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EDITOR'S NOTE

In the week in which we were told that Level 5 restrictions are being extended until March 5 with a view to crushing the numbers of those contracting COVID-19 – the message continues to be – stay at home, do not travel and do not make any journeys outside of your

5km unless you absolutely have to. Thankfully numbers are now falling but now is not the time to drop your guard and start to interact with people outside your household. The risk of transmission in the community remains very high. We must continue

to work towards reducing incidence of disease and preventing further hospitalisations and deaths.

#stayhome #staysafe #flattenthecurve

Aisling Crosbie,
Editor 086 0400958



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

KILLARNEY TO GO GREEN FOR PADDY'S DAY

"Let's show the world that, despite the huge challenges, Killarney's glass will always be more than half full and we promise it will be the place to be for St Patrick's Day 2022"

While plans for a St. Patrick's day parade have fallen foul to the COVID-19 pandemic, Killarney people all over the world are being invited to raise a glass in a toast to absent friends, near and far, and to better days ahead.

As a consequence of the ongoing Covid-19 pandemic, and in keeping with public health advice, plans for the parade have had to be shelved for the second year in a row. Organisers of the annual colourful celebration said while they are incredibly disappointed, there is nothing more important to everybody in Killarney at this point in time than the safety of visitors, locals and participants who would normally pack the town to capacity for the fun-filled, culture-rich parade. "We hope and pray that all things being well, we will be back next year with a celebration of St Patrick's Day like there has never been before

and we trust everybody will want to be a part of that celebration," said St Patrick's Festival chairman Paul Sherry.

In the meantime, Killarney has no intention of allowing this year to pass without marking the national day in a very special way and plans are in place to turn the town green and it will be relayed to people all over the world in a virtual format.

The greening of the town's iconic buildings has become a signature part of the festival in recent years and the fabulous tradition will continue this year with the spotlight falling on landmarks like Ross Castle, St Mary's Cathedral, the Franciscan Friary, St Mary's Church of Ireland, Killarney Methodist Church and Killarney Courthouse.

"We hope the town's business community will again join us by taking part in the Killarney Goes Green initiative for St Patrick's Day and we invite everybody to shine the green light

on their buildings, dress the shop windows and send us images or videos of their efforts," Paul Sherry said.

"Let's show the world that, despite the huge challenges, Killarney's glass will always be more than half full and we promise it will be the place to be for St Patrick's Day 2022," he added.

There will be prizes for the best greened building and the best dressed shop window so watch this space for further details.

The Killarney St Patrick's Festival has thanked its partners and sponsors Kerry County Council, Killarney Chamber of Tourism and Commerce, Fáilte Ireland and the business community of Killarney for their support and enthusiasm.

Those who would like to visit Killarney next year to be a part of the festival are invited to get in touch through the festival website: www.stpatricksfestivalkillarney.ie.

Snowdrops... Nature gives to every time and season, some beauties of its own

Snowdrops planted by Fr. Michael Murphy on Mission Road, in memory of all the missionaries who have passed away blossomed this month – a year after the passing of the man affectionately known as "Fr. Tidy".



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SECOND PLACE FOR THE SECOND YEAR



Killarney celebrates IBAL report

Even in these difficult times... Killarney has finished second place in the Irish Business Against Litter survey, (IBAL) and declared / Cleaner than European Norms' – the highest possible ranking. The adjudicators of the competition, judged by An Taisce, have praised Killarney Municipal District Council, the town's businesses and residents for maintaining the high standards of cleanliness in very difficult times. With the towns newly planted snowdrops in the foreground on Mission Road, announcing the good news were, Cathaoirleach Killarney Municipal District, Cllr. Brendan Cronin, President of Killarney Chamber of Tourism and Commerce, Cllr Niall Kelleher, Killarney Tidy Towns volunteer, Kathleen Foley and Killarney Municipal District Officer, Eileen O'Donoghue.

PHOTO: VALERIE O'SULLIVAN

For the second year in a row, Killarney has been named the 2nd cleanest town in Ireland. The final litter survey of 2020 by business group Irish Business Against Litter (IBAL) was announced this week and shows Killarney in 2nd place in the ranking of 37 towns and cities, with Tralee retaining its clean status in 17th. It is the second year in a row that Killarney has finished runner-up to Kilkenny, which took the crown for a record 5th time. For the first time in 13 years, fewer than half of the towns surveyed were deemed clean.

WHAT THEY SAID ABOUT KILLARNEY

"Always a top-ranking town, things were no different this time around in Killarney. It is a great credit to the local authority, traders and residents that the high standards of cleanliness have been maintained in these trying times. The Bottle Bank in the car park on Plunkett Street was exceptionally clean and freshly presented; Other top-ranking sites included Knockreer Playground and Deenagh Woodland Trail, High Street / Main Street and Dr Hans Liebherr Road. The Jarvey Parking and surrounds is beautifully laid out – it was also excellent with regard to litter." Speaking to the Killarney Outlook this week, Cllr. Brendan Cronin, Cathaoirleach of the Killarney Municipal District said he was delighted to welcome the results of the Irish Business

Against Litter survey which placed Killarney 2nd in the national standings declaring it "Cleaner than European Norms".

"This is a tremendous achievement in what has been an exceptionally difficult year for the town. It is important to note the consistency of our rankings for the past number of years and it is important for everyone that our standards are maintained. 37 Towns and cities were judged. Eight of the ten sites surveyed in Killarney received A grade, with two sites receiving B grades. A fantastic result".

"I would like to acknowledge the street cleaning staff of the Municipal District who have operated throughout the pandemic and the businesses who continue to maintain in front of and around their premises to such a high standard.

"2020 was exceptional in that, there was very little organised clean ups. We all know and see the continuing work of individual volunteers who continue to litter pick their own area and show such dedication and pride of place in our district. Congratulations to all, he added.

In all, litter levels rose in 24 of the 37 towns and cities inspected by An Taisce at the end of 2020, resulting in only 17 being judged to be clean – a fall of over 25% on last summer and in sharp contrast to just 3 years ago, when 80% were clean.

According to IBAL, the survey results are

consistent with a trend in recent years. "The decline in cleanliness is less a case of the poorer areas getting worse, but of previously clean towns slipping to littered," says IBAL spokesperson Conor Horgan. "Covid is clearly a factor here, but we should never accept litter as inevitable. It comes down to people disposing of their waste without regard for their surroundings or their fellow citizens and it is entirely unnecessary."

One explanation for the rise in litter lies in the restrictions surrounding cleaning services during the pandemic. "While council workers have not been on the streets as much as normal, the general public has been spending more time than ever out of doors," says Mr Horgan. There was a sharp rise in the amounts of litter on approach roads to towns, reflecting the fact that the benign winter has seen masses of people out walking. "Ironically, too many of them are showing a shameful disregard for the environment they are enjoying."

PPE litter

Coffee cups were among the most prevalent litter types found, while there was another rise in glass bottles and cans, suggesting that outdoor drinking has not waned over the winter months. The survey also showed that the second half of 2020 brought a further increase in PPE-related litter, primarily masks.

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THIS WEEKS BEEF COMES FROM CAHILLANES MEATS KILLORGLIN. THIS WEEKS LAMB COMES FROM CAHILLANES MEATS KILLORGLIN.

