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Swan Lake....The car park at Ross Castle, Killarney National Park, submerged in flood water from Code Orange wind and rainfall on Tuesday, watching the swan pair are, Clodagh and Eanna O'Donoghue, and Jennifer Rea, from Killarney. PHOTO: VALERIE O'SULLIVAN



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THIS WEEK

26 : 02 : 21

Black Valley on the radar for Elon Musk

- See Page 4.

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Follow us for the local news that matters



Aisling Crosbie.

FROM THE EDITOR

After a tumultuous week of weather and warnings, we are facing into further lockdown restrictions in the bid to flatten the curve of COVID-19. Killarney and surrounding areas experienced a deluge of rain on Tuesday as the county was under an Orange Weather Alert, a local restaurateur is planning on reopening in July no matter what and the remote Black Valley has come under Billionaire Elon Musk's radar. Hoteliers are calling for support to safeguard Killarney for the summer season, we look at the 2020 GAA Player of the Year's connection with Killarney and a local woman is driving in style thanks to the Killarney Credit Union draw.

All this and so much more in this week's Killarney Outlook.

#staysafe #stayhome

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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

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Peace and tranquility at Ross Castle before the heavy rain this week.

PICTURE: HELEN FITZGERALD

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"I have decided I am opening my restaurant July 1st no matter what"

With TV appearances on *Prime Time* and *SKY NEWS* this week, along with numerous national and local radio stations, Killarney Restaurant owner Paul Treyvaud has gone viral after a tweet in which he pledged to open his restaurant Treyvauds on High Street on July 1st no matter what.

"I have decided I am opening my restaurant July 1st no matter what. That gives them 4 months to sort out everything. I've done everything I've been told to do. 55k came in from UK with that variant, now over 1500 from Brazil.

The problem is no longer us. It's an incompetent Gov". Paul tweeted.

Speaking this week, Paul said if he is not open by July 1st,

everything he has worked for is gone. "There is no point opening in October or November because there will be nobody around Killarney then" he said.

"This isn't a conspiracy nut job - its pure maths, If I don't open by July 1st everything is gone", Paul said.

His tweet reached far and wide with many people agreeing with Paul. "I have no intention of losing everything I've worked on all my life for and I am so angry and annoyed and have lost hope with the people running the show", he said. "I'm not telling any other business that has been shut to do the same, but all I am saying is that there is strength in numbers, I'd rather fight my own battles than take another cent of state aid", Paul said.



Paul Treyvaud (right) and his brother Mark pictured in their restaurant, Treyvauds on High Street.
PICTURE MARIE CARROLL-O'SULLIVAN

BLACK VALLEY ON THE RADAR FOR ELON MUSK



It may have been one of the last areas in Ireland to see the arrival of electricity in the 1970's but now reports suggest that The Black Valley is to get a high speed satellite delivered internet as part of a pilot project funded by the tech billionaire Elon Musk.

The owner of Electric carmaker Tesla is the founder of SpaceX, the company which is currently deploying a series of satellites into space which will provide cheap and fast broadband for rural locations.

Residents in the Black Valley are well used to the delayed arrival of technology in their area, the picturesque part of Kerry was also the last place in Ireland to get telephone landlines and they still have to deal with unreliable mobile signals.

Currently almost a third of Kerry residents are without access to a quality broadband service and the expected rollout of National Broadband Service will take approximately another seven years.

Devoted couple pass away within 24 hours of each other

The deaths took place last weekend of devoted Kilcummin couple Pat and Nora O'Connor from Milleen in Kilcummin.

The couple, who were married for 62 years were laid to rest at Holy Cross Cemetery, Kilcummin after Pat passed away on Saturday February 20th and Nora on Sunday February 21st.

The couple had four boys, Dan who lived in the USA, Paudie, Noel and the late Michael who passed away in 2006.

They couple are sadly missed by their family, grandchildren Padraic Seán, Derbhla, Megan and Adam, daughters in law, nieces, nephews, relatives, kind neighbours and many friends.



The late Nora and Pat O'Connor

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"Dara MacNamara from Dublin with his prize of a 2 night stay in The Killarney Park Hotel which he won as part of a promotional prize for the Barraduff Community Field Organisation "Win A Dream Home" fundraiser.

Dubliner Dara wins hotel stay in Killarney

Dublin man Dara MacNamara is looking forward to restrictions lifting so he can enjoy a 2 night stay at The Killarney Park Hotel which he won as part of a promotional prize for the Barraduff Community Field Organisation "Win A Dream Home" fundraiser.

The fundraiser is a great success as is the organisation, the Barraduff Community Field Organisation have gone from strength to strength since purchasing a large area of land for the community and constructing an all-weather playing field and a community centre.

The organisation now envisage the construction of a Multi-purpose Community Hall, creating a community hub for sport, drama and employment. This will create a multi-faceted community development as a focal point for work, culture and recreation for the growing, vibrant village of Barraduff. The house which is first prize is nestled

within the new development of A-rated dwellings in the vibrant Barraduff village, No. 4 Fuschia Lane consists of an A-rated 2-storey 3-bedroom detached house with a generous, south-facing private garden to the rear. Located just a short walk from Barraduff village with all the necessary amenities a modern community village has to offer, it is only a 10-minute drive from Killarney town. This mega draw will take place in Barraduff Community Centre on Sunday, 6th June 2021. It will be broadcast on Facebook and will be fully supervised by an Independent Adjudicator Legal Team. If you want to be in with a chance to win a house or a car and live mortgage free you can buy a ticket on winadreamkerryhome.com



CALL FOR CLUSTER HOUSING FOR THE ELDERLY

"At the February meeting of Kerry County Council, Councillor Michael Gleeson called on the Government and Local Authorities to develop appropriate in size and location cluster housing for older persons who do not want to be confined to Nursing Homes but wish to continue reasonably independent living in a community setting.

Councillor Gleeson said that for almost a year Nursing Home residents have not been able to directly speak to or interact with their families and friends. They have endured considerable isolation and loneliness. Following lives of working and caring they have been cut off from those who are most important to them.

"Some of those people would be well able to live reasonably independent lives if the appropriate housing was available for them. I refer to developments such as Clúid Housing in Killarney or Brú na Sinnsir in Rathmore. These developments afford people the dignity of having a home and the security and reassurance of having neighbours, Carers and medical attention", Cllr. Gleeson told Killarney Outlook.



Dental treatment for medical card holders in Kerry under grave threat

The Irish Dental Association (IDA) has said that dental treatment in Kerry for medical card holders is in "complete chaos", warning that the unprecedented number of dentists withdrawing from the outdated Dental Treatment Services Scheme (DTSS) is having serious repercussions for patients.

Between 2017 and 2020, State spending on dental care for medical card patients in Kerry decreased by 48%, from €2,425,497.87 to €1,257,435.95. This represents the second-biggest funding drop in the country over three years. Concurrently, according to HSE figures, the number of DTSS contracts held by dentists in Kerry fell by 37%, from 62 to 39 between March 2017 and January 2021. The DTSS provides access to



limited dental treatment for adult medical card holders. The IDA believes members should individually consider courses of action that are open to them. Medical card patients were now faced with:

Delays while seeking treatment; Increased travel times while seeking that treatment; and Possible reliance on the already underfunded public dental service to provide care in areas where DTSS contracts are not in place.

The IDA is the representative body for 2,000 dentists (public and private) practising in Ireland.

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CALL FOR SUPPORTS TO SAFEGUARD KILLARNEY



Bernadette Randles.

This week, hotel and guesthouse owners in Kerry are calling for an urgent review of business and employment supports for the

hospitality sector following the announcement at the weekend that it is unlikely to reopen before mid-summer.

They are also asking the Government to intervene with the banks to ensure that appropriate supports and engagement processes are in place for business owners and their team members until Covid-19 has been suppressed. Bernadette Randles, chair of the Kerry branch of the Irish Hotels Federation warns that failure to act now will have long term implications that could take years to repair.

"Public health must always be the number one priority and we recognise the difficult balance the Government has to achieve. However, if the all-important summer period is being eroded, additional supports are required now to safeguard businesses and the livelihoods they support until society reopens and the sector and wider tourism industry can recover. Ms Randles said.

"The news at the weekend resulted in acute frustration and anxiety for many people. Prior to this pandemic, some 15,700 livelihoods were supported by tourism and hospitality here in Kerry with the sector contributing €592 million to the local economy. Hotels and guesthouses not only provide local employment opportunities, they buy local services, source locally produced food and provide a vital infrastructure in support of local business and communities. In some parts, whole communities are built around tourism. A severely devastated tourism and hospitality sector would be a major loss to the economy and society here for many years to come. This can and must be avoided."

"It wasn't that long ago that in the aftermath of the last financial crisis tourism was the number one sector in terms of job creation. Government must step up with engagement and the required supports to ensure that the sector and its 270,000 community nationwide can recover," she said.



The Summer in Killarney is in danger of being eroded and additional supports are required now to safeguard businesses and the livelihoods they support until society reopens and the sector and wider tourism industry can recover" - Bernadette Randles, Kerry branch of the Irish Hotels Federation

MARY AND COLIN DRIVE OFF IN STYLE

A Surprise call from Killarney Credit Union for Mary O'Connor & Colin House from Woodlawn Killarney resulted in them receiving the keys of a brand new Nissan Juke in the Killarney Credit Union members draw.

Mary & Colin collected their fantastic new car adhering to all current health guidelines, from Mark Murphy, CEO at the Beech Road office.

"We currently have just over 2,400 members in the draw which is held twice a year. Our prizes include a new car and cash ranging from €250 to €5,000 cash, our next draw will take place in July 2021", Speaking about the members draw, Karena McCarthy, Marketing Officer Killarney Credit Union told Killarney Outlook.

"Mary & Colin were so excited about their win. It is great to give people such a nice surprise in these current times," she added.

Members can apply for the members draw at any of the branches in Killarney, Kenmare and

Cahersiveen, or download an application form online www.killarneycu.ie. €12 will be taken from the members account twice a year as an entry fee for the members draw.

The cash prize winners were Eileen Daly, Maria Cionelo, Mary & Patrick O'Keeffe, Mary McCarthy, Mary O'Connor, Daniel J Doona, Elizabeth Crosbie, Mohd Rezau, Michael J Heavy, Joan & John Culloty & Marie Healy.

The draw was adjudicated by solicitor Eoin Brosnan and KCU Risk and Compliance Manager Shane Foley in the credit union offices.

Karena added "The draw is limited to members of Killarney Credit Union and anyone over the age of 18 can apply to join, so for €2 a month, you can be entered into the draw. We would encourage members to sign up, if they haven't already, as the saying goes, if you're not in, you can't win" she concluded.



Colin House and Mary O'Connor winners in the Killarney Credit Union Members Draw new Nissan Juke car with David Randles Director Randles Brothers Nissan Garage Tralee and Killarney and Karena McCarthy Marketing Officer Killarney Credit Union at the Killarney Credit Union Members Draw in Killarney.

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

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

KERRY GREENS WELCOME PLAN FOR KILLARNEY CYCLE LANES

The Killarney cycle lanes project proposed by Kerry County Council, has been welcomed by local Green Party activists, who say the town is choked with traffic.

Diarmaid Griffin, Killarney Representative for the Greens, said: "This project will provide safe cycling routes for day-to-day activities like shopping, going to school or visiting the town centre. It will also help to address the chronic vehicle congestion in our town by allowing people a viable alternative while also addressing air and noise pollution" However, in a detailed submission on the project, the Kerry Greens have pointed out that the design of junctions in the project need to be reworked and they've advocated greater adherence to the NTA's National Cycling Manual and the Design Manual for Urban Roads and Streets (DMURS) in the plans. Anluan Dunne, chair of the Kerry Greens, remarked: "This project is ambitious in its scale and it is really good to see fully segregated cycle

lanes provided for. However, we are concerned that the junctions are unsafe or inefficient for people walking or cycling. We would like to see the junction designs modified to reflect the National Transport Authority guidance through the National Cycling Manual." Green Party leader, Eamon Ryan, recently announced funding of €50 million euro for the development of cycling infrastructure in rural counties like Kerry. Following the funding announcement, 248 new posts to assist in the expansion of walking and cycling facilities nationwide. At the time, Minister Ryan stated: "Developing high quality walking and cycling facilities will encourage more people to switch to active travel and will contribute to tackling climate change. Really good design is what is needed to connect communities and make walking and cycling attractive, safe and accessible to everyone. I am delighted to confirm that we will fund dedicated resources in all local authorities to deliver on the commitments in the Programme for



Green Party representative Diarmaid Griffin has welcomed the Killarney cycle lanes project, while pointing out some improvements that could be made to the plans

Government. This is a game-changer in terms of delivering high-quality infrastructure across the country in both rural and urban areas." Anluan Dunne concluded: "We have made a constructive and supportive submission in respect of the project. We hope that the junctions in particular are looked at again to make them safer, more efficient and connected." The Kerry Greens look forward to the delivery of this project and the positive impact it will have for Killarney.

SHOPFRONT ENHANCEMENT SCHEME TO BE PILOTED IN KERRY

A pilot scheme, by Kerry County Council, to enhance shopfronts has been launched in Tralee.

The Tralee Town Centre Pilot Shopfront Enhancement Scheme aims to improve the streetscape environment by encouraging and supporting business owners to upgrade their shopfronts. The scheme applies initially to Upper and Lower Castle Street in the town. It is intended that the scheme will result in a more attractive environment that residents, visitors, shoppers and businesses can enjoy. It is also envisaged that this scheme will assist in promoting Tralee as an attractive place for social and business interaction, thereby increasing the vitality and viability of the town, with positive benefits for all. Funding for the initiative was secured through the Department for

Rural and Community Development under the Town and Village Renewal Scheme. If the pilot initiative is successful, consideration can be given at a later stage to rollout of the scheme to other locations, subject to a suitable funding stream being identified. Dulux Paints has kindly agreed to sponsor an appropriate colour design solution for those property owners who wish to paint their buildings under the scheme. Mayor of Tralee, Cllr Terry O'Brien welcomed the initiative as a boost for the town centre: 'This is a great scheme which will be piloted on Castle Street and it has real potential. Kerry County Council wants to encourage retail innovation, creativity, vitality and recognises the role shopfronts, signs and advertising can have on the character of a street.



'This initiative, combined with the Business Incentive Scheme which was launched in 2019, will encourage and support property owners to regenerate and revitalise their premises and create a vibrancy to the town centre as a location for economic and social interaction,' he said. 'I would urge eligible property owners to get in touch with the

Tralee Municipal District Office to get involved or to obtain more information,' said Cllr O'Brien. Anyone wishing to discuss the initiative can contact the Tralee Municipal District Office on 066 7191300 or by email: traleemunicipaldistrictoffice@kerrycoco.ie.

