

Don't forget Daffodil day today, Friday 26th - supporting the Irish Cancer Society!

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Roan and Ben Clifford encouraging everyone to support Daffodil Day today in aid of the Irish Cancer Society. See inside for more details on how to donate.

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Daffodil Day
- See Page 4.

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Aisling Crosbie.

FROM THE EDITOR

This year's Irish Cancer Society Fundraiser, Daffodil Day will take place differently this year and in this week's magazine, we have all the information on how to support the local branch for this very important charity.

Our SMILE page is dedicated to World Down Syndrome Day 2021, Killarney gets the green light for cycle lanes in a week that €16 million has been confirmed for the town.

As we continue to live under the restrictions of COVID-19, Stay Safe.... Stay The Course.... Save Lives.

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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*In the palm of his hand....
Aryton McGough pictured capturing
the sun at an amazing sunset at
Killarney Golf & Fishing Club by his
mum Tatyana McGough.*

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Daffodil Day 2021

Make a difference by being part of it

Eleanor O'Doherty and Ciara Treacy pictured at The Ross Hotel where you can donate to the Daffodil Day, today Friday 26th March and receive a free tea or coffee.



Having had their biggest fundraiser cancelled for the second year in a row, local volunteers and businesses are doing their bit to ensure that funds are raised to keep the Daffodil Day fundraiser going.

Daffodil Day is the Irish Cancer Society's biggest fundraiser, taking place each year in March and raising millions of euro to support cancer patients and their loved ones by providing free advice and support, as well as by funding life-saving cancer research.

Usually on Daffodil Day, thousands of volunteers take to the streets selling flowers and daffodil pins to collect funds for the fight against cancer. Many others organise coffee mornings and other fundraising events in their homes, local communities, and workplaces. This year due to Covid-19 restrictions, Daffodil Day will be different - and more important than ever.

Today Friday will see The Little Shop of Lovely Things at the Ross Hotel offering free tea and coffee to everyone from 10am to 4pm for a donation towards the charity.

"We are working together to save and improve the lives of those affected by cancer" Eleanor O'Doherty, a committee member of the Killarney South Kerry

branch of the Irish Cancer Society.

All proceeds from the sale of daffodils, today, Friday at O'Shea's farm on Tralee Road will also be donated to the charity. Michael O'Shea and his late wife Vivien and their daughters Marion and Elizabeth grow daffodils every year for the charity. For those with a sweet tooth - look no further than BAKE who are this year donating €10 from every box of their Gigantic filled cupcakes box.

"For Every box purchased we are donating €10 to the South Kerry/Killarney Branch of the Irish Cancer Society", Laura Sourke told Killarney Outlook. "It's a cause close to our hearts, having lost both mam and dad last year, she added. If you would like to purchase a box of 12 giant cupcakes - you can do so through BAKE's social media pages or by calling 085 779 7723. Daffodil Day is a day for us all to give hope to people affected by cancer. Funds raised during our Daffodil Day campaign are used across the country to help the 44,000 people who will hear the words "you have cancer" each year.

You can donate on line at www.justgiving.com/daffodil-day-killarney or by calling Eugene O'Sullivan, Chairperson of the Irish Cancer Society, South Kerry Branch on 087-6866337.



€2 a bunch or €5 for three bunches at O'Shea's Daffodil Farm on Tralee Road will all be donated to Daffodil Day today.



€10 from every box sold for Easter will be donated by Laura Sourke from BAKE to the South Kerry/Killarney Branch of the Irish Cancer Society.

Walk in their memory for the Kerry Hospice Foundation



The Killarney branch of the Kerry Hospice Foundation are calling on people to walk this year within your 5k in memory of two much loved Killarney women, Vivien O'Shea and Sheila MacGillycuddy. "The annual Good Friday walks have become synonymous with and greatly supported by many Kerry communities for over twenty years. Here in Killarney the walks have been

held in memory of Vivien & Sheila over the last number of years. This year we also want to remember those of our benefactors and volunteers who have passed away", Pat Doolan, Chairperson of the Killarney Branch of the Kerry Hospice Foundation told Killarney Outlook.

"Sadly, because of the restrictions we were unable to organize the walk last year. Now, a year later, with the restrictions still in place, we have decided to do something different. We are asking you to dust off the walking shoes and take to the local highways and byways. Since we cannot come together in the real world, we want you to do a real walk with a virtual group. We hope you will join us by doing your Good Friday walk in the safety of your 5km radius, while adhering to all Government guidelines. Also, this year the walk can be done anytime between now and the end date, Good Friday, April 2nd. We are calling it the Long Good Friday Walk", Pat added.

"We have set up a donation page on iDonate, which you can access through our social media outlets and our website. For those of you who cannot access this page you can contact one of the Killarney Branch members listed below. We are currently entering year 3 of our 3 year pledge, in which we have to raise nearly €500,000 annually. These funds go to aid the running costs of the Inpatient unit, the Day Unit and the services that they provide. They also help fund the wonderful home care services.

We appreciate your generosity and your ongoing support", Pat said.

To make an online donation, please go to: www.iDonate.ie/LongGoodFriday

Pat Doolan: T: 085-1543514.

Phyllis O'Sullivan: T: 087-1475364

Cathal Walshe: T: 086-1067752

Dermot O'Reilly: T: 086-3159803

HOSPICE BENEFITS FROM *CHRISTMAS JUMPER* FUNDRAISER

A cheque for €5440 was presented yesterday, Thursday, March 25th, to the Kerry Hospice Foundation following a fundraiser which was held in schools in Killarney before Christmas. In December, 6 Kerry schools made the most of the season of goodwill by combining their efforts in the name of charity.

St. Brendan's College, St. Brigid's, Killarney Community College, Holy Cross Mercy, Presentation Monastery, and St. Francis Special School joined forces on December 18th 2020, in aid of the Kerry Hospice Foundation (KHF), raising €5440 in the process.

The 5th year LCVP class behind the fundraiser were thrilled with the other schools' enthusiasm to get involved and very appreciative of everyone's support; especially considering the tough year that had been endured by many. This fundraiser marks the second time that these schools have combined their efforts in the name of charity, the first being last year's successful fundraiser in aid of Ward 2D in Cork University Hospital, in memory of past Sem student Niall McGillicuddy.

"The boys chose the Kerry Hospice Foundation as they wanted to help a charity that supports a large number of families throughout the county", Elaine Moynihan, a teacher at St. Brendan's College told Killarney Outlook.

5th year Sem student, Brian McCarthy said that the biggest message we took away from all our research into the hospice was that they are available to help everyone and provide such a valuable service in the community. **"The hospice's motto is: 'while you might never need to hospice, the hospice will always need you' – a**



Members of the Kerry Hospice Committee receive a cheque for €5440, proceeds of the Christmas Jumper Fundraiser from representatives of the five schools which took part

message that had a big impact on us as a class", he said. Another 5th year sem student, Senan O Leary said **"We were just glad to be able to do something positive in what was a truly terrible year for so many people. We are so grateful to everyone who donated"**

Two volunteers from the hospice took the time to visit the sem and explained just how severely their fundraising efforts have been hampered by Covid and its associated restrictions. The hospice provides an invaluable service and costs about €10,000 a week to run. The boys felt very strongly that this would be a very worthwhile cause to support.

"I was delighted to see our community getting together in support of the Kerry Hospice Foundation. This organisation has touched the lives of many by giving a helping hand to those who need it most. After hearing about all the work which they carry out on a daily basis, we wanted to help by launching this fundraiser. It was an honour to be able to aid this charity in continuing to deliver their inspiring services." - Kacper Bogalecki

We want to thank everyone for the tremendous effort put in to raising money for this vital service, Senan O Leary, added.

Brave, courageous and inspirational...

Marie shares her cancer story

*In the week that we would normally have bought daffodils to donate to the Irish Cancer Society, popular Killarney hotelier, **Marie Chawke** shares her story about her journey with cancer. Today, Friday 26th March, Marie will walk 10km to raise funds for Daffodil Day and the Kerry Hospice. You can donate to Marie's Go Fund Me fundraiser at gf.me/u/znqn4f*

Away from the noise of the Pandemic, Cancer continues its menacing march through our communities and our families.

Having lost my beloved Dad (Jimmy Foley) to cancer some 20 years ago, our family was shocked when I was diagnosed with cancer on 26th August 2020. Shocked - because I had no symptoms whatsoever. It's almost a miracle that my cancer was found in time and I like to think my Dad played a big part.

Being told I had stage 3 hormone based breast cancer was gut wrenching and devastating for both me and my family. But I have been so blessed and am so grateful for the love, care, prayers and encouragement of my husband, my mum, my sister, my extended family, the most dearest of friends all over the world, work colleagues, and an

exceptional medical team.

The good news is that I am doing really well and almost finished my treatment. Just 4 weeks of radiotherapy to go and counting.

Thankfully, I will be joining the more than 200,000 cancer survivors in Ireland. It can be very hard making sense of a diagnosis and navigating the healthcare system while under such stress and emotional turmoil. During my journey, I have been awed and humbled by the work of those who give of themselves to support others. The Irish cancer society and daffodil nurses provide the most amazing care and support to cancer patients like I and our loved ones. The Irish Cancer Society's main fundraiser has been Daffodil day. As the first flower of Spring, the Daffodil has become an iconic symbol of Hope and Cancer research.

Friday 26th March 2021 is National Daffodil

Day and due to the ongoing pandemic, this year will again be a Daffodil Day like no other.

To help raise much needed funds for Daffodil Day & Kerry Hospice, I am planning to do a 10km walk and would greatly appreciate your support which will help to raise much needed funds so they can continue to provide crucial services to the children, adults and their families on a cancer journey.

Speaking to Killarney Outlook this week, Marie said the more we can raise for the 2 charities the better. "I'm overwhelmed by the response so far, people are just so generous", she added.



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Fantastic news for Killarney

as €16 million is confirmed for the town



Public Realm improvements will take place at New Street.

There was widespread welcome this week when it was confirmed that Killarney is to receive over €16 million under the Government's Urban Regeneration and Development Fund.

The news has been described as fantastic news for the town at a time when it was most needed. Killarney Chamber of Tourism and Commerce President, Cllr Niall Kelleher, said it is a wonderful and timely boost that will give local businesses and the people of the town a much-needed lift after a very difficult and worrying year.

He said the regeneration plans for Killarney will ensure great long-term benefits for everybody and the investment will enhance the town centre to the extent that it will match the natural environment that surrounds it.

The €16.06 million Destination Killarney grant, which will be administered by Kerry County Council, will fund the regeneration of the entire Áras Pádraig site and the development of the Glebe area as a crafts quarter as well as enhancing the arts and cultural heritage experience.

It will also lead to public realm improvements at Beech Road, College Street, New Street and High Street and it will radically improve parking facilities in the town which will be welcomed by everybody.



Regeneration of the Áras Pádraig gets the go ahead.

"This is wonderful news for Killarney and, when completed, the works will ensure that the town is perfectly positioned going forward and it will create the infrastructural environment required to advance with purpose and confidence," Cllr Kelleher said.

"Chamber is very excited about the plans and we look forward to playing our part to ensure Killarney remains the most wonderful town in the country to live in, to work in and to visit," he said.

The Chamber President thanked the officials of Kerry County Council for their great work in preparing the applications for funding and he said Kerry is very fortunate to have such a progressive and innovative team of public officials to rely on.

He also thanked Education Minister, Deputy Minister Norma Foley, and her Kerry constituency colleague, Deputy Government Chief Whip, Brendan Griffin, for working tirelessly to bring the project to fruition and for ensuring Kerry got a fair share of the available funding.

Cllr Kelleher said the allocation under the Urban Regeneration and Development Fund will help create magnificent opportunities for commercial development in Killarney while, at the same time, enhancing the many natural amenities and attractions that make the town the country's top tourist destination.

Mayor of Killarney, Cllr. Brendan Cronin also welcomed the allocation of €16.06 million funding for Killarney under the Urban regeneration development fund. This is critically important funding for the future growth and development of our Town which we as a council have been campaigning hard for. I am particularly delighted that the Aras Phadraig has finally been successful and that we can now begin work on this important site, back in 2017 when I along with MD manager Angela McAllen launched the Public consultation on the future design of Aras Phadraig, the people of Killarney clearly indicated how important it was to redevelop, redesign and bring back an intimate theatre along with a blend of other facilities to the town centre.



Killarney Chamber of Tourism and Commerce President Niall Kelleher has welcomed the funding.



Cathaoirleach of Killarney Municipal Area, Cllr. Brendan Cronin has welcomed the news.

THEME OF REGENERATION FOR KILLARNEY:

Bring the wider benefits of tourism to Killarney town centre and to create an experience equivalent to the natural environment that surrounds it.

Regeneration of the derelict Town Centre Site (Áras Pádraig)

Designation of the Glebe Craft quarter in the town centre

Enhancement of the Arts/Cultural Heritage Experience

Public Realm improvements at Beech Road, College Street, and New Street /High Street

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WELL KNOWN KERRY FOLK LAUNCH 5 Ways To Wellbeing Campaign

Known throughout the Kingdom, 14 prominent Kerry people with a common goal have joined Kerry Mental Health Association's campaign to promote the 5 Ways To Wellbeing – Connect, Be Active, Take Notice, Keep Learning & Give.

They have each recorded a short video in which they shared a way to wellbeing that works for them to help keep their mental health in check. The 5 Ways To Wellbeing videos can be viewed across Kerry Mental Health Association's Instagram, Facebook, Twitter, and YouTube platforms.

The contributors include Paschal Sheehy, Katie Hannon and Brian Hurley from RTÉ; Joanne Barry from Siamsa Tíre, the National Folk Theatre of Ireland; Eamonn Sayers, Manager of the Guinness Enterprise Centre, Dublin; Paul Murphy, Kerry Senior Football Captain; Anna Galvin, former Kerry Ladies Football Captain; Ciara Griffin, Ireland Women's Rugby Captain; Leanne Hanafin from Spin Southwest; Journalist, Author and Publican Billy Keane; Cian O'Flaherty, Chairperson of Spark Society at Munster Technological University; and Monika Dukarska, World Champion Rower.

The online campaign was launched this week by Radio Kerry Afternoon Show Presenter, and the face of the Liberty Insurance TV commercials, Brendan Fuller.