Arts help people stay connected

While she isn't resident in the county, Kerry County Council writer in residence, Máire Holmes has been at her desk in Galway working hard as Kerry's writer in residence for the past nine months. Máire's role is funded by Kerry County Council, The Arts Council and Creative Ireland.

Using online meetings and emails she has been connecting with and mentoring writers' groups and writers, despite lockdowns and restrictions. Máire's work with people has been so valuable in these difficult times that it has been extended thanks to funding from Healthy Ireland's #KeepWell campaign. This additional funding will allow Máire to continue her residency for another 12 weeks.

"The arts in these difficult times helps people stay connected and provides an outlet for creative expression," says the Mayor of Kerry, Cllr Patrick Connor-Scarreen. "I am delighted that Kerry County Council is able to offer an extension of this service to the people of Kerry." "I am delighted to be extending the residency via technology," Máire says. "Writing is a very powerful way of processing events and emotions. It is a gift we all have, and I am honoured to be in a position that helps people bring out what needs to be expressed." She added, "Creativity in Kerry has blossomed during lockdown, thanks to the support of the team at the Arts Office."



Máire Holmes



Máire gives one-to-one remote mentoring sessions as well as group sessions with writers' groups. Anyone who has not yet made contact but is

interested in availing of the writer in residence services should contact Kerry County Council's Arts Office on arts@kerrycoco.ie /066 7183541.



Oh Deer, it's cold outside - PICTURE: DONIE WHITTY O'SULLIVAN

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An Garda Síochána, the HSE and The Department of Health would like to advise members of the public to be aware of potential scams relating to the Covid-19 vaccine.

In recent days, An Garda Síochána is aware of members of the public having received fraudulent text messages and calls regarding Covid vaccination.

GARDAI ISSUE ADVICE ON VACCINE SCAM WARNING

The text messages have made requests for people to confirm private and sensitive information such as PPS number, date of birth and address.

Other people have received phone calls requesting they make an appointment for a COVID-19 vaccine jab at a random hospital. In most cases, the person receiving the call will say they are not in a position to travel to the hospital.

This allows the caller to extract further personal details. Some individuals might confirm that they live alone or reveal their home address. The caller will then offer to come to their residence to administer a vaccine.

The HSE will never text or call individuals requesting personal information and they will never request payment for a Covid test or Vaccine.

Your local GP will be the first point of contact about vaccination or Covid testing.

The Covid-19 vaccine is free and it is not available privately.

We would ask that members of the public make

contact with any vulnerable friends or family to make them aware of these calls and text messages.

TIPS AND ADVICE

Never disclose private information over phone or via text message.

Do not give out your PPS Number to anyone who makes unsolicited contact with you whether by phone or email. The HSE will never call or text you and ask for your PPS number

The HSE will never call you to request your home address

Never give away personal data or disclose who you may live with or if you live alone

The HSE will never request payment for a Covid test or vaccine

If you receive such a call, just hang up

Anyone who mistakenly provides personal information in response to this scam should contact report the matter to their local Garda Station

If you have questions or concerns relating to Covid testing or vaccination, contact your local GP.

Casey is “*In the pink*” as his work is showcased around the county

A talented artist from Caherdaniel, who won first prize in last years 16 – 18 years category in the Texaco Children’s Arts Competition will have his winning painting exhibited in a number of galleries in Kerry.

Casey Etherton is a talented young artist from Caherdaniel was unable to y his success in the usual way as Covid19 safety measures meant the awards ceremony couldn’t go ahead.

However, friends and family in Kerry are determined to let Casey’s success shine in his home county. Casey’s winning painting “Kevin In The Pink” will go on a tour of the county in February and March. A number of art galleries around the county have generously made space available in their windows for the award-winning work so passers-by on essential travel or exercising within their 5k zone can stop and admire the painting. It’s an amazing opportunity for me to have my work shown like this,” says Casey. “I hope it encourages people to paint, especially during these tough times.”

Starting in Killarney at Killarney Art Gallery from February 1st – 7th and then moving on to the Greenland Lane in Dingle from 8th – 13th February and The Purcell Gallery in Kenmare from the 15th – 20th. The John Hurley Gallery, on Denny Street, Tralee will host the work from the 22nd – 27th February and it will then be on display at the Olive Stack Gallery, Listowel from

1st – 6th March. “I am glad to display such an accomplished piece of work,” says John Hurley, a sentiment of support echoed by Olive Stack: “Congratulations to Casey. I am delighted to display his painting on the gallery window.”

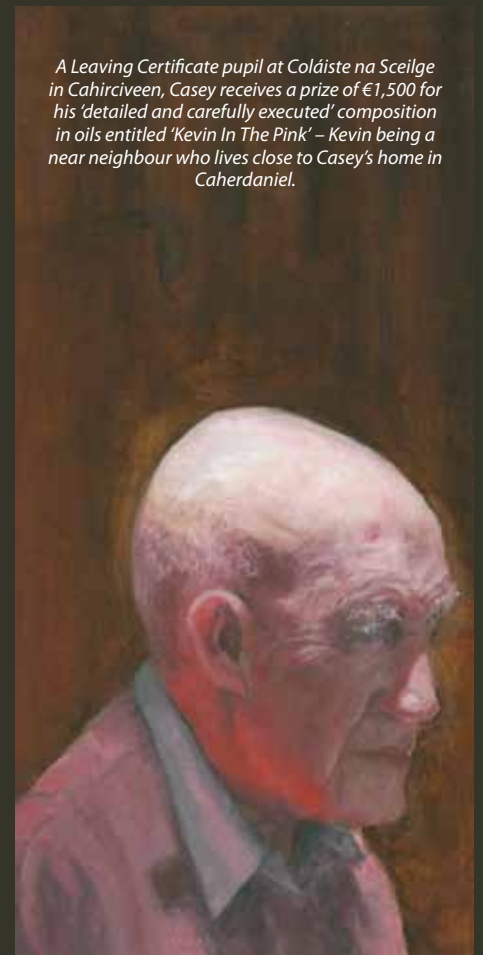
“I would like to offer my congratulations to Casey; it is wonderful to see such talent here in Kerry,” said the Cathaoirleach of Kerry County Council, Cllr. Patrick Connor-Scarteen. “Credit must also be given to the great support from the community to host this tour – artists are a crucial part of our society and the value of their work is immeasurable.”

Since winning the competition Casey has been studying for his Leaving Cert and compiling his portfolio for future arts studies that he hopes to pursue. Before this lockdown he went back to his old primary school, Scoil Crohan Naofa in Caherdaniel, where he received an award and drawings done by the schoolchildren, a new generation inspired by creativity.

If any other art venues or galleries in other parts of the county are interested in hosting “Kevin In The Pink” by Casey Etherton please contact Johnny Maguire at info@bricin.ie.

Please adhere to Covid19 level 5 restrictions when viewing the painting and maintain a 2 metre distance between people at all times.

A Leaving Certificate pupil at Coláiste na Sceilge in Cahirciveen, Casey receives a prize of €1,500 for his ‘detailed and carefully executed’ composition in oils entitled ‘Kevin In The Pink’ – Kevin being a near neighbour who lives close to Casey’s home in Caherdaniel.