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THE 43rd ANNUAL 'PRESS PHOTOGRAPHER OF THE YEAR AWARDS' STREAMED LIVE



One of the winning photographs, 'Head Above Water', from the Photographer of the Year 2020, Mark Condren. Who will be the winners at the 'Press Photographer of the Year Awards' for 2021? Tune in tonight, Friday, 26th February at 8pm on www.ppai.ie/livestream to find out.

Celebrities including Miriam O'Callaghan, Professor Luke O'Neill and Liam Cunningham are among a host of Irish celebrities and figures who are lending their support to the 43rd annual 'Press Photographer of the Year Awards', the annual awards of the Press Photographers Association of Ireland, which will be streamed live tonight, 26th February 2021 in a specially directed awards ceremony presented by broadcaster Miriam O'Callaghan.

The ten award categories along with the overall title of the 'Press Photographer of the Year' 2021 will be introduced by some familiar faces from the world of entertainment, literature, politics, health, media and sport. The awards, which will be opened by Miriam O'Callaghan and Crispin Rodwell, President of the Press Photographers Association of Ireland, will include an address by Minister for Tourism Culture, Arts, Gaeltacht

and Media Catherine Martin TD. Following the opening of the awards, renowned film producer Lord David Puttnam will speak about his experience with the art of photography throughout his epic career.

The first category, Daily Life and People, which includes a broad variety of images of Irish society will be introduced by Professor Luke O'Neill, Professor of Biochemistry, Trinity College Dublin. Introducing the next category, Sports Non-Action, featuring striking sporting images of the year gone, is former Leinster and Ireland rugby star Jamie Heaslip. The third category, Arts and Entertainment, will be welcomed by international star of the small and big screen Gabriel Byrne. The politics category, featuring images of a year of government spotlight like no other, will be led by another globally recognised Irish actor Liam Cunningham. The fifth category, Sports Action, which is packed with shots of

active sporting moments, will begin with a message from Leitrim senior county hurler Zak Moradi. Reportage, the category which involves photographers submitting picture essays of a chosen subject, will begin with an introduction from Dr. Marian Keyes, Senior Executive Librarian, dlr Lexicon. The seventh category and, without doubt, one of the most striking is Nature and the Environment, which will be introduced by Irish novelist Joseph O'Connor. The Multimedia category, which recognises excellence in the use of video, will begin with an introduction by Editor in Chief for US Glamour Magazine, Samantha Barry. Containing striking and carefully crafted images the Portrait category will be introduced by Irish actor, comedian and writer Pat Shortt. The final category, News, will be introduced by Irish CNN reporter Donie O'Sullivan. Finally, the overall award of the 'Press Photographer of the Year' will be led by Pulitzer prize-winning author and former US Ambassador to the United Nations Samantha Power.

Judging for the awards, which generally takes place in Dublin in January, was deliberated online led by chair of the judging panel, former Irish Times picture editor, Frank Miller, alongside judges Eddie Keogh, international photographer and Edmond Terakopian, international photographer and multimedia category judges Philip Bromwell, Broadcaster and Michael Lee, former RTÉ cameraman.

Covid-19, A Visual Record

To mark the profound and tragic events of the past year, shaped by the Covid-19 pandemic, members of the Press Photographers Association of Ireland are forming a historic visual record of Ireland during the past unprecedented year. The collection, which will be shortlisted by the judging panel, will go on display online as well as being offered to the National Archives and National Library System. This stark collection of historic images will pay homage to those who have sadly lost their lives, those working tirelessly on the front line and all effected by the pandemic.

The 43rd annual Press Photographers Association of Ireland 'Press Photographer of the Year Awards' will be broadcast at 8p.m. on Friday, 26th February 2021 via www.ppai.ie/livestream #PPAI AWARDS @PPAI_IRL www.ppai.ie



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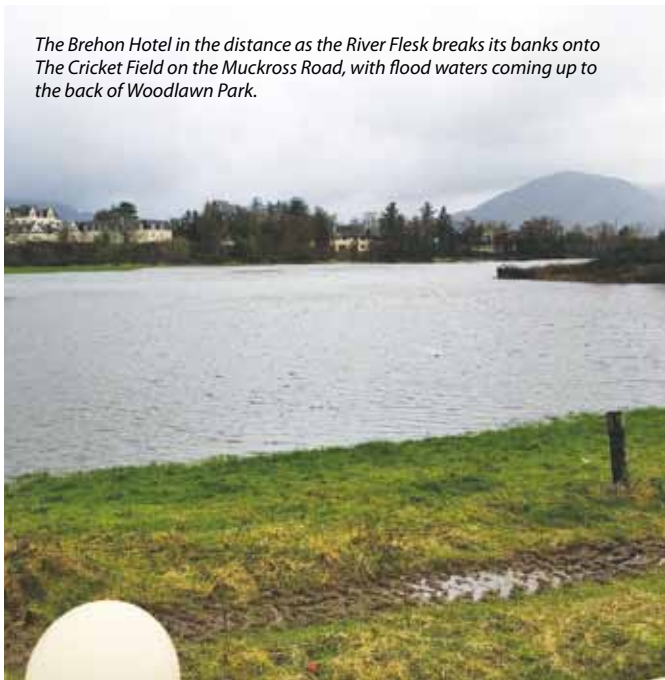
With an Orange Alert in place for Kerry and surrounding counties for Monday night and Tuesday of this week, Killarney had rainfall totals of over 50mm with higher amounts in mountain areas.

There were numerous road closures including the Killorglin Road at both Fossa and Ballymalis, the Milltown Road at Listry Bridge and the Glenflesk to Barraduff Road near the GAA pitch.

Mill Road in Killarney was closed due to flooding and caution was advised on many areas in Kilcummin also.

However, as the Orange Weather alert passed.... the skies lit up with the most amazing sunset, many of which were sent into Killarney Outlook.

The Brehon Hotel in the distance as the River Flesk breaks its banks onto The Cricket Field on the Muckcross Road, with flood waters coming up to the back of Woodlawn Park.



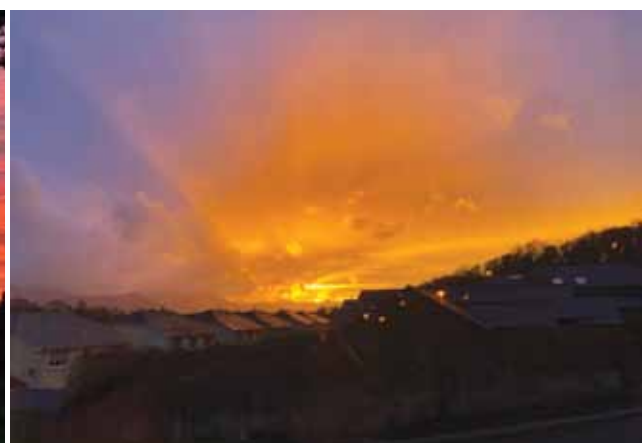
The hill at the Golden Nugget pictured during the Orange Alert.



the most amazing sunset, with many pictures being sent in by readers of Killarney Outlook.



Not letting a little bit of water get in the way of his training with Glenflesk GAA Club, Damien Switzer's video went viral of his son Damien Jnr this week when the young footballer took to the flooded pitch near his home in Glenflesk to swim, score and keep in shape!





KEEP WELL

there is support available

Family and Community Resource Centres

Abbeydorney, Shannon FRC	066 719 8018
shannonfrc@gmail.com	
Ballyduff BUOS FRC ballyduff2016@gmail.com	066 714 8883
Ballyspilane FRC ballyspilane.frc@gmail.com	064 663 5589
Duagh FRC duaghfamilycentre@gmail.com	068 45333
Kenmare FRC info@kenmarefrc.ie	064 664 2790
Kerryhead/Ballyheigue FRC	066 711 6961
ballyheiguerfrc@gmail.com	
Castleisland FRC Liz.Gahway@nyp.ie	087 755 3066
Killorglin FRC killorglinfamilycentre@gmail.com	066 976 2933
Listowel FRC info@listowel.frc@gmail.com	068 23584
Castlemaine FRC anita.mainevalley@gmail.com	066 976 7833
Aisenna na hOige eolas@aisennanahoige.ie	066 915 2889
South West Kerry FRC swkerryfrc20@gmail.com	066 948 1000
St Bridget's, Hawley Plc., Tralee	066 712 8521
stbridget1@eircom.net	
Shanahill FRC, Tralee shanahillfrc@eircom.net	066 712 7831
Kerry Travellers Health & Community Dev. Project	066 712 0054
projectmanagerkthcdp@eircom.net	
Tralee International Resource Centre	066 712 7918
info@trc.ie	
KASI Killarney Immigrant Support Centre	064 662 0705
info@kasi2000.com	

Useful Links

TravelWise	01 613 1733
The Dept. of Foreign Affairs: helpline for those with travel concerns.	
SeniorLine	1800 804 591
Open every day from 10am - 10pm, supporting older people.	
Asthma Advice	1800 445 464
Free call-back service available to people with asthma and the parents/carers of young people with asthma.	
FLAC	1890 350 250 or 01 874 5690
If you have a legal query, the Free Legal Advice Centre's helpline is open Monday to Friday, 9.30am-1pm / 2pm-5pm.	
COPD Advice	1800 832 146
Chronic Obstructive Pulmonary Disease call-back service - not to be used as an emergency service.	
Worker's Rights Centre	1890 747 881
SPTU helpline, open 8.30am-5pm, Mon-Fri: for issues related to work.	
MABS	0761 07 2000
Advice service for money management & debt issues, open weekdays.	



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Listowel 068 50820 Cahersiveen 066 947 3600

Samaritans 116 123
Free phone confidential listening service

Pieta House 1800 247 247
Free 24/7 helpline for those at risk and bereaved by suicide

Rape Crisis Centre 1800 778 888
24-hour service for women and men

Childline 1800 66 66 66
Confidential, non-judgemental service for under 18s

HSE Elder Abuse Helpline 1850 24 1850
For people over 65 experiencing abuse

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

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

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

Community Information & Support Services:

Kerry County Council 066 718 3500
www.kerrycoco.ie

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

Kerry Citizens Information 0761 07 7860
www.citizensinformation.ie

Kerry Volunteer Centre 066 711 7766
www.volunteerkerry.ie

Local Link Kerry 066 714 7002
www.locallinkkerry.ie

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

Údaráis na Gaeltachta 066 915 0100
Suíomh Ionad Clárúcháin | www.udaras.ie

NEWKD CLG 066 718 0190
info@newkd.ie

SKDP CLG 066 947 2724
info@skdp.net

IRD Duhallo CLG 029 60 633
duhallo@irdduhallo.com

Kerry Civil Defence 087 669 4011
thosnan@kerrycoco.ie

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

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

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

Teagasc Tralee | info@teagasc.ie 066 7125077

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

Children and Youth Services

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

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

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

Health & Wellbeing

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

HSE Your Mental Health 1800 111 888

HSE South, Kerry Community Services 1850 335 999

Southdoc - www.southdoc.ie 1850 335 999

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

Jigsaw - kerry@jigsaw.ie 066 718 6785

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

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

Healthy Kerry - www.healthykerry.ie 066 718 3680

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

MOVE CORK Helpline | Men Overcoming Violence 086 604 4047

Aware - Supporting people experiencing depression 1800 80 48 48

Kerry Adolescent Counselling Service (Tralee) 066 718 1333
kdcsc20@gmail.com

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

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

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

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

Kerry Age Friendly Programme 066 718 3680

Kerry Stroke Support Group 087 358 6451

Alone - Helpline for older people 0818 222 024

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

Bereavement Support 1800 80 7077

Monday to Friday 10am-1pm

Text About It 50808

For free 24/7 support in a crisis, free-text HELLO to 50808

Accommodation, Housing and Support:

Homeless Information Centre 066 711 7633

Kerry County Council Housing Department 066 718 3862

Housing First/Novas 066 719 7025

Citizens Information 0761 07 7860

A service for general advice

Threshold - Advice for people who are renting 1800 454 454

COVID-19 /CORONAVIRUS Kerry Community Response Forum

The confidential **freephone** service will continue to be available throughout the Christmas period to provide non-emergency supports such as the **delivery of food, fuel and medical supplies** and to provide **information and advice**.

FREEPHONE: 1800 807 009

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Irish Cancer Society appeals for the people of Kerry to support the most important Daffodil Day ever



With street sales and community events cancelled for second year running, the Irish Cancer Society is urging people in Kerry to get behind a very different Daffodil Day this year, with street sales and events not possible due to Covid-19 restrictions.

Due to the current public health restrictions the flagship fundraiser is unable to go ahead in its traditional way with street sales of fresh daffodils or daffodil pins, and community events.

However, there are still many ways for people in Kerry to get involved with this year's Daffodil Day which is taking place on Friday March 26, proudly supported by Boots Ireland.

Around 1,180 people in Kerry will receive a cancer diagnosis each year and this Daffodil Day is an important chance not only to raise vital funds for services and research but also to send people affected by cancer a message of support in these challenging times. There are many ways for communities across the country to get involved

with Daffodil Day, by hosting virtual fundraisers and collections, purchasing items from the Daffodil Day online shop, or making a donation. Go to cancer.ie/daffodil to find out more.

Throughout the pandemic, the Irish Cancer Society has continued to provide vital services and support to cancer patients and their families across Kerry. Services like Night Nursing, the Freephone Support Line: 1800 200 700 and Volunteer Driver service are available because of the vital funds raised on Daffodil Day. This year marks Boots Ireland's 4th year of sponsoring Daffodil Day, which is an extension of a well-established partnership with the Irish Cancer Society that began back in 2012. Through the partnership, Boots Ireland is committed to increasing awareness, helping support people affected by cancer and promoting cancer prevention.

Boots' 89 stores located nationwide, will be raising vital funds by selling Daffodil pins in store and hosting virtual fundraisers across the country. To find your nearest store or to learn more about the support of Daffodil Day, visit www.boots.ie.

If you have concerns or questions about cancer, or to learn more about support services available in your area, contact the Irish Cancer Society Support Line on Freephone: 1800 200 700 **For more information visit** www.cancer.ie/daffodilday

Plans in place to celebrate *Seachtain na Gaeilge*

Muireann Ring is a student in St. Brigid's Secondary school and a member of 'An Coiste Gaeilge'

As many of you might know, Seachtain na Gaeilge begins next week on March 1st. This is an annual event that not only promotes but celebrates the Irish language and tradition. As students of St. Brigid's, we are lucky to have an excellent standard and community of Irish within the school and although we may not all be physically in school this year - that isn't stopping us.

