was picking Footballer of the Decade, Brian Fenton would only just come behind his goalkeeping team-mate for my vote, but this year in particular Cillian O'Connor was incandescent.

YOUNG FOOTBALLER OF THE YEAR

Three nominations, all from Mayo. Oisín Mullin, Eoghan McLaughlin, and Tommy Conroy. For me, it has to be Mullin, he was a revelation.

HURLING ALL STARS

Limerick won the All Ireland and practically made it look easy, such was their form this year. That, of course, has generated a few conversations about the finances of the team (J.P. McManus generously sponsors the team) and whether that financial security will bankroll them to the same kind of dominance that Dublin footballers have enjoyed in the last decade. Certainly, the



Luke Shaw played well on the day.

Fagan (all Waterford), Brian Concannon, Joe Canning, Conor Whelan, Cathal Mannion (all Galway), TJ Reid, John Donnelly (Kilkenny), Donal Burke (Dublin), Cathal Malone (Clare), Shane Kingston (Cork)

Hurler of the Year

The nominees are Gearoid Hegarty (Limerick), Tony Kelly (Clare), and Stephen Bennett (Waterford). I think the choice of Hegarty will be practically unanimous – his long range shooting off the cuff in particular was a real joy to watch.

Young Hurler of the Year

The nominees are Jake Morris (Tipperary), Eoin Cody (Kilkenny) and Iarlath Daly (Waterford)

LGFA

Waterford have been contenders without being winners for quite a while now, and have broken new ground both literally and metaphorically recently with the announcement of the development of their own pitch and training complex outside Dungarvan, just off the Waterford Greenway – a brilliant location. They will be the first county to own their facilities – Armagh will be following suit with their own ground at Killeen.

SOCCER

It was billed as the game of the year. Liverpool and Man United has very often been a game to savour, and it has been rare enough that they have been top and second in the table. So, naturally, I was looking forward to it. And my impression after 92 minutes was “well, that’s time out of my life that I won’t get back again”.

In all honesty, that game was very dull and lacklustre. There were chances and there was a lot of effort, but no sparkle. I think the both managers were more afraid of a defeat than they were eager for a victory, especially (quite understandable considering that his job was hanging by a thread until their recent good run) Ole Gunnar Solkjaer. None of the forwards looked like scoring – there were chances, but none of them were convincing and a lot of players had an off day. Two who stood out for me were Shaw (after what I felt was a shaky enough start) and Thiago.

The truth is that this Premiership season has been poor overall – again, fully understandable. All of the top teams have dropped some unexpected points and there is general acceptance that no team is likely to accumulate over ninety points.

However, the silver lining there is that where there have been obvious winners from a long way out in recent years, the second half of the season could very well go all the way down to the wire. The top five teams (at time of writing) are separated by just five points. City would be most people’s favourites at this stage (they have a game in hand and in



UFC 257 takes place this weekend in Abu Dhabi, and the main event features Conor McGregor up against Dustin Poirier.

serious good form. Leicester, who pulled off the most amazing Premiership title of them all, are still in with a chance of repeating that feat. The Son and Kane combination for Spurs is phenomenal this year. Arsenal are virtually definitely out of contention after a disastrous start but look to be coming good and have entered the top half of the table, they could battle their way to a European place yet.

The bottom of the table is a lot more straightforward. Sheffield United, West Brom (who in fairness have a bit of grit about them) and Fulham (with a game in hand but need to win it) all look destined for the drop. Brighton and Burnley could get sucked in yet.