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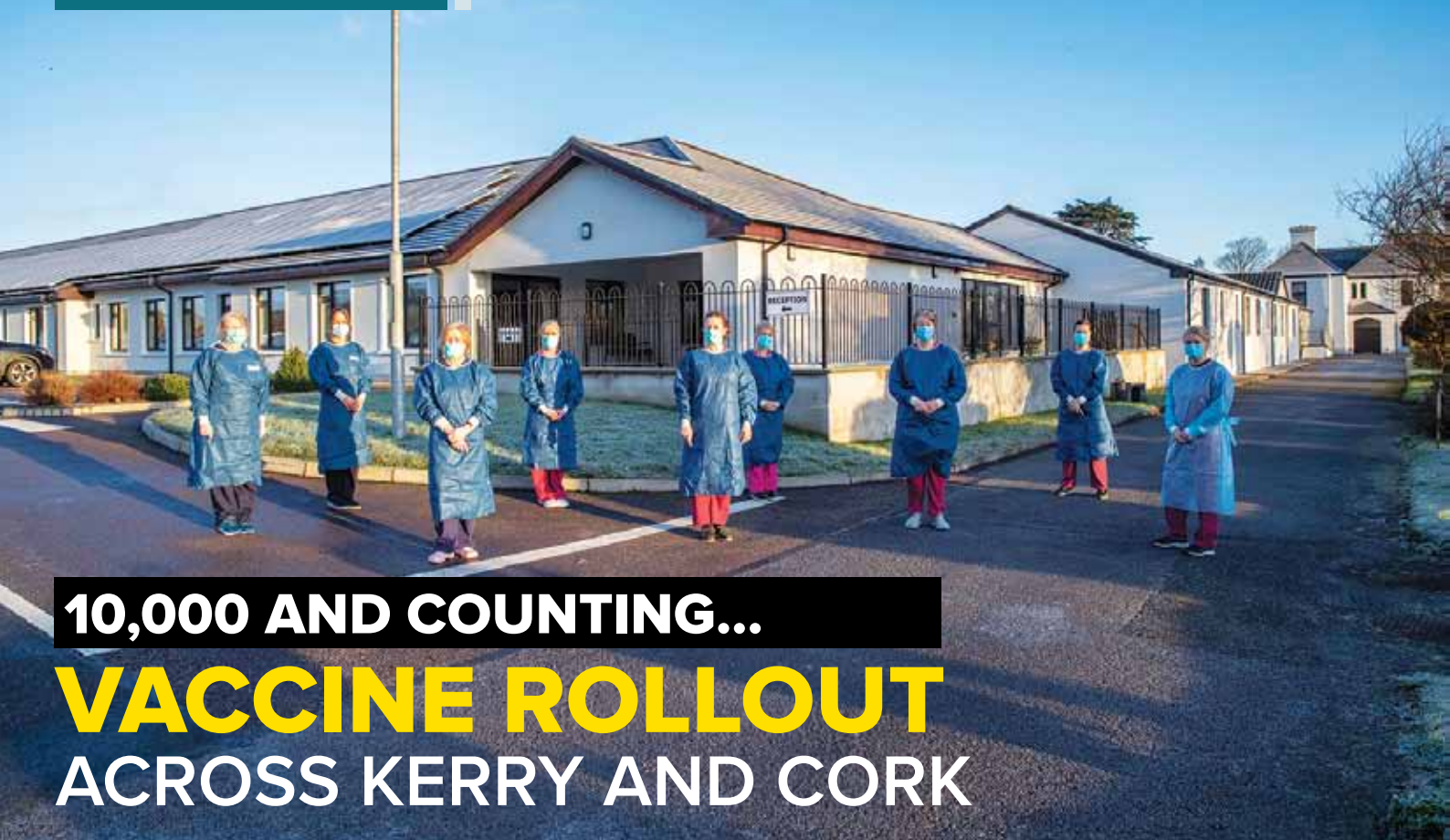
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VACCINE ROLLOUT ACROSS KERRY AND CORK

HSE Covid Vaccinations St. Joseph's Nursing Home, Killorglin by nurses pictured : Sharon Williams Killarney, Dr Caitriona Colohan Community Doctor from Caherciveen, Carolann Fogarty Killarney and Wiebke McGuire from Glenflesk Killarney, Kay O'Connor Tralee, Gerargina Harnett from Killarney, Jackie Linnane Tralee, Catherine O'Sullivan Tralee and Nora Lamb Tralee .. Anyone vaccinated was given a HSE vaccine information leaflet. Afterwards, each person vaccinated was given a vaccine record card, showing the name and batch of the vaccine they have received. PHOTO: DOMNICK WALSH

More than 10,000 doses of the Pfizer BioNtech vaccine administered in nursing homes and community hospitals across Cork and Kerry. Cork Kerry Community Healthcare vaccinators are this weekend completing the first round of the roll-out of the Pfizer BioNtech vaccine in nursing homes and community hospitals in the region.

By the end of Sunday, the vaccine will have been offered to residents and staff at more than 90 nursing homes and community hospitals, with more than 10,000 vaccine doses administered across the two counties.

This mammoth task has been undertaken by peer vaccinators in Cork Kerry Community Healthcare facilities, and teams of HSE vaccinators in private and voluntary facilities. Teams from the South South West Hospital Group have also supported the vaccination roll-out in the community.

The roll-out will now immediately move to residents aged over 65 in other long-term residential facilities, including disability and mental health facilities, with supply of the vaccine the only limiting factor.

Among the facilities where residents and staff

were offered the vaccine this weekend were St Joseph's Nursing Home in Killorglin.

Kay O'Connor, vaccination team lead in Kerry said that the teams have worked from early in the morning to late at night, all with the aim of protecting residents of nursing homes and community hospitals.

She added that private nursing homes have been very supportive of the teams.

"It is a great achievement to have offered and administered the first dose of the Covid-19 vaccine to all the nursing homes in Kerry within a two-week period and this would not have been possible without the hard work and dedication of all the staff. The nursing homes were extremely welcoming of the vaccination team and every nursing home had extra staff on hand to help in the delivery of this very important vaccination programme. Everyone worked well together and we all look forward to working together again in the coming weeks in the delivery of the second phase of this national programme," she said.

She also pleaded with the public to continue to keep up with all the measures to stop the spread of Covid-19.

"Please continue to heed the Public Health advice. By rolling out this vaccine to nursing home residents and the wider community, we will eventually see an end to Covid-19," Kay added.

Priscilla Lynch, Covid-19 lead for Cork Kerry Community Healthcare said:

"A huge thank-you is due to everyone involved in the vaccination programme. As well as our teams of vaccinators, so many others have worked tirelessly behind the scenes on this roll-out so that we can get the vaccine delivered quickly and safely."

While the vaccination roll-out is going ahead as quickly as possible, Cork Kerry Community Healthcare reminds the public that nursing homes and residential centres are still facing enormous challenges.

There are currently 47 outbreaks in residential settings across Cork and Kerry (this includes nursing homes, community hospitals, disability centres and mental health services). Most of these are in residential centres for older people ie private nursing homes and community hospitals.



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LEVEL 5

WE NEED TO KEEP FLATTENING THE CURVE IN KERRY

The stark reality this month is that there were more cases of COVID-19 in January than there was in the whole of last year.

And although there is light at the end of this very long tunnel with the vaccine rollout, we still have to play our part and STAY AT HOME.

On Tuesday of this week, the reporting of 90 further deaths brought the cumulative total of lives lost to COVID-19 to more than 3,000 in Ireland.