An bhliain seo, mar gheall ar an Coróinvíreas, bhunaíomar 'An Coiste Gaeilge' ar líne chun an Ghaeilge a chur chun cinn ar scoil. Tá daltaí ó ghach bhliain ag glacadh páirte. Buailimid le chéile cúpla uair i rith na seachtaine agus déanaimid plé ar na smaointí atá againn. Táimid ag déanamh ár seacht ndícheall chun imeachtaí difriúla a eagrú ar scoil.

Ní chuirfidh an víreas stad orainn mar táimid ag eagrú a lán rud ar líne mar shampla tá beirt imreoirí Chiarraí, David Clifford agus Anna Clifford, ag tacú linn chun an Ghaeilge a chur cinn inár scoil. Chruthaigh siad físeán ag caint faoi tábhacht an teanga. De ghnáth, bheadh aoichainteoir in ann cuairt a thabhairt ar an scoil



ach caithimid imirt leis na cártaí atá againn.

Anuas ar sin, tá cuntas Gaeilge ag an scoil ar Instagram darb ainm gaeilgeoiri_ainne. Bíonn daltaí difriúla agus an múinteoir Gaeilge Ms. Collins ag postáil ann. Tá an leathanach plódaithe le gramadach agus foclóir cabhrach do dhaltai agus daoine eile freisin. Is léir go bhfuil an Ghaeilge an-tábhachtacht i mo scoil agus tá a lán grá againn don teanga.

Táimid ag oibriú go dian chun an Seachtain na Gaeilge is fearr a bheith againn ar líne - beidh toraíocht taisce, comórtais ealaíne, Biongó, Rang lóga, 'Virtual Parade' lán l'amhránaíocht, ceol agus damhsa - agus go léir as gaeilge! Cé nach bhfuilimid le chéile, is féidir linn oibriú le chéile

agus an teanga a chur chun cinn le chéile - Ar scath a chéile a mhaireann na daoine!

More information on these events can be found on our Irish instagram page - [gaeilgeoiri_ainne](https://www.instagram.com/gaeilgeoiri_ainne), our school facebook page and the school app.

Gluais/Glossary

An Coróinvíreas - The Corona virus

Bhunaíomar - We founded

An Coiste Gaeilge - The Irish Committee

A chur chun cinn - To promote

Ag glacadh páirte - Taking part

Buailimid le chéile - We meet (online)

Ár seacht ndícheall - Our best efforts

Imeachtaí difriúla a eagrú -

Organise different events

Ag tacú linn - Supporting us

Chruthaigh siad físeán - They created a video

Tábhacht - Importance

Aoichainteoir - Guest speaker

Caithimid imirt leis na cártaí atá againn - We must play with the cards we have been dealt

Cuntas Gaeilge - Irish account

An leathanach - The page

Plódaithe le - Packed with

Cabhrach - Helpful

Grá - Love

Ag oibriú go dian - Working hard

Toraíocht taisce - Treasure hunt

Ar scath a chéile a mhaireann na daoine - People rely on each other.

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KILLARNEY BEST POSITIONED FOR REAL GROWTH

Killarney's business community has described proposals to rebrand the town to facilitate its further development as a gateway to the Wild Atlantic Way as an exciting opportunity for stakeholders to ensure all of Kerry is best positioned to further develop and prosper in a structured and focused manner.

Welcoming the Fáilte Ireland initiative, Killarney Chamber of Tourism and Commerce President, Cllr Niall Kelleher, said the town has worked exceptionally hard to earn its position as the premier tourist town in the country and all involved in its promotion, internationally and domestically, have helped provide the resources required to create a world class tourism brand.

"To recover from the commercial and physical devastation resulting from the Covid-19 pandemic, initially in the short to medium term, Killarney Chamber is looking forward to working with Fáilte Ireland and the other stakeholders in utilising all available platforms and marketing collateral to rebuild the tourism sector and to regain Killarney and Kerry's place as the most wonderful area to visit," the president said.

"As an important gateway to the gem that is the Wild Atlantic Way, we are looking forward to playing our part in the overarching brand while, at the same time, retaining the town's very unique identity," he added.

Fáilte Ireland has said rebranding Killarney and stressing its reputation as a world class tourism destination brand will have significant advantages for the entire county as it would encourage people to stay longer and visit other areas around Kerry.

The tourism promotion body said Killarney is an ideal fit for the initiative because of its capacity and the fact that it has a national park



Killarney Chamber of Tourism and Commerce President Cllr Niall Kelleher.

on its doorstep with a huge growth in outdoor activities.

Tenders have been published seeking suppliers to create a fully formed identity to the town that will be used across all promotional and marketing platforms.

Cllr Kelleher said Killarney Chamber of Tourism and Commerce will work hard to help provide a whole new generation of visitors with the opportunity to experience the town as the principal exploration base for the wider Kerry

tourism economy. "To achieve this, we must develop a coherent destination brand approach communicating the Killarney visitor experience as a gateway to the Wild Atlantic Way.

"It is our plan to leverage the visitor potential of Killarney National Park and the uniqueness of the Town in the Park experience as a very unique selling point," he stated.

Lucky Batty skips to lotto jackpot win



A small annual investment to support a weekly lotto draw operated by a local sports club has earned one well-known Killarney man a bumper cash prize.

Batty 'Skips' O'Sullivan was thrilled when he became Killarney Celtic FC's biggest ever lotto prizewinner with a super €16,000 jackpot.

Batty, from Knocknaskeha in Spa, invests every year in an annual ticket to support the reigning league and cup double champions and his loyalty paid off when his lucky numbers were plucked from the draw drum.

Batty, who operates a busy skip hire company, had chosen the numbers 2, 6, 9 and 23 and it landed him the record jackpot prize.

Killarney Celtic FC Chairman, Paul Sherry, remarked: "We're absolutely thrilled for Batty as he is a great supporter of Celtic. He added: "The lotto is our only source of fundraising and Batty is always there to support us and to help us out with anything we need".

Paul added: "This win genuinely couldn't have happened to a nicer guy".

The Celtic lotto jackpot is now at €5,200.

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€50 MILLION TO CLEAR LOCAL IMPROVEMENT SCHEME LIST

A Kerry County Councillor has claimed that it will cost €50 million to clear the backlog in the Local Improvement Scheme list in the county. Speaking at this month's meeting of the Local Authority, Councillor Michael Cahill called on the Council to publish details of the number of roads on the list, the number of schemes that were carried out in 2020 and the approximate length of time it will take to complete the priority list based on the current level of funding.

"If we are to receive the same allocation each year as that which we were allocated in 2020 (€666,792) that allowed for only a mere 10 roads to be surface dressed, it will take almost €50 million and 73 years to clear the backlog" stated the Rossbeigh based Councillor.

"This is a totally ridiculous and hopeless situation for the hundreds of applicants on the waiting list" said the Fianna Fáil man.

"The funding for this important scheme which was abolished following the crash, for a 10 year period, needs to be substantially increased as a matter of extreme urgency." "There are thousands of households being forced to pay the Local Property Tax while receiving absolutely no services whatsoever in return



Clr Michael Cahill.

and this is morally wrong and needs to be addressed" stated the Fianna Fáil man.

Meanwhile Councillor Cahill also said that the 'Hardship and Emergency Scheme' must be reintroduced this year. "I am aware of a number of roads where there are people with serious medical conditions living and where Doctors and Nurses are finding it increasingly difficult to access due to the deteriorating condition of the road. We have to prioritise these roads for funding" added Mr Cahill.

It was agreed following a proposal from Councillor Cahill to write and seek an urgent meeting with the Minister.

Responding to Councillor Cahill at the February County Council meeting, Charlie O Sullivan, Director of Roads and Transportation in Kerry said: "A total of 715 applications were placed on the Local Improvement List for Co. Kerry following a validation and prioritisation exercise, the results of which were notified to the members in February 2020. A further 17 schemes were categorised as Community LIS schemes as part of the same exercise. Funding of €666,792.07 was received from the Department of Rural and Community Development for the completion of Local Improvement Schemes in 2020. This funding facilitated the completion of 10 schemes from the LIS Priority List: 9 from the Main Priority List and 1 from the Community List. The number of schemes to be delivered in 2021 is contingent on the level of funding that may be provided, by the Department, this year, and having regard to any restrictions on works programmes, as a consequence of directions by Government on controlling the spread of Covid-19."

Ireland returning to a two and two bit banking system following Ulster Bank exit - Kelleher



"Ireland is now effectively a banking duopoly," says Fianna Fáil MEP, and member of the Economic and Monetary Affairs Committee, Billy Kelleher.

Kelleher was commenting ahead of the NatWest announcement confirming that Ulster Bank would cease its operations in the Republic.

"This is a heart breaking day for the thousands of loyal Ulster Bank staff around the country. Nearly 3000 people are now facing into a very uncertain future following this decision, in what is already a period marred by uncertainty.

"Fundamentally, it returns Ireland to a two and two bit banking system, comprised of Pillar Banks, AIB and Bank of Ireland, with Permanent TSB and KBC lagging behind. This is a huge blow to the competitiveness of the Irish banking market and ultimately to Irish consumers. We need strong and healthy competition in our banking sector to continue to drive innovation and lower costs.

"For a growing economy like Ireland, this could have dangerous repercussions for SMEs and

mortgage holders. Even before this expected announcement, the Irish lending market was structurally weak. With the loss of one of the big players, consumers will have even less choice and will end up paying more.

"This is yet another blow to the economy. At this stage, I feel the Government must invest in a fully independent analysis of the Irish banking system, and in particular the credit market for SMEs and mortgage holders. The stability of our economy depends on a functioning banking system.

"At a European level, the completion of the Banking Union and the creation of a Single Market for Mortgages has never been more important. We must make it viable and attractive for non-Irish banks to enter the Irish market. This is the only way we can avoid increasing costs for consumers and damage to our economy," concluded Kelleher.



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Leaving Certs would do well to apply for both the written exam and SEC-Accredited Grades. Then do your best for the next three months

By Billy Ryle



With definite information now at their disposal, Leaving Cert candidates should consider their strategy for the run into the exams. Exam students will return to school on Monday, 1st March and benefit from three months of in-person teaching. The mental health benefits of normal schooling are considerable. There are also huge educational advantages for students in having the guidance and advice of their teachers at this time.

From Monday, 8th March, students can sign up online for the traditional exam, the SEC-Accredited grades or both via the Candidate Self Service Portal. By applying for both options students have a lot to gain and absolutely nothing to lose as the State Examinations Commission (SEC) has, in effect, provided every Leaving Cert candidate with not one, but three methods of having their achievement measured at the end of their post-primary education – a traditional leaving Cert, the SEC-Accredited Grades or a hybrid system of combining both methods, whichever yields the best results.

So, students have the best of all worlds. They should apply for the SEC-Accredited grades and also for the traditional Leaving Cert exam. Students can opt into these processes on a subject-by-subject basis. Students will be awarded a SEC-Accredited grade in each subject they apply for based on their previous work and teacher's assessment. In addition, they will achieve a grade in each subject they sit for in the traditional Leaving Cert exam. The icing on the cake is that the student will ultimately be awarded the higher grade in each subject across both options.

The traditional Leaving Cert exam begins on 9th June, which allows students three months of focussed study. The timetable for the written

exams is available at www.examinations.ie. For those taking the traditional Leaving Cert, oral exams will be held during the Easter holidays or shortly after. Coursework will also proceed in the relevant subjects. Additional time will be provided by the SEC for completion of this work. In some subjects, the holding of practical exams may not be possible given public health considerations. Details of revised schedules will be issued to schools in the coming weeks.

Modifications have already been introduced in the exam papers for each subject to compensate for the disruptions already experienced. Students will be offered a greater choice of questions. Further concessions may be provided by the SEC due to school closures in January and February. All of these arrangements will be finalised as early as possible.

National standardisation will take place for both the traditional exam results and SEC-Accredited grades. Guidelines will be provided for teachers as to how best to assess their students for SEC-Accredited grades. Similar to last year, teachers' SEC-Accredited grades will be subject to a form of in-school alignment to ensure fairness among students and the Principal will sign off. Schools will not rank their own students in order of merit this year. Each school's results will go through a process of national standardisation by the SEC. This process will not include a school's historical performance in the Leaving Cert, so-called 'school profiling' which caused major controversy in 2020. School profiling was withdrawn from the standardisation process at the eleventh-hour last year because of concerns that it would downgrade results for high achieving pupils in schools in disadvantaged areas. The oral and coursework components of the exams will not form part of the SEC-Accredited Grades process.

Tenders are being sought from organisation with the required expertise to assist with the standardisation, though it will not be the same contractor as last year. Considering the serious mistakes made by non-national psychometric contractors last year, I would prefer the computer algorithm to be designed by the National Educational Psychological Service (NEPS) or by a specialist task force of Psychologists from the Psychology Departments of our own Irish third level colleges. Irish expertise in this area is as good as you'll get.

CHECKLIST

- ✓ Students would do well to apply for the SEC-Accredited grades and the written exam
- ✓ Students can opt into these processes on a subject-by-subject basis
- ✓ Students will be awarded the best results from the Leaving Cert exam, the SEC-Accredited grades or a hybrid system of combining both methods
- ✓ Application for the Leaving Cert and/or SEC-Accredited grades opens on 8th March
- ✓ The written or traditional Leaving Cert exam begins on 9th June
- ✓ The Leaving Cert exam timetable is available at www.examinations.ie
- ✓ The traditional exam results and SEC-Accredited grades will be standardised
- ✓ Schools will not rank their own students in order of merit this year
- ✓ Individual school profiling will not be part of the SEC-Accredited grades process

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

ISSU Welcomes and Supports Decision on State Examinations

The Irish Second-Level Students' Union (ISSU) welcomes and supports the announcement by Minister for Education Norma Foley that Leaving Certificate 2021 students will have the option to receive SEC accredited grades, written exams, or both. We also welcome the clarity that has been provided to Junior Cycle students.

Since the beginning of the state exams negotiations, the ISSU has consistently called for Clarity, Choice and Compassion for students. The ISSU believes that these elements have now been taken into account by the Department and other education stakeholders in the provisions for the 2021 Leaving Certificate.

ISSU Education Officer, Alicia O'Sullivan, today said: "We are delighted that students have finally received clarity about their state exams. We are also proud that we have delivered choice for students. As a stakeholder, we at the ISSU have brought pragmatic and realistic proposals to



Kacper Bogalecki, Kerry Regional Officer for the Irish Second-Level Students' Union (ISSU).

the table, many of which are evident in today's announcement. The student voice has been heard in these negotiations, and we will continue to work to ensure that is always the case".