Brendan, a proud Killarney man, said: "I'm delighted to team-up with Kerry Mental Health Association to do a series of videos that will, hopefully, give you the bit of advice, tip or reminder of how you can give your days that extra spark to make this pandemic time especially that little bit easier to get through." Kerry Mental Health Association's primary objective is to benefit the community through



Pictured at the launch in Killarney National Park were l to r: Brendan Fuller, Radio Kerry Presenter; Joanne Barry, Repertory Director, Siamsa Tíre, National Folk Theatre of Ireland; Paul Murphy, Kerry Senior Football Captain; Freddie (Paul's dog), John Drummey, General Manager Kerry Mental Health Association; and Finbarr O'Donovan, TV, Radio and New Media Student at Munster Technological University (Tralee). PHOTO: DOMNICK WALSH

the promotion of the general welfare of people with mental health challenges, including mental illness, and to support these people, their families, and carers.

The nine Kerry Mental Health Association Branches empower people in communities throughout Kerry to take control of their lives and to make the right decisions to help protect their mental and physical health.

To donate to Kerry Mental Health Association and to learn more about the organisation, visit Kerry Mental Health Association (www.KerryMentalHealth.ie).

The video project, which has been supported by Mental Health Ireland, was produced and edited by Finbarr O'Donovan, a 3rd year student of TV, Radio and New Media at Munster Technological University in Tralee. He has been on an internship with John Drummey Communications and Kerry Mental Health Association since January.

The 5 Ways To Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give.

Connect - Be Active - Take Notice - Keep Learning - Give

Drive thru Bake Sale raises €11,500

Kate, Sam and Harvey Leen, Ballymacelligott.

A drive thru bake sale held in aid of Recovery Haven just before Christmas has raised an amazing €11,500.

Kate Leen along with her sons Harvey and Sam hosted the charity fundraiser in memory of their beloved husband and father David who passed away in April of last year.

All proceeds from the Drive Thru Bake Sale went directly to Recovery Haven Kerry Cancer Support House who were a huge support to Kate

and the boys during David's illness. All the baking was made locally and the event followed COVID guidelines. The family presented the cheque to Recovery Haven this week.



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Killarney National Park and Glacier National Park in Montana USA have officially become "sister parks". Following a memorandum of understanding which was signed in January, the agreement was made official this week.

The virtual signing ceremony was held with the US Parks Service after months of preparatory work by NPWS and was attended by Minister Darragh O'Brien and Minister of State Malcolm Noonan on behalf of the Irish Government as well as Senior Management of the US National Parks Service and Department of the interior. The NPWS link-up in entering into a Sister Parks arrangement with US National Park Service will enrich the experience and capacity of the personnel of both Parks through exchanges of staff and best practices.

Killarney National Park and Glacier National Park will aim to capitalise on the significant networking knowledge and sharing opportunities this agreement supports. Given the natural and cultural resources protected and presented by both organisations, as well as the respective mandates, it is hoped that the arrangement will be a stronger voice to highlight the challenges not only in these two Parks but across our nations.

The purpose of the "Sister Park" relationship is to promote international cooperation and support for the mutual benefit of both Parks. The relationship will benefit the Parks through the sharing of experiences and approaches to collaboration. This will include local efforts to work with gateway communities, regional and local economies and partner organisations. The Parks hope to accomplish this primarily through the exchange of managerial, technical and professional knowledge, information, data, technology, training, and experience.



Signed, sealed and delivered...

Killarney & Glacier become "Sister Parks"

Above; Killarney National Park and Glacier National Park.



Always a gentleman...

Killarney says goodbye to Kurt Neher

Killarney said goodbye this week to one of his adopted sons, Kurt Neher who passed away peacefully at home this week.

Kurt, a keen golfer was well known in Killarney and worked until retirement at Liebherr Container Cranes.

He and his late wife Maureen reared their five children at their home in Countess Grove.

Formerly of Schweinhausen in Germany. Kurt will be sadly missed by his children, Roland, Karin, Yuri and Erika, grandchildren Shauna, Kurt,

Calum, Sarra and Lucas, daughter-in-law Joanne, Yuri's partner Muireann, sister Marliese, nieces, nephews, relatives, neighbours and many good friends. He is predeceased by his wife Maureen, his brother Walter and his brothers-in-law Horst, Derry and Seanie and sisters-in-law Sheila, Lorie and Betty.

Kurt was laid to rest in Aghadoe Cemetery following a private family funeral in St. Mary's Cathedral on Thursday.

May He Rest In Peace.



The Late Kurt Neher:

PICTURE: VALERIE O'SULLIVAN

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St. Brigid's *Down Memory Lane*

Sheree Murphy Teacher and PRO of St. Brigid's Presentation went down memory lane this week with one of the school's secretary's Carmel Browne (formerly O'Leary) originally from Killcummin but now living in Dingle.

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

C: Hi Sheree, I graduated from St. Brigid's in 1982. Both my sisters attended St. Brigid's also. Bernadette graduated in 1980 and Margaret graduated in 1977.

S: Back then would you have had some of your classes in the convent?

C: Yes, I have such fond memories of annual retreats being held in the convent. The bonding that took place, the fun and joy getting to know new girls in other classes. Even now when I visit Sr. Attracta and Sr. Columbanus in the convent it takes me fondly back to those days. The welcome, the chapel, the comforting smell of dinner and delicious deserts.

S: What was your favourite subject in school?

C: Whilst English was my favourite subject, I always had an old grá for the Irish language and Irish History. Having been born in London my English accent was a huge source of entertainment to my classmates when reading Scothscéalta, Jímín Máire Thaidh and Peig, aloud in class. My accent forced me to make an extra effort to master the blás!

S: How did you find the transition going from Coolick National School to a big school like St. Brigid's back then?

C: I found it difficult at the start but once I moved into 2nd year and found my lifelong friends and my feet-I never looked back! My experience taught me to keep a watchful eye out for the new 1st year students. Ms. Maragaret McGrath has such an important job and I am always in awe of how she facilitates the transition from National School to St. Brigid's with such care and kindness

S: Yes I agree she does a great job! Do you remain close to some of your school friends?

C: Yes, I remain in contact with many of my school friends. Some of my closest and loyal friends are 'Pres Girls' - Clare (Clifford) Quinlivan, Sharon (O'Donoghue) Payne and Bridget (Walsh) Buckley to name a few.

S: Have you any memorable moment from your school days?

C: When I began in St. Brigid's there was only one male teacher. When I was in second year a new male teacher was employed, straight from college. Alien, in those days to our "all-girls school". Eddie Sheehy taught me Geography and Irish and it is fair to say that if Mr. Sheehy was assigned to all our classes, that first year he arrived in St. Brigid's, there would have been no complaints from us!!!! More male teachers joined the staff of St. Brigid's before I left in 1982 and we eventually got used to the change.

S: *Laughs* How do you think teachers would have described you?

C: Probably quiet, shy, and co-operative but at the same time I was always in the middle of all the fun!

S: Who was the biggest joker in your year?

C: One classmate stands out in my memory, Maura Cahill, she was full of devilment but also so lovely, loyal, and kind. Take a bow Maura- what fun memories I have of you during those years.

S: Tell me a funny moment from your days in school?

C: When I was in 2 Yellow, I fell in school and got concussed. Back then there was a sewing room in the school. In this sewing room there were about 5 sewing machines to a class of 20 girls. So, when deadlines loomed, and your carefully crafted apron needed a pocket sewn to it- you ran like lightning to get one of those sewing machines. THUD- concussion, black eye, swollen face!! And to add fuel to the fire I missed the biggest day in the parish of Killcummin's calendar- The opening of the New Church!!!!

S: *Laughs*: Oh no!!! Did you go on any school trips?

C: Yes, when I was in 5 Green, we went to the Ghaeltacht. The best week of my school life! I fell in love with Dingle and "back west of Dingle". I consider myself to be the luckiest person in the world to have met Ted, a Dingle



Man, in New York and to end up coming home to live and rear Dónal, Tadhg, Ruairí and Niamh in such a beautiful spot!

S: What is it like working as one of the school's secretary's in St. Brigid's after going to secondary school there?

C: I returned to work in St. Brigid's 5 years ago. A big shout out to my work colleagues Audrey, Margaret, Breda, Karen, and Kevin. The office is super busy and there are times when we don't have a moment to spare but when we do, we make the best of it and often enjoy a cuppa and a good old laugh together. My favourite part of my day is meeting and dealing with the students, staff, and parents. I consider myself very lucky to work with such lovely people. The students I meet every day are always polite, kind, generous and often funny too.

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

C: My words of wisdom to present students would be, ask questions, be curious, share in other people's experiences. I believe you'll never be lonely if you are curious and TRAVEL- the best education of all!

S: I agree with you on that one hopefully when Covid is over we will all be able to board those planes again! Thanks very much Carmel for your memories.

C: My pleasure. It is great to be back in St. Brigid's as an employee rather than a student. Happy school days- Happy workdays.

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



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CYCLE LANES GET THE GREEN LIGHT



Rock Road, where a new cycle lane will be situated.



The proposed new Killarney Cycle Lane Project was given the go ahead at a meeting of the Killarney Municipal District which was held online on Wednesday.

Mayor of Killarney Cllr Brendan Cronin welcomed the decision by the Killarney Municipal District Members to unanimously approve the Part 8 Planning process for a number of cycleways around Killarney town. Speaking after the vote, Cllr Cronin paid tribute to the Members and the work carried out by Council staff in progressing what he called 'a transformative project.'

"I am delighted with today's decision to approve 3.8km of cycling infrastructure on a number of routes around the town," he said. "This project will have a transformative impact on the town. By providing segregated cycle lanes it will facilitate particularly more vulnerable road users and it will provide important linkages between residential areas, schools and sporting facilities. These improved walking and cycling

facilities will have a positive impact on the health and wellbeing of the community and will help to improve traffic flow by facilitating a modal shift from cars to cycling and walking." The project includes Rock Road, Upper Lewis Road, Park Road, Deer Park Road and Gaelscoil Road. Cllr Cronin highlighted the level of public involvement during the consultation phase. "I was delighted with the very significant levels of community engagement in the process which included an online webinar and over 90 submissions to the planning process. The overwhelming majority of submissions welcome the cycle lanes project and a number of amendments were made to address concerns raised in the submissions.

"I also want to pay tribute to the Elected Members who recognised the importance of the project and worked closely with the communities around Killarney, raising issues on their behalf and ensuring that this is a project that will be welcomed round Killarney town."

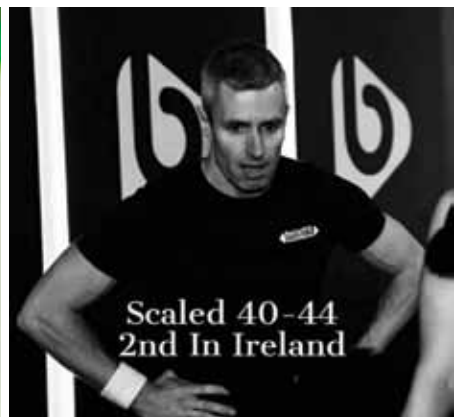
Gym members compete in WORLD'S LARGEST SPORTING EVENT



Members of Belief Fit Boutique Gym in Killarney took part in The CrossFit Open, a competition which unites hundreds of thousands of athletes around the world to compete in the world's largest sporting event. The 2021 season kicked off March 11 with the



three-week CrossFit Open. This is an online competition where athletes submit their scores for video verification. Athletes are then placed in their respective categories within the Irish & Europe leaderboard. After week 2 CrossFit Killarney have had some great results, with 1



more week to go. Among those who excelled were from left: Bernice MacMonagle, Scaled 50-54 - 1st in Ireland, Middle: Susan Van De Mere, Rx 40-44 15th In Ireland, Niamh O'Shea, Scaled 45-49 1st in Ireland and Paul O'Neill, Scaled 40-44, 2nd in Ireland.

St. Brigid's appoint 2nd Deputy Principal

The Board of Management at St. Brigid's Secondary School have confirmed the appointment of Ms. Mairead McElligott to the role of 2nd Deputy Principal in St. Brigid's. Ms. McElligott is a long serving member of staff and currently teaches Religious Education. Ms. McElligott is also a member of the school's student support team and is Year Head to

6th Year and LCA2 students. She will assume the role of 2nd Deputy Principal in September 2021. The Board of Management wish Ms. McElligott every happiness and fulfilment in her new role and look forward to working closely with the expanded senior management team of Ms. Moore, Ms. Lucey and Ms. McElligott.





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Headford Ambush

Centenary commemorated

What would have been a huge gathering in normal times, the Headford Ambush Centenary commemoration was only attended by members of the Headford Ambush Memorial Committee on Sunday last.

The small gathering was there to commemorate the centenary of the event, and unveil the refurbished monument. For the first time the names of the volunteers who took part in the ambush are inscribed on plaques in the monument.

The Ambush on British troops at Headford, near Glenflesk, was carried out on March 21, 1921, by 33 members of the Kerry IRA No. 2 Brigade Flying Column. It was the largest ambush in Kerry during the War of Independence.

"This is something that we've been looking forward to for many years, given its significance in Irish history. But public health must come first and hopefully we'll do it all properly in March, 2022", Chairman of the Commemoration Committee, Derry Healy told Killarney Outlook.

"These men are gone, but they're not forgotten. Beidh lá eile againn." Thirteen died in the Headford Ambush – eight British soldiers, two IRA volunteers (Dan Allman and Jimmy Baily) and three cattle dealers.

A three-year-old girl was badly wounded in both legs when a bullet passed through her father's leg as he sought to shelter her.

The attack, led by Dan Allman and Tom McEllistrim, targetted a detachment of British troops due to return by train from Kenmare to Tralee.

Allman, along with Jimmy Baily, died in the attack. McEllistrim went on to be a Fianna Fáil TD.

The ambush ended when the Mallow-Tralee train arrived; it had inadvertently brought British reinforcements, and the IRA withdrew from the vicinity of the station.

The Headford Ambush was one of the largest engagements of the whole conflict and was certainly the largest engagement between British forces and the IRA to take place in Kerry during the War of Independence. Last October, the Government gave €10,000 to the local commemoration committee in Headford to help renovate the existing monument, erected in 1971, which had fallen into disrepair. Extensive work has also been done to landscape the whole monument site which is located about 300 yards from where the actual ambush took place.

For the first time, the names of all those who fought in the Ambush will be recorded at the site.



Tina Healy, Listry points out her two relatives, Dan Allman and Dan Healy on the plaque at the Headford Ambush Monument. PICTURE: SEAMUS HEALY



Jim Kelly, Glenflesk, pictured at the monument.



Cllr. Niall Kelleher pictured at the memorial site with his grandfather Connie Kelleher.



Committee members are L To R; Dr Tim Horgan (Historian), Derry Healy, Mike Scannell, Tina Healy, Liz Spillane, Seamus Moynihan and Jimmy Kelly.

The memorial which was unveiled at Aglish Cemetery on Sunday.



Memorial unveiled at Aglish

Tina O'Donoghue, a member of the memorial committee shared the history of her families' involvement in the Headford Ambush". On Sunday, a new memorial was unveiled in Aglish Cemetery to commemorate the ambush and those that died.