The disease is having a severe impact on the most vulnerable in our society and we have to continue to work hard to suppress it.

Dr Tony Holohan, Chief Medical Officer, Department of Health, said on Tuesday

"The decline in daily incidence of COVID-19 has begun, however the volume of disease in our communities remains very high. To date we have reported 96,000 cases in January 2021, which has already passed the total of 93,500 cases reported in 2020. Indeed, public health doctors in the Midlands reported a total of 4,000 cases in the first 8 months of 2020 and another 4,000 cases in the first four weeks of 2021.

"Through our enhanced public health surveillance programme, we have identified 6 additional cases linked to the Southern African variant of concern. All cases are being followed up by public health teams in line with the latest ECDC guidance published on the 21st January.

"The downturn in incidence has been achieved through the determination of people across the country to stay at home, to work from home and to avoid meeting and socialising with others. It is imperative that everyone continues to strictly adhere to the public health advice to protect ourselves and our loved ones from this highly-infectious disease."

THE CASES IN KERRY IN JANUARY

JANUARY 1 - 94
JANUARY 2 - 98
JANUARY 3 - 131
JANUARY 4 - 129
JANUARY 5 - 122
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ALL MEASURES IN LEVEL 5 WILL STAY IN PLACE UNTIL AT LEAST MARCH 5 2020.

THE MESSAGE TO PEOPLE FOR THE NEXT SIX WEEKS IS VERY SIMPLE: **STAY AT HOME**

The Government met on Tuesday of this week to consider a number of issues relating to the public health situation.

Here are the key points from An Taoiseach Micheál Martin.

The first thing to say is that the current level 5 restrictions are having a positive effect on the profile of the disease in the country. We are seeing the total weekly cases, 5 day average cases and the 14 day incidence rates all coming down. Close contacts are also coming down.

The sacrifices that people are making in their homes, in their families, in their businesses and within their communities are bringing us in the right direction, and I would like to thank everyone for their efforts to date.

Unfortunately, making progress on the incidence of the disease is not enough and the rates across all age groups are still too high.

We still have very high numbers of people in hospital and in intensive care, we have implemented the National Critical Care Surge Plans, and we simply must reduce the numbers of people needing these services. Our hospitals are under enormous pressure and we must protect the women and men of our health service who continue to put themselves on the line for all of us every day and every night.

It is very clear to everyone now, all across the EU, that the emergence of new variants of the disease represents a dangerous development.

We cannot give the virus or its variants any space.

Therefore, Government has decided to extend all of the current level 5 restrictions until 5th March, with a view to crushing the numbers of those contracting the disease and in turn, the numbers needing hospitalisation and ICU.

The message to people for the next six weeks is very simple: STAY AT HOME.

Do not travel.

Do not make any journeys outside of your 5km unless you absolutely have to.

Hold firm and stick to the basics.

Another important issue that we have been examining is the issue of travel into the country.

I understand the appeal of the idea that there is a simple answer to the pandemic in our country. We just pull up the drawbridge and we'll be back to normal in no time. However, the truth is that there is no easy way through this pandemic, or out of it.

But I first want to reinforce the key message that the most important thing we can do to drive down infections is to STAY HOME and follow the basics around social distance and hand hygiene.

As I said before, people should not be travelling and the Government has made a number of decisions today to further restrict travel and to mitigate the risk of new variants coming into the country: There should be no non-essential travel. Non essential travel outside of 5km is a clear breach of the level 5 restrictions.

Additional Gardaí will be deployed to our ports and airports and those found to be in breach of this regulation will be subject to an increased fine of €500. All visa free short term travel from South Africa and all of South America is suspended until at least 5th March. Mandatory quarantine at a designated facility will be required for passengers who arrive in breach of the pre-departure negative PCR requirement. They will also be subject to a fine of €2,500 and / or six months imprisonment.

Similarly, mandatory quarantine at a designated facility



will be required for persons who arrive from Brazil and South Africa.

In other cases, passengers will be required by law to quarantine at home.

The restrictions on people's movement and people's freedom are exceptionally difficult.

The true toll that they are taking on people's mental health and well being is as yet unknown, but it is significant.

Now, more than ever, all of us who have a leadership role – across the political spectrum, in the media, in communities, everyone in society – we must stay focussed on the measures that will bring the disease under control and which we as country are in a position to deliver.

he road we are on is hard.

The length of time that we have had to live with restrictions and the proximity of vaccination makes it even harder.

But it is the road we must take, together.

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the ogham script

Have your name scribed in Ogham, the ancient alphabet of Ireland. The Ogham script was used in Ireland from the 4th to the 7th centuries. The only examples that survived are on stones marking graves or boundaries, and the vast majority of these are found in Munster. Nowadays it is an artistic and tasteful way of representing the name of a person. Ogham comprises of horizontal and diagonal lines through and either side of a central line. It is a pleasant exercise to spell the ogham letters one by one, written from the lowest up.



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Councillor questions An Bórd Pleanála

A Kerry Fianna Fáil Councillor is questioning An Bórd Pleanála's request to re-schedule the hearing on the judicial challenges to their granting of permission for the construction of The South Kerry Greenway.

The hearing had originally been set for March 9th, probably in recognition of the fact that inordinate delays had already occurred in this process. The next available date was June 29th, and this has now been confirmed.

"We had a four week Oral Hearing from which a speedy decision was promised but which ended up taking over twelve months" stated Councillor Michael Cahill.

"Then, as part of the process, a further two months was allowed for the lodging of a legal challenge, two of which were lodged" said the Fianna Fáil man.

"We were thankful that the High Court appeared to recognise the huge amount of time already spent on the project and they scheduled an early date" said Councillor Cahill.

"It now transpires that An Bórd Pleanála applied for additional time to respond to these challenges, even though the prospect had been flagged to them, during the Oral Hearing by those involved. The High Court, having facilitated an early date to the defendants, find it is they, the defendants



Cllr Michael Cahill.

who seek more time. Nearly four months has now been added" stated the Rossbeigh based Councillor.

"As an arm of the State, An Bórd Pleanála must deliver it's own process in an orderly and timely fashion and inordinate delays of the nature we are experiencing here, should

never occur. The legal resources of the State, I'm sure, are at their disposal and it should have been possible to prepare for any likely challenge" said Councillor Cahill.

Councillor Cahill who has supported the South Kerry Greenway since the very beginning said "This project has been going on for over 10 years and a number of people have put a lot of time and work into it and when one takes into consideration the sheer scale of the project, the fact that it will be the single biggest Tourism project ever for Kerry, the importance of it to the recovery of the economy here in Kerry, the fact that it is a "Lifeline and a Gamechanger" for South Kerry and in particular the Caherciveen and Iveragh region, a region that is under continuous population decline and the fact that it will in particular transform Caherciveen town, a town that has been on it's knees for far too long, a town that needs this massive injection, a town that has suffered greatly at the hands of forced emigration with dereliction and closed up businesses plain to be seen, then I believe a World Class Greenway built to the highest of standards, with world class views that will serve and benefit this generation and generations to come will be worth waiting for."

Kelleher calls for mutual recognition of Covid 19 vaccine approvals

Irish MEP, Billy Kelleher has said that the EMA should seek global agreement with other medicines' authorisation agencies on the mutual recognition of Covid 19 vaccines in an effort to speed up approval and distribution.