MMA

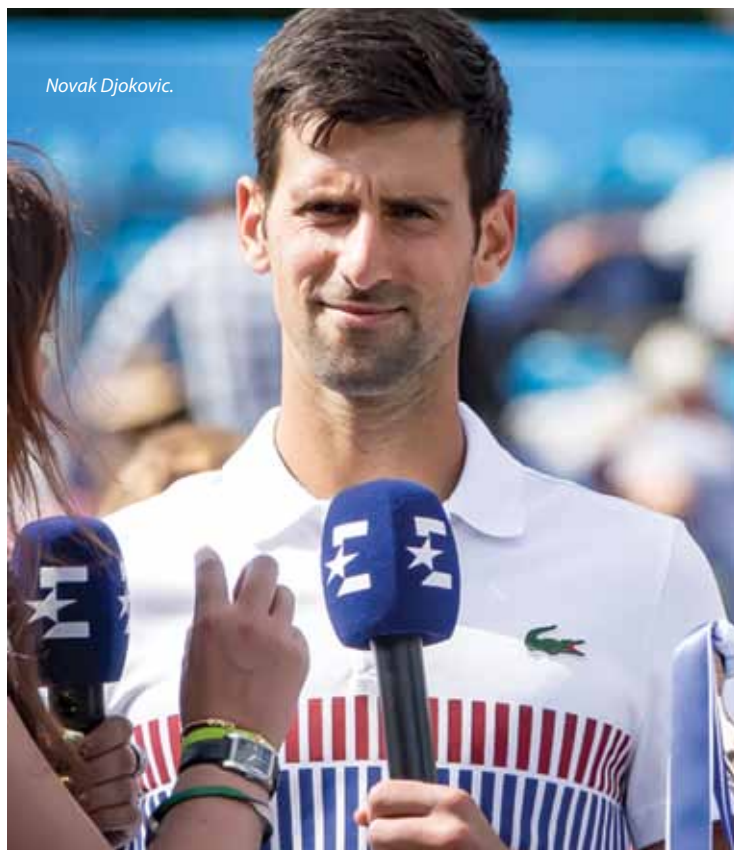
UFC 257 takes place this weekend in Abu Dhabi, and the main event features Conor McGregor up against Dustin Poirier. Frankly, I think MMA has set up a fairly comfortable win for McGregor – the last time they met in the octagon, Conor won easily within just two minutes. His conditioning probably isn’t what it was then, but I can only see one result here.

TENNIS

The build-up to the Australian Open has been somewhat troubled, to say the least. The authorities, very much to their credit, are holding a tough line on quarantine, with players confined to their hotels and unable to practise. Quite rightly, too, despite the protests of high profile players like Novak Djokovic. I love the response of Victoria Premier "There's no special treatment here. Because the virus doesn't treat you specially, so neither do we."

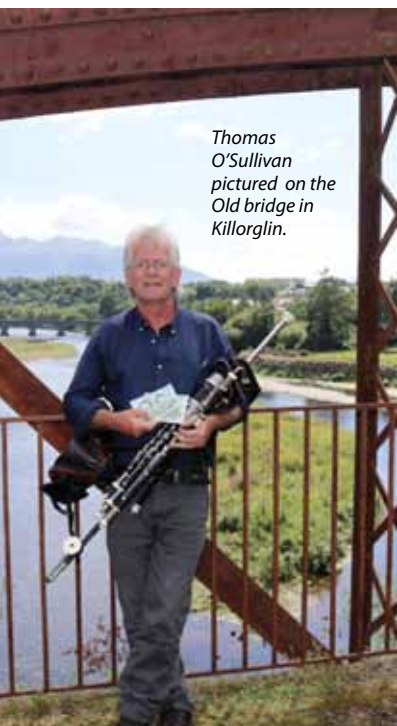
Personally, I think the authorities are spot on with their approach, especially with six cases on infection derived from the tournament so far. Australia has one of the lowest rates of infection in the world; there are very good and obvious reasons why. Djokovic, who in fairness is trying to show leadership for the sport, not just himself, has come in for tough criticism for his list

of 'demands' – in fairness to the man, he was making requests, not demanding anything, but that wouldn't make as good a story, would it? Those requests in themselves were not unreasonable – fitness and training material in all rooms and better food for athletes. Reduce days of isolation for players in hard isolation and carry out more tests to confirm negatives. Permission to visit your coach or physical trainer, as long as both have passed tests, grant both the player and his coach to be on the same floor of the hotel. Move as many players as possible to private houses with a tennis court to facilitate training. The thing is that once you start making exceptions, it's human nature to push for more. Fair play to the Australian authorities.