The ISSU does, however, regret that students who opt-in to receive calculated grades will not receive them before the written examinations. Speaking about this, ISSU President, Reuban Murray stated:

"We had presented proposals and timelines to the Advisory Group and the State Exams Commission in an effort to provide these results to students before the written exams, however it became apparent that this would be an impossible task. The ISSU will never advocate for unrealistic solutions that would give our members false hope. We needed to find a real solution and this IS a real solution - this is what students have asked for and the Department and Minister Foley have heard the student voice."

"After having advocated for clarity, choice, and compassion, we welcome this announcement. Being offered the choice between calculated grading and sitting the exams is something which most students wanted, and we are happy that this has been delivered", St. Brendan's College, Killarney Student, Kacper Bogalecki and Kerry Regional Officer for the Irish Second-Level Students' Union (ISSU) said.

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The late John Kelly, pictured with his wife Sheila Kelly with Spa Coiste na Nog secretary Bernie Courtney and Brian Fenton.



Miriam O'Sullivan Darcy, Dan Dwyer, Donnchadh Walsh.

Player of the Year has strong Spa connections

In the week that Dublin player Brian Fenton was selected as GAA Player of the Year for 2020, we look back at his trip to Spa GAA Club, a club that he has very strong connections with.

This week, Cllr. Michael Gleeson congratulated the elegant midfielder, Brian Fenton of Raheny and Dublin on being selected as Player of the Year for 2020.

"To receive this accolade for the second time is true testament to the brilliance of the man. We especially rejoice in Spa, Killaney GAA Club as his Dad also Brian and his late uncle Denis were both players with the Club. Brian senior won three East Kerry Championships [O' Donoghue Cup] with Spa as a resolute defender", Cllr. Gleeson said.

"His uncle Denis was very active in GAA administration and had a major role, especially with Brendan Walsh, Glenflesk GAA and Saint Oliver's N.S. in re-energising of the East Kerry Board during the 1960's which resulted in 4 County Championship victories and the first All Ireland Club Championship in 1971. In his younger years Brian Jnr was a very good swimmer as his late Mother was from a family with a great interest in that sport. Her brother, Brian's uncle, David Cummins represented Ireland in three swimming events in the 1980 Moscow Olympics.

A few years ago Brian and his colleague, Ciarán Kilkenny took part in a fun night of chat and recollections organised by Spa and chaired by Dara Ó Cinnéide and they were two three of the most delightful gentlemen.

A credit to their Clubs, their County and the GAA", he added.

LOOKING BACK TO 2016

Well over 200 people were in attendance at the Torc Hotel on Friday, 11th November 2016 for Spa Gaa Coiste Na nOg Club fundraiser, Hop Ball. Proceedings got underway with Dara O'Cinneide chatting with the club minors of the last few years who played for Kerry – Liam Kearney, Dan O'Donoghue, Mike Foley and Evan Cronin. Dara Moynihan was unavailable on the night. Youth has no fear of honesty and the lads provided great entertainment on their experiences since winning all Ireland medals. Dara mixed the humour with the sincere and got great commentary from the lads on what club, school and county mean to them with interesting insight on the injury risks faced by younger players which all agreed was something that merited more analysis. Spa's upcoming O'Donoghue cup semi final this Saturday got plenty attention given the lack of an O'Donoghue cup title in the club in so many year. The minors were immediately followed by all Ireland winning club members from the 1960's and 1970's. This interaction was incredibly honest with all participating on topical issues. Dara O'Cinneide expertly judged the insightfulness and sincerity of all present – Michael Gleeson, Donie O'Sullivan and Paudie O'Mahony. Michael Gleeson talked about the value of community in a GAA club and entertained all present with an anecdote



on his brief rugby career when studying in Dublin. Paudie recounted his record of not conceding a goal in an All Ireland campaign. Dara raised the growing influence of the GPA (Gaelic Players Association) in the game and Donie excellently responded with a well considered argument about the privilege and the responsibility of being selected to play for your county and the risk that the existence of the GPA could lead to elitism within the playing GAA community of county versus club. This provided plenty talking points for the final panel of Donnchadh Walsh and Darran O'sullivan of Kerry and Brian Fenton and Ciaran Kilkenny from Dublin. There was plenty debate stemming from his particularly as Darran O'Sullivan is heavily involved in the GPA and commended the role they play and the advice they are available to share with players who need guidance on matters of career and mental



Chairman Ger Mangan with Brian and Ciaran.



too alluring. Dara commented that it hasn't turned out to be a bad decision for him to date. Fenton and Kilkenny poked some fun at each other all the way up through the ranks since U7 with Kilkenny saying he wouldn't fancy his chances having to mark the 6 foot 6 inch Fenton nowadays. Fenton quipped, tongue-in-cheek we hope, that he thought the referee in the Kerry v Dublin game this year was the best around which got a good response from Donnchadh and Darran as well as all in attendance. Jim Gleeson acted as MC on the night and deserves mention for the introductions he gave all participants which was well researched and delivered with sincerity. The floor was opened to Q&A and young and old alike had no shortage of questions and comments. The event was very well attended by all neighbouring clubs

health supports under the umbrella of player welfare. Dara began with the final group by commenting to the Kerry lads about all the times Kerry people, including the players used to graciously comment that it would be great to see Dublin win an All Ireland. He asked if Donnchadh and Darran still felt this way. Fenton and Kilkenny gave plenty insight to playing in the Dublin team. Ciaran gave an entertaining account of his tense interaction at the end of the drawn all

Ireland final with Diarmuid Connolly where both wanted to talk a side line ball that provided decisive. Dara questioned all on the threat of Australian rules and the attraction it presents for young Gaelic footballers. Kilkenny recounted his experience of spending time in Australia playing Australian Rules professionally where he decided quite quickly it wasn't for him. He said the appeal of winning all Irelands with Dublin and the prospect of success with his club proved



Mathilda and Joey Cronin with Brian and Ciaran.



MC ON THE NIGHT WAS JIM GLEESON.



Spa players who wore the Green and Gold - Mick Gleeson, Donie O'Sullivan and Paudie O'Mahoney.



County stars Evan Cronin, Ciaran Kilkenny, Brian Fenton, Donnchadh Walsh, Dan O'Donoghue, Michael Foley and Liam Kearney.

“THE END IS TRULY IN SIGHT”

- AN TAOISEACH MICHEÁL MARTIN

Following a Cabinet meeting this week, An Taoiseach Michael Martin, TD announced plans to extend Level 5 Covid-19 restrictions until 5 April with the exception of schools of which, the phased return will get under way next Monday, 1 March. The Taoiseach made the announcement at Government Buildings on Tuesday evening.

In his address, Micheál Martin acknowledged the difficulties the country faces with the extension of the Level 5 restrictions but he said “we will get through this, we just need to stay focused and get through these next few months safely together”.

Speaking about the hardship that the situation is taking on mental health and wellbeing, he acknowledged the devastation the pandemic has brought to so many businesses and livelihoods, saying “but I also know that the end is now truly in sight”.

Speaking about the vaccine rollout An Taoiseach said that by the end of March, 1.25 million doses will have been administered.

He also told the country that depending on vaccines arriving as scheduled, they will administer on average, more than one million doses per month during April, May and June.

It is hoped that by the end of April, up to 40% of people over 18 years of age will have had their first dose - by the end of May, up to 64% will have had their first dose.

By the end of June, he said that up to 82% of adults who can be vaccinated will have received at least one dose and 55%-60% will be fully vaccinated.

HERE IS A GUIDE TO THE UPCOMING CHANGES:

SCHOOLS AND CHILDCARE

- 1 March Special schools at 100% capacity
- Junior and senior infants, 1st and 2nd class to return to school
- Final year Leaving Certificate classes to return to school
- 8 March Resumption of the ECCE programme and return to school of ECCE-age children
- 15 March 3rd, 4th, 5th and 6th class at primary level
- 5th year post-primary students to return to school
- 29 March Early learning and care, and school-age childcare services to reopen
- 12 April 1st to 4th years post-primary return to school

ECONOMIC MEASURES

- Pandemic Unemployment Payment
- Extended to 30 June 2021
- Employment Wage Subsidy Scheme
- Extended to 30 June 2021
- COVID-19 Enhanced Illness Benefit
- Extended to 30 June 2021
- Covid Restrictions Support Scheme
- Extended to 30 June 2021
- Suspension of redundancy provisions
- Extended to 30 June 2021
- Commercial rates waiver
- Extended to 30 June 2021

How we can stay on track

Managing new variants

New variants will be monitored carefully as schools and childcare reopen

Controlling the virus

Bringing the virus numbers down will give us more options

Securing vaccine supply

We are working with the EU to secure Ireland's vaccine supply

Decreasing hospitalisations

We must reduce the pressure on our health system and frontline workers

The government has today decided to facilitate the safe return of in-school education and childcare services on a cautious and phased basis during March and April.

This will be alongside the scaling up of the vaccination programme in line with supply, ensuring that all vaccine doses are administered to target groups as soon as possible.



THE CURRENT PUBLIC HEALTH RESTRICTIONS WILL REMAIN IN PLACE UNTIL 5 APRIL 2021, WHEN A FURTHER REVIEW WILL BE CONDUCTED.

Measures to support business and those unable to work due to the pandemic will be extended further.

The impact of these restrictions on the economic, physical and mental well-being of our communities is considerable. An additional €10 million in funding will be made available to meet the increase for mental health services, and a further top-up of €10 million will be made available to enable critical services to continue being delivered to vulnerable groups.

The revised plan for managing the virus – COVID-19 Resilience and Recovery 2021: The Path Ahead – sets out how in-school education and childcare services will be reinstated in a phased manner from 1 March, with staggered return throughout March to be concluded after the Easter break on 12 April.

The decision to extend Level 5 restrictions is difficult and will have considerable impact on all parts of our economy and society. However, we continue to have an unacceptably high level of disease in the community, so we must continue to suppress the disease. The higher transmissibility of new variants requires all other restrictions to remain in place while these initial services reopen.

This cautious, measured approach is being taken in order to:

Make steady progress, starting with childcare and schools, while avoiding a further wave of disease and re-imposition of restrictions
protect the most vulnerable by an efficient rollout of the vaccination programme
remain vigilant and agile regarding the uncertainties in the face of new variants and to capitalise on emerging evidence on available vaccines
lay the foundations for the full recovery of social life, public services and the economy

If the transmission of the virus reaches acceptable levels, the vaccination programme progresses as planned and public health advice allows, further options that will be considered from **5 April are:**

Some easing of restrictions on outdoor activities and meetings beyond 1 other household

Consideration of extending the current 5km limit

Staggered start of easing of other areas of restriction with a focus on outdoor activities including sport and some areas of construction

Any further easing of restrictions after 5 April will need a further three to four week period to allow for assessment of the impact of changes.

The requirement to work from home will continue throughout this period, unless work is an essential health, social care or other essential service or activity that cannot be done from home.

The government's community support and well-being programmes will continue and employment and business supports will be extended, many of them to June.

The government is committed to developing a clear roadmap for a return of activities in the hardest hit sectors including tourism, culture and sport.

Local Communities and Local Delivery

a further Stability Fund for Community and Voluntary Organisations top-up of €10 million will be made available to enable continuity of critical service delivery to vulnerable groups

Wellbeing and Mental Health

auxiliary mental health supports will continue to be offered remotely to ensure those in isolation can access assistance when needed. An additional €10 million in funding will be made available to meet the increase in demand being experienced.

“if a downward pressure on the virus can be maintained, then the country could move into the next phase”

-An Taoiseach Micheal Martin

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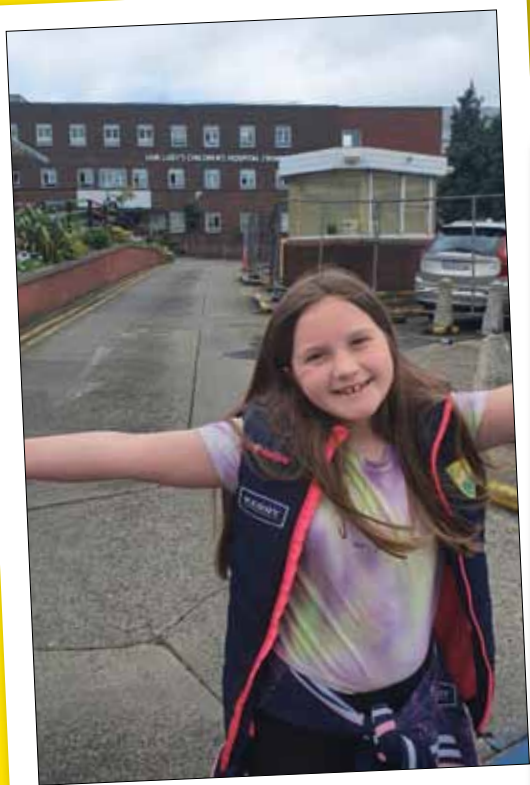
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There is always a reason to
smile



There isn't a better reason to smile for nine year old Aoise O'Sullivan who underwent potentially lifesaving surgery after her optician at Specsavers Killarney helped to identify signs of a brain tumour. During the appointment, using the fundus camera, the optician Thomas Doyle could see that there was some swelling in her optic disc. Knowing how concerned her optician Thomas was, Aoise's mother insisted on getting a scan that week and after a speedy referral to Tralee, the scan confirmed their worst fear - a brain tumour.

The tumour was causing a build-up of pressure and fluid in the brain that needed to be treated immediately.

Under the care of the neurological team in Beaumont Hospital, Aoise was scheduled for surgery within days.

The tumour was thankfully benign. Aoise is pictured outside Our Lady's Hospital in Crumlin, with Specsavers Audiology ambassador Rory Best while recovering in Beaumont Hospital and with her sister Neidin.



Suzanne Mannix Dennehy has every reason to smile having just completed the Women's Aid 80km challenge. Suzanne hopes to continue walking for the rest of the month to reach 160km for the charity.



If this doesn't make you smile..... The Doyle family from Fossa head off on their daily adventures during lockdown.... Seán (8), Kate (6), Zoey (3) & Cora (15months) enjoy an adventure every day with their mum Christine and dad Padraig

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The Skinny Baker

Denis Kelleher (theskinny.baker) is living in Rathmore and began baking when he was 12 years old.

You can follow Denis on Facebook and Instagram @theskinny.baker for lots more recipes.