"Danny Allman lived and worked on the family farm in Rockfield about two miles from the plot in Aglish where he is buried and commemorated", Tina said.

"Our mother, Catherine Healy nee Allman often spoke of her last memories of her brother. She, the youngest of the family watched as her brother prayed in the cowshed, on that last night he would ever spend at home before leaving for the training camp in the Gap of Dunloe and eventually taking the road and fields with his flying column to Headford", Tina added.

This aspect of D.J Allmans character is captured in one of the ballads composed in his memory :

*"A flask of Holy Water
In my pocket you will find
The only thing I brought from home
When I left them all behind
Sprinkle oer my body
Then my spirit shall be free
And tell them all how Allman fell
In the fight for liberty"*

Catherine now also lies at rest in this plot beside her husband Danny Healy, who also fought at Headford.

Brendan holds the keys to the past

Historian and collector, Brendan O'Sullivan shared some of the original memorabilia that was involved in the Headford Ambush. Include are from left: A framed photograph of Roger Casement which was presented to members of Dail Eileann in 1922. Kerry's Fighting stories, a book which was printed in 1947 and included a list of those involved in the Headford Ambush. A photograph of the list of names that appeared in The Kerryman on the 50th anniversary of the Ambush.

In front a hand grenade which is dated 1916. It is the granade which was held by Jim Bailey when he was shot in the head by the British soldiers at Headford. The Headford Railway Junction manual traffic light which was used by the station master at the time, The Station Master's whistle, dated 1916, Brendan is holding the Staff Pole, the key to turn the lines between Headford and Kilgarvan, and finally against the wall, a 303 Mark 3 Rifle, dated 1916/1917. There is no number on this rifle as it was bought in parts by the IRA and put together.



Remembering Danny Healy and his wife Catherine. A memorial stone was unveiled at Aglish Cemetery on Sunday.



A photograph of the list of names that appeared in The Kerryman on the 50th anniversary of the Ambush.



The Headford Railway Junction manual traffic light which was used by the station master at the time, The Staff Pole, the key to turn the lines between Headford and Kilgarvan.

MAJOR U-TURN BY EXAM AUTHORITIES ON THE WEARING OF FACE MASKS AT LEAVING CERT ORAL EXAMS



By Billy Ryle

In an embarrassing U-turn on Wednesday evening, the State Examinations Commission (SEC) rowed back on the guidance issued last Friday, that the wearing of face masks was deemed inappropriate at the Leaving Cert oral language exam. In supplementary guidance issued by the SEC at the eleventh hour, it was stated that students taking the orals will now be required to wear face masks. The last-minute reversal was due to an outcry from teachers and students who argued that the non-wearing of face masks was contrary to public health advice and would place those involved at considerable risk.

The insistence by the SEC that the wearing of face masks would be inappropriate for either the student or the teacher, as face masks would interfere with clear communication and with a clear recording of the student's level of oral proficiency, was dropped like a hot potato after an understandable backlash from the stakeholders. It's highly unlikely that the SEC ran the non-wearing of face masks by Nphet before springing it on teachers and students last Friday. It looks like a solo run which ran wide of the safety protocols.

Leaving Cert oral exams in Irish, French, German, Spanish, Italian, Russian and Japanese go ahead from 26th March to 15th April. In a normal year, an external examiner conducts and marks the oral interviews. This year the two roles are separate. Audio-recorded interviews will be conducted by a teacher appointed by the school. But the teacher won't award any marks. Instead, the recordings will be forwarded to the State Examinations Commission (SEC) and SEC-appointed examiners will award marks based

on these recordings. The oral interviews will be conducted outside of class time and subject to public health controls.

Schools must put a series of logistical arrangements in place to ensure compliance with the health guidelines when conducting the face-to-face oral language interviews. The teacher must remain in the room for the duration of the work. Students must use their own pens to sign the roll and the interviewer's sign-off record. Documents can't be shared unless they can be sanitized between use. The student and the teacher must remain at least two metres apart at all times. Attention must be given to hand hygiene and respiratory etiquette. A Perspex screen must be placed between the student and the teacher. All surfaces and digital recording equipment must be cleaned between interviews. Rooms must be adequately ventilated and tables/desks must be cleared of all documentation other than that being used in the interview. Also, as we now know, teachers and students will have to wear face masks.

It all seems very cumbersome and all the cleaning and hygiene requirements will be a huge distraction for students trying to focus on doing a good oral exam. Non wearing of face masks in a confined space would have put teachers and students at considerable risk and a Perspex screen alone provides little or no defence against any Covid-19 particles that may be circulating around the room.

Surely, there was no need for this two-step approach of an audio-recorded interview and a subsequent marking by the SEC-appointed examiner. The risk factor for the teachers and the students in the current health climate is far

too great. Common sense and duty of care for students and teachers would suggest a direct online interview between the examiner and the student was the way to go. Students are very comfortable with virtual media platforms like Zoom, Microsoft Teams, Skype and the like. Most of student learning has been virtual during the pandemic. The oral exam should have been a direct audio-visual communication between the examiner in one venue and the student in a separate venue, whether it's a room at school or at home. Keep it simple. Keep it safe. Keep it logical. It's not worth risking an outbreak of the coronavirus in schools with the Leaving Cert written exams only two months away.

CHECKLIST

- ✓ Leaving Cert oral language exams begin on 26th March and continue until 15th April
- ✓ Leaving Cert Applied (LCA) oral languages exams will be held in May
- ✓ In a normal year, external examiners conduct and mark the oral interviews
- ✓ This year teachers will conduct the interviews, which will be audio-recorded
- ✓ SEC-appointed examiners will then award marks based on these recordings
- ✓ The student and the teacher must remain at least two metres apart at all times
- ✓ A Perspex screen must be placed between the student and the teacher
- ✓ Wearing of masks is now a requirement for both the students and the teachers

*Billy Ryle is a Career Guidance Counsellor and Educational Commentator
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Congratulations to Rebecca Doyle, left, and Carrie Hickey, right both 5th year students in St. Brigid's Presentation Killarney who were virtually presented with an award last week from the Kemmy Business School, University of Limerick for excellence in Junior Cycle Business. Left: Rebecca Doyle and her Business Teacher Aisling Coffey. Right: Carrie Hickey and her Business Teacher Orla McCarthy.

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KERRY CONVENTION BUREAU ANNOUNCES NEW CHAIRPERSON



Breffni Ingerton.

Kerry Convention Bureau (KCB) has announced the appointment of Breffni Ingerton, Director of Business Tourism for the Gleneagle Group, as its new Chairperson. Outgoing Chairperson Mike Buckley, Managing Director of Kerry Coaches Ltd, who has served in the role for almost seven years, made the announcement.

Speaking at a virtual #MeetInKerry St. Patrick's Day event, attended by over 40 KCB members, last week Mr. Buckley said:

"On behalf of the KCB Board we are delighted to welcome Breffni into the role of Chairperson. Breffni is an experienced industry professional, she is extremely knowledgeable with a wealth of business tourism, festivals and events experience. She is highly regarded in the industry both at home and abroad."

He added "My time as Chairperson has been extremely rewarding – anything you can do outside of your normal day job to give something back and enhance the area in which you live, and are passionate about, is important."

In taking over the reins from Mike Buckley, Breffni Ingerton said "KCB has benefited tremendously from Mike's leadership, commitment, passion, experience and drive to make things happen. Mike has raised the profile of KCB and highlighted the valuable contribution the business events sector makes to the local economy. I thank him for leaving KCB in a position of strength to tackle the challenges ahead."

"I am privileged to take on this role and work with my fellow Board members and the excellent, professional membership of Kerry Convention Bureau. I look forward to working with the dynamic KCB team led by Becky Hargrove, key stakeholders and industry partners locally and nationally, to ensure that KCB is poised to play its part in reinvigorating business tourism in Kerry when the time is right" she added.

Kerry Convention Bureau is a Non-Profit Organisation that offers a free and impartial service and practical supports to event organisers and meeting planners and is dedicated to promoting and selling Kerry as a diverse and inspiring business tourism

destination. The Kerry wide membership comprises some of Ireland's best-known venues, hotels, activity providers, travel companies, destination management companies and conference organisers who have joined forces to attract national and international meetings, conferences, incentive programmes and events to the area.

Breffni Ingerton has over 25 years of experience in the business events and tourism industry having held various key roles in the Gleneagle Group, finding her niche in business tourism, festivals and events with the opening of the INEC Killarney in 2000. While spearheading the business tourism strategy for the Gleneagle Group she is also an active member of the Irish tourism and hospitality industry. She is a member of the KCB Board since 2017, represented the Irish Hotels Federation on the Fáilte Ireland Business Tourism Working Group from 2016-2020 and is now serving on the Fáilte Ireland Business Tourism Recovery Taskforce since August 2020. The establishment of the Business Tourism Recovery Taskforce is a medium-term strategic and tactical response to provide the Republic of Ireland industry with survival support schemes and development plans to reboot the sector post COVID-19. Breffni is also Chairperson of Ireland BikeFest Killarney since the inaugural festival in 2007, now one of Europe's premier touring motorcycle festivals which welcomes over 50,000 visitors to Killarney annually across the June Bank Holiday weekend.

For further information on Kerry Convention Bureau or for membership enquiries please contact Becky Hargrove on +353 (0)83 848 2564 or becky.hargrove@kerryconventionbureau.com

Treat yourself to 'The Europe at Home'

As they wait with anticipation for news of the go-ahead to reopen, The Europe Hotel & Resort has announced 'The Europe at Home', a delicious 5* star dining experience to be enjoyed in the comfort of your own home.

Our Executive Head Chef, Alex Nahke and his team have created two exquisite Three Course Menus for you to choose from, complete with a bottle of Red Wine and a box of Butler's Chocolates.

Each menu is designed for two people and preparation and some

cooking is required at home. A detailed step by step guide from our culinary team will ensure the complete 5 star dining experience. The Europe at Home Dining Experience is priced at €95, for two people including wine. Starting this week, collection is available on Fridays & Saturdays from 4pm-7pm and a pre order must be placed by 7pm the evening before.

Make time at home more enjoyable with a taste of The Europe, perfect for a special occasion or a weekend treat with loved ones.





MacGillycuddy Reeks EIP Project Open Call

Calling all farmers in the MacGillycuddy Reeks -

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John Healy.

Light Commercial Vehicle

First and foremost, if a tradesperson has a light commercial vehicle then road risk cover is a requirement by law. As with all other motor insurance products, the cover options would be comprehensive, third party fire & theft, or third party only. Optional extras are windscreen cover and trailer cover.

➤ Commercial vehicles are rated on the "proposers business description" so it is vital to disclose this accurately. For example, a plasterer will have a

different rate to an electrician or a plumber.

➤ The value of the vehicle is important to review each year, as are the drivers.

➤ Light commercial vehicle policies usually give "open driving 25 to 70 years old" but sometimes naming the drivers who will use the vehicle is a better option and can save you money.

➤ If you do not have a fully earned no claims bonus it may be an option to have your driving history on other vehicles taken into account, for example on your own private vehicle.

Employers, Public and Products Liability Insurance

➤ Employers Liability Insurance covers your legal liability in the event that you are negligent and required to pay compensation for bodily injuries to an employee in the course of their employment.

➤ Employee numbers and annual wages will need to be disclosed accurately and annually.

➤ Public liability Insurance covers your legal liability in the event that you are negligent and required to pay compensation for bodily injuries or damage to third party property in the course of your business activities.

➤ Your annual turnover will need to be disclosed and reviewed annually. Many main contractors and state bodies may require the tradesperson to have a minimum of €6.5 Million limit of indemnity.

➤ Products Liability Insurance covers your legal liability for injuries and property damage in connection with goods sold or supplied.

Your occupation and list of machinery will determine the other protections that should be considered. "Tools in transit" cover can be arranged in conjunction

with the light commercial vehicle policy and "Engineering Inspection cover" may be required on plant and machinery. Building contractors would need a "Contract works policy" to cover the building works in progress against fire. Some Insurers can include "Personal Accident" cover on a combined liability policy. Increasingly we are arranging cover for "Professional Indemnity design and construct" for allied trades where main contractors require the tradesperson to provide design and professional services.

You should seek out the expert advice of a professional Insurance Broker to review your insurance needs. At Healy Insurances, we can review your trade's business requirements, offer expert advice and save you money on your premiums.

Killarney Brewing & Distilling Company launch *Killarney Irish Whiskey and Imperial Stout collaboration*



Producing great tasting quality beers since 2015, Killarney Brewing Company, has unveiled the next chapter in its evolution with the launch of an 8-year-old premium blended Killarney Irish Whiskey. This exceptional offering is finished in Killarney's own small-batch Imperial stout casks, a stout that is matured in the same Killarney Whiskey casks and designed to complement the flavours of the Whiskey blend. This limited-edition and truly unique pairing of Killarney Irish Whiskey and Imperial Stout, of which only 1092 bottles have been produced, is in celebration of the year The Annals of Inisfallen were released. A collector's item, Killarney Brewing & Distilling's Imperial Stout and inaugural Irish Whiskey pay homage to the storied

monks of Inisfallen Island located in Lough Leane, Killarney. Each generation of the order contributed a new and ornate chapter of The Annals of Inisfallen. These chronicles, which are a medieval history of Ireland, spanned more than a century, providing a unique insight into life on the island.

This launch comes in the midst of Killarney Brewing & Distilling Company building a new brewery to meet the growing demand for their beers along with a custom-built malt and grain distillery. On the heels of a €24 million investment, this stunning state of the art 62,000 sqft facility on the Ring of Kerry will overlook the McGillycuddy Reeks and lakes of Killarney, capturing the magical beauty of Kerry. Upon

completion, this new premise will be Ireland's largest independently owned and co-located distillery, brewery and visitor experience. This will provide a cultural home to the thriving business, local employment and meet the burgeoning demand for premium Irish products and experiences from domestic and international markets.

Barry Spellman, General Manager at Killarney Brewing & Distilling Company, comments: "This project has been years in the making and it's a joy to finally launch our first Killarney Irish Whiskey and showcase our innovation with this limited release collaboration between the new brewery and distillery. We are relentlessly focused on product quality, uniqueness and an unyielding commitment to excellence in every part of our business. Our passion and pride are evident at every touchpoint, from grain to glass to greeting. For those fortunate enough to acquire this limited-edition product, it really is a taste of things to come and the first of many new products in the pipeline. Working with some of the leading distilleries in Ireland, we sourced some of the finest grain and



malt Whiskey available and with the help of our Master Distiller, blended to our exact specification. Killarney Irish Whiskey is blended, finished, bottled and hand labelled in Killarney. This 8-year-old premium Whiskey will be packaged in handcrafted wooden boxes and sold together with Killarney's latest innovation, Imperial Stout. Available now while stock lasts for €100 at local Kerry outlets and www.irishmalts.com

For more information on Killarney Brewing and Distilling visit www.killarneydistilling.com and follow their journey on Instagram and Facebook @killarneybrewing and @killarneydistilling

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There is always a reason to smile.