Novak Djokovic.

Centenary Walk for Killorglin



Thomas O'Sullivan pictured on the Old bridge in Killorglin.

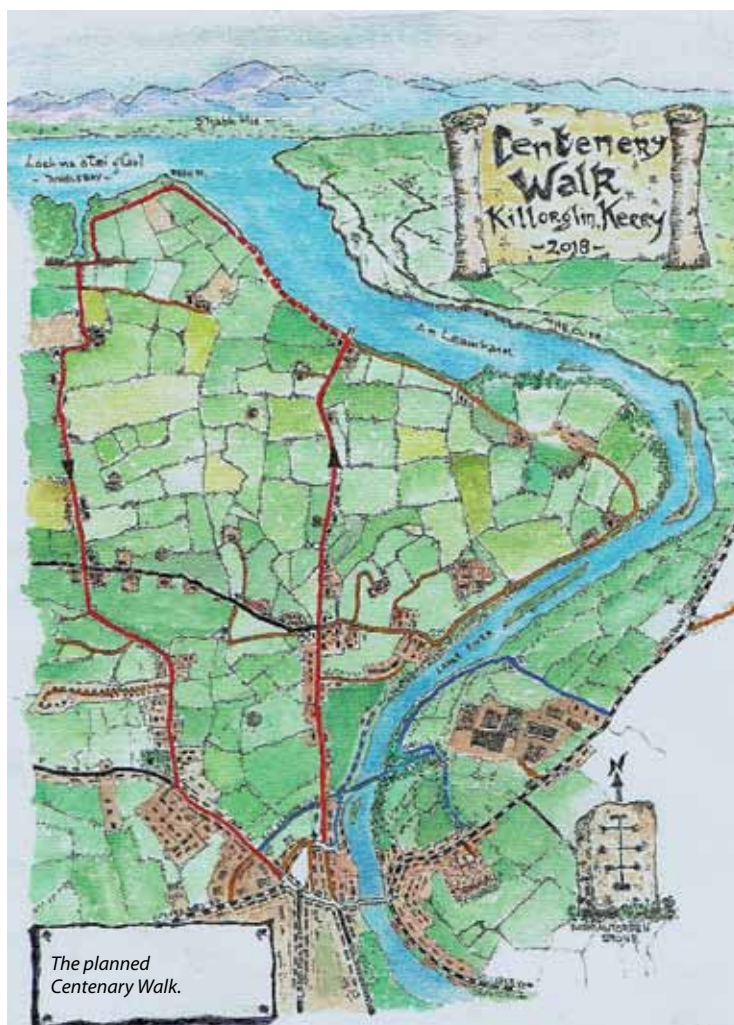
A Centenary Walk in Killorglin has received grand aid of €15,000. The news has been welcomed by Thomas O'Sullivan who has worked on the project for a number of years.

"The centenary walk was envisaged in 2016 to coincide with 100th anniversary of the

rising but this took longer to plan", Thomas told Killarney Outlook.

"Last week the idea was grant aided via rural covid scheme for stiles mapboards trail markers", he added.

Thomas worked in Killorglin Archives for a few years and that's where the idea was born. It will be a great boost for Killorglin and will incorporate 3.5 miles over seascape and landscape with a cultural history on its way. "It will be a real history of Killorglin and will tell the story of the old railway / Ballykissane and its shipping port, Ballykissane 1916 tragedy and will have the Sliabh Mish range as a backdrop to the north and over Knocklyne with the the vista of the Magillicuddy Reeks. "Killorglin needs her own loop walk" Thomas said. "It will be great for locals and will help them to appreciation for their own place but will also be a valuable tourist trail on the gateway to the Ring of Kerry, so I am pleased to have had the initial idea and see it coming to fruition, Thomas added.



The planned Centenary Walk.



Leane's Kitchens & Bedrooms are recruiting **Full-Time Office Administrator**

The suitable candidate should be highly experienced in all aspects of Administration work, be flexible and possess high attention to detail.