This week its my favourite cookies to make m&m chocolate chip cookies these taste good and look great



M & M CHOCOLATE CHIP COOKIES

Ingredients

200g softened real butter
300g Brown sugar
2 tablespoons of vanilla extract
2 eggs
300g self raising flour
80g cocoa powder
1 teaspoon of baking powder
150g chocolate chips
1 packet of M&Ms or mini eggs

Method

- 1.Pre heat the oven at 180 fan
- 2.Cream the butter and sugar until fully mixed and then add vanilla and eggs and mix together
3. In a separate bowl sift flour, cocoa and baking powder and mix
- 4.Add the flour mixture into the creamed mixture in stages a 1/3 at a time and mix each time
- 5.Add the chocolate chips and mix
- 6.Line a baking tray with parchment paper
- 7.Spoon the the mixture onto the paper about a teaspoon for each cookie
- 8.Place about 5 M&ms on each cookie
- 9.Bake for 12 minutes at 180 fan
- 10.When baked leave to cool for a couple of minutes enjoy This recipe makes about 20 cookies, you can freeze half the dough in air tight container Happy baking everyone

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



Vegan Shares

with Killarney Outlook



Chinese Potatoes with Kidney Beans

Ingredients

6 medium sized potatoes (cut into bite size chunks and cooked in boiling water until tender not soft drain and set aside until needed)
3 scallions chopped
1 red chilli deseeded and chopped finely
1 tin kidney beans drained and rinsed
2 tablespoons soya sauce
1 tablespoon sesame oil
2 garlic cloves crushed
Handful fresh coriander chopped

Method

In a pan add sesame oil, scallions and chilli fry for 1 minute then add garlic and the cooked potato chunks, kidney beans and soya sauce. Fry for 5 more minutes then stir in chopped coriander. This dish is so tasty, easy to make and lovely and healthy so why not give it a go. If you enjoy my recipes I would love if you would join me on my Instagram page @vegan_shares hope to see you there Sarah

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



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By Dermot Cronin,
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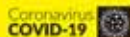
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COMPASSION

Compassion is an essential component of human existence. If we are to accept our humanness then we need to develop compassion. What do we mean exactly by compassion and where does it originate. Compassion can be understood as the emotional response when we perceive suffering, and it can involve an authentic desire to help. It literally means to suffer together. The latest research findings from a number of scientists has shown that our brains are "wired up to respond to others' suffering". Nancy Eisenberg, is a leading academic in the field of Compassion who has published widely and has found that compassion is part of our basic human nature. This means that our temperament or what we what we are born with, the way we self-regulate our emotions and what we experience from our parents in their parenting practices all contribute to the way we develop our empathy, compassion and helping behaviour. In other words we are born with empathy for others, the recognition that if we see upset in others we will respond with kindness and the concept compassion takes that further by wanting to help alleviate the suffering and pain in the other.

The Dalai Lama captures this beautifully when he says "So long as we are human we need compassion. Compassion brings inner peace and whatever else is going on, that peace of mind allows us to see the whole picture more clearly. So, in our education we need lessons about developing warm-heartedness and finding inner peace." We all understand compassion for others, but an essential ingredient for increased mental health is compassion for self. In the same way we recognise someone else's suffering and we want to respond by making it better, the next level is to have compassion for ourselves, to recognise our own pain and to understand our own humanness. A question that is very useful to ask ourselves is if someone else told us this story, the story about being angry or hurt or disappointed would we have compassion for them? Then why not for ourselves? A good question indeed.

Some of the ways to develop compassion for oneself are to literally feel warm to oneself rather than hurting oneself with self-criticism. Remembering the common humanity which means we acknowledge our suffering and personal failure is part of the shared human experience. And lastly, developing self-compassion requires that we take a balanced approach to our negative thoughts without trying to suppress or deny them. The key here is balanced, so if we do have a negative thought about ourselves, we develop the habit to balance it with a forgiving thought, a more compassionate one. Remembering that it is in our mind that we can be developing the more compassionate thoughts.

SouthWest Counselling Centre is open and providing telephone and online counselling at this time. Please contact us in confidence.

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

Contact 064 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.

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



Prevent Aging Eyes Never too early to start

The skin around your eyes ages 5 to 10 years faster than the rest of your face therefore it needs special attention. Eye creams are formulated with smaller molecules to enhance penetration, while respecting the delicate eye area. They can have both immediate and long-term benefits from instant brightness and smoothness to a revitalized and lifted result.

Prevention is key:

1. Dehydration

Think of a wrinkly apple, eyes need hydration to keep skin plump. Not heavy face creams that will cause puffiness. Start in your late teens, use a light gel/serum using the pad of your ring finger morning and evening.

2. Dark Circles

Thin skin and loss of collagen can make blood vessels more visible. Or blood can pool here temporarily because of poor circulation or lack of sleep. Pigmentation occurs from sun damage or post pregnancy. Place raw potato slices or cucumber slices over eyes for brightening. A good light reflecting concealer is a great investment.

3. Puffy Eyes

Salty foods, allergies from inflamed blood vessels or stress and hormones can cause fluid retention under your eyes. Serums or gels are lighter, and a roller-ball applicator can help drain stagnant fluid under the eye. Keep your eye gel in the fridge. Caffeine in

cold teabags makes a great eye compress to de-puff. Elevate pillows to prevent fluid building under eyes.

4. AGING

As we get older, genetics, hormones and our diet start to breakdown the collagen and elastin in our skin causing sagging and wrinkles. This area also has a lot less oil glands, so skin is thinner making it more delicate and vulnerable to environment (sun damage, wind, pollution, smoking). It is essential to apply your eye cream for protection daily and for repair by night.

This helps

Remove eye makeup carefully with specific cleanser. Avoid heavy face cream around eyes. Wear sunglasses to prevent squinting. Reduce salt intake. Get sufficient sleep. Clear your sinuses with saline. Do not over stretch or rub eyes. Wear sun factor daily. Experiment with facial exercises for the eye area. Take regular 5-minute breaks from computer screens. Take skin supplements to enhance your skin from within. Choosing an eye cream is difficult as you may need some or all the following, antioxidants, vitamins, AHAs, protein peptides, stem cells, retinol.

Noreen Mangan

Tel: 0646630712

www.whatwomenwant.ie



HERE ARE OUR SIMPLE TIPS TO STAY POSITIVE AND HAPPY - PART 1

• **Make an effort** - to find a positive side in everything

You can't control what happens to you, but one thing you can control is how you respond. It's up to you to look for the right side in everything and react most positively. For example, when you are waiting for your friend and he is late, don't get angry, rather make it an opportunity to develop your patience level.

• **Be grateful** - No matter how bad things may turn out, or feel like, you must realize that we still have things in our lives what most people on earth don't have. Research has shown that we tend to focus on the negative elements of life, like tragedies, failures, worries, etc. That's why we need to focus more on good things. To do so, you should make a gratitude list and read them whenever you get a chance. It will attract more blessing, and you will feel much better in life.


• **Create a positive environment** - It is vital to have positive people around you who will help you to stay positive in negative situations. Circle yourself with people who will support you and lift you instead of dragging you down.

You can also spend time reading positive books, watching motivating movies, or listening to good music

• **Exercise more** - Exercising daily releases, good mood endorphins, which makes your mood better. Exercise has both physical and mental benefits. It will keep you in better shape and boost your self-esteem.

• **Treasure your experience more than possessions** - Research shows that it is healthy for our brain to treasure a memorable and pleasant experience rather than the material things. Comparing possessions and look at better objects after purchase can be demoralizing and ruin the initial pleasure. But treasuring experience does not affect the initial pleasure; rather, they provide long-lasting happiness.

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

ASTRID LONGHURST

Life, Inspiration & Body Confidence Coach/Author

The power of words in self care

Words are the architects of our life. With our words, we can feel inspired or deflated. We can soothe, coax, calm or motivate. We have extraordinary power in the type of words we use and the results that are created from what we say.


This is vital when we are seeking to create more of our own wellbeing and vitality in our lives. As a Body confidence expert & author, I am only too aware of how our words can shape our future and how important it is to talk about what we desire, rather than what we don't.

Every word creates an image in your mind. Every image creates a feeling or emotion and every emotion creates an action or behaviour.

Three top Life Coaching tips to help you create a vocabulary of wellness

1. Use the following words sparingly...hopefully, trying, maybe, perhaps and if I'm lucky. All of these words tend to take your power away, for example "If I'm lucky, I might do some exercise today." Make a decision that you either will or won't do exercise. This is far more empowering because it puts you back in the driving seat of your life.
2. Use words that inspire you to feel good. For example, "it's a beautiful day, I love the wonderful stretch in the evenings, I am amazed by my life, I adore to go walking..."
3. Every day, upon awakening, say softly to yourself how blessed you are to have another day ahead of you. Give thanks for all that you have and tell yourself that you are looking forward to the most glorious day ahead.


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*Hebrews 11:1
Now faith is confidence in what we hope for and assurance about what we do not see.*

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 19/02/2021. Numbers drawn were 4, 5, 23 & 24. Sellers prize winner Mairead Carmody. €50 y/t prize to William Dennehy Currow. €50 to Greta Cronin Shinnagh, €40 each to Shelia O'Donoghue Taur, Marie Moynihan Rathmore & Aisling O'Keeffe Askeaton. Bonus not won numbers drawn were 12, 17, 19 & 26. Next weeks jackpot €16,800 plus €1,000 bonus.

MUCKCROSS ROWING CLUB

ROWING IRELAND AGM & EGM

On Wednesday 17 February, Rowing Ireland held its reconvened AGM for 2020 remotely

via Zoom to consider the Domestic Events Calendar and Irish Rowing Championships for 2021. The AGM was held together with an EGM to discuss certain changes to the rules of competitive rowing for 2021 should racing return, as lockdown continues to keep rowing clubs closed. The need for temporary rule changes arose due to the cancellation of Championship racing in 2020 as a result of COVID-19. This had knock-on effects for junior rowers, rower eligibility and grading generally. The main outcome of the virtual meetings was approval from the clubs to delegate the arrangement of any competitive events in 2021 (if possible) to the Domestic Events Committee and Board of Rowing Ireland. All temporary rule change proposals were approved.

OUTLOOK 2021

Rowing Ireland continues to operate on the basis that Championship racing will proceed later in 2021 subject to public health restrictions. However, no event may be planned at this time and it is expected that a traditional Championships Regatta will not be possible. Several much smaller regattas may be required to accommodate different categories at different locations and dates. The timing of any Championship events is also likely to be later than the usual July fixture.

KERRY RACING NEWS

Jack Kennedy was central to the success of trainer Gordon Elliott at Navan on Sunday. Elliott saddled four winners at the meeting and Kennedy rode the big two, Coko Beach and Frontal Assault. Both six-year-olds carry the colours of Gigginstown House Stud and Coko Beach was first into the winners' enclosure as he added the Grade 2 Ten Up Novice Chase to his recent win in the Thyestes Chase at Gowran Park. The 5/4 favourite took advantage of a mistake at the final fence from Espanito

Bello to win by four lengths. Kennedy had to work a little harder for his success in the Grade 3 Surehault Mercedes-Benz Novice Hurdle. He got 4/1 shot Frontal Assault home by three-parts of a length from the Sam Curling-trained Angels Dawn and Elliott went on to enjoy winners with Fierami, a first success in the professional ranks for Jordan Gainsford, in the handicap hurdle and with Ginto, the runaway winner of the bumper under Jamie Codd.



Coko Beach (far side) challenges Espanito Bello on his way to winning at Navan on Sunday for Jack Kennedy and Gordon Elliott. PHOTO: CAROLINE NORRIS/RACING POST

Kerry's Mary O'Connell announced as Rachel Kenneally Bursary Recipient



Mary O'Connell, pictured at the Kerry -v- Tipperary in the Munster Minor A Championship R1 v Tipperary at John Mitchels Tralee (01/03/2020). Photo is by Elayne Vankeulen, Tralee Camera Club.

Kerry's Mary O'Connell has been selected by Munster LGFA as a recipient of the Rachel Kenneally Bursary in conjunction with Mary Immaculate College, Limerick. The Na Gaeil player and Kerry Midfielder, is amongst six candidates selected by Munster LGFA who have chosen one Candidate from each County to receive the

Bursary. The presentation of these Bursaries took place last Wednesday 17th February.

The other Candidates to receive the Bursaries were as follows;

Clare- Micaela Glynn

Cork- Fiona Keating

Kerry- Mary O'Connell

Limerick- Sophie Hennessy

Waterford- Kate Hickey

Tipperary- Lucy Spillane

Lidl LGFA Club Fundraising Initiative Reward

Following the successful launch of its brand new campaign with the Ladies Gaelic Football Association (LGFA) this Lidl Ireland has announced a new fundraising initiative through its rewards app, Lidl Plus, to level the playing field for ladies Gaelic football players across the country. From Monday 15th February, Lidl is calling on customers to register for its Lidl Plus app, and sign up to the retailer's fundraising initiative to raise much needed funds for their local club. The retailer will award the maximum amount of €20,000 to the top performing clubs in each of the four provinces.

Each time Lidl Plus registered users spend over €30 in store and scan their app at the till between Monday 15th February and Sunday 11th April, they will receive a stamp on their digital stamp card. Multiple stamps can be earned in each

shop if a multiple of €30 is spent and once six stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total. Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

Summary of Rewards

Lidl LGFA Club Fundraising Initiative Reward

Target 1

50 stamp cards = 1 set of Lidl sponsored team jerseys

Target 2

100 stamp cards = 2 sets of Lidl sponsored team jerseys

Target 3

150 stamp cards = 3 sets of Lidl sponsored team jerseys

Target 4

200 stamp cards = €2,000 cash

Target 5

300 stamp cards = €3,000 cash

Target 6

400 stamp cards = €4,000 cash

Target 7

500 stamp cards



ST. OLIVER'S PRIMARY SCHOOL IS WELCOMING ENROLMENT FOR PUPILS IN SPECIAL CLASSES

Applications for enrolment in the following special classes for the school year 2021-2022 should be submitted by March 19th at the latest. Please contact the school by phone on **064 6632047** or email info@stolivers.ie if you wish to receive an application form.

- Special Classes for pupils with Mild General Learning Difficulties
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**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**
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MILLTOWN/CASTLEMAINE NEWS

CLUB LOTTO

Lotto Results for Draw on Sat 20th Feb 2021:

Numbers Drawn: 07 / 12 / 14 Bonus No: 15

There was no winner of our the Jackpot but we had two match 3 winners! Well done to our match 3 winners Pats Spring, Killtallagh and Megan Pierce, Ballyfinnane who won €100 each. Congratulations to our winners and mile mile búiochas do gach duine to you all for your continued support of our Clubs Fundraising Lotto. Next Draw – Tickets are available at all usual outlets for our next draw which will take place on Friday 5th March with the Jackpot Prize of €12,600.