The O'Sullivan family, Aine, Laura, Ciara and mum Margaret with dog Roxy.



Out and about celebrating World Down Syndrome Day are Ciara, Aine and Laura O'Sullivan with Roxy the dog, Nessa, Caoimhe and Emily Brosnan with Penny the dog and Niamh, Aoife and Molly Cronin with Luna the dog.



Eve and Janet O'Donoghue celebrate World Down Syndrome Day.



The Brand Geeks welcome Fionn Van Blade to their offices for cake and fun to celebrate World Down Syndrome Day.



Jess Treyvaud smiles for the camera on World Down Syndrome Day.



Charlie Mae McSweeney all smiles for World Down Syndrome Day.



The Cronin family, Aoife, Tom, Bernie, Molly, Niamh and Denis "rock their socks" for World Down Syndrome Day.



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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.



SCONES

Ingredients

These scones are perfect with strawberry jam and whipped cream and a nice cup of tea

450g (1lb) self raising flour
2 rounded teaspoons baking powder
75g (2oz) softened butter
50g (2 oz) caster sugar
2 large free range eggs
225ml (8fl oz) milk

Method

- 1.Pre-heat oven to 220 degrees C/Gas mark 7, 200° fan oven temperature
- 2.Lightly grease and flour 2 baking trays. 3.Measure flour and baking powder into a large bowl. Add the butter and rub in with your finger tips until it resembles fine breadcrumbs. Stir in the sugar.
- 4,Beat the eggs together and make up to a generous 300ml (1/2 pint) with the milk. 5,Then put about 2 tablespoons worth of the mixture aside to brush the top.
- 6.Gradually add the egg mixture to the dry ingredients, stirring it in until you have a soft dough. The scone mixture should be on the wet side, sticking to your fingers as the scones will rise better.
- 7.Turn the dough onto a lightly floured surface and flatten it out with your hands or a rolling pin to a thickness of 1-2 cm.
- 8.Use a 2in cutter or a plastic cup to stamp out the scones by pushing the cutter straight down into the dough (as opposed to twisting it), then lifting it straight out. This will ensure the scone rises evenly and keep their shape. Gently push the remaining dough together, knead lightly then reroll and cut out more scones. Arrange the scones on the prepared baking trays and brush the top with the left over egg mixture. Leave the scones to rest for about 20 as this will help them rise.
- 9.Bake in the pre-heated oven for 13 minutes until well risen and golden. Transfer to a wire rack and leave to cool, covered with a moist tea towel to keep them moist. This recipe will make 13 scones.

VeganShares

with Killarney Outlook



Risotto Stuffed Peppers



Ingredients

1 tablespoon rapeseed oil and spray oil (to spray casserole dish)
1 tablespoon fresh Rosemary leaves chopped finely
150g Arborio rice
50g wild rice
1 courgette chopped into small bits
1 stalk celery chopped finely
1 red onion chopped finely
3 peppers (I used red, yellow and green)
1.5 tablespoon tomato purée
700ml vegetable stock
Salt and pepper to season

Method

Put the tablespoon of oil in pan, fry onion, celery and rosemary for 5 minutes. Add Arborio and wild rice, season and stir well. Add the tomato purée and courgettes and stir. Start adding your vegetable stock about 1 cup full at a time until all liquid is absorbed. Keep adding the stock until it is all used up. In a casserole dish spray with spray oil and place your three peppers in it after you have sliced the top part off and deseeded them. Keep the tops (stalk and all) to use as lids for your stuffed peppers. Divide your mixture into the



three peppers and put any left over risotto into the casserole dish to bake with the peppers. Bake in an oven at 180 degrees covered in foil for 45 minutes. Remove the foil and bake for another 15 minutes. I served mine with a little fresh broccoli. These are so tasty, healthy and low fat so well worth a go.

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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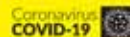
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ASTRID LONGHURST
Life, Inspiration & Body Confidence Coach/Author

Five things to prioritise for health, happiness & wellbeing

Self-care is vital to our health, wellbeing and happiness. It doesn't just happen; we need to make a conscious decision to look after ourselves, mind, body & spirit every day.

Follow my top five tips for loving self-care.

1. Make inner peace a priority. Walk away from anything or anyone that has a negative or limiting impact on your sense of wellbeing.
2. Focus on what you desire, not what you don't want in your life. Take away your attention from things you don't like and put 100% of your energy into what you do!
3. Fall in love with the journey of your life! It doesn't last forever, so you might as well learn to appreciate and love every step along the way of this amazing thing called Life!
4. Find your passion in life and allow it to show up every day, in some way in your life! Enthusiasm is the key to passionate living and passion is the key to enthusiasm!
5. Eat foods that make you feel full of energy, radiance, health, lightness, happiness, loved and ALIVE!

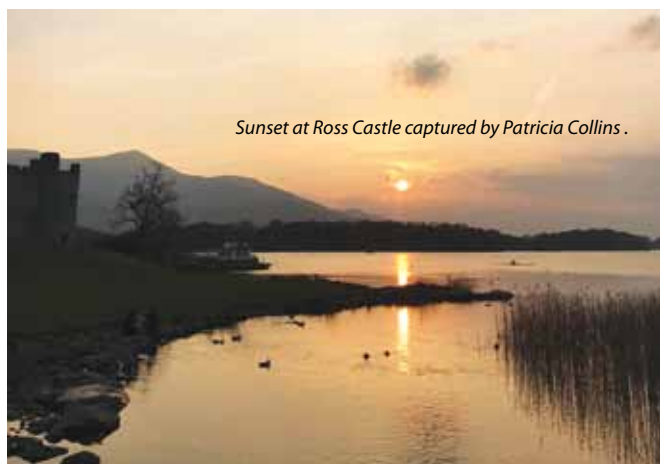
Life is so much easier and more enjoyable to navigate when you are looking after and loving yourself. Make these tips part of a self-care ritual and really enjoy the feeling of looking after YOU!

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Sunset at Ross Castle captured by Patricia Collins .

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



How Sugar impacts your Skin

A diet rich in sugar can create excess waste product in the form of glucose. If not "burnt off" this glucose(sugar) attaches to the proteins in our skin and causes inflammation.

This process is called glycation and leads to the formation of Advanced Glycation End-products (AGEs) which increases inflammation in the body. The inflammation breaks down collagen which results in wrinkles, sagging and loose skin.

Collagen is essential for skin strength and elasticity. It is a protein suspended in hyaluronic acid that makes up 75% of the weight of our skin. It is the glue that holds the body together and originates from the Greek word "kolla" meaning glue.

Excess sugar also effects water concentration in skin making it appear blotchy and sallow or dark circles under the eyes.

When you eat extremely sugary foods, your body immediately produces a surge of insulin to stabilize blood sugar levels, this increases inflammation and suppresses white blood cells. Your body is then less able to fight off skin allergies, eczema, rosacea or psoriasis.

Flare ups of acne are common after excessive sugar intake as inflammation in the body causes the stress hormone cortisol to produce more oil. Combine this with inflamed blemishes and less infection control bacteria have a perfect environment to grow and populate.

Pay attention to processed and hidden sugar in your diet. Give sugar a break and see how your skin responds.

Less sugar is the secret to a clear, supple youthful complexion!

Noreen Mangan


Tel: 0646630712

www.whatwomenwant.ie

Fitness Expert Edele Daly guides you

TIPS TO HELP YOU STAY MOTIVATED

B WELL FITNESS CLUB



B WELLS TOP 10 WELLNESS COACHING TIPS

- PART 2

5. Being aware:

that not every day is going to be a good day: this might sound counterproductive... but... consider embracing the notion that you will have a bad day and accept this as part of life and every day living.... besides expecting every day to be wonderful, positive, and even perfect! This in itself is quiet crippling and not realistic. Accepting the bad with the good is as important as trying to live your best life.

6. Win the day:

each day always improve on the day before. Whether it is improving on your run, improving on your squat, or improving on your diet... the one thing is to make sure that you are vitally engaged and take responsibility for getting the most out of it. Stay focused. This "winning mindset" attitude will develop a winners sense of achievement. And this sense of achievement is what will get you closer to your goals in the long run.

7. Develop a healthy attitude towards what you do:

this coaching tips makes the daily tasks you do easier. Even if it's those nasty tasks you don't like doing. Reframing your language and attitude to the task in hand to a more positive outlook will help you enjoy and get the most out of what you are doing. It will give you a sense of completion and even achievement when the task is complete. And believe it or not you will get a massive feel good factor out of this one when you reframe you approach to it.

8. Positive self talk: start telling yourself more often that "you can do it". The body believes what the mind perceives. So speak to yourself in language, words, and praise that you would to any other friend, family member or even stranger in need of a kind word and a helping hand.

9. Don't procrastinate and put everything on the long finger:

if the sentences "I'll do it later" or "I'll do it tomorrow" sound familiar? Then ask yourself does this coaching tip apply to you. Procrastination holds us back, and feelings of doubt can creep in along with fear of moving forward. So ... If it needs to be done.... just do it... if it's good enough for Nike... it's good enough for us.



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CARDIAC SUPPORT GROUP

MONDAY 29th MARCH

7.30pm sign in for 8.00 start

Guest Speaker: Dr. Margaret Clifford

A SPECIAL NIGHT FOR ALL CARERS

Non-members welcome!

Come and join us on our online Zoom Meetings

Dr. Margaret Clifford, Consultant in Palliative Medicine and Care at University Hospital Kerry, will be talking about special care & services available in the home and in hospital. There will also be time for a Q & A session during the meeting. If taking care of someone is large in your life, then this is for you.

For more information on accessing our online Zoom meetings, text Billy on 085 1773 910 or email heartbeatkillarneykerry@gmail.com.

Visit our website www.kerryhearts.ie



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>KERRY HOSPICE FOUNDATION GOOD FRIDAY WALK

This year people are being asked to join the annual Kerry Hospice Foundation Good Friday Walk in the safety of their 5km radius. The walk can be done anytime between St Patrick's Day & Good Friday (Apr 2nd) and all donations will go to the Kerry Hospice Foundation, which solely supports the Palliative Care service in Kerry. Donations to www.idonate.ie/LongGoodFriday

>SPA LOTTO RESULTS 15/03/21

Numbers drawn: 13,16, 19, 25. No winner and Lucky Dips receive €50 each to Shane Kearney, Mike Casey, John Shannon and Cian & Tadhg Moriarty. Our weekly Monday night Lotto draws continue and this week's JACKPOT is €6,800. Tickets are on sale online on spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckcross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income.

>RETIREMENT

Congratulations to our CE Scheme Coordinator Donie Foley who retired recently. Congrats also to John Lenihan who retired from his position at the Fitzgerald Stadium.

>REGISTRATION

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

>SYMPATHY

Our condolences to the O'Donoghue family on the passing of Tadhg O'Donoghue, Tiernaboul. May He Rest in Peace.

>NO UPDATE ON RETURN TO PLAY

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

>ST PATRICK'S DAY

A big thank you to everyone for sending in your photos and videos for our 'virtual' St Patrick's Day! There was a great response and hopefully we'll get to see everyone soon enough in Spa.

>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.

>ROAD IMPROVEMENTS IN 2021

Councillor Michael Gleeson wishes to advise that the following are some of the roads in Killarney Municipal District that are scheduled for improvement work mainly during 2021: Old Minish Road (L.7067) - €22,275 and €80,063; Spa Road (L.7010) - €180,000; Abbey Cross, Muckcross (L.3016) - €220,500; Arteegalvan (L.7049) - €45,325; Upper Lissivigeen Ryan Nursery Road (L.7047) - €38,475 and €7,461; Clash Road, Clash (L.11072) to Minish - €21,600; Upper Park Road: €83,581. May you all travel safely.

>SPA GAA ON YOUTUBE

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

>ITEMS FOR NOTES

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

Written by: Deirdre O'Sullivan-Darcy



Holly Tobin celebrates St. Patrick's Day.



Kate and Denis Doolan celebrate St. Patrick's Day.

KILCUMMIN

➤KILCUMMIN GAA MEMBERSHIP

Kilcummin GAA membership is now open for 2021. Club membership of €50 which entitles you to use the Walking Track (individual walkers as per level 5). Full details of Kilcummin Fitness Centre to follow. Payment can be made to executive members or drop to Post Office with Name and Email or Tel. 087 6215770 or 085 7882288.

➤COMMUNITY GAMES

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

➤KILCUMMIN COMHALTAS

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

➤KILCUMMIN NS

Junior Infants Enrolment 2021/2022: Kilcummin National School is currently enrolling for September 2021. Please contact Kilcummin

National School by email at kill43163@gmail.com or 0646643163. Enrolment application forms are now available. We look forward to hearing from you. Keep well and safe.

➤VACANCY

A vacancy presently exists on the Kilcummin C.E Scheme for an Assistant in a Thrift Shop/Coffee Shop in Killarney town. It is for 19.5 hours per week. This is a development opportunity and no experience is necessary as full training is provided. For confirmation on your eligibility contact your local INTREO office or the C.E. Supervisor on 086-1579381. If interested please forward your CV to Kilcummin Rural Development Office, email info@kilcumminparish.com

➤COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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



Rian, Ella and Adam Moynihan celebrate St. Patrick's Day.



Ollie Kelly celebrates St. Patrick's Day.

BEAUFORT

➤NEW REFEREE COURSE

Names are been taken for a new boy's and men's Gaelic football referee course. If anyone is interested in becoming a referee, please contact the Club at 087 9975737.

➤FACILITIES

As we are still at level 5 restrictions, the field and gym are closed until further notice. The walking track remain open for use.

➤CLUB MEMBERSHIP

The closing date of 31st March for payment of GAA Club membership has been extended. A new closing date will be issued shortly.

➤GOOD FRIDAY WALK

will be done virtually this year. Walk any distance any day until Good Friday whilst maintaining social distancing and within 5km, and a donation can be made online to Kerry Hospice at www.idonate.ie/longgoodfriday.

➤LIDL LADIES GAELIC FOOTBALL PROMOTION

Lidl are running a promotion for Ladies Football clubs to have the opportunity to receive a set of jerseys and other cash prizes. To participate, download the Lidl Plus app and every time you shop in store you can scan your phone to receive stamps. For every €30 spent in store, you will receive one stamp. Thank you all for your participation and support.