Duties will include but are not limited to:

- General office administrative duties including reception duty, making appointments, reviewing orders, checking deliveries and matching invoices.
- Manage office systems, procedures and facilities to ensure the efficient and smooth operation of office.
- Communicating with Customers and Suppliers on a daily basis.
- Ad hoc duties as required.

The ideal candidate should have/be:

- Previous experience in a similar role.
- Proficient using MS Office – Excel / Word / Outlook
- Excellent attention to detail.
- Excellent communication skills both written & verbal.
- Ability to manage a team.
- Self-motivated with ability to work individually and as part of a team.
- Excellent work ethic.

Applicants should forward their CV no later than **Friday 5th February 2021** to Leane's Kitchens & Bedrooms, Rockfield, Tralee Road, Killarney, Co. Kerry. V93 D744. Email: info@leanes.com

Leane's Kitchens & Bedrooms is an Equal Opportunities Employer



Leane's Kitchens & Bedrooms are recruiting **Part-Time Bookkeeper**

The suitable candidate should be highly experienced in all aspects of Bookkeeping work, be flexible and possess high attention to detail.

Duties will include but are not limited to:

- The provision of bookkeeping including PAYE, VAT, Data Entry, Bank Reconciliations and Debtor & Creditors Control.
- Dealing with Revenue Queries.
- Office administrative duties.
- Ad hoc duties as required.

The ideal candidate should have/be:

- Accounting Technician or similar qualification.
- Knowledge of Xero and Big Red Book accounting package.
- Previous experience in a similar role.
- Proficient using MS Office – Excel / Word / Outlook
- Complete understanding of all aspects of VAT & PAYE compliance.
- Excellent attention to detail.
- Excellent communication skills both written & verbal.
- Self-motivated with ability to work individually and as part of a team.
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**DANNY
HEALY-RAE TD**



**Cllr MAURA
HEALY-RAE**

WEEKLY CLINIC ON:

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

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

NEW SCHEME IN PLACE FOR PROCEDURES IN BELFAST

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

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

PLEASE CONTACT

Danny 087 2316055 Office 064 6685315

Maura 087 7816432 Johnny 087 2354793

Eileen 087 9975419

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com
maurahealyrae@gmail.com



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4 Court Yard House, Lewis Road, Killarney, Kerry, Ireland.



Gardening

with Killarney Outlook

by John O'Sullivan

FOCUS ON TREES

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

Trees can be planted all year round but as with hedging, trees can be planted when they are dormant between November and March.

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

Next week I will focus on Herbaceous Perennials.

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

Fitzgerald Stadium Ltd.

Fitzgerald Stadium Community Employment Scheme are currently recruiting for a

COMMUNITY EMPLOYMENT SUPERVISOR



THE ROLE

The Supervisor is responsible for the overall Supervision of 21 Participants across a number of sub sponsor locations in the Killarney area. The Scheme supports various Killarney sporting organisations. The role of Community Employment Supervisor is funded by the Department of Social Protection and Community Employment is an Activation Scheme to assist the long term unemployed return to Education or Employment.

Essential Requirements

- A minimum of 3 years Supervision and people management experience.
- A Minimum of NFQ level 6 or higher in business/financial administration/HR/project management or similar.
- Proficiency in Microsoft Office programs, such as Word and Excel.
- Full driving licence and own transport required.
- Previous payroll and Revenue experience is an advantage.
- An in depth Job Specification is available on request for those wishing to apply for the position. Please email: fitzstadiumpr@gmail.com to request this.

Applicants are requested to submit an up-to-date CV together with a photocopy of their education certification. A covering letter is also requested outlining applicants experience and skill set relevant to the position. Applicants should supply suitable character references and be prepared to complete a Garda vetting application form. Shortlisting may apply.