"This is crucial in terms of the expected approval of the Johnson & Johnson vaccine in the United States - a one shot, moderate temperature, vaccine - in roughly two weeks.

"I would be highly sceptical of this vaccine being approved for use in the EU by the EMA until early March at best based on how previous applications were dealt with.

"I firmly believe that, due to the severity of this pandemic, the EMA in the EU, the HPRA in the UK, the FDA in the USA, and their counterparts in Canada, Australia and New



Zealand, should agree to mutually recognise their authorisations," said the Renew Europe member of the ENVI committee.

"If one agency is able to approve a vaccine, while adhering to standards, I do not see why other agencies should have to start from scratch. We

should be able to fast track approval based on the work carried out by other regulators that adhere to globally recognised standards.

"We're already running into trouble with the Oxford AstraZeneca vaccine, and it hasn't been approved yet. We cannot afford to wait any longer, than is necessary, to have the Johnson & Johnson vaccine approved and in use.

"Additionally, we need to get to the bottom of contractual problems with companies the EU has entered into approval purchase agreements with; we must have full transparency. Citizens and MEPs are demanding it. All contracts should be made available immediately," concluded Kelleher.

Family Carers Ireland Launches FREE eLearning Courses for Family Carers

FAMILY Carers Ireland – the national charity representing Ireland's 500,000 family carers has launched a suite of free eLearning courses which aims to provide information and guidance to those caring for loved ones at home. The courses, which can be accessed through www.familycarers.ie, cover five key aspects of caring:

Self-care
Coping with Grief
Nutrition and Hydration
Positive Communication
Continence Care

The courses were developed with the support of the Department of Rural and Community Development and the Dormant Accounts Fund

administered by Pobal.

Family carers wishing to avail of these services or who need support with any aspect of their caring role, can contact the National Freephone Careline 1800 24 07 24 or see www.familycarers.ie for more.



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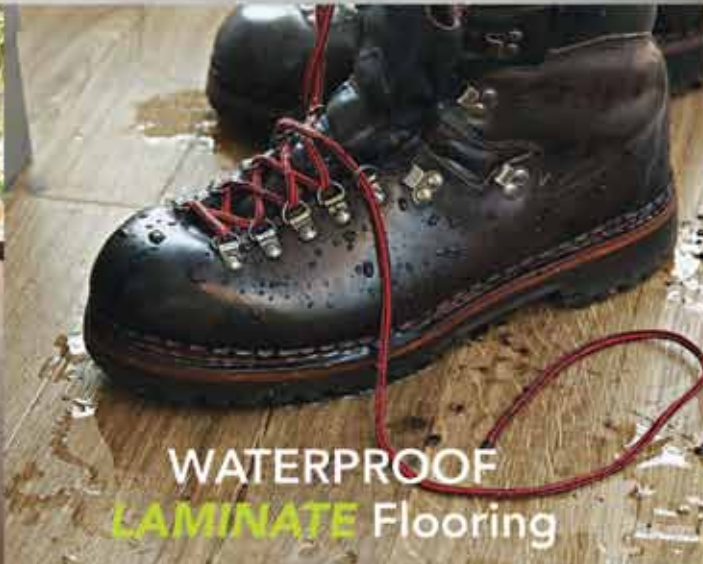
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The Tan Yard brings “date night” to you home this Valentines

The experience of a “Date Night” at home is being offered this Valentines Day by The Tan Yard Restaurant at The Plaza.

On the most romantic day of the year, and using high quality produce and local ingredients from sustainable sources, The Tan Yard Restaurant has created a bespoke ‘Date Night at Home’ experience, to help ensure you woo that someone special this Valentine’s Day. The seasonal menu will be fully prepared by our team of talented chefs and presented to you with step-by-step instructions that are easy to follow, so that you can impress in the kitchen by cooking up a storm and putting all of the final touches to a romantic dinner for two. Or, why not take to the stove together, for a fun-filled night in!

Priced at €80 for two people sharing; along with prosecco for two, the menu includes a selection of canapés, a starter of Macroom Mozzarella, Roast Squash, Sultanas, Pine Nuts & Sage. The mouthwatering main course is the classic Surf & Turf - an 18 Oz Hereford Beef Fillet, Gambas Prawns, Garlic Butter, Watercress Salad. With sides of Wedge Salad, Champ Mash Potatoes and a tempting dessert of White Chocolate Mousse Rose, Strawberry Jelly, Pistachio Sable, the gourmet meal can be finished off with some Gourmet Chocolate Covered Strawberries

An extensive drinks menu infused with a unique character and local flavour also available, add an extra toast to your evening with a signature Valentine’s cocktail collection: Kiss from a Rosé. Pre-order online by Monday February 8th at www.thetanyardkillarney.ie or call 064 662 1100. Depending on your preferred date, orders can be collected from the The Tan Yard on the 12th, 13th or 14th of February.



Vegan Shares

with Killarney Outlook



Vegan Chocolate Brownies

With continued lockdown, home schooling and all that comes with it I felt we definitely deserved and needed a treat this week so vegan chocolate brownies were made and boy were they tasty!

Ingredients

- 2 tablespoons ground flaxseed mixed with 6 tablespoons water set aside for 5 minutes (This is called a flax egg and replaces egg in a mixture)
- 150g vegan chocolate
- 80g vegan margarine
- 125g plain flour
- 1/4th teaspoon bicarbonate of soda
- 70g ground almonds
- 50g cocoa powder
- 250g brown sugar
- 1 teaspoon vanilla extract
- Pinch salt

(Strawberries and raspberries to garnish)

Method

In a pot melt the chocolate and margarine with 60ml water. When this is melted whisk in the brown sugar and vanilla extract until smooth and shiny. Leave to cool slightly. In a separate bowl put the flour, ground almonds, cocoa powder, baking powder and a pinch of salt and mix well.

Then add the chocolate mixture and flax egg mix to the dry mixture and whisk with a hand whisk until well combined. Pour the mixture into a 20cm greased and lined baking tin bake in a pre-heated oven on 170 degrees for 35 minutes.



When baked turn it on to a wired baking rack and when nearly cool cut it into portion sized pieces. I served garnished with a little strawberry and raspberry, these are so yummy and make a lovely weekend treat-

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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BUSINESS OUTLOOK

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AIB BRANCHES ACROSS KERRY RAISED OVER €8,000 FOR LOCAL CAUSES DURING COVID

AIB branches across Kerry have raised over €8,000 for local causes last year as part of AIB Together, the bank's community investment programme. In total, money was raised for 28 local causes including Kerry Cancer Support Trust, SVP - Killorglin social action group and Listowel Family Resource Centre.

In addition to the money raised for local causes, on a national level AIB committed €2.4m to Trinity College Dublin's dedicated Covid-19 Research Hub to urgently accelerate the college's immunology project.

The bank also launched the 'AIB Together Fund' to further support communities impacted by the Covid-19 crisis. This allowed staff to donate directly into a dedicated fund which the bank then matched, helping raise over €422,000 for



the bank's long-standing community partners FoodCloud and Soar, as well as Alone, and Pieta House. The bank also established a fund of €200,000 which allowed branches to donate directly to vulnerable groups in the community which were impacted by the pandemic.