COISTE NA NÓG

Our Coiste Na nÓg teams have been kept busy by their coaches with the U13, U11 and U9 boys all taking part in skills challenges. This week saw the start of the big skills competition for our U9s, the first round match ups were drawn by the Doherty family last Monday afternoon and the players took on their first challenge, 'The Punt Kick'. The challenge is to see how many punt kicks the players can hit off the wall and successfully catch in 30 seconds alternating between their left and right feet. The older boys in the U13/ U11 teams have recently also completed this challenge some attempting as many successful kicks in 60 seconds.

Our U15s are also keeping fit and ready for when the first ball of 2021 is thrown in, by training individually and improving on personal run times every week. We hope to continue getting all of our juvenile teams active in the coming weeks, hopefully in preparation for when it is safe to return to training. If anyone would like to volunteer to coach or supervise any of our teams please get in contact with Coaching Officers Liam Doherty 086 0413593 or Ian Twiss 087 2521053.

2021 NATIONAL GAA CLUB DRAW

Extended

The National GAA Club Draw has been extended. To be in with a chance of winning make sure to purchase your tickets before May 1st 2021.

There are some fantastic prizes up for grabs including: Renault Clio Car / An All-Ireland Final Package incorporating two Premium All Ireland Final tickets / A two night stay in the Croke Park Hotel / 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 4th June, 2021. With the proceeds from tickets sold going directly to Milltown/Castlemaine GAA Club. We would like to thank you in advance for your valued support.

OTHER NEWS:

Check out our club website on the link below:

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

If you have any old photos or stories relating

to the history of Milltown/Castlemaine GAA we would love to hear from you. Please email us on milltowncastlemaine2012@gmail.com

DR. CROKES GAA CLUB NEWS

COISTE NA OG COACHES 2021 U11

Brian O'Donoghue Donal Sheehan Eamon Fitzgerald U15: Billy Hennigan Vince Cooper Denis Corridan

LOTTO draw took place on Monday February 22nd numbers drawn were 5 7 10 24 JACKPOT €5,000 was won. 7 patrons Matched 3 numbers and receive €60. John O'Shea Faugh, Joe O'shea c/o Jim Connolly Patricia Keane New St., Tara Casey, Sean Kelliher c/o Noel Parker, Mary Murray c/o Jackie David & Gene Moriarty c/o Tim. Jackpot for draw on March 1st will be €5,000 We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below And follow instructions attached https://play.clubforce.com/play_newa.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,

CHELTENHAM BUSTER 16TH -

19TH MARCH €1, 500 ENTRY FEE €20

Pick a horse in each race on 4 days of Cheltenham Festival. If your horse wins you get 10 points plus the number of points for SP of your horse. 6 points for second 3 points for 3rd. enter online by text, whatsapp or by returning your card to Vince Caseys office before 11.30pm on each day of racing. Further info Vince 0872461599 Conor 0874075766. Daily updates on www.dr.crokes.com

MEMBERSHIP

Registrations now open...This is a reminder that Dr. Crokes GAA member registration is now open for 2021 season. If you want to register and cannot remember your password, please click the "Reset Password" button and follow the steps. We ask that you register as soon as possible so as to reduce the significant burden of managing this process on club registrar and committee. You can register online using the link below...Here's looking forward to a successful 2021 for us all...! https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=7826#Anchor. We are appealing for members to download app on their phone as this will be the main means of communicating going forward. If possible if registering more than one member you give individual phone and emails. (for communications).

LAST MAN STANDING

we had a tremendous entry for this fundraiser thanks to all who participated. 3 participants remain Sean Collins, Anton O'Callaghan, and Der Brosnan.

DR. CROKES SHOP you can now shop worldwide new selection

of Jackets, gilets masks and snoods and other items. Shop online <https://drcrokesshop.com>

ANNUAL AWARDS NIGHT

will take place on Saturday 27th February from 7.30pm to 8.30pm. You can follow the event, which will be streamed live on the club Facebook page. Our very talented Scór members will provide entertainment during the event. You can post a message through the Facebook page and we will try to read these out during the evening's event. Please let Crokes and Killarney people know about this event, especially those currently living abroad. We would be delighted to acknowledge messages from all corners of the world.

HEALTH & WELL

Crokes' Health & Wellbeing Club- Phase 3

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

GAA MUSEUM VIRTUAL BOOK CLUB

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

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

It is a simple sign-in and away you go then;

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

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

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

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

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

FEBRUARY WELLBEING CALENDAR

Irish Life Health have developed a Calendar of resources for February, with a Focus on Women's Health & Cancer Care, it is available to view and download here:

WorkLife-February-Wellbeing-Schedule_Health.pdf (irishlifehealth.ie)

PLAYERS INSURANCE 1

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



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

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

LEVEL 5 LOCKDOWN

CLUB SPECIFIC GUIDELINES

for activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted Dressing rooms, showers and all other indoor training facilities should remain closed for club activities.

Club Gyms must remain closed until further notice. No indoor meetings can be held.

All officer Training must be delivered online. Outdoor coaching education courses are not permitted. No organised indoor gatherings can take place under the current restrictions.

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

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

BIRTHDAY GREETINGS

to former Club Secretary Tracey O'shea and supporter Paudie Looney who celebrated a certain milestone lately.

BEST WISHES to Cait Griffin who is recovering from surgery.

KEEL GAA CLUB NEWS

AGM

We held our first virtual AGM on Friday last. Thank you to everyone who attended. Many thanks to all the outgoing officers for your hard work and dedication to the club over the past number of years. We welcome all our new officers, and we look forward to the year ahead. The following officers were nominated and elected during the AGM: President: John Hilliard, Chairperson: John Ladden, Vice Chairperson: William Evans, Secretary: Dónal Ashe, Assistant Secretary: Linda Flynn, Treasurer: Rachel Hilliard, Assistant Treasurer: Aidan Benson, PRO: Ailís Murphy, Assistant PRO: Tommy Griffin, Children's Officer: Orla Nolan, Scór Officer: Julie Grey, Alcohol & Substance Abuse Prevention (ASAP) Officer: Mike Murphy, Health and Wellbeing officer: Mike Murphy, Registrar: Brian Prendergast, County Board Delegate: Ian Foley, Oifigeach Gaeilge: Ailís Murphy. If you would be involved in the club at any level, please contact one of the officers.

MY LIFE EVERY STEP COUNTS CHALLENGE

8,500km completed! Thank you to everyone who is taking part in the challenge. The challenge continues until the 3rd of March. All details can be found on our Facebook, Twitter, and Instagram pages.

LADIES FOOTBALL

Congratulations to MKL Gaels and Kerry Ladies footballer Ciara Murphy who was named on the virtual SPORTSDAZ Ladies Football Team of the Year.

PITCH

We would like to remind all our members and local community that due to the current GAA guidelines that the field remains closed.

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.

SPONSORSHIP

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

CURROW COISTE NA NOG NOTES

On Wednesday 17th February the first ever Currow Coiste Na nOg AGM was held online via Microsoft teams. There was a very good crowd in attendance and the following officers were elected on the night.

Patron – Fr John Buckley

Presidents – Tadgh Walsh & Johnny Scanlon

Chairman – Frank Coffey

Vice Chairman – Pat Conway

Secretary – To Be Confirmed

Asst Secretary – To Be Confirmed

Treasurer – Tricia Brosnan

Asst Treasurer – Tone Brosnan

PRO – Con Enright

County Board Delegate – Pat Conway

East Kerry Board Delegate – Tone Brosnan

Castleisland District Delegate – Frank Coffey

The following coaches were appointed for the coming year ahead:

U15: Con Enright, Liam Brosnan & Pat Fleming

U13: Noel Crowley, Brian Pembroke & Niall Clifford

U11: Den Jones, Louise Nelligan McCarthy & more to be appointed in due course.

Our Saturday morning coaches will be as follows: Mars O Connell, John O Connor, Noel Reidy, Brian Pembroke, Miriam Brosnan, Louise Nelligan McCarthy, Den Jones, Anthony Donnelly, Ian Somers, Con Enright & Colin Brosnan.

On behalf of the Currow Coiste Na nOg committee we would like to sincerely thank outgoing secretary Sean O Connor for his tremendous work he has done for the board since he took on the role of secretary in 2013. He has put in an enormous amount of work behind the scenes and it is very much appreciated from everyone involved in the Currow Coiste Na nOg organisation.

We would like to send our best wishes to incoming Chairman of the Senior Club Daniel O

Shea (former Coiste Na nOg coach) & his fellow committee members for the year ahead.

EAST KERRY GAA NEWS

By Michael O'Mahony

CONDOLENCES

to following former juvenile secretary of kilgarvan GAA Club Carmel O'Sullivan.RIP

Carmel was very active in promoting hurling at under age in the club. & Michael O Rourke RIP London & Scartaglin Ar dheis De go raibh a anam.

SPA GAA

SPA LOTTO RESULTS 15/02/21

Numbers drawn: 17, 18, 25, 27. No winner and Lucky Dips receive €50 each to Theresa Sheahan, Oran Daly, Sinead Herlihy and Liam Fitzgerald. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €6,600. Tickets are on sale through our website spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

CONDOLENCES

Sympathy is extended to Marese Kearney and family on the passing of her mother Phyllis O'Neill RIP, Limerick. Ar dheis Dé go raibh a hAnam.

LIDL SUPPORTING LADIES GAA

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

Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

GAA ALL STARS

Congratulations to Dublin's Brian Fenton who received his fifth All Star Award at the GAA PCW All Stars presentation last Saturday evening. He also collected the 2020 Footballer of the Year Award, his second time winning the coveted accolade.

REGISTRATION

Spa GAA club registration for 2021 is open online through spagaa.com. Any adults (over 18) who want to be included in the club text messaging system please contact the PRO through the contact information below.

ITEMS FOR NOTES

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



JIMMY O'SULLIVAN-DARCY takes a look at all things sport...

GAA FOOTBALL ALL STARS



★ Raymond Galligan (Cavan)

★ Oisín Mullen (Mayo) Padraig Faulkner (Cavan) Mick Fitzsimmons (Dublin)

★ James McCarthy (Dublin) John Small (Dublin) Eoin Murchan (Dublin)

★ Brian Fenton (Dublin) Thomas Galligan (Cavan)

★ Niall Scully (Dublin) Ciaran Kilkenny (Dublin) Con O'Callaghan (Dublin)

★ Cillian O'Connor (Mayo) Conor Sweeney (Tipperary) Dean Rock (Dublin)

★ GAA Hurling All Stars

★ Nickie Quaid (Limerick)

★ Sean Finn (Limerick) Dan Morrissey (Limerick) Daithí Burke (Galway)

★ Diarmaid Byrnes (Limerick) Tadhg de Búrca (Waterford) Kyle Hayes (Limerick)

★ Jamie Barron (Waterford) Tony Kelly (Clare)

★ Gearóid Hegarty (Limerick) Cian Lynch (Limerick) Tom Morrissey (Limerick)

★ Aaron Gillane (Limerick) TJ Reid (Kilkenny) Stephen Bennett (Waterford)

★ Footballer of the Year: Brian Fenton (Dublin)

★ Hurler of the Year: Gearóid Hegarty (Limerick)

★ Young Footballer of the Year: Oisín Mullen (Mayo)

★ Young Hurler of the Year: Eoghan Cody (Kilkenny)

No great controversies or grounds for complaint this year, in fairness. Kerry were hoping for lone nomination David Clifford to get one, considering that we won the National League and the Championship was knockout, but in fairness it wasn't exactly a full-blooded League either. To be honest I don't see grounds for complaint. After all, Cork beat us in the Championship and they have no All Star either. Munster champions Tipperary have just the one – I'm delighted for Conor Sweeney. Most people may have forgotten it now, but it was his late and defiant super-score against Limerick



that set up Tipperary's history-making season in a history-making jersey.

Off hand, I personally would make one change. I'd have Eoghan McLaughlin of Mayo ahead of Eoin Murchan at wing back, and that's no dig at Murchan. In fairness, any Kerry supporters who have forgotten how dangerous Eoin Murchan can be from the half back line have very short memories indeed! But Mayo brought in a lot of impressive young players this year and McLaughlin was one who showed absolutely top quality. Tommy Conroy came in for high praise in the forwards, and he is unquestionably a talented young player as well, but there is no one on that team that I'd drop for him.

Dublin won nine All Stars, the same as Kerry won in 1981 and Dublin won in 1977. Curiously enough, 2020 All Star midfielder James McCarthy's father John was on that Dublin team but didn't win an All Star that year, while Denis Ogie Moran and Seán Walsh won All Stars in 1981 but sons David and Tommy didn't in 1921! Just one of those quirks of football fate. A few people are saying that Cluxton is very unlucky with All Stars. After all, he only has six of them. Six. The crathur. Look, Galligan was always a lock this year. Like Sweeney's iconic score, his winner in that fate-defying comeback against Monaghan might have been washed from the memory in 'normal' years as the big guns re-assert themselves through the back door, but I'm glad it wasn't.

It's a funny thing, and a sign maybe of where football is at, but I suspect that Tipperary and Cavan will remember the football of 2020 a lot longer than All Ireland winners Dublin will! Mar a deireann an seanfhocail, an rud is annamh is iontach.....

No complaints about the hurling, either. Austin Gleeson would certainly have made my team. I honestly thought he was excellent this year, and he would have got my nod just ahead of

Aaron Gillane. Limerick's Will O'Donoghue is another I thought would have certainly made it but on reflection, I think they may have been right in going for Barron.

The Players of the Year Awards are very straight forward as well. I'd say Hegarty and Mullen were absolutely locked in early on. Cody was always going to be the favourite in a year where no one player was that far above his fellows. And as for Senior Footballer of the Year? I would honestly have argued against none of them, but I honestly believe they picked the best player of the three nominees. Fenton rarely looks spectacular, but he is just constantly in effective motion and his decision-making is among the best I have seen. That's the key trait of this Dublin team to me – they see every pass, they make every tackle, they execute every single score. And they have a couple of players – McCarthy, Fenton, Kilkenny, and O'Callaghan especially – who are up there with anyone who played the game.

Fenton (whose father won three O'Donoghue Cups with Spa and whose uncle Denis remains one of the best administrators Spa or East Kerry ever had) joins just a handful of players to win Footballer of the Year more than once in all its various guises. Meath's Trevor Giles, Kerry's Pat Spillane, Dublin's Jimmy Keaveney and Down's James McCartan are the others to win it twice. The undisputed greatest of them all, though, is Kerry's Jack O'Shea, Footballer of the Year a whopping four times. Fenton revealed last Sunday how delighted he was to get a congratulatory text from O'Shea. Lovely touch by two of the greatest midfielders of all time, it says something about the quality of both men.

KERRY GAA APPOINT PAT FALVEY

There have been strong indications from Kerry GAA in recent weeks of additions to the Kerry footballers' backroom team, with Paul Galvin probably the most high profile person to decline a role at this time.