Deadline for the applications is the 12th of February 2021. Email CVs to: fitzstadiumpr@gmail.com -
Post: CE Programme, c/o John Lenihan Upper Lewis Road, Killarney, Co. Kerry



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Key responsibilities:

- Install customer windows and doors to the highest standards
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- Neat and tidy work practices with a strong emphasis on Health & Safety

Please note: This position may suit someone with their own van and crew. Alternatively, a company van can be provided. We are also open to discuss different contract options for this position.

If you are interested, please ring 066 711 5790.

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Lynch's Bakery currently have a
FULL TIME POSITION
available in our bakery in
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The hours are Sunday through to Friday 2pm to finish
(usually between 8-10pm).

Tasks would involve, weighing up, preparing, measuring and mixing batches of dough, panning loaves and oven work. Previous food preparation experience could be of advantage in learning baking skills.

HACCP qualification required.



Please note the job can be physically demanding at times so a decent level of fitness would be beneficial.



Please forward your CV to lynchsbakery@gmail.com
or call us on 026 41084

Ed 02 2021



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Ed 04, 2021

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INSOMNIA

Sleep is as important to us as air, water and food. Anyone can suffer from insomnia, which can be frustrating, exhausting and depressing, affecting both our mental and physical health.

Different types of insomnia:

- Transient insomnia – which lasts for a short time period only, typically this can be associated with a stressful event e.g. an exam, a bereavement.
- Chronic insomnia - lasting for several weeks, months or sometimes years.

Signs of insomnia?

- Difficulty falling asleep - common in young people
- Being a restless and light sleeper - waking often, lying awake in the middle of the night. In younger people it may be associated with depression.
- Waking early and being unable to get back to sleep.

Symptoms:

Feeling tired during the day, headaches, feeling irritable or finding it hard to concentrate. Here are some typical causes of insomnia:

- states of mind - anxiety, depression, anger, grief, preoccupation with a future event e.g. a child's leaving certificate exams, anxiety and worries about the pandemic
- Change - moving house, new job, end of relationship...
- Environment - noise, jet lag...
- Pain
- Medical conditions - heart, breathing, stomach, digestive, high blood pressure, arthritis, anorexia.
- Recreational drugs (e.g. hard drugs like LSD) –but this also includes nicotine, caffeine.
- Other prescription drugs - including some contraceptives, diuretics, slimming pills, beta-blockers, stimulants.

Suggestions: Consider...

Your Environment: You need a comfortable bed and a room that's quiet, not too cold or too warm and dark enough.

Your Lifestyle: Cut down on all stimulants. These include: coffee and tea, alcohol, nicotine, fizzy drinks, food additives, 'junk food', slimming pills or appetite suppressants. Try to avoid heavy, rich foods within two hours of bed. Get regular exercise. Aim for 30 minutes or more of daily activity, but not too close to bedtime. Avoid stimulating activity and stressful situations before bedtime. This includes vigorous exercise, big discussions or arguments, or catching up on work. Turn off screens one hour before bedtime. The light emitted from TV, tablets, smartphones, and computers suppresses your body's production of melatonin and can severely disrupt your sleep. Instead of using technology try listening to a book on tape, a podcast, or reading by a soft light.

Seek Professional Help

If you are still having trouble getting the sleep you need, a doctor or counsellor may be able to help. Seek professional help for insomnia if:

- Your insomnia doesn't respond to self-help as mentioned above.
- Your insomnia is causing major problems at home, work, or school
- You're experiencing symptoms like chest pain or shortness of breath, (contact your General Practitioner immediately).
- Your insomnia occurs almost every night and is getting worse

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

Contact 064 6636416 or Email: info@southwestcounselling.ie

Registered Charity No: CHY 14775

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



A Word of Victory

Welcome back dear reader "I lie in the dust, revive me by Your Word" (Psalm 119:25 NLT). Are you lying in the dust? This speaks of utter exhaustion - physical, mental and emotional. But exhaustion and brokenness is also a symptom of spiritual emptiness which some many suffer from unknowingly.