RATHMORE GNEEVEGUILLA

➤THE BOARD OF IRD DUHALLOW

welcome announcement of an additional €70m for the LEADER programme for 2021/2022. With a track record of over 30 years in Rural Development, we witnessed first hand, the huge demand for additional funding for community projects, which has been generated from the momentum of previous programmes. They know the communities of Duhallow will put this funding to great use and look forward to working alongside communities and businesses to support them to realise their applications and develop their projects. If you would like to discuss a project idea contact our development officers on 029-60633 or email info@irdduhallow.com

➤RATHMORE GAA CLUB ANNUAL MEMBERSHIP

All membership can be renewed online with clubforce (search for Rathmore GAA club) Or you can get the link from our registrar Kathleen O'Doherty (0863647749). You can also use your lotto account to activate your registration. You can also use this Link <https://bit.ly/3t32lw3> Registration should be completed by March 31st. Referees Needed Kerry GAA training will be available shortly for young people interested in refereeing to officiate at U.11 and U.13 games Any former players who will be available to referee senior games. If interested, please contact Una Moynihan or Mike Cronin

➤COVID VACCINATION CLINIC

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

➤SYMPATHIES

To Families & friends of Matt O'Donoghue ex Kerry co op Rathbeg, Rathmore. May Matt rest in peace.

➤COVID-19 SUPPORT LINE FOR OLDER PEOPLE ALONE

manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

➤ILLEGAL DUMPING

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

➤THE RATHMORE SOCIAL ACTION GROUP

will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time. To avail of this service, please call Norah & Marie on 064 77 58588. These meals will be dropped to the door of the person's home. We will help to deliver this service to as many as we can. Alarm responders are required by the Social Action Group for burglar and fire alarms in St. Joseph's Day Care Centre and Teach Íosagáin. If you live within 2km of these facilities and wish to express interest please

provide your name and contact details to info@sag.ie or contact St. Joseph's Day Care Centre on (064) 7758588

➤HELPFUL CONTACT NUMBERS

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

➤RATHMORE GAA CLUB

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

➤GNEEVEGUILLA COMMUNITY DEVELOPMENT

Council & Gneeveguilla Basketball Club had our weekly draw for our Share the Bucket on Friday evening 19/03/21. The Jackpot was €315. This weeks winner is Mary Moynihan €315 the lucky winner of €315. Well done Mary. Congratulations to Mary. This week's jackpot winner £315. 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. This weeks winner is Mary Moynihan €315. Headford Ambush Memorial Monument would like to express their sincere thanks and appreciation to the hard working Committee and to all who helped in refurbishing the monument and also the people who came together fifty years ago and built the original one. we remember especially those who took part in the Headford ambush one hundred years ago. Ar dheis Dé go raibh a n'anam dílis. Well done to all involved. Fantastic work. Looking forward to all being able to attend together next year to commemorate the volunteers involved in the Headford Ambush.

➤COMMITTEE MEMBERS

Dr. Tim Horgan Kerry Rep, on National Graves Association Derry Healy, Chairman Mike Scannell, Tina Healy, Liz Spillane, Seamus Moynihan and Jimmy Kelly. The Legion of Mary will hold its Annual Consecration to Our Lady on Sunday 28th March at 3.p.m. via the Killarney Cathedral Webcam. www.churchservices.tv/killarneycathedral Please join us in making this consecration to Our Lady. This is the Centenary of the Legion of Mary 1921- 2021. The Legion of Mary will celebrate 100 years in September 2021. It will be a time of joy, of celebration and of thanksgiving

➤NOTES

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

By Michael O' Mahony



Neighbours & Cousins - Molly Dennehy & Eabha Sheehan having their St Patrick's Day parade at their homes in Beaufort.



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**DANNY
HEALY-RAE TD**



**Cllr MAURA
HEALY-RAE**

**WEEKLY CLINIC ON:
SATURDAY AT SCOTT'S HOTEL,
KILLARNEY AT 11AM**

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

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

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

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

PLEASE CONTACT

Danny 087 2316055 Office 064 6685315
Maura 087 7816432 Johnny 087 2354793
Eileen 087 9975419

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



Sinner?

John 5:14

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

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

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

We can be found at:
<https://www.gracebaptistchurch.ie/>

John 3:16

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

GLENFLESK

➤BARRADUFF COMMUNITY FIELD ORGANISATION

Barraduff Community Field Organisation are giving you the chance to win a 3-bedroom 2-storey detached dwelling house in Barraduff, Killarney, Co. Kerry worth €270,000 for just €100.

Limited number of tickets here > www.winadreamkerryhome.com

Imagine, living the country life, being part of a vibrant local community with the ability to work from an office or a hot desk in Barraduff, with a relatively short commute to Cork or Limerick. It truly is the Dream Home. Plus, the house is not the only prize - there is a 2021 car and eight other prizes including a €1,000 hotel voucher, €1,000 cash, new furniture valued at €1,000, hotel vouchers and spending money as well as other cash prizes and 1000 litres of home heating oil.

➤HEADFORD AMBUSH CENTENARY

Instead of the usual larger commemoration, only members of the Headford Ambush Memorial Committee were present due to Covid-19 to commemorate the centenary of the event, and unveil the refurbished monument. For the first time the names of the volunteers who took part in the ambush are inscribed on plaques in the monument. We would

like to express our sincere thanks and appreciation to the hard-working Committee and to all who helped in refurbishing the monument. We remember especially those who took part in the Headford ambush one hundred years ago. Committee members are Derry Healy, Mike Scannell, Tina Healy, Liz Spillane, Seamus Moynihan and Jimmy Kelly.

➤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.



Killarney Rugby club players at their annual dress dance (1998) in The Great Southern Hotel.
Front row : Mike O Callaghan, Adrian Hegarty, Hugh O Connor and Pat O Donoghue. Second row: Mike Nash, Des Foy, Pat Eviston, Tadgh Kelly and Ronnie Hakin.
Back row: Ken O Sullivan, Sean Hickey, Denis McCarthy, Ger Healy, John White, Eamon O Callaghan, James Daly, Ger Maher, Fergus Cronin, Ger Moloney, Paul McCarthy and Denis Reen.

Darragh Roche, Lisbaby pictured here at Barraduff Community Centre with a cheque for €18,540.08, money he raised recently in a 4x4x48 challenge for Irish Cancer Society. Darragh completed the challenge in loving memory of my Uncle Denis Lucey who sadly passed away last January 2020. Denis received amazing care and support from the Night Nurses during his final days and giving back to them was something my family and I have wanted to do ever since. "When I first set my sights on completing this challenge, I had hoped to raise between €3,000-€5000", Darragh said. The support and the donations that I received from my local community, neighbours, friends, family and from the wider community has been nothing short of amazing and I can't begin to thank everyone enough.



PICTURE: SEAMUS HEALY

Laochra Gael nominated for TV awards

Kieran Donaghy's Laochra Gael is one of five nominations that TG4 has received five nominations across a range of categories in the RTS Ireland Television Awards.

The awards aim to showcase and give recognition to the Irish TV industry for achievements and excellence in Creative production for the year. The winners in 9 categories will be announced on Virgin Media One next Tuesday, March 30th at 11pm and will be presented by Muireann O'Connell.

Kieran Donaghy 's Laochra Gael has been nominated in the Sport category. In his career, Kieran won 4 All Ireland medals, 3 All Stars and Footballer of the Year. The man called Star has an extraordinary story: breaking through with the Underdogs, the experiment that made a full forward out of him, the basketball hands, the decline and the revival, and of course, Joe Brolly. And in the background, the complex and difficult relationship with his father that was tied up in everything he did on the field of play.

The RTS Ireland Television Awards committee recruited independent judges from across the industry at home and abroad, who spent the last few weeks reviewing and evaluating creative excellence and achievement in nine categories.





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Closing Date 14th April 2021





MILLTOWN/CASTLEMAINE

CLUB LOTTO

Lotto Results for Draw on Fri 19th March 2021:
Numbers Drawn: 02 / 03 / 16 Bonus No: 25

There was no winner of the Jackpot but well done to the winners of our consolation prizes:

Gerdie Murphy - €50 / Seamus Kerrisk - €50

Adele O'Dwyer - €25 / Ronan Twiss - €25 / Pete O'Connor - €25 / Gavin McKenna - €25

Congratulations to our winners and míle báiochas do gach duine to you all for your continued support of our Clubs Fundraising Lotto.

Comhghairdeachas leis na buaiteoirí ar fad agus táimid fíorbhuíoch do gach duine as ucht bhúr gcuid tacaíochta.

Next Draw – Tickets are available at all usual outlets for our next draw which will take place on Friday 2nd April with the Jackpot Prize of €12,600.

FIELD DEVELOPMENT

It was a wonderful site to see the goalposts erected this week at Paddy Burke Memorial Park. They cast a glorious shadow across the fantastic new surface which will see plenty of footballing action in the years ahead, fingers crossed we will soon see a safe return to play in the not too distant future.

Our clubhouse has also been freshened up, having been painted in our club colours of green and white. We wish to thank all of the people who have given their time to various jobs and projects for our club throughout the course of this field development project.

It is hoped that more work will be completed shortly so as to have the facility ready for our teams to take to the field again, when it is deemed safe to do so.

COISTE NA NÓG:

Well done to all of the boys and girls that entered our 'Design your own Milltown/Castlemaine GAA jersey' competition.

Your wonderful designs lit up our social media pages over the course of the last couple of weeks and they were all fantastic. Stay tuned to our Facebook page as later this week we will be doing a draw from our entries to give away some Easter eggs.

Catherine Dennehy out Cultural and Irish Officer wished to thank all the competition entrants for their hard work and said the following:

Ba mhaith linn buíochas mór a rá leis na bpáistí a sheol pictiúir chugainn don gcomórtas.

Ealaíne Tá na geansaíthe go léir ar ár leathanach Facebook agus gach ceann acu an ghalánta ar fad. Go raibh maith agaibh go léir agus bígí go léir brodiúil as bhúr gcuid oibre iontach.

We want to say a big thank you to all the children who sent in pictures for the art competition.

The jerseys are all on are Facebook page and every one of them very stylish. Thank you all very much and all of you be very proud of your wonderful work

Tá súil againn gur bhain sibh taitneamh as an gcomórtas agus as Lá Fhéile Pádraig agus Seachtain na Gaeilge chomh maith.

We hope you enjoyed the competition and St Patrick's day and Seachtain na Gaeilge too.

OTHER NEWS

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

KEEL GAA CLUB NEWS

KEEL, CASTLEMAINE & KILTALLAGH DAFFODIL DAY

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

UP-HILL LOOP WALK

The Up-Hill section of the Keel Uphill/Downhill walk is currently closed until further notice due to essential repairs. The lower walk is still open but people are reminded that dogs are not allowed under any circumstances. You are asked to respect this as you are accessing private lands with owners permission that contain livestock.

FOSSA GAA CLUB

CHILD WELFARE COURSE

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

STAY SAFE

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

COVID-19

CLUB SPECIFIC GUIDELINES

Club Games and Training

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

Club games are not permitted.

Club Gym must remain closed until further notice.

LADIES

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

You need to download the Lidl Plus App, click

Fossa LGFA and have it scanned every time you spend €30 you can collect tokens towards jerseys and cash for our club.

LOTTO

2,7,12,28

Jackpot not won

€40 WINNERS

CATHERINE DUKE, BARLEYMOUNT MIDDLE; ALEX & CLIONA KELLY, COOLICK KILCUMMIN; MARGARET MORIARTY, FOSSA CROSS; GEARÓID Ó MURCHÚ, FIRIES; LORCAN O'DOHERTY, C/O THE GOLDEN NUGGET.

Next weeks jackpot is €10,500 tickets on sale from Foleys Spar Fossa, the Golden Nugget bar and restaurant and usually sellers. Thanks for all your support.

CONDOLENCES

The club would like to pass on our condolences to the family of Nuala O'Connor (née Blackwell) Ballymacelligott, Ardfert.

Mother of Dennis and Grandmother of juvenile players Naoise and Mark.

May she rest in peace.

DR. CROKES GAA CLUB

LOTTO draw took place on Monday March 22nd numbers drawn were 3 7 12 20 JACKPOT €5,000 was won. Roger O'Sullivan Killarney native and former player now based in Seattle USA. Jackpot for draw on March 29th 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, https://member.clubforce.com/tickets_m.asp?LL_ID=734

MANAGEMENT TEAMS 2021

The C Team Ciaran Brosnan, Eanna Kavanagh, Tom Rohan & John McEnery.

Senior Hurling John Lenihan, Brendan McMahon, Timmy Hourigan, Patrick Landers, Kieran Crehan & Dan Kelliher.

Junior hurling management Jamie Lenihan & Sean Brown



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LEVEL THE PLAYING FIELD

We're calling on you to help your local LGFA club to "Level the Playing Field". Every time you spend €30 or more, and scan your Lidl Plus card at the till, you'll receive a stamp on your digital stamp card. If you spend €60, you'll get two stamps, €90 = 3 stamps, and so on.

Once you have collected 6 stamps, you can submit your completed stamp card which will be added to your chosen club's total. The more stamp cards submitted for your club, the more rewards they will receive.

Rewards begin at a set of new jerseys for clubs that collect at least 50 stamp cards and go right up to €5,000 in cash funding for 500 or more completed cards. In addition, the club in each province that collects the most stamp cards will win the €20,000 top prize. Click here for more information including progress updates for clubs and shareable resources to encourage engagement in your community.

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

MEMBERSHIP

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

DR. CROKES SHOP

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

CHELTHAM BUSTER

we had a tremendous entry for this novel fundraiser. After 4 days and 28 races Mike O'Leary finished at the top of the table.

Results 1st Mike O'Leary €1, 000, 2nd €300 Ger McSweeney, 3rd John Tarrant €200. Daily winners receive €100. Mike O'Leary, Noel Parker, Dean Twomey, Cormac Leane. We thank everyone who entered to Vince Casey & Conor Bohane who organised and to John C O'Shea for keeping all up to date with regular briefings.

MASTERS GOLF CHALLENGE

we will be holding another Golf Challenge on Masters on April 8th -11th. Cards are distributed to usual sellers or may be played online www.drcrokes.com. Best option is to click on guest link which will bring you directly to the card and if not a member of Dr. Crokes. If you are a member the guest link will default to your Clubforce log in <https://member.clubforce.com/membership>

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

HEALTH & WELL

Crokes' Health & Wellbeing Club- Phase 3We 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.

PLANNED SUITABLE EXERCISE

is very important for our general health especially during Covid-19, so from Wednesday next March 24th you can join your friends at 11.00 am on the-

OLDER ADULT HOME EXERCISE PLAN

Kathleen Fitzgerald, PE teacher and a member of Dr Crokes' Health & Well-Being committee, in conjunction with Kerry Recreation and Sports Partnership will present the programme and guide you gently through the exercises.