This has brought the total amount donated by the bank and its staff to causes in support of Covid-19 to over €3 million. This money helped support the vital work these charities and organisations do and the vulnerable groups they support in the community.

Since partnering with FoodCloud in 2018 for example, over 1,100 AIB volunteers have volunteered over 7,000 hours which have gone towards ensuring 100 million meals have gone to people and not to waste across Ireland and the UK.

New grant offers support to businesses

A new Ready for Customs grant has been made available to help provide companies with financial assistance to cover the costs of taking on much needed additional customs clearance staff, which will be required when Brexit becomes a reality on the 1st January 2021.

This is a cash limited scheme of up to €20m, with the following financial support available:

- A grant of €9,000 to support the recruitment or redeployment of a full-time employee into a dedicated customs role.

- A grant of €4,500 to support the recruitment or redeployment of a part-time employee into a dedicated customs role.

- Enterprise Ireland may seek repayment of the grant if 12 months from the date of offer it is established that the dedicated customs role was not sustained, or that suitable customs training was not provided.

The maximum number of eligible employees per enterprise who will qualify for support will be limited by the amount of De Minimis Aid available to the enterprise. However, Enterprise Ireland reserves the right to determine that the number of employees proposed is appropriate to the additional customs clearance capacity proposed.

The application process will close when the €20m fund has been dispersed or on 31st March 2021 at 3pm, whichever is earlier.

Eligible Enterprises

The 'Ready for Customs' grant is open to enterprises that are currently engaged in the

movement of goods to, from, or through the UK and which will require new or increased customs clearance capacity. These include enterprises that:

- Are providing freight, haulage, logistics services to, from or through the UK or

- Are providing customs intermediary services or

- Are directly engaged in the movement of goods with or through the UK.

In addition, enterprises:

- Must have a CRO number (not a business name) and be incorporated in the Republic of Ireland at the time of application.

- Must have an EORI number from Revenue.

- Enterprises providing customs intermediary services less than 12 months since



establishment must also provide a supporting business plan.

Eligible employee

An eligible employee:

- Is based in Ireland.

- Is/will be engaged primarily in customs clearance activities with a role such as Customs Clearance Clerk/Administrator, Customs Clearance Operator, Customs Supervisor, Import/Export Freight Operator/Administrator or similar.

- Is a new or planned hire to the organisation, or has been re-deployed within the organisation to a dedicated customs role from date of application.

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TOP TIPS when buying Home Insurance

Your Home is your most valuable asset so it is vitally important to protect your Home by Insuring it correctly. As expert Insurance Brokers we have been saving our customers money on their Home Insurance for nearly 40 years. We have expertise in dealing with all types of property damage and we have worked through large weather events such as the winter of 2009 which resulted in nationwide claims of half a Billion Euros. Over the past decade Home Insurance rates have reduced and stabilised.

Here are some tips when buying Home Insurance including some cost saving tips.

- Buildings – Your Property should be insured for its rebuild cost not the market value. Rebuilding costs have increased substantially over the past few years. There is a handy rebuilding calculator on www.scsi.ie where you can calculate your own property. Underinsurance can have serious consequences in the event of a claim so it is advisable to

review annually and get professional advice from an Insurance expert.

- Contents – Remember an item of contents is something that would go with you if you moved house. For example a dining table is part of contents but a fitted kitchen is part of buildings. You should value your contents for replacement value.

- Accidental damage cover – This usually covers damage such as spills on carpets or knocking over a television. It can also include glass damage. You may find that you can delete this cover and save money on your renewal.

As each Insurer in the market would have difference definitions and terms it pays to ask an expert Insurance Broker such as Healy Insurances.

- Review Review Review – Home Insurance rates use many data streams so it is crucial to ensure that your details are correct when quoting such as your Eircode, use of the property (owner occupied, let out etc), intruder and smoke alarms, year of construction and flat

roof details if applicable. At renewal time you should review with your Insurance advisor.

- Shopping around – When shopping around it is important to understand that direct insurers and banks will only sell their own products and may not be able to offer you choice or advise you on your options. It is also worth noting that you are free to move your Home Insurance from your mortgage provider, we do this on a regular basis and succeed in securing large savings for these customers.

- Use a Broker – As experts in Home Insurance we understand the market conditions and can advise which Insurer or which product is most suitable for your specific needs.

Aside from understanding the discounts than can be achieved in each case we also negotiate bulk discounts from Insurers to get the best prices for our customers.

- At Healy Insurances we can search the market for you, review your policy and save you money!

APPOINTMENT



Dr. Edmond Harty has been appointed to the Irish Times Trust Board of Governors. The former CEO of Dairymaster is a leader in the Agri Tec industry and already serves on the board of directors of Agritech Centre of Excellence. An engineer with a focus on business and innovation, Dr. Harty has for many years worked at all levels in business right up to CEO level and is also an Adjunct Full Professor in University College Dublin. He has numerous business

awards including being named EY Entrepreneur of the Year and he received the prestigious Parsons medal from the Irish Academy of Engineering who awards the medal as its highest honour. In addition he also received an alumni awards from both the University of Limerick and University College Dublin.

His concentration is always on future possibilities, scientifically developed and proven. The level of patent applications (over 100 so far) speaks of his commitment to innovation. Innovation and new technologies which make an impact are a big passion in his life. On his twitter account this week he said "I'm delighted to join @IrishTimes Trust Board of Governors. It's one of Ireland's most trusted and professional leading media organisations with a 161 year heritage and a great team of people bringing the most important content to its customers."

Buying online from the UK after Brexit

Advice from the Citizens Information Service

The impact of Brexit is now being felt by Irish consumers up and down the country. As a result of the UK leaving the EU, there are changes to consumer rights that everyone needs to be aware of when buying from online retailers in the UK.

In particular Irish consumers should be aware of the following changes when it comes to purchasing goods from a UK retailer online:

- The sale of goods from the UK to Ireland are now treated as imports to Ireland, this means additional import charges and VAT may apply when buying from UK websites

- EU consumer protection legislation may no longer apply, instead Irish consumer rights will be set down in UK law.

- It may be more difficult to resolve a dispute with a UK business

- As a general guide, packages valued more than €22 are subject to import taxes and charges. The consumer will have to pay import taxes/customs duties and also VAT charged at the Irish rate of 21%. In some cases, the duty and tax for EU deliveries will be covered by the UK company, but this is completely up to the individual retailer. So, check the small



print!

Speaking about the impact of Brexit on Irish consumers, Frances Clifford, Kerry Citizens Information Manager said, "From 1st January 2021, you should be especially careful when buying from a UK seller. It is very important to carefully check the terms and conditions on the seller's website and familiarise yourself with their proceedings. If you have any concerns relating to buying online from a UK retailer please contact your local Citizens Information Centre, we remain open and are here to answer any questions you may have."

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

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LEGION *Mothers 'n Others* GETTING THEIR STEPS IN



Legion Mothers 'n Others pictured in 2019.

Killarney Legion Mothers 'n Others are taking part in this Irish Life challenge and want you to join them. What better way to embrace a healthier spring than with a challenge while promoting health and wellbeing within your club and community during Ireland Lights Up.

The challenge is divided across the four provinces, the goal is for a club to collectively walk 4,000 Km's which is approximately the

distance around Ireland. Any clubs who achieve the target will be included into a prize draw, there is prize fund of €5,000 O'Neill's vouchers per province up for grabs.