Friend, you may be diligent in reciting learnt off prayers or lighting candles, but they cannot refuel you like the Scriptures can. We can pray all day long, but unless we are praying according to God's Word, we are like a footballer kicking constant wides. The Lord is quite clear – it is only His Word that rejuvenates and restores us. And His Word, the Bible, is unknown by the majority of people because many see it as irrelevant, or mythology, or a book that cannot be understood.

It was kept out of the hands of believers in Jesus because it was seen as a dangerous thing. And it is dangerous – but only to the devil and his demon hordes that operate in the darkness! The Bible is the most dangerous weapon a Christian can study because there is freedom in it. Freedom from fear, freedom from oppression and depression, freedom from the power of sin and death to which the devil holds the key. Now, whose interest is best served from keeping the Word of God out of people's hearts? Certainly not yours or mine friend!

Psalm 119 is the longest Psalm in the Bible. It is full of praise for God's Word and the ability the Word has to bring restoration and revelation of God's goodness. "Your Word is a lamp to my feet and a light to my path" (Psalm 119:105). You need wise counsel and direction for your life? The answer is in God's Word. But don't just read it. Obey it. And Pray it.

"The entrance of Your Word brings Light so that even the simple can understand. (Psalm 119:130 NLT) You don't need a degree to understand the Word of God. You just need the Person of the Holy Spirit as your teacher. Jesus told us that He would not leave us alone when He went back to the Father after God raised Him from the dead. He would send the Holy Spirit Who comes to live inside of us when we accept the sacrifice Jesus gave for us at the Cross, and He (Holy Spirit) guides us into all truth (John 14:16-18; John 16:13-14).

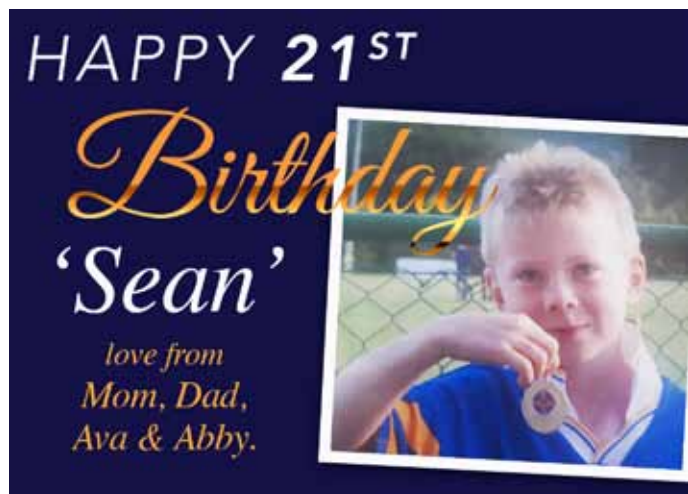
Declare – Lord Jesus, I repent of my sins. You are my Saviour. I need answers in my life to make good decisions and I believe Your Word lights the way for me to walk on the right path. Baptise me and fill me with Your Holy Spirit to teach me Your ways. I Seek Your Truth and I am revived in Your Presence!

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THE DIOCESAN MISSION

The Diocesan Mission begins next Sunday Jan 24th and runs to Friday 29th Jan. The Mission, Be Christ's Joy, offers an opportunity for people to gather in reflection and in prayer, online and in the home. Like the traditional Parish Mission, all are welcome to participate. We invite you to REGISTER HERE, www.dioceseofkerry.ie, for the Mission and to encourage others to do the same. On registration you will get an email each morning of the Mission offering links to all the daily Mission Activities. The Mission booklet is available at the Church doors.

THE ELEMENTS OF THE MISSION

A Mission Booklet available online on dioceseofkerry.ie or in hard copy from the parish churches. A Schedule of Mission activities for each day Sunday to Friday.

Morning Reflection – online

Daily Prayer – outlined in The Mission Booklet

Mission Mass at 10.30 am – live-streamed from 6 different locations in the diocese.

Children's Pray and Play – online Evening Reflection – online

A Mission Talk each evening at 8 p.m.