However, last Sunday Kerry GAA revealed a huge addition with the announcement of Pat Falvey as Kerry's incoming performance coach. Pat hardly needs introduction to anyone reading this as one of Ireland's most famous mountaineers and explorers. Among his more famous exploits are being the first man to complete the Seven Summits Challenge (the highest mountains on each of the seven continents, including Everest from two sides) twice, leading the Everest expedition that saw Dr. Clare O'Leary become the first Irishwoman to conquer the world's highest mountain, and climbing the likes of Kilimanjaro, Denali, Aconcagua, walking to the South Pole, and many more of the world's most impressive peaks and terrains.

Much more important for the Kerry footballers, though, is Pat's widely regarded ability to communicate the ability to embrace and overcome such challenges. Pat has long been recognised, not just for his ability to motivate people, but for his more impressive ability to direct that motivation and channel it for the team. I'd consider Pat Falvey an important asset in any project.

He's the biggest name addition, but Kerry have quietly added two big guns under the radar as well. Gavin Rackard was the performance nutritionist with Connaught Rugby while Kevin Beasley was very highly rated (including by me, for the little that should be worth) as Kerry's nutritionist under Eamonn Fitzmaurice.

We all know that Kerry aren't far away at all; and we got real affirmation of that in 2019. Pat Falvey will possibly be able to appreciate my somewhat clumsy metaphor when I say that this close to the summit, the small incremental steps are the crucial ones - and these appointments of proven quality feel like great incremental steps to me.

GAA CONGRESS

GAA Congress takes place online this weekend. A total of 10 of the 47 motions, dealing with the format of the All Ireland Football Championship for this year and beyond, have been moved back to later in the year in order to allow for clarity in Government guidelines and hopefully in order to allow these important motions to be debated in person rather than online. That debate will centre around the two main proposals for the Football Championship going forward, i.e. a league based system with separate provincial championships or retaining the current province-based structure, except with each new 'province' to have 8 teams.

There are motions, mostly in regard to playing rules, on this year's Congress.

Motion 20 would allow referees to award a penalty if a clear goal-scoring opportunity is denied by a cynical foul. In football, the

offender's punishment would be a black card; in hurling a referee will now be able to impose a sin-bin for such an offence.

There is a proposal to introduce a TMO, similar to that in rugby, to review potential game-changing decisions in big games. I'm not convinced of the merits here - rugby is a stop/start game by design, whereas GAA is at least meant to flow.

Motion 6 will allow the return to collective training for inter-county training to be set by Central Council, rather than time-tabled on an annual basis. Prior to the lockdown, it was the most ignored rule in the book anyway, to be blunt about it.

There is a motion to disallow joint captains for trophy presentations.

Motion 12 wants All-Ireland finals to be played on or before the 29th Sunday in the year and provincial championships not allowed to proceed until the third Sunday in May. I appreciate the logic of set rules but I think 2021, of all years, also demonstrates the necessity for some leeway.

Motion 13: The maximum number of clubs allowed in an intermediate and senior county championship to be set at 16.

Motion 23 would see team officials banned from entering the pitch unless the referee allows it for medical treatment of a player - i.e. no more maor foirne. There have been too many controversies for me; I'm in favour of this one.

Motion 25 would allow games to be started and now completed with 13 players. This should be a shoe-in as a recognition of rural depopulation.

Motion 27: Where a player seeks to distract an opponent taking a dead ball kick or puck, the ball can be moved 13 metres forward. I'm surprised it isn't already in the rulebook and would welcome it.

NADIA BRINGING THE POWER

Irish Athletes have been working hard to keep their season alive in the light of tough circumstances, especially after the understandable cancellation of the Indoor Track and Field Championships, which had been due to take place last week.

However, one athlete at least is quietly but powerfully making waves in her chosen discipline. Nadia Power opened the year by setting a new Irish record at the Vienna Indoor International. Ciara Neville won the 60m sprint in her first race for almost a year. But that was just a marker laid down. She followed that up with first place in an IFOM Gent Meeting in Belgium. Last week, the Dublin City Harriers athlete smashed that record again, bringing it down to 2.00:98 while taking third place.

The form of the likes of Ciara Neville, who won the 60m sprint in her first outing for almost a year, or Phil Healy, has been hugely encouraging, and we all should know and appreciate the huge effort the likes of Jordan Lee are putting into this Olympic year.

But right now, Irish eyes are focussed on the 2019 Bronze medallist from Dublin who is currently smashing records on every outing....



Pat Falvey: Kerry's incoming performance coach.

and doing it with a smile on her face.

Here's a bit of one from left field, to say the least, but it's very relevant to athletics and I find it fascinating. Nike's Vaporfly road shoes have, quite simply shattered all records on their introduction. Elite athletes and ordinary runners alike are having phenomenal results when they race in these new high tech shoes. I'm not even going to try and understand the science behind it; my limited understanding is that runners expend an average of 4% less energy to maintain a running pace (including peak speed). This has been confirmed by multiple and reputable tests; it's not an advertising slogan. The carbon fibre plate and the special midsole foam reduce the impact energy of your foot on the ground, making it easier for you to do. It has more 'give' in landing but it returns instantly to its shape, making less work for your foot. You use your toes and bend your knees less in Vaporflys - again, that's the science, not slogans.

Look, who am I kidding here? I have no clue how it works. But what I do know is that it has opened up a debate that has been on the horizon in sports, and ultimately all human endeavour, for several decades now.

The whole reason I mention any of this is because running shoes seems to be a place where the expansion of scientific technology and the biological limits of human endeavour have to reach an accommodation. At what stage is about the equipment rather than the person?

The release of Nike's improvement on the Vaporfly, called the Viperfly, has been temporarily shelved. The reason? Because of fears that ordinary runners could match or surpass the times set by Usain Bolt.

Isn't that exactly why you would buy this kind of running gear? I imagine that this is an advertising ploy by Nike and you will find Viperflys flooding the market at the onset of the Tokyo Olympics. But I'd be fairly sure that this is a debate that's going to define sport for the next generation; we might want to give it a bit of thought before everybody picks sides.

I'll tell you right now where I stand. I don't run competitively (I barely amble at an amateur level!) but if I come across a pair of Viperflys

that I can afford, I'm going for it. I'd love to try these things.

LEAGUE OF IRELAND TEAMS

Participating teams in the League of Ireland for 2021 have been decided, with Limerick outfit Treaty FC joining the League as the tenth team in the First Division (the LOI is composed of twenty teams in two Divisions, a Premier and First). Limerick FC are effectively the remainder of Limerick FC, who were a great club and gave it a great shot but unfortunately just couldn't afford it financially and got almost no support from the FAI – a very old story, sadly, in LOI.

I like the look of Treaty United and I always liked the Limerick teams, tough out but honest. They pipped Shamrock Rovers B (I wouldn't be comfortable with the top clubs having their own feeder teams in the League; to me it would stunt growth and foster elitism) and a so-called 'Dublin County' (who certainly did not look like a long-term entity or had a lot of Dublin backing) to having their registration to be accepted.

LOI Premier: Bohemian FC, Derry City, Drogheda United, Dundalk, Finn Harps, Longford Town, Shamrock Rovers, Sligo Rovers, St Patrick's

Athletic and Waterford FC

LOI Division One: Athlone Town, Bray Wanderers, Cabinteely, Cobh Ramblers, Cork City, Galway United, Shelbourne, UCD AFC, Wexford FC, and Treaty FC.

The SSE Airtricity Premier Division season will kick-off on March 19th with the SSE Airtricity First Division campaign commencing on March 26th. Unfortunately, with WatchLOI withdrawing from commercial online streaming due to a low take-up of the service last year, games will initially take place offline as well as behind closed doors. In a strange way, it's like a throwback to the pre-technology early days in the late 1920s after the FAI was founded in a split with the 32 county (Belfast-based) IFA. The game survived in those tough days. If they cut their cloth to measure, it can do so again.

IRISH JOCKEY WINS BIG IN SAUDI ARABIA

I wouldn't be great for the horse-racing, to tell ye the truth. Don't mind tips on tomorrow's horses; I'm the kind of punter who could bet on yesterday's races and still manage to get them wrong. Other lads just have the knack with horses.

Take young David Egan from Kildare, just 22 years old. I think it might be fair to say that David has the knack. David just won the richest horse race in the world.

Last weekend David was the jockey on Mishriff in the Saudi Cup in Saudi Arabia. Mishriff, owned by local boy Prince Faisal, who apparently also has the knack, wasn't favourite for the race, even though he (possibly she? I'm not sure) won the French Derby and came second in the Saudi Derby. The favourites were the American pair of Charlatan and Knick's Go. Mishriff stayed behind the big two and, after Charlatan saw off his main rival, David coolly judged it perfectly to chase down the leader and go in front with impeccable timing.

My favourite quote in the whole thing comes from Mishriff's outstanding trainer, John Gosden. Talking about Mishriff's 2020, he came out with this gem, "...the horse had a perfect year bar getting stuck in a bottomless bog at Ascot, which is really specialist ground..."

Yes, on days when you win a \$20 million race, it's the memories of bottomless bogs in Ascot are the memories that will come back to haunt you!

TENNIS

Unfortunately, the Australian Open attracted more headlines for its covid protocols and protests and an occasional breach of them. That was a bit unfair – while certain behaviour did need to be called out, the vast majority of participants behaved impeccably. Now, I saw no game live. I watched them online with delayed viewing, which meant that I could pick and choose the games I watched and I always knew that I was in for a sporting spectacle. Even so....

Naomi Osaka, a power player who is able to go toe to toe with Serena and also one of the few who can match her for precision, is one of the most exciting players I have seen in a long time. I am a colossal admirer of both the Williams sisters – they helped redefine womens' sports for me and did it with real grace and style, plus a rare and welcome flash of necessary truculence when called for – I still applaud it; this is a necessary change. To be blunt on this side topic, the idea that men should get to define 'lady-like' was outdated around the same time as the penny farthing. But I digress....

Osaka's fourth round game against 15th seed Muguruza was incredible. At 4-6, 6-4, Osaka was down 5-3 and 40-15 in the final set in the game. Two match points. And even if by some miracle you survive those, you basically have to win almost every single point from here on in against a brilliant player. It's a hot day. You started well, but she sent every stinger back with interest and somehow; pre-match predictions that she would begin to buckle were all wrong. She's relishing this, and the



crowd are getting behind the underdog. You've played an hour and a half of gruelling intensity. You aren't showing it, but you can feel that slight burn at the back of your legs and in the shoulders that's your body saying "starting to feel this, boss". Muguruza is waiting to break your serve just once more and wrap it up....

Osaka swatted away two match points like irritants and was suddenly as imperious as Venus herself in the early days, or Steffi in her early twenties. I never saw Martina play; they tell that she set the template. Osaka simply never lost again. Muguruza bowed out with her head very high – there is no villain in that true story, by the way. Fantastic game.

The mens' games threw up two absolute classics as well. Novak Djokovic, who bruised

his abdomen early in the tournament, beat Alexander Zverev by 6-7 (6), 6-2, 6-4, 7-6 (6). For those who don't understand the scoring, let me explain. It's quite acceptable to whistle softly between your teeth in amazement now. Djokovic went on to win the title from there. There was an even bigger scalp, though, 22 year old Stefanos Tsitsipas coming back from two sets down to take out none other than Rafael Nadal earlier on (twenty minutes of highlights, which I find never really capture the gruelling intensity of a match like that, was all I could find). Tsitsipas has now beaten all of the dominant big three of Nadal, Djokovic, and Federer – along with Andy Murray, they have basically shared the no. 1 slot since 2004. Tennis would certainly seem to have a new queen. Does it perhaps have a new crown prince?

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GLENFLESK NEWS

Written by: Seamus Healy

HEADFORD AMBUSH COMMEMORATION

The commemoration events planned to mark the 100th anniversary of the Headford Ambush have been postponed due to Covid-19 restrictions.

NATIONAL CLUB DRAW 2021

The purpose of the GAA National Club Draw is to assist Glenflesk GAA in our drive to raise much needed funds to develop and promote our games in Glenflesk parish. Please note that the Club retains all of the proceeds from the tickets sold by the Club. As fundraising opportunities will be limited for the foreseeable future all support for the draw would be greatly appreciated. Don't forget a ticket sold by Glenflesk GAA won the car in this draw! The 2021 Draw has even more prizes on offer, varying from a Renault Car to All Ireland Final Tickets, and a variety of cash prizes. Tickets can be purchased online at: https://member.clubforce.com/tickets_m.asp?LL_ID=2534

IRISH CANCER SOCIETY

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

KILLARNEY LIBRARY

Killarney Library is currently closed due to Covid-19 Level 5 restrictions. A range of free online resources are available to all members 24 a day on www.kerrylibrary.ie. These online resources include eBooks, AudioBooks, digital magazines, digital newspapers, digital comics,

eLearning for up to 500 courses, and language learning for up to 100 languages.

eBooks and AudioBooks can be downloaded directly from the Kerry Library website using a PC/laptop. For members using an iPad/iPhone or Android tablet/phone, the BorrowBox app will need to be downloaded to the device from iTunes/Google Play Store. To keep up to date with online activities, all patrons can follow us on Facebook (KerryLibrary) and Twitter (@KerryLibrary).

GLENFLESK LADIES FOOTBALL

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

KILCUMMIN NEWS

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

SYMPATHY

Sincere sympathy is extended to the family of the late Pat and Nora (Ciss) O'Connor, Milleen who died recently. May they rest in peace.

KILCUMMIN GAA AGM

Our AGM was held last Sunday virtually and was well co-ordinated by Ciara Kelly. A report was given on the progress of the club's development both structurally and financially by the development committee and they are happy that it is nearing completion and should be ready for the start of this season. Chairman Eugene McSweeney outlined the huge input from volunteers, sponsors, club members and the wider Kilcummin community at home and abroad that made this possible. He also noted the dedication of the main developer and the sub-contractor in completing a facility that will be enjoyed for generations to come and lauded the commitment of the development

committee over the last three years to see it to its conclusion. Joint Treasurer Tim Casey stepped down after an incredible 16 years and was replaced by Pat O'Connor, while Willie Fleming was appointed Assistant Chairperson. Kieran Fleming takes over Insurance Officer from Donal Dwyer while Brid Fleming becomes Club Registrar. PRO for the last 8 years Michael O'Riordan has stepped down and the executive will undertake to fill that position in the coming weeks

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COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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

CASTLEMAINE NEWS

TIDY TOWNS ANNUAL GENERAL MEETING

Castlemaine Tidy Towns Committee will host its Annual General Meeting (A.G.M) for the year ahead on Tuesday, March 2nd at 9:00pm. In line with Government restrictions, this years A.G.M can't take place in-person so will have to be

held virtually on Zoom. As always, we would like as many people as possible to get involved in trying to improve our local area and to play a part in coming up with ideas/projects that may benefit the whole community of Castlemaine. Your input would be most welcome and very

much appreciated. If you wish to participate in the AGM and offer your assistance in any small way moving forward, please contact Helen Cronin on 086-8326094.