Track your performance along the way through the MyLife leader board on the MyLife App.

The first step is to ensure your walking ambassador has registered your club to take part, click on this link: www.getirelandwalking.ie/irelandlightsup

Track your activity* with a fitness wearable

(e.g. a Fitbit) or fitness app (e.g. Google Fit for Android or Apple Health for iPhone) connected to the MyLife app. (*only walking activities count towards the challenge)

Join the GAA Every Step Counts challenge today! Follow the steps below to join up as part of the Killarney Legion Team!

http://web.mylife.irishlife.ie/challenges/5fdb47d213498020d97e3bbe?lc=en_IE

'PRESS PHOTOGRAPHER OF THE YEAR AWARDS' GOES VIRTUAL

Judging of the annual awards of the Press Photographers Association of Ireland



A favourite every year, The 43rd annual 'Press Photographer of the Year Awards', the annual awards of the Press Photographers Association of Ireland, are to be broadcast live online on 26th February 2021 in a

specially directed awards ceremony presented by broadcaster Miriam O'Callaghan. The awards, which are open to press photographers from across the island of Ireland, are traditionally announced

at a gala awards ceremony in February. However, due to the current pandemic, this year the awards will be announced online, showcasing the very best of Irish press photography to a worldwide audience.

The virtual awards will feature recorded messages from a host of popular Irish figures and stars highlighting the importance of press photography in journalism and, indeed, our society as a vital visual tool in news, views and information sharing.

This year has seen an increase in award entries, with 109 photographers entering over 2,000 images across the nine award categories. Judging for the awards, which generally takes place in Dublin in January, was deliberated online led by chair of the judging panel, former Irish Times picture editor, Frank Miller, alongside judges Eddie Keogh, international photographer and Edmond Terakopian, international photographer and multimedia category judges Philip Bromwell, Broadcaster and Michael Lee, former RTÉ cameraman.

Covid-19, A Visual Record

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

The 'Press Photographer of the Year Awards' reward, celebrate and promote the very best of Irish press photography. The awards run across ten categories; news, daily life & people, nature & the environment, politics, sports action, sports feature, portrait, art & entertainment multimedia and reportage, as well as the over title of the PPAI "Press Photographer of the year 2021". The awards will be broadcast at 7pm on Friday 26th February via www.ppai.ie/livestream.



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‘It’s always the small pieces that make the big picture’

Muckross House Library develop online jigsaws

Jigsaws are a relaxing way to pass away the time, especially in these strange times. With this in mind, Muckross House Library has developed a gallery of interactive, jigsaw puzzles that can be completed online.

The puzzles depict scenes relating to Muckross and Killarney National Park. The number of pieces in each can be varied, from less than ten to over a hundred. Each puzzle is, therefore,

suitable for both children and adults and can be played over and over again. We will continue to add new puzzles over the coming weeks. Visit www.muckrosshousereseearchlibrary.ie and follow the link marked ‘Fun’ at top right of homepage.

Alternatively, you can use this link:

<https://www.muckrosshousereseearchlibrary.ie/jigsaw-gallery.php> - Have Fun!



KILLARNEY CARDIAC RESPONSE UNIT NEED YOUR HELP

With Covid 19 restrictions in place and people staying at home, Killarney Cardiac Response Unit are looking for the public’s help in updating their database.

“We are updating our database of the locations of ALL AED’s in the Killarney area and are looking for your help”, a spokesperson for the Unit told Killarney Outlook.

If your workplace, club or area has an AED Killarney Cardiac Response Unit would appreciate the following details.

- **Where is the AED Location? (Eircode)**
- **Is the device registered with the National Ambulance Service**
- **Is it Internal / External (24hr access)?**
- **Is it available to the public?**
- **What is the make?**
- **Are Pads / Battery in date?**

“Please provide us with a contact name and number. You can message us directly here or email info@killarneycru.ie

AEDs can make the difference in sudden out of hospital cardiac arrest.



However that is only one link in the chain of survival. Calling for help and providing high quality CPR must also be initiated.

It is through the initial actions of YOU that we can all achieve success.

Your actions can make the difference”. The existing public access AED’s are a mix of primarily Michael Linehan Killarney heartsafe and individual providers. **Find out more at www.killarneycru.ie**

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“We just need clarity and decisions to be made soon”

SIXTH YEAR STUDENT CILLIAN HICKEY AIRS THE VOICES OF THE STUDENTS AT ST. BRENDANS

The grueling struggles of any normal leaving cert year can be difficult for any student to cope with. However, the class of 2021 have been the subjects of an incredibly stressful and torrid what is nearly twelve months now. We spent our last day of 5th year in school on the 12th of March 2020 being told we would return before or, in the worst-case scenario, after the easter holidays. Little did we envisage remotely learning at home until the end of May and returning to school having to implement social distancing at all times while wearing masks in September only to being stuck at home once again after the Christmas holidays just passed, and the message that was reiterated to us that it'll only be for January is now beginning to look more and more unlikely.

I recently represented my year group along with my classmate Darragh Doolan at an online conference hosted by the Irish Second-Level Students Union (ISSU) where opinions and suggestion of students from all over the country were heard. The consensus of most students is that we just need clarity and decisions to be made soon in relation to the state exams instead of waiting until the last minute as we saw last year. The Minister and Department of Education say they want to do what is best and what is fair for all students yet I hardly think it is fair to lead exam students along by an indecisive string for weeks on end while stress and anxiety levels are only increasing. Thousands of exam students are unsure of whether they should be putting themselves under increased pressure to cover work missed last year, or should they be studying for orals and practical's which aren't guaranteed to go ahead.

I understand the Minister of Education finds herself in between a rock and a hard place to say the least but with the lack of clarity and predictability this global pandemic has brought I think it's a bold statement for Norma Foley to make that we will be in a safe environment to complete a "tradition leaving cert" come June. Despite the fact that our experience of senior cycle has been far from "traditional", having nearly been absent for our classrooms for approximately 13 weeks so far with no nailed down date for our safe return I find it hard to believe that as a year group we are expected to stay motivated to commit so much time to working at home which can often present its own struggles such as, a poor internet connection or no quiet place for a student to work productively. While not forgetting to revise old materials and retain new information being taught to us through a screen without any escape from our studies such as meeting friends, sports or whatever it is that lets you go into a world of your own with no worries.

The pre leaving cert exams are crucial for students to experience the environment we could be dealing with over the two weeks that technically define the next couple of years in our young lives if the exams go ahead, and with the amount of school time missed the question being asked by most schools is can we finish courses in sufficient time to allow us enough time for crucial revision while also accommodating nearly two more weeks of class time for the pre-exams when we return to school, whenever that may be. In my own experience I have to thank the teachers and all staff in St. Brendan's College who have adapted fantastically over the last year for the pressure they too are being put under amidst all this



uncertainty. Keeping to our timetabled school days we have live classes with each teacher via Microsoft Teams every day. Although it is a somewhat efficient way of making up for our absenteeism from the classroom it doesn't come anywhere near the same benefit of face-to-face learning. No matter how many breaks or walks you go for throughout the day, the emotional toll that comes with the mundane repeated routine sitting at the same desk from 9am to 4pm takes on you is mentally draining, without worrying over the fact if we were in school, we'd be expected to take our seat in the study hall for another 2,3 if not 4 hours.

There is no definitive line that can be drawn in the sand that will satisfy every student, but from hearing the viewpoints of so many 6th years and their thoughts towards the situation, I believe what we all want to know is if the Leaving Cert of 2021 does go ahead will there be additional edits to the papers on top of what has already been changed in September in line with the additional school time missed. Difficult decisions have to be made and bold leadership needs to be seen to come to the fore. After all the powers that be must take into account and always remember in their decision making that they are dealing with young people's lives and futures.

“After all the powers that be must take into account and always remember in their decision making that they are dealing with young people's lives and futures.”



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It's been a whirlwind for teachers and students...

Sinéad Collins, Irish and Spanish Teacher in St. Brigid's, Killarney tells Killarney Outlook what teaching is like during the third lockdown

Where to begin? It's been a whirlwind few weeks for the entire country going back to full lockdown! For myself, my colleagues and students it has been difficult to face into the complexities of another school closure and engaging with online learning. In an ideal world, the best teaching and learning takes place in the class room but I suppose we have to deal with the cards we've been dealt given the circumstances surrounding Covid19. Personally, I have had a really positive experience with teaching on-line. In St. Brigid's, we are following the school time table and I meet with each class group at their allocated time daily for an online class – which is similar to a 'Zoom call'. This really helps with keeping routine and providing structure to the day (for me personally and for the students, I'm sure!) I have to admit, I am really lucky with the students that I teach - I believe credit should be given where it is due! The levels of engagement, attendance in my 'online classroom', and the resilience that the girls have shown in adapting to online learning is commendable. The feedback we have been receiving from the students has been really informative and positive as well. My niece is a first year student in St. Brigid's and has reinforced this sentiment regarding her own teachers - Just in case anyone thinks my own students are telling me what I want to hear!

I suppose it's worth mentioning, I am lucky enough that I don't have toddlers to entertain

or any children of my own to home-school while also teaching from home – so that definitely makes life a little easier. I don't envy the difficulties that many of my colleagues face in trying to engage with teaching on-line and also trying to tend to their own children's needs with online learning. Recently, I've heard an awful lot about 'Jolly Phonics' and the nightmare it seems to be. Needless to say, we are a lot better prepared than the last time around. Let's be honest, we were thrown in at the deep end last March when schools closed unprecedentedly. Both teachers and students have been engaging in IT upskilling since returning to school in September and it has really stood to us. We are so much better equipped this time around and many lessons have been learned along the way.

It is an extremely uncertain time for our Leaving Cert students. I teach Leaving certificate Higher Level Irish and I am acutely aware of the stress and anxiety that my students are experiencing at the moment. Hopefully, some difficult decisions will be made in the coming weeks and they will get the answers they so anxiously want. This is what I am most conscious of throughout this entire ordeal – some stability and clarity, for them. They're a fantastic group of girls and have put in so much effort over the last two years – I have no doubt they will strive and excel, no matter the outcome, but the question on everyone's mind is – What that outcome will be?

Sinéad Collins - (Irish and Spanish Teacher in St. Brigid's, Killarney.)

Online Teaching - By: Ber O'Connor PE Teacher - St. Brigid's Killarney

*Tis all quiet mad this teaching online
A virtual world...a brand new design.
Sitting for hours preparing the class
Wondering when this pandemic will ever pass!
Students are tired from the screens all day
Tucked up in their rooms not
connected the same way.
The teachers are live and
moving through content.
Trying to innovate and new methods invent
Loads of new words all houses now know*

*Teams, upload, breakout, the internet slow.
Online exercise...podcast and zoom.
All the school community stuck in their room.
We are doing quizzes online and scavenger hunts
Playing music and creating loads on virtual stunts
It is tiring for sure for all in the school
But sharing is our way and resources we pool.
We are balancing kids at the home, they also online
Same as All parents...they still whinge and whine.
We are all doing our best...our patients are stretched
Tis like in a movie...it all seems far fetched.*

*We are not in the trenches and we are all feeling well
We prefer to be in school as all the teachers do tell.
But this is our lot...to say safe at home
To get our steps within 5km of home.
To do our work the best way we can
Sharing our screens trying to reinvent the subject plan
We will endure this time...IT shall pass by.
So put up with the online IS WHAT WE MUST TRY.*

Catholic School Week

This week St. Brigid's Presentation are celebrating Catholic School's Week 2021. The theme of Catholic School's Week 2021 is 'Communities of Faith and Resilience'. Schools along with many more communities have seen much change and heightened pressure over the last number of months. Catholic School's Week has reminded us that 'faith' and 'resilience' are two qualities that we can rely on during difficult times. This week students have been sharing their response to Catholic School's Week in the form of reflections, posters, paintings and

poetry. Miss Finnerty, RE teacher said it was inspiring to see pupils understanding of the importance of remaining united as a community of faith in supporting each other. This week has reminded the school community of St. Brigid's that even though we are physically apart we are working tirelessly together sharing our gifts and talents for the common good. A beautiful picture was painted of St. Brigid's by Transition Year student, Kathleen O'Connor in recognition of the theme of 'community'.



A beautiful picture was painted of St. Brigid's by Transition Year student, Kathleen O'Connor in recognition of the theme of 'community'.

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ONLINE PRESENTATION ON PROPOSED KILLARNEY CYCLE PATHS

Public invited to join webinar on 4km of new cycling infrastructure

An online presentation, which is open to members of the public will take place on Wednesday next 3rd February at 7pm. Kerry County Council is inviting members of the public to participate in the presentation about plans for the development of five new cycle paths in Killarney town. The proposed new cycling infrastructure includes cycle paths on Rock Road, Lewis Road, Park Road, the Gaelscoil Road and Deerpark Road.

Because of the current public health restrictions, the display of plans and the relevant consultation in person, which would normally take place, is restricted. On Wednesday, 3 February at 7.00pm, members of the public can view a presentation on the proposed infrastructure. Anyone interested in joining the online webinar must register in advance via the Kerry County Council website, kerrycoco.ie.

Submissions and observations on the plans must be submitted to the Council by 17 February. A report on these submissions will be presented at a meeting to the Killarney Municipal District councillors.

Cathaoirleach of the Killarney Municipal District, Cllr Brendan Cronin encouraged people to participate in the webinar and to engage in the consultation process.

'The new cycle paths would measure a cumulative total of almost four kilometres and would greatly enhance the cycling infrastructure in the town. This is a very exciting

development for Killarney, and I hope everyone will make their views known on what is proposed,' he said.

The Part VIII process for such a development, under the relevant planning legislation, involves the public display of all relevant plans which can be downloaded from the Kerry County Council website. The details of the plans will be outlined during the webinar by Senior Engineer, David Doyle. Comments and questions can also be dealt with during the webinar.

The five proposed cycle paths are as follows:

Rock Road – Car Park northward to N22 Roundabout at Cleeny

Upper Lewis Road – St. Anne's Road junction to south of Bridgefield estate

Park Road – Park Road roundabout to the Friary Junction

Deerpark Road – Park Road junction to Gaelscoil Road junction

Gaelscoil Road – Deerpark road to Killarney Sport & Leisure Centre

Submissions and Observations with respect to the proposed development may be made in writing and clearly marked 'Part 8 – Killarney Cycle Lanes' and sent to the Administrative Officer, Kerry County Council, Roads, Transportation and Marine Department