• John Connell, author, journalist and farmer - Sun 24th

• Martina Lehane Sheehan, spiritual guide, psychotherapist and author - Mon 25th

• Fr Peter McVerry, social activist, advocate for the homeless and Jesuit priest - Tuesday 26th

• Jane Mellet the Laudato Si' Officer with Trocaire - Wed 27th

• Br Richard Hendrick, Franciscan brother, spiritual teacher, poet and blogger - Thurs 28th

• Olive Foley, widow of Axel Foley and ambassador for Children's Bereavement Services, Limerick - Fri 29th

For Primary and Post-primary level students

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

For youth and young adults – YouthDoK Instagram Competition
16 to 30 year olds, are invited to submit their Vision of the Future to our competition in one of the following categories: Art, Poetry, Photography or 1 minute Video. There is a prize for each category. Their art works will be displayed throughout the Mission.
The Mission will be central to our ongoing Radio Kerry Programming Horizons at 9 am Sunday, Sunday Mass at 10 am Sunday. Just a Thought at 7.30 am and 12 noon Monday to Friday. There is an opportunity to make online Mission Petitions. Mission 2021 can be followed on the website, on Instagram and Facebook. Please register for this mission on www.dioceseofkerry.ie

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IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF
FRANK JONES



KILLARNEY, CO KERRY
WHO DIED MAY 4TH. 2018

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

FROM YOUR
LOVING FAMILY

TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to:
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*Please include a contact name,
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1ST ANNIVERSARY AND ACKNOWLEDGEMENT

IN LOVING MEMORY OF

CONNIE FITZGERALD



CURRANS, FARRANFORE, CO. KERRY
25TH JANUARY 2020 – AGED 57 YEARS

As we lovingly remember Connie on his first Anniversary, his wife Kay, children Megan, Luke and Ciara, brothers Mike, Maurice, Tim, sisters Siobhan and Kay wish to express our sincere gratitude and appreciation to all those who sympathised with us on our great loss.

Heartfelt thanks to our extended family, relatives, neighbours and many friends who called to our home with refreshments, for helping in so many ways and for their continued support over the past year. Thank you to everyone who telephoned, sent messages, attended the rosary, removal, funeral Mass and burial and also to all those who travelled long distances to attend. We greatly appreciate all those who sent Mass Cards, perpetual enrolments, letters of sympathy, floral tributes and donated to Brú Columbanus. A sincere thank you to Fr. John Buckley, Fr. John Kerin and Fr. Luke Roche for concelebrating Connie's funeral Mass. Thank you to Helen Lyons for the lovely singing and music which enhanced the Mass. We also express thanks to Fr. Sean Horgan for officiating at Connie's Month's Mind Mass and to Helen and Denis for the beautiful singing.

A special word of thanks to Currow GAA, Currow Ladies Club and to Connie's PST work colleagues, friends and neighbours who joined the dignified Guard of Honour on the evening of his removal and also conveyed him to his final resting place.

Many Thanks to Bernard Tangney for his guidance and professionalism in helping us arrange Connie's funeral and to the grave diggers who prepared his final resting place. Thanks also to The River Island Hotel for the lovely lunch on the day of the funeral. We express our

appreciation to Jamesie of The Riverside Inn for his hospitality at this very sad time, a place where Connie socialised regularly and enjoyed the banter among his many friends. Also a special thank you to Jer and to all Connie's past workers as well as his farming friends and the people in the community for their loyal business down through the years.

We extend our gratitude to Castlevue Medical Centre, Kennelly's Pharmacy and to Nurse Pauline O'Dea, Dr. Dearbhaile Collins and her team in CUH for the care and kindness shown to Connie during his short illness. We wish to sincerely thank Sr. Miriam Kerrisk for her gentle presence and support in CUH during Connie's final days. Finally, Connie bore his brief illness bravely and his passing was very unexpected. He was much loved and is sadly missed each day, we remember him fondly as a loving, hardworking, kind, good humoured and dependable Husband, Father, Brother, Brother in law, Uncle and helpful Friend to so many. May he Rest in Peace and enjoy eternal happiness with our departed family members.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.