Be Responsible - Be Safe

Outlook
MAGAZINES

RATHMORE | GNEEVEGUILLA NEWS

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

ROAD FUNDING

Cllr Maura Healy Rae would like to welcome the announcement of 2021 road funding in particular €120,000 for Gortdarrig Bridge, Shrone and €70,000 for Dromcarbin Bridge. This will allow for much needed works to be completed following numerous representations on both locations"

KILLARNEY LIBRARY

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

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

COVID VACCINATION CLINIC

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

SYMPATHIES'

To David, Oliver & Ray Fleming & their families on the death of their niece Katrina (daughter of Liam) whose funeral took place in London on Tuesday. May Katrina rest in peace & COVID-19 Support Line for Older People ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

Any query please phone, leave a message and we will get back to you.

There will be no collection service for

Mass cards. Mass cards can be ordered by telephone to the Parish Office (064) 7761669 or email :

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

COVID-19 - UPDATE

The new Covid regulations will remain in place until March 5th 2021.

1. Church Opening: Churches remain open for private worship. All those attending church for private worship or for the purposes of cleaning the church must wear face masks or face coverings. 2. Updated guidelines on Funerals Attendance at funerals is to be restricted to 10. We too look forward to when that number can be increased.

3. No removal to the church the evening before. People not attending the funeral liturgy should

avoid congregating immediately outside the church building or around the hearse. Guard of Honour should not form or congregate on church grounds. 4. For the sake of the great majority trying to keep to the public health guidelines, we ask people, difficult as it is, not to approach the bereaved in the church grounds or cemetery to sympathize.

5. As per the public health guidelines regarding social and family gatherings, there should be no wakes or large gatherings for prayers in the house of the deceased nor gatherings in cemeteries.

6. Support for the bereaved can be expressed through social media as an alternative to attending the funeral.

Often it is possible to link to a local church for a funeral ceremony via a webcam/Facebook Live. We invite people to pray for the deceased and family of the deceased in their own homes at the time of the funeral Mass.

RATHMORE GAA CLUB

Congratulations to Rathmore's Paul Horan who was named as St Pat's Senior Hurling player of the year 2020

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

FUNDRAISER

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

GNEEVEGUILLA COMMUNITY**DEVELOPMENT COUNCIL & GNEEVEGUILLA BASKETBALL CLUB**

had our weekly draw for our Share the

Bucket on Friday evening 19//02/21.

The Jackpot was €303. This week's winner is Evelyn Gleeson who won €303

Congratulations to Evelyn this week's jackpot winner 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

ILLEGAL DUMPING

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

unsocial activity will be greatly appreciated

RATHMORE SOCIAL ACTION GROUP

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

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

NOTES

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

RATHMORE GAA

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

PLAY.CLUBFORCE.COM Rathmore GAA Club

One week left on our yearly tickets.

Join the Red Circle and defend the fort by renewing or buying a yearly ticket now.

Red Circle ticket offer. First draw Monday March 8th. Be in with a chance to win a Kerry jersey signed by Kerry captains Paul Murphy and Aislinn Desmond Draw March 8th. 2021

Chance to win €1,000 in a special draw on Easter Monday April 5th. Weekly prize of €40 when Jackpot is not won. Yearly ticket £90 (7 free draws). Three yearly tickets 220 (Extra €50 off).

ED 47 2021

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Ed 08 2021

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E: osheasigns1@gmail.com

Ed 18, 2021

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ED 21 2021

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Ed 19 2021

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06

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Ed 10



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06



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Citizens Information

KNOW YOUR RIGHTS

Claiming tax relief on utility bills when working from home

Question: : I'm working from home because of COVID-19. Can I claim tax back on my utility bills?

Answer: If you are working from home (also known as e-working or remote working), you may be able to claim tax back on your broadband, heating and electricity bills.

You qualify for the tax relief if your employer formally requested you to work from home and you:

- Log onto a work computer remotely
- Complete your duties from home
- Work at home for substantial periods of time

This applies to part-time and full-time workers.

How much can I claim?

Some employers already pay their employees an allowance towards broadband, heating and electricity expenses. You can get up to €3.20 per day without paying any tax, PRSI or USC on it. However, you must pay tax, PRSI and USC as normal on any amount above €3.20.

If your employer does not pay you an allowance for expenses, you can make a claim for tax relief at the end of the year using Revenue's myAccount service.

The amount you get is based on:

- How many days you worked from home (excluding non-working days and annual leave)
- The cost of the expenses
- Revenue's agreed rate for calculating the cost of running a home office (10% of your electricity and heating bills and 30% of your broadband bill)

If you split your bills with someone else (such as a partner or house mate), you can only claim tax relief on your share of the bill.

Keep a record of all your receipts and bills so that you can account for each expense you intend to claim. You may also need a letter from your employer stating that you work from home.

How do I submit my claim?

You can see worked examples of how to calculate your claim. Example 1 covers a person who pays the bills on her own. Example 2 explains how to calculate e-working costs where you share your bills with someone else.

Claim your tax relief at the end of the year using Revenue's myAccount service.

1. Sign into myAccount
 2. Click on 'Review your tax' link in PAYE Services
 3. Select the Income Tax return for the relevant tax year
 4. In the 'Tax Credits and Reliefs' page (Page 4 of 5) select the 'Your job' tab. Select 'Remote Working Expenses' and insert the amount of expense at the 'Amount Claimed' section
- Read more about e-working and tax relief.

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

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



A Word of Victory

Welcome back dear reader, last week we learned that in order to connect with God we must acknowledge that we are sinners and that we need a Saviour. Jesus, the Son of God, was born as a human being and lived a perfect, sinless life to pay the ransom that was due for mankind's sin. When we ask Jesus to be Lord and repent of our sins we are forgiven and reconnected to God through His Holy Spirit – born again spiritually, as if we had never sinned. This is called righteousness. It is a free gift from God to us because no matter how nice we are, we could never pay the price due for our sins. When we understand that the sacrifice Jesus gave by laying down His life for us - taking all of our sin, our shame, our grief and our pain we enter into a relationship with God where we are joint heirs with Jesus and can receive all the blessings God has stored up for us in Christ (Read - Isaiah 53:4-5 & Ephesians 1:3-14).

It is the Holy Spirit who reveals the Word of God to us. This is why many people who have previously tried to read the Bible couldn't understand it. God is Spirit, His Words are Spirit and Truth, so they are spiritually understood which our fleshly minds cannot take in (John 4:24; 1st Corinthians 2:14). We cannot part-take of God's promises and blessings until we know that our sins have been dealt with, and until we are baptised in His Holy Spirit. This baptism of the Holy Spirit is another free gift from God's Salvation plan. Jesus promised to not leave us orphaned. The Holy Spirit is God's Presence upon this earth and He will be your Best Friend. (John 14:15-18). God sent the Holy Spirit to live inside of us when we accept Jesus as Lord and receive God's Way of Salvation.

The Holy Spirit is our Counsellor, our Teacher and our Advocate who fights on our behalf (John 16:5-15). Another ministry of the Holy Spirit is bringing us God's wisdom. As we study the Bible He opens up the Word of God to us, and His close fellowship teaches us how to live in victory, how to be excellent in our work, how to be a loving spouse, to parent well, how to be an excellent learner etc...

Pray aloud – Dear Lord Jesus thank You for sending Holy Spirit to live inside of me and be my Helper. Holy Spirit, I ask You to fill me with Your fire, teach me the things of God and open up His Word to me. You are my greatest ally, and I rely on You to bring God's Light and Power into every situation that I face in order to live my best life, in Jesus name I pray. Amen.



Check us out on Facebook.

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

Word of Victory is a paid advert and does not represent the editorial views of this magazine.



Gardening

with Killarney Outlook

by John O'Sullivan

Herbaceous Perennials

What we mean when we call a plant an Herbaceous Perennial is that in most of them, the stems are soft, succulent and green as opposed to being brown and woody. With most Herbaceous Perennial they will sprout growth from ground level in spring and will grow and flower right through the summer and into the autumn. With most Herbaceous Perennials in late autumn and early winter, they start to look a bit ragged. But depending on the severity of the winter some will hold on until the first real cold snap. The maintenance for most Herbaceous Perennials isn't a lot really. During late autumn and early winter, cut the majority of them down to ground level and mulch over with some compost. Some Herbaceous Perennials such as Lupins and semi hardy Fuschias will have woody stems because of the milder climate here so when pruning back cut right back to just a couple of inches above ground level. Herbaceous Perennials are a valuable plant in the garden for a number of reasons. Because of the short length of time it takes them to grow to the maximum height and spread.

When planting a Herbaceous border, always remember to plant the taller ones to the back or middle and the smaller growing ones to the front. When choosing your plants pick one plant that you can repeatedly plant in the border to create a sense of continuity to the planting scheme. Herbaceous Perennials flower from April until October/ November so you have a wide range of flowering times and colour to choose from. The secret to having a good flowering Herbaceous Border is every few years in the winter to lift and divide the plants that are suitable for this.

Next week I focus on Roses!

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ANIMALS FOR SALE CLASSIFIEDS

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ED 08

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AVAILABLE CLASSIFIEDS

ED 13

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Lent - a time for reflection in Ballyhar Church.

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IN MEMORIAM

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

If it is a repeat anniversary we will have
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just call Maura on: **087 7160372**
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NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great,
so strong, so prompt before the throne
of God, I place in you all my interests and
desires.

O Saint Joseph, assist me by your powerful
intercession and obtain for me from your
Divine Son all spiritual blessings through
Jesus Christ, Our Lord; so that having
engaged here below your heavenly power, I
may offer my thanksgiving and homage to
the most loving of Fathers.

O Saint Joseph, I never weary contemplating
you and Jesus asleep in your arms; I dare not
approach while He reposes near your heart.
Press Him in my name and kiss His fine head
for me, and ask Him to return the Kiss when I
draw my dying breath. Amen

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.

16TH ANNIVERSARY

IN LOVING MEMORY

**JOAN
& JOHN JOE
KENNEDY**



BALLYBRACK, FIRIES, CO KERRY.
WHO DIED ON SEPTEMBER
11TH, 2004 AND FEBRUARY
26TH, 2005.

*Somewhere beyond the sunset
Where loved ones never die
Ye sleep in a beautiful garden
Beneath a golden sky*

*Though Heaven and earth divide us
We are never far apart
For ye are always in our thoughts
And forever in our hearts.*

Always missed and lovingly remembered
by your son Eammon, daughter-in-law
Caroline, daughter Evelyn, son-in-law
Johnny and grandchildren.

In Loving Memory

Remembering your loved one

Memorial & Acknowledgement Cards

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NOVENA TO ST. CLARE

IN THANKSGIVING

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

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen
Your request will be granted no matter how impossible it may seem.

N.T.

NOVENA TO ST. CLARE

IN THANKSGIVING

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

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen
Your request will be granted no matter how impossible it may seem.

A.C.

NOVENA TO ST. CLARE

IN THANKSGIVING

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

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen
Your request will be granted no matter how impossible it may seem.

N.O.S.

PRAYER TO ST. ANTHONY

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF NEILIE CAHILL



KNOCKAHEHANE, HEADFORD,
KILLARNEY, CO. KERRY
WHO PASSED AWAY ON
4TH MARCH 2020

As we lovingly remember him on his First Anniversary his wife Joan, brother John, sisters Noreen, Eileen and Mary, brothers-in-law, nieces and nephews wish to thank most sincerely all those who sympathised with us.

Our heartfelt thanks to our good friends, relations and neighbours for their support during the past year and all those who attended the wake, removal, mass and burial. For those who visited, brought food, telephoned, travelled long distances, sent Mass cards, and made donations to Palliative Care, we are truly grateful.

We thank Cork University Hospital and all the team in Palliative Care in University Hospital Kerry. Our sincere gratitude and heartfelt thanks for the wonderful care provided to Neilie and for the support to the family.

Sincere thanks to Murphy Undertakers for the professionalism, understanding and kindness shown throughout the funeral.

We wish to thank Fr. George Hayes, P.P., Fr. Pat McCarthy, Fr. Gerard O'Leary, Chaplain, Claire Brosnan, Sacristan and Derry Healy for his music.

Thanks to John Dan's Bar and Kate's Kitchen for the service and refreshments. Our thanks to those who helped in any way, your contribution made our loss more bearable.

Sincere thanks to those who visited Neilie in Cork and Tralee Hospital and for all your get well cards.

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 will be offered for your intentions.

Neilie's First Anniversary Mass will be at 11am on 7th March in Barraduff Church.

BIRTHDAY REMEMBRANCE

WEDNESDAY THE
24TH FEBRUARY

JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN,
KILLARNEY

*Remembering you today Dad
on your Birthday.
You'll never be forgotten Dad
And now your birthday's here
I'll place some flowers where you lay
And shed more than a tear.
I'll whisper 'Happy Birthday Dad'
And ask the Lord above
To kiss you gently on your cheek
And give you all my love.*

Never more than a thought away.

From your son Martin xx

BIRTHDAY REMEMBRANCE

WEDNESDAY THE
24TH FEBRUARY

John Joe Lyne



KNOCKLEBEDE, KILCUMMIN,
KILLARNEY

*Happy Birthday Dad with
the Angels.
Thinking of you today.*

Love Michael x

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.

M.M.

BIRTHDAY REMEMBRANCE

WEDNESDAY THE
24TH FEBRUARY

JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN,
KILLARNEY

*An Eternal Memory of Your Birthday
How very much you're missed
is something you will never know
you left behind the broken hearts
of those who loved you so
A sea of tears and endless grief
would simply ebb away
if only you could celebrate
your special day today
This birthday token brings you love
it's just a simple touch to let you know how
dear you are you'll always mean so much.*

From your Daughters Geraldine and Mary,
Son-in-law Maurice, Grandsons, Maurice
and Patrick and Granddaughter Natasha.

BIRTHDAY REMEMBRANCE

WEDNESDAY THE
24TH FEBRUARY

JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN,
KILLARNEY

*In loving memory of a dear husband
on your Birthday.
The days go by without you
and each one is the same,
My mind is filled with thoughts of you.
In tears I call your name.
They say that times's a healer
and life has to go on.
But my life will never be the same now
the one I loved is gone.*

Always on my mind and in my heart forever.

From your loving wife Maura xx



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