You can do it in the comfort of your own home and all you need is a kitchen chair It is geared for older adults, but anyone can join in and will benefit. It starts on Wednesday next March 24 ,11.00 am to 12 noon and will continue for 4 consecutive Wednesdays. You can follow it on your computer, iPad, Laptop

All you have to do is ring Gearóid on 087-690-0593 and he will send on the link to you to join up. And the good news is that it is all provided. Free The Plan is for gentle exercises, but it will also be a great social occasion for you to link up with your friends and say hello to them on your laptop etc. Ring Gearóid today on 087-690 0593 and be organised

PLAYERS INSURANCE 1.

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

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

LEVEL 5 LOCKDOWN

CLUB SPECIFIC GUIDELINES

for activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted

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

Club Gyms must remain closed until further notice.

No indoor meetings can be held.

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

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

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

EXCEPTION

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

SYMPATHY

TO Andrew Kenneally on the recent death of his uncle Anthony Brosnan Furies, Ar dheis Dé go raibh a anam dílis.

LEGION GAA NOTES

AWARDS NIGHT

This year's Awards Night is going ahead online. Stay tuned to Facebook, Twitter and Instagram to see who the worthy award winners are this year. Join us on Tuesday March 30th @7pm as we honour this year's recipients. Save the date and here's the link for the night: <https://bit.ly/LegionAwards21>

This is being held via Microsoft Teams please download this app and follow the link above.

YOUTH FITNESS ONLINE

Don't forget the Youth Fitness Classes continue at 7pm via Microsoft Team.

Please note that the consent form attached must be completed by a parent/ guardian for participants under 18 for all classes: <http://bit.ly/LegionConsent>. Please email secretary.legion.kerry@gaa.ie or check your teams' Coaching Groups for the online link to take part! We would like to thank Senior player Conor Keane for putting us through our paces this week.

ST.PATRICK'S DAY #VIRTUALPARADE

Thank you to everyone who sent in some great photos and videos of their festivities on St Patrick's Day. Well done to all our juveniles who sent in cards and put a smile on a lot of people's faces at St.Columbanus and Killarney Nursing Home. Well done.

LEGION LOTTO

Support the club via our weekly lotto!!!

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

Or get tickets at: Hegarty's, Sheahan's Centra, Healy's, new st, ulster bank, The Reeks and FourStar Pizza.

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

Jackpot €6,300 plus bonus €10,000.

CLUB MERCHANDISE

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

LOTTO RESULTS

2,7,14,20 bonus 25

Lucky Dips

Kieran Healy, Farranaspig

William Horgan, dromtrasna north, Abbyfeale

Eileen Doody, coolcorcoran

Billy Doyle, c/o sheahans centra

Colum looney, 37 Flesk Grove

Next draw Sunday 28th.

BALLYHAR-FIRIES GAA

2021 MEMBERSHIP

Membership fees for 2021 are now due and everyone is advised to register as soon as possible. For 2021 and going forward all membership registration will be online. A new system of registration is being introduced this year through the return to play app (www.foireann.ie) that was used last year to declare players were healthy to attend training. All registrations should be completed under this system and payment for all standard membership is paid online. Follow the links on our social media accounts.

RIGID DRIVER VACANCY

**FULL TIME POSITION AVAILABLE FOR
DELIVERIES AROUND KERRY**

Based in Killarney, must be over 25 with
up to date CPC's
Forklift experience would be an advantage but
training can be provided.

**Please contact 087 9727995
between office hours 9 – 5pm**



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Syndrome
Kerry

WAITING STAFF

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Deenagh Lodge Tea Rooms,
Killarney

from April to October 2021

FULL AND PART-TIME
positions available.

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

Apply with CV and cover letter to
adminsecretary@downsyndromekerry.ie
by March 31st 2021.

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

Ideal candidate must possess

Excellent Customer Service, Communication,
Organisational and Computer Skills

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

Strong attention to detail, organised and flexible

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

All replies please post to:

Box No 12830

Killarney Outlook, Walsh Colour Print
Castleisland, Co Kerry.

or **Email: eastkerryshop@gmail.com**

**Expanding East Kerry Shop / Business
seeks**

PART TIME SALES ASSISTANT FOR WEEKDAY, EVENING AND WEEKEND WORK

Ideal candidate must possess

Excellent Customer Service, Communication,
Organisational and Computer Skills

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

Strong attention to detail, organised
and flexible

All replies please post to:

Box No 12820

Killarney Outlook, Walsh Colour Print
Castleisland, Co Kerry.

or **Email: eastkerryshop@gmail.com**



Alternatively, you can make contact with Club Secretary Kevin Cronin, Peter Costello, Paudie O'Sullivan Hurling or Fiona Walsh or any club officer/ Mentor or Member and they will be able to give you further details. All players must be registered before playing or training. Membership is now live.

Family Membership - €100

Adult Member - €55

Adult Player - €65

Juvenile - €30

Student (over 18) - €40

LOTTO

Lotto results from Monday 22nd March

Numbers drawn were: 4, 5, 18, 23

No jackpot winner

5x €30

Tim Clifford, Furies

Sean O Shea, Keelties

Noel O Connor, Ballyhar

Bernie McCarthy, Two-mile

FIRIES LADIES

Next draw takes place on Monday 29th

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

Get your lotto tickets online via the Furies page on Clubforce or tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Furies, Hendersons Shop and Bar Furies and from all the usual sellers. We thank these businesses for their continued support. Thanks you all for your continued support. Due to challenges associated with club finances through Covid-19 we would request that members consider participating in the Club Lotto which is the key fundraising platform for the club.

LIDL SUPPORTING LADIES GAA

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

FIRIES GAA WEBSITE

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



Daithí Breen from Furies, Daniel and Doireann Breen from Furies.



EAST KERRY GAA NEWS

By Michael O'Mahony

RETIREMENT

GOOD WISHES TO JOHN LENIHAN FROM ALL IN EAST KERRY GAA BOARD After over ten years as Fitzgerald stadium Event Safety Manager, & CE Supervisor John Lenihan retires last week

We wish John the very best in his retirement on behalf of all in East Kerry GAA. Event Safety Manager at Fitzgerald Stadium John Lenihan has called time on his role by announcing his retirement from the job, which made him one of the best-known faces at the Killarney venue over the last decade. John Lenihan from Kilcummin. He was 2017 East Kerry GAA Person of the Year and has given ongoing service to the GAA community in East Kerry, over many decades, ranging from club, through County (Coiste na ng), Fitzgerald Stadium and East Kerry GAA Board and extending to the broader community. John played at all juvenile grades with Kilcummin right up to U21. He was involved as a mentor from U12s up, from 1988 right through early 90s, a very fruitful period at underage for Kilcummin. In 1991 the U14 team had a clean sweep in East Kerry and County U14 competitions and so they represented Kerry at the prestigious File competition in 1992. Former Kerry senior Mike Mc Carthy was among this exceptional group of players. In 1993 and 1994 John was a member of the organising committee when Kerry hosted the National File Pheil na ng in Kerry both years. John served as secretary of Kilcummin coiste na ng for 11 years and was Delegate to East Kerry and County Coiste na ng. John also served on the County Coiste na ng in many capacities in the 1990s. He started as fixtures secretary for U12 games from 1993 to 1996 (reference Caoga Blián ag Fs), moved on to Secretary in the latter end of the decade and served as joint vice chairman in 2001. His involvement in G.A.A. administration continued when John served as East Kerry Board secretary with chairman Ger Galvin, from the early 2000s up to 2007, moving on then to representing his club on the Board as a Delegate. The Chairman of East Kerry Board was also a member of the County CCC. When

Ger was unable to attend a meeting of the CCC, John attended in his place.

John was a club referee for approximately 10 years in the 2000s, both District and County, mainly at juvenile football games. John became involved in stewarding at Fitzgerald Stadium, Killarney, in 1971 at the young age of 16, for the Munster Hurling Final, Tipperary V Limerick. John attended any training that was provided for the stadium stewards and so built an extensive expertise over the years. and served as assistant to the previous incumbent, Billy Doolan. John is responsible for the organisation of major events in Fitzgerald Stadium. He is always keen to acknowledge the entire team that work with him I have a very good team with me and I cant speak highly enough of them. The demands on this role have increased in recent years with attendances of 38,000 to 40,000 at Munster Finals and Replays in the Stadium (due to the rebuilding of Parc U Chaoimh). Other events hosted include 4 finals in File Pheil na ng 2016 Finals. In 2012, recognising the importance of facilitating access to the necessary training for stewards, John organised a training course, presented by Munster Council, in Killarney to over 40 Stewards from around the County.

John has also been involved in voluntary Stewarding at a number of events in the area including the GAA Annual Congress (2004, 2006) in the Great Southern Hotel, in the tenure of Sean Kelly (Kilcummin) as Uachtarn CLG and at the Ordination of the Bishop of Kerry (2013). John can always be relied on, by the East Kerry GAA Board, for support and assistance in organising events such as the Homecoming for Kerry All Ireland teams; The Killarney Parades for File Pheil na ng 2016, and to celebrate 50 years of Coiste na ng in Kerry in 2017, both of which started and ended in Fitzgerald Stadium. He also serves as acting club secretary on occasion.

CONGRATULATIONS to Cian McMahon Kerry (Dr Crokes) on his selection as Munster Minor Player of the Year.

CONGRATULATIONS to Killian Falvey Kerry (Annascaul) who has been named Munster U20 Footballer of year.



JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

GAA

Munster Awards For Falvey and McMahon

Kerry's success at underage grades in Munster football in these trying times has been recognised by the Munster Council, with Killian Falvey of Annascaul being selected as the Munster U20 Footballer of the Year for 2020 (I'm delighted for Killian, a really superb playmaker, but I thought Ruaidhrí Ó Beaglaíoch would take it) while Cian McMahon of Dr. Crokes was honoured as the Minor Footballer of the Year (that one was never in doubt; McMahon has simply been phenomenal). An understrength Kerry U20 team eventually bowed out to Galway in the All Ireland semi-final (worryingly, Dublin went on to win the title; that juggernaut isn't slowing down any time soon) while it is hoped that the Kerry minors will get to complete their campaign when action resumes.

2020 Munster GAA Award winners

Senior Hurler of the Year: Cian Lynch (Limerick)

Senior Footballer of the Year: Conor Sweeney (Tipperary)

Manager of the Year: David Power (Tipperary)

Camogie Player of the Year: Mary Ryan (Tipperary)

Ladies Footballer of the Year: Martina O'Brien (Cork)

Handballer of the Year: Martina McMahon (Limerick)

Under 20 Hurler of the Year: Shane Barrett (Cork)

Under 20 Footballer of the Year: Killian Falvey (Kerry)

Minor Hurler of the Year: Adam English (Limerick)

Minor Footballer of the Year: Cian McMahon (Kerry)

New Munster Hurling Cup

The trophies for the Munster senior hurling and football championships have traditionally had no names attached. However, that is a tradition that was changed last Thursday week when, on a motion by Limerick that was unanimously accepted, a new cup will be presented for this year's Hurling Championship, and it will be named in honour of Limerick's hurling great Mick Mackey.

Mackey ranks second only to Christy Ring in the pantheon of hurlers – and some will say that he doesn't rank second to any of them. Unlike Ring, who was invariably quietly focussed when on the field of play, Mackey played with what looked like joyous abandon (opponents were always well aware of his prodigious strength, but many of them under-estimated his hurling intelligence. He was 'The laughing Cavalier', 'The Playboy of Limerick', the 'Happy Warrior'.



One of the most famous GAA photos of all time - umpire Mick Mackey chats to the injured Christy Ring.

He didn't suffer fools gladly – famously, he was appointed to the GAA Committee responsible for investigating breaches of 'The Ban' on attending other codes, simply because Mackey had absolutely no intention of giving up attending rugby games.

He won three All-Irelands and five Munster titles during his playing career, twice lifting both the Liam MacCarthy and Munster Cups as captain. The original hurling trophy was presented to the Munster Council in 1920, with initial plans to name it after Waterford's great player, administrator, and referee Dan Fraher (Waterford's pitch is named after him) falling by the wayside. A replica was made in 1990 due to its deteriorating condition.

Personally I have always been in favour of cups being named in honour of people. Their stories and contributions should be remembered, and that's a great way of doing it.

It begs a question more relevant to Kerry folk, of course. Who should the Munster Senior Football Cup be named after? To me, it should unquestionably be Micheál Ó Muircheartaigh, the most down to earth idealist I have ever had the privilege of meeting, but that's a debate for another day.

Fitzmaurice to Chair North

Kerry Football Review

North Kerry football is in trouble. Don't bother getting on your high horse; it's a simple statement of fact and widely acknowledged in the area. They haven't been producing

many county players at the various grades and they haven't been rattling too many County Championships at any grade either – to be fair, the unsurpassed dominance of East Kerry at minor, U20, and senior and the recent additions of, Kilgarvan, and Toustist into their ranks isn't going to help.

Of course, the main topic for Fitzmaurice's committee will be the much-mooted but somewhat thorny issue of whether Feale Rangers and Shannon Rangers should be amalgamated. Personally I think that the make-up of all divisional teams in the County Championship should be reviewed. I'm in favour of divisional teams, hugely so (I think it is a key element of Kerry's success down through the years and frankly am amazed that other counties haven't copied our model) but the disparity between the likes of West Kerry and East Kerry or the fact that St. Kierans have to work around three separate divisions to get their team together...the theory is very sound, but the application could be far better. It would be a big bugbear of mine at underage, I maintain that there are good young footballers in East Kerry (and Tralee) who can't make the district panel, while the likes of West Kerry and South Kerry (who have improved a lot in the past couple of years at underage) are often having to field players under the age.

The very best of luck to Eamonn and to secretary Christy Killeen (two brilliant men for the roles, by the way) and their committee. But for me, the North Kerry Review Committee should only be the start of a much longer conversation.

RUGBY

Scotland 52 Italy 10

Just move along. Nothing to see here.

France 32 Wales 30

It's been a fairly poor championship overall – quite understandably, given the changed circumstances – but it has thrown up some absolutely cracking matches. While England France surely takes the nod as the best of them, this one runs it fairly close in terms of entertainment. The thing about both France and Wales is that you are never quite sure what side will turn up. Both can be absolutely mesmerising – think Serge Blanco or Gareth Edwards – but they can be flatter than a steamrolled pancake at other times. Both sides were at their best here. It was 17 apiece at half-time after some pulsating rugby. A Josh Adams try and a French red card seemed to have given Wales control, but they coughed up two yellow cards themselves to give France numerical advantage and they were able in the dying minutes to make it count when Ollivon and Dulin scored late tries to snatch an incredible victory against the odds.