Due to current restrictions, Connie's First Anniversary Mass will be live streamed on Killeentierna Churches Facebook page on Saturday 23rd January, 2021 at 7.30 pm.

PRAYER TO ST. PADRE PIO

PRAYER

O God, You gave Saint Pio of Pietrelcina, capuchin priest, the great privilege of participating in a unique way in the passion of Your Son, grant me through his intercession the grace of which I ardently desire; and above all grant me the grace of living in conformity with the death of Jesus, to arrive at the glory of the resurrection.

Glory be to the Father...(three times)

NOVENA TO THE SACRED HEART

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.

N.S.

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.

C.C.

NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers.

Miracles waited on your world which you were ever ready to speak for those in trouble and anxiety.

Encouraged by this thought I implore of you to obtain for me my request... (mention request). The answer to my prayer may require a miracle. Even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, intercede for me and the gratitude of my heart will ever be yours. Amen.

NOVENA TO THE SACRED HEART

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

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF
MARY CASEY



CUMMEEN, KILLARNEY,
CO. KERRY
WHO PASSED AWAY ON THE
12TH JANUARY 2020

As we remember Mary on her first anniversary, her family in Ireland and in London would like to thank most sincerely all who supported and sympathised with us on our sad loss. To those who attended the house, the funeral home, removal and burial and to everyone who sent Mass Cards, floral tributes and messages of condolence, we express our sincere thanks.

A special thanks to Fr. Kieran O'Brien and Fr. Gérard O'Leary for the lovely, meaningful celebration of Mary's funeral Mass. Thanks to Maura Reen for her beautiful singing which richly enhanced the liturgy. A special thanks to everyone who participated in the funeral Mass. It truly was a celebration of her long and fulfilled life.

Thanks to Mike O'Shea, undertaker, and staff for preparing Mary's final resting place and for their professionalism and support during those tough few days.

A very special thanks to Mary's relations, neighbours and friends who called to her over the years. She really loved the visits and the chats. You all truly enriched her life. A big Thank You to everyone who helped out with hospital and doctor appointments. This was a huge help to us all. Mary loved these trips and they definitely made her medical appointments more bearable when there was a coffee or a bite to eat to look forward to on the way home!

Thanks to all the staff of Park Road Medical Centre for their great care of Mary over the years. Thanks also to all her doctors in the Bons Hospital Tralee for their care and professionalism in looking after Mary, especially in her last few months.

To all of Mary's Home Help, we thank you. Your daily visits were a godsend. It was a great comfort to us to know that Mary was well cared for when we weren't available. She was delighted with the new friends she made.

Thanks to the staff of Killarney Heights Hotel for preparing the beautiful meal after the burial.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our appreciation.

15TH ANNIVERSARY

IN LOVING MEMORY OF

DAMIEN O'SHEA



LATE OF OAKHILL,
BALLYDRIBBEN, KILLARNEY
WHO DIED ON THE
22ND JANUARY 2006

*Deep in our hearts your memory is kept,
To love, to cherish and never forget.*

Always remembered by your brother
Connie, Mary and Ian.

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NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers.

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

N.S.

5TH ANNIVERSARY

IN LOVING MEMORY OF

MARGARET SPILLANE



HEADFORD, KILLARNEY
WHO DIED ON 21ST
JANUARY 2016

*Deep are the memories
Precious they stay
No passing of time
Can take them away
They bring a smile
Sometimes a tear
But always a wish
That you were still here.*

Sadly missed and always remembered
by your loving family.

5TH ANNIVERSARY

IN LOVING MEMORY OF

JOAN O'SULLIVAN DARCY



2, ST. ANTHONY'S PLACE,
COLLEGE ST., KILLARNEY
WHO DIED ON
JANUARY 24TH, 2016

Always remembered by Cáit and family

May she rest in peace.

Mass for deceased members of the O'Sullivan Darcy family in St. Marys Cathedral on Friday, January 22nd, at 6.15pm.

NOVENA TO THE SACRED HEART

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



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