The title now comes down to the delayed France



v Scotland game, and that one is set up for entertainment as well. Les Bleus (there ye are now, that's my contribution to multiculturalism) are five points behind Wales and have scored 20 points less, so they must score at least four tries against Scotland (I don't see it happening; Scotland are a bit more durable than people think and have a few hands up for Lions jerseys; they'll cough up nothing easily) and win by 21 points or more. They will be attacking right from the off, and this French side, with the likes of Dupont and Jalabert on song, are joie de vivre personified on the attack.

Ireland 32 England 18

Anam an diabhal, but where did that performance come from? I'll hold my hands up and say I certainly didn't expect it – I thought England would absolutely blow us away, to be honest – but I wasn't alone in that.

This hasn't been a great Six Nations for Ireland or England, to be honest, and both managers had an awful lot riding on this one. I actually think that Andy Farrell was under a bit of pressure in this Championship and it restricted his willingness to experiment.

Both sides started fairly well – I thought Ireland were excellent in the scrum – Ireland had obviously targeted it and Vunipola, deadly with ball in hand, never looked comfortable and at our much-improved line-outs. Kudos has to be given to O'Connell there; he certainly seems to have made a big difference. Our defence looks very assured – that said, this was most certainly not the same England that were so assured against France, far from it. Much the same personnel (one change) but a completely different mindset and very, very disjointed. An Owen Farrell penalty gave England the lead for the first and only time in this game. It took seven minutes for Johnny Sexton to cancel that out – Johnny was at his absolute best here.

Irish line-out, ball broken to Earls – good touch back by Conan, but a little bit lucky, Curry got a hand to it but not enough – and Earls ran through for a try. Well-taken, but you really have to question England's defence, it was like watching a zombie movie. Johnny converted to make it 10-3. Owen Farrell picked off another penalty, taking his overall Six Nations tally to over 500 in the process, but Johnny replied in

kind straight away and added another soon afterwards. Ireland were the better team, though, and proved it before half-time with a great try. Not spectacular, but just constant perfect pressure, great support play forcing cracks in England's resolute defence until Jack Conan touched it down – Ireland's play had been so good that a try had looked almost inevitable long before the ball even reached his hands. Special mention has to go to Keenan for that catch; that took a lot of guts as well as skill. Great rugby to watch. England had actually defended well. England's discipline has been a bugbear for them, and that was very evident here, especially with Johnny in this kind of form; he punished everything. England badly needed leadership, some-one to calm it down and take a grip, and (to my surprise) no-one stepped up. Ireland, on the other hand, had players raising their game all over the field. Eddie Jones made six substitutions in an hour, but I couldn't see any change in approach. Sometimes sport is very simple; Ireland were winning all the one-on-one duels, relishing the physical contests, and brimming with confidence. That said, Ireland's discipline has not been great these days either, and Bundee Aki couldn't complain when he picked up Ireland's second red card. That opened the door for England and they dove right through it, with Ben Youngs getting in a little bit too easily for me, and Jonny May adding another. It didn't really matter; the result was pretty much a foregone conclusion by then, and Ireland had already taken their foot off the gas, but that kind of thing will matter on other days. Look, I'm not trying to twist the knife, but we would probably have beaten Wales if we had kept a full complement on the field, so let's just get that lesson on board.

Henshaw would just about get the nod as Ireland's best player of the championship for me, with very honourable mentions to Tadhg Beirne and Hugh Keenan.

Let's not get blinded by a one-off game. Ireland have real problems and overall this Six Nations will go down for me as an opportunity missed to blood replacements for some of the veterans (right now, 35 year old injury-prone Johnny Sexton literally looks indispensable), but the view could be an awful lot worse right now. We are a work in progress, but the material is sound.



BOXING

Kingdom Warrior Triumphs Again

Kevin Cronin from Milltown put on his first pair of boxing gloves as an 11 year old in Tralee BC. It didn't stick; young Cronin was okay with boxing but he was okay with a lot of sports and life was a very big adventure anyway. It stuck with him though, and when Patrick O'Brien from Cashen Vale BC started coming to Milltown to coach a few lads, Kevin was happy to have a go. There was some luck in that; Cashen Vale have always had brilliant coaches, going all the way back to Joe Quirke moving the kitchen furniture around to give young lads like the great Mick Finucane of Kerry football fame or Paddy Fitzmaurice space to spar a few rounds, and I would put Patrick O'Brien right up there with any of them. Ask the likes of Brian Wall, Ryan Downey, or Naomi O'Brien to show you their medals some time and ask them about Patrick O'Brien. If you can't box, he'll teach you, and if you can....well, Kevin Cronin most definitely could. He never really gave himself to it though. The confidence wasn't there. He loved the fitness and he wasn't afraid to work, but he was losing fights that he could have won. He was progressing, though. As a senior he came down to 91kg and things really started coming together. In 2017 he won the Celtic Cup and the Munster Intermediate title. Knowledgeable boxing people were taking note of the young Kerryman. A broken hand was a setback in 2018. The idea of switching down to light heavyweight was out of left field, having already dropped down one weight category. It was a gamble, and a very risky one. He fought the English champion in the quarter-final of the Haringey Cup at the Alexandra Palace and he took him apart. Kevin felt stronger, fitter, and faster than ever before. He outfought his semi-final opponent too – but didn't get the decision. Remember Michael Conlan at the Olympics? Yes, we are talking about that bad a decision. It frustrated Kevin – after some 40 amateur fights, he'd seen this kind of thing once too often. He shook hands with Patrick and called it a day.

Another fortuitous circumstance. Kevin wasn't the only one who knew that he had won that fight. Boxing promoter Leonard Gunning told the young Irish boxer that he could make it as

Leonard and Stephen Sharpe called him on behalf of Boxing Ireland Promotions, he was ready. He made his pro debut against Polish boxer Mateusz Lisiak in 2019 at the Clash of the Titans event in Dublin. That was a tough fight, but Kevin finally got on top and stopped his opponent in the fourth. After that he was pitted against a wily Latvian named Jevgenijs Andrejevs. Kevin was always on top, with much better firepower and a longer reach, but in fairness Andrejes stayed with him right to the final bell before losing on points. The fight is up on you tube and worth a watch. Kevin Cronin was going places, and getting there pretty quickly too. Then came the pandemic, a major blip in all roads. Kevin, like all of us, had to just wait until action could resume.

Last Saturday night, it did, and the Milltown fireman known as 'The Kingdom Warrior' took his professional record to three from three with two knock-outs. His original opponent was Dutchman Nick Postma, who broke his hand during the build-up and had to cry off, but Bosnia Herzegovnian Boris Mrkjonjic stepped in. Kevin had far too much power for him, dominating the middle of the ring and landing shots at will. Kevin, weighing just 173 pounds (basically all of it muscle) was comfortably leading in all three rounds before Mrkjonjic, who had taken a hard fall under a barrage of

shots in the third, wasn't able to continue.

Three wins, two knock-outs. Kevin now hopes to move up to six round matches to keep his burgeoning reputation moving steadily in the right direction.

Biggest Fight Ever?

So, the deal is finally done. We don't actually have a date or a venue (almost certainly the Middle East), but the two highest rated heavyweight boxers on the planet are going to meet in the ring – twice, as it happens – and they are going to share the biggest purse of all time for doing so, a cool E500,000,000. Deontay Wilder gets a handy E7 million just for stepping out of the way. Tyson Fury and Anthony Joshua have been circling each other for quite a while now. This is the fight everybody wanted. There are serious problems in boxing right now, but Fury and Joshua are the two best heavyweights best out there (pound for pound it's unquestionably Canelo v Golovkin, and there are rumours that they might be meeting for a rematch). The fact that it's two fights, not one, kind of dilutes it for me but sure, a rematch was always an inevitability with this kind of money on the table.

Who'll win? I reckon Fury, provided he can keep his mental demons in control, should win this fairly well.

Katie Taylor's Olympic Rematch

Twelve years ago a young Irish boxer stepped into a London boxing ring to face a very highly rated English opponent in an Olympic quarter-final. That wasn't unusual in itself; Ireland has a fantastic tradition of Olympic boxing (God rest the great Mort O'Shea from Kilgarvan; he could name every one of them off the top of his head) but the fact that this was a woman was different. It generated huge excitement, in fact it was the biggest event of those Games, and at the end of it all, quiet-spoken Katie Taylor was the Olympic champion. I actually remember the fight well – the whole country was behind Taylor at the time, but I remember being very impressed with Jonas both during and after the fight. Quite simply she, too, came across as complete class. Since turning pro, Katie has remained undefeated and is the IBF, WBA, WBC, and WBO lightweight champion. Jonas was beaten in 2018, otherwise the pair would undoubtedly have met before now.

Jonas is 36 years old and this is probably her last realistic chance to take a world title. I expect Katie to be too fast for her – Taylor brings phenomenal energy into the ring – but make no mistake, the southpaw from Liverpool is a serious challenger.

CHELTENHAM

It's no secret that the Irish love Cheltenham, but I think you'd have to say at this stage that Cheltenham loves us as well. I came across an incredible stat in The Guardian newspaper – with 23 wins out of 28 races, Irish trainers had 40% of the entrants at Cheltenham but a whopping 82% of the wins.

One of the biggest winners was our own Jack Kennedy from Dingle, who followed in Jim Culloty's footsteps (maybe they are best mates? Sorry, but that joke will never get old for me) by winning the Gold Cup. 21 year old Jack has shown incredible resilience to make it back from serious injury and was hugely applauded at the finish.

Another was leading jockey Rachael Blackmore from Tipperary who finished with six winners in total – having passed up the opportunity to ride Minello Indo in the Gold Cup. As leading jockey, she was presented with a statue of Ruby Walsh by



WORLD CUP QUALIFIERS

Serbia 3 Ireland 2

The result didn't go our way – not a heartbreaker; we were always up against it – but the performance did and it gives me huge hope for this Ireland team going forward. In my opinion, this was Ireland's best performance in years. We've all been hearing about Stephen Kenny's new ball-on-the-deck fearless approach to play and I was growing more sceptical by the minute over the past eight stodgy games, but this was the one where I finally saw it.

Absolutely crucial was the switch to 3-5-2 instead of his usual 4-3-3, and I really hope that he has the nerve to stick to it. Five in midfield meant that the likes of Browne and Molomby could attack the ball and have the necessary support, where before we were retreating off the front foot. Josh Cullen was outstanding for me, a playmaking cushion. Ireland showed real ambition in their play. Fair enough, the final ball was lacking in precision a good few times, but watching Irish players willing to try these things was brilliant.

Our first goal in seven games was a welcome sight. Even better, it was well-crafted. That was no hoof in the box; I actually thought Robinson showed a lot of skill with the cross. Serbia responded well and deserved

their equaliser before half-time, could arguably have been ahead. Dusan Tadic was instrumental in the goal – the Ajax captain was instrumental in absolutely everything, really, a class act. He also set up their second, a perfectly weighted lay-off letting Fuham's Mitrovic produce an exquisite chip over a stranded Mark Travers. He couldn't be faulted for Mitrovic's second – another precision ball by Tadic, though I thought we should have been able to head that one clear. Ireland's second goal late on gave us hope, but it was more about a defensive fumble after hard work by Shane Long to tee up Collins for a tap-in. There were penalty arguments on both sides in the second half – I wouldn't be giving either, and I thought the officials had a controversy-free night.

The stats will show that the better team won the game fair and square – Serbia had 10% more possession (55% to 45%), a hundred more passes (479 to 378), and more goal attempts (14 to 6).

But I saw a young and game Irish team willing to play the ball and unafraid. It's been years since I've seen that. These are real green shoots. Of course, a win against Luxembourg is a must. It doesn't get any easier. This is an ongoing work in progress.

GNEEVEGUILLA ATHLETIC CLUB**LOTTO**

No winner of our lotto draw 19/03/2021, numbers drawn were 1, 12, 17 & 26. Sellers prize winner Margaret Hayes, €50 y/t to Joan O'Sullivan Dublin, €50 to Mossie Teahan Coom, €40 each to Kien Casey Kiskeam, Daniel Cronin Lisheen & Mary Moynihan Gneeveguilla. Bonus not won numbers drawn were 6, 20, 23 & 29. Next week's jackpot €17,600 plus €1,000 bonus.

KERRY RACING NEWS

Less than 24 hours after landing the Gold Cup in thrilling style, Jack Kennedy was back to the bread and butter, cajoling Commander Of Fleet (15/8) to victory in the See You In October Hurdle at Thurles on Saturday. Trained by Sneezzy Foster, the former high-class prospect was returning to the winner's enclosure for the first time in two years, having finished second to Kennedy's future Gold Cup partner Minella Indo in Cheltenham before suffering an injury. Rachael Blackmore the queen of Cheltenham as Irish land a record 23 festival winners Cheltenham 2021 came with a pre-warning that it would be much different to the norm and that wasn't misplaced - a record 23 Irish-trained victories over the four days underlined an incredible festival for Irish-trained, ridden and Irish-bred horses.

UPCOMING FIXTURES

Dundalk – Friday, March 26 (First Race 4.55pm)



Commander Of Fleet wins for Jack Kennedy and Denise Foster at Thurles on Saturday.
PHOTO: PATRICK MCCANN/
RACING POST

Navan – Saturday, March 27 (First Race 2.25pm)

Limerick – Sunday, March 28 (First Race 2pm)

Naas – Sunday, March 28 (First Race 1.15pm)

KILLARNEY CELTIC NOTES**CELTIC LOTTO**

Numbers drawn 1,5,10,12. There was no jackpot winner. Match 3 winners received €25. The next jackpot on Monday March 29th is €6,000. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com.

KILLARNEY CELTIC GEAR

is available online through www.bmcports.ie and the link can be accessed from the Killarney Celtic Facebook page. Following the move back to Level 5 restrictions, all activity at Killarney Celtic is suspended until further notice.

Well done to Cian McMahon who was named as Munster Gaa Minor player of the year.

Congrats to Natasha O'Sullivan our U13 Girls manager who has been appointed Kerry U13 Girls manager.

The Aviva soccer sisters virtual skills hub will return this easter. The link can be found on the Killarney Celtic Facebook page.

AWARD FOR KILLARNEY ATHLETIC

Congratulations to all at Killarney Athletic who were involved in attaining the FAI Club Mark One Star Development Centre Award.

The award is presented for having high standards in Club Governance and Administration, Child Welfare, Safeguarding & Coach Education,

Club Player Development Plan, Club Coaching Structure, Engagement with FAI programs.

"Its massive Step for the Club and the Development of Soccer we are delighted", Ger Nagle, Chairperson of the club told Killarney Outlook.



Rachael Blackmore the queen of Cheltenham *as Irish land a record 23 festival winners*

Cheltenham 2021 came with a pre-warning that it would be much different to the norm and that wasn't misplaced - a record 23 Irish-trained victories over the four days underlined an incredible festival for Irish-trained, ridden and Irish-bred horses.

Pride of place on day four went to Minella Indo, a brilliant winner of the WellChild Cheltenham Gold Cup for Dingle jockey, Jack Kennedy, Henry De Bromhead and Barry Maloney. He led home an Irish-trained one-two-three with stablemate A Plus Tard gallant in second and dual champion Al Boum Photo back in third.

It capped a stunning week for De Bromhead who had landed two feature races earlier in the week with two brilliant mares: the Sportingbet Queen Mother Champion Chase with Put The Kettle On, and the Unibet Champion Hurdle with Honeysuckle. There were plenty more in between for De Bromhead and his chief rider Rachael Blackmore and they got the final day of the festival off to a flyer when Quilixios ran out a taking winner of the JCB Triumph Hurdle in the colours of Cheveley Park Stud.



Jack Kennedy is congratulated by Rachael Blackmore after winning the WellChild Cheltenham Gold Cup March 19, 2021.

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COPING WITH LOSS

Loss is considered to be a natural part of life – yet coping with loss is one of the most difficult challenges we will face in our lives. Grief is a natural response to loss and the more significant the loss, the deeper our grieving will be. When a loved one dies, we may experience all kinds of difficult emotions – and it can feel like this pain will never ease. This is a normal reaction.

Grieving is a vital process and typically, over time, these intense feelings will diminish in intensity. Everyone reacts differently and there is no right or wrong way to grieve. Equally there is no 'normal' period for someone to grieve – and it may take months or years to come to terms with a loss. For most people, grief doesn't go away – but it fades into the background. Thoughts and memories of our loved one are woven into our minds – and whilst missing our loved one may be part of our life – it doesn't interfere with us living our life. Sometimes however, we can experience what is termed 'Complicated Grief'. This refers to an intense and long-lasting grief that takes hold and doesn't seem to lessen as time goes on. Many people come through the loss on their own – supported by friends and family – others benefit greatly from bereavement counselling.

Whilst there are no right ways to grieve - there are however, healthy ways to deal with the pain. People often report that grieving the loss of a loved one gave them a renewed sense of meaning, purpose and direction in their life.

Helpful steps include

- Accept what you are feeling: If we deny or ignore our feelings it will only make it worse in the long run. For healing to occur, we need to acknowledge and face our feelings.
- Talk about the death of your loved one: Talking to family and friends can help us to understand what has happened and remember our loved one.
- Remember and celebrate the life of your loved one: Honor the individual – perhaps through making a collage of photos, planting a tree in their memory, donating to a favourite charity etc.
- Be patient and allow the grieving process to naturally unfold.

Whilst we may often think of grief resulting from the death of a loved one, any loss can cause grief. Next week we will explore grief and ways we can deal with this.

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Welcome back dear reader how is your marriage? Marriage is a blood covenant, a binding legal agreement never to be broken spiritually, however, for many the experience of marriage is all mixed up. Biblically, marriage in God's eyes is between a man and a woman as laid out in the garden between Adam and Eve. Eve was Adam's 'helpmate' which means his strongest support and wing partner, not his servant. Adam was Eve's covering under God, not her puppet.

So often people enter into marriage without any knowledge of the fact that it is as much a spiritual connection as an emotional, physical and financial one. The spiritual side means when a couple have sex, there is a blood bond and soul tie formed between them. This is why many marriages do not work out, because the couple have formed blood bonds with other sexual partners before their spouse; or, there have been affairs during the marriage, and these ties to the others have never been repented of as sin, and its power broken.

Repentance for sin – be it sex before marriage, or adultery, needs to be made for the relationship to be brought into godly order. This is not a popular teaching friend, but there it is. God is very clear in His command, and in order to receive Salvation and healing the sin needs to be removed.

Praise God, that's why the message of the Gospel is Good News! Jesus paid the price for our sins so that we could be forgiven and restored, and He wants your marriage to be heaven - not hell, on earth. The act of sexual intimacy involves more than physical pleasure, because it is a reflection of the relationship between Christ and the church (Ephesians 5:22-32).

How to heal a marriage? (1) "For this reason a man shall leave his father and mother and cleave unto his wife" (Genesis 2:24). First things first – cling only to each other. This means no outsiders in the relationship. Repent, and remove ungodly influences - even well meaning family or friends as there is only room for two in your marriage. Neither of you is independent from the other, or from God (1st Corinthians 11:11).

(2) The 'wife is the glory of her husband' (1st Corinthians 11:7). Husband - your wife is a direct reflection of the kind of husband you are. Prioritise, cherish and honour her and live as God has called you to live in your house as the covering over her and your family under Christ. God sees everything and you will be held accountable for this – it even affects your prayers (1st Peter 3:7).

(3) Wives – your attitude towards your husband has the ability to make or break your family unit and your husband's greatest need is to have your respect and support (Proverbs 31:10-12). Make Jesus Lord over your marriage and you will be blessed.

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



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Gardening

with Killarney Outlook

by John O'Sullivan

PLANTING A COLOURFUL FLOWER BOWL



When planting a colourful flower bowl, choose your bowl from either terracotta or plastic but make sure to get a saucer underneath when purchasing. Then put some gravel around the base surrounding the hole and add compost mixed with slow release fertilizer.

Fill your bowl to about one inch from the top as this will make it easier when watering afterwards. When choosing the plants start with the centre piece. An ideal plant for this would be an evergreen grass. This is an ideal plant as when you are finished with the bowl, the evergreen grass can be planted outdoors. There are a huge range of plants with colour to fill around the centre piece. Some of the most popular to choose from are trailing variegated ivys, heathers in flower, primroses, polyanthus, forget-me-nots and you will also still be able to get some potted daffodils and tulips.

When finished planting, make sure to water the plants well, and if you decide to keep the flower bowl indoors make sure that the saucer is underneath. Keep the finished bowl in as much light as possible and this will flower well into the time for Summer bedding. As certain flowers go off before others, don't be afraid to remove them as this will keep your bowl looking good for longer.

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Artist's Corner



A painting by the talented Sarah McMahon, a leaving cert year student at St. Brigid's Secondary School.

If you have a painting you would like to include in Artist's Corner... email it to **news@outlookmags**

In Loving Memory

Remembering your loved one

MEMORIAL & ACKNOWLEDGEMENT CARDS

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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.



**Franciscan Friary
Killarney**

**Friary Office is operating
Monday - Saturday 9.30am - 4.00pm**



A large selection of cards which include Easter Mass bouquets, Sympathy in both English and Gaelic, Get Well, Exam Mass bouquet cards and our Franciscan Perpetual cards

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 Post: Franciscan Friary, Fair Hill, Killarney, Co. Kerry. V93 RWE1

 Email: killarney@franciscans.ie

 Card payments can be facilitated

IN MEMORIAM

TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

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

If it is a repeat anniversary we will have your photo and verse on file
just call Maura on: **087 7160372**
(Tuesday to Thursday)

*Please include a contact name,
address and telephone number.*

1/3 COLUMN €5
inc vat. (45x86mm)

payment to be made via credit card.

TO: 1800 71 40 40


Outlook
MAGAZINES

3RD ANNIVERSARY

IN LOVING MEMORY OF

BRIDIE
O' DONOGHUE

KILQUANE HEADFORD
DIED ON THE 13TH
OF MARCH 2018

'I Miss You Mom'

*I thought of you with love today,
But that is nothing new.
I thought about you yesterday,
And days before that too.
I think of you in silence,
I often speak your name.
All I have are memories,
And your picture in a frame.
Your memory is my keepsake,
With which I'll never part.
God has you in his keeping,
I have you in my heart.*

From your loving daughter Kay,
sons Timmy, Mike and Ger, son-in-
law, daughters-in-law and all your
grandchildren.
Miss you everyday.

ANNIVERSARY MASS

Mass Online, Sunday 28th at 11am,
The Sacred Heart Church, Barraduff.
Mass for Mick, Bridie and Denis O'Donoghue.

PRAYER TO THE
HOLY SPIRIT

Holy Spirit you make me see everything
and show me the way to reach my ideal.
You give me the divine gift to forgive and
forget the wrong that is done to me and who
are in all instance of my life with me.
In this short dialogue I want to thank you for
everything and confirm once more that I never
want to be separated from you no matter how
great the material desires may be. I want to be
with you and my loved ones in your perpetual
Glory. Amen. (Say this prayer three consecutive
days without stating the request, after the third
day the request will be granted no matter how
difficult it may be. Promise to publish this as
soon as your request is granted.
In thanksgiving.

PRECIOUS MOTHER
OF JESUS

Mother of Divine Grace, you can find a way,
where there is no way. Please hear my prayer
and grant me my request. (Say 6 times daily
and your request will be granted).

ACKNOWLEDGEMENT
& 1ST ANNIVERSARY

IN LOVING MEMORY OF

DAN THADY
O'SULLIVAN

BOULICULLANE, FARRANFORE,
KILLARNEY, CO. KERRY

WHO PASSED AWAY ON THE
29TH MARCH 2020

ON DAN'S FIRST ANNIVERSARY, WE HIS FAMILY
WOULD LIKE TO SINCERELY THANK ALL THOSE
WHO SYMPATHISED WITH US ON OUR SAD LOSS.
DUE TO COVID 19 RESTRICTIONS OUR FATHER
HAD A FAMILY FUNERAL. OUR HEARTFELT
THANKS TO OUR WONDERFUL NEIGHBOURS,
RELATIVES AND FRIENDS WHO AS A MARK OF
RESPECT LINED BOTH SIDES OF THE ROADS AS
HIS FUNERAL CORTEGE PASSED. THIS GESTURE
WAS GREAT APPRECIATED AND OF IMMENSE
SUPPORT TO US IN THESE EXCEPTIONALLY SAD
TIMES. TO OUR NEIGHBOUR MAG MORIARTY
AND CENTRA FARRANFORE WHO SUPPLIED US
WITH FOOD, WE THANK YOU.

SPECIAL THANKS TO THOSE WHO SEND
MASS CARDS, PERPETUAL ENROLMENTS,
LETTERS, FLORAL TRIBUTES AND MESSAGES
OF SYMPATHY IN THE CONDOLENCE PAGES.
DEEP APPRECIATION TO DAN'S HOMECARE
TEAM PAT, MARGARET, BREA AND NOREEN
FOR THEIR EXCELLENT CARE, TO FARRANFORE
MEDICAL CENTRE, AHERN'S PHARMACY AND
CASTLEISLAND HEALTH CARE CENTRE.

A BIG THANK YOU TO FR. TADGH
O'DOCHARTAIGH, FR. PADRAIG KENNELLY AND
FR. DANNY BRODERICK FOR ALL THE HOUSE
CALLS. MANY THANKS TO FR. PADRAIG FOR THE
BEAUTIFUL FUNERAL MASS AND TO SACRISTAN
MICHAEL O'SULLIVAN FOR PREPARING THE
CHURCH.

THANKS TO DENIS CROWLEY, YOUR MUSIC WAS
BEAUTIFUL AND MADE SUCH A SAD OCCASION
MORE BEARABLE. WE WOULD ALSO LIKE TO
SINCERELY THANK DAN'S RELATIVES, LIFELONG
FRIENDS AND NEIGHBOURS WHO FREQUENTLY
VISITED HIM AT HOME AND WHOSE COMPANY
AND FRIENDSHIP HE GREATLY ENJOYED AND
APPRECIATED.

THANKS TO SHEEHAN UNDERTAKERS FOR THEIR
PROFESSIONALISM AND THE GRAVEDIGGER
WHO HAD EVERYTHING READY. TO ANYONE WE
HAVE FAILED TO MENTION BY NAME WE OFFER
OUR SINCERE THANKS AND APPRECIATION.
THE HOLY SACRIFICE OF THE MASS HAS BEEN
OFFERED FOR YOUR INTENTIONS.

GONE BUT NOT FORGOTTEN

DAN'S FIRST ANNIVERSARY MASS WILL BE LIVE
STREAMED ON SATURDAY 27TH MARCH AT
7.30PM ON ST. GERTRUDE'S CHURCH, FARRANFORE
WEBCAM.

12TH & 26TH
ANNIVERSARY

IN LOVING MEMORY OF

JOHN R &
SIOBHAN (JOAN)
O'DONOGHUE

CURREAL, GLENFLESK,
KILLARNEY
WHO DIED ON 26TH
FEBRUARY 1995
& 23RD MARCH 2009

*No matter how life changes,
No matter what we do,
A special place within our hearts
Is always kept for you.*

ALWAYS REMEMBERED BY
YOUR LOVING FAMILY.

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
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and forever. Amen
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impossible it may seem.
N.T.

ACKNOWLEDGEMENT
& 1ST ANNIVERSARY

IN LOVING MEMORY OF

SEAMUS O'
CONNOR

KILLARNEY AND KEEL,
CASTLEMAINE
DIED 7TH APRIL 2020.

As we lovingly remember our Dad Seamus
on his first anniversary, we his family wish
to express our sincere gratitude to all those
who supported and sympathised with us on
our very sad and untimely loss.

Our heartfelt thanks to our relatives,
neighbours, friends and wider community
who joined us via live stream to celebrate
Seamus' life from all over the world. To all
those who called, sent mass cards, flowers
and messages and participated in the
various Guard of Honours.

A special word of thanks to Fr. Niall Howard
who celebrated a beautiful meaningful
funeral mass and also to all those who
participated in the mass. Also to Fr Kevin O'
Sullivan for his support and arrangement of
mass for the burial of Seamus' remains in St.
Gobnait's, Keel.

Our Thanks to OShea's Funeral Directors for
organising the funeral arrangements in
these challenging circumstances.

Our sincere and heartfelt thanks to all
the wonderful healthcare staff of Cork
University Hospital for providing the high
standard of care and dignity to Dad in his
final days.

While it is impossible to thank everyone
individually due to covid restrictions,
please accept this acknowledgement as an
expression of our family's gratitude for your
support. The holy sacrifice of the mass will
be offered for your intentions.

ANNIVERSARY MASS

Seamus' First Anniversary Mass will be
celebrated on Saturday 3rd April at 7.30pm
in St. Gobnait's Church, Keel which will be
livestreamed on
www.castlemaine-parish.com

PRECIOUS MOTHER
OF JESUS

Mother of Divine Grace, you can find a way,
where there is no way. Please hear my prayer
and grant me my request. (Say 6 times daily
and your request will be granted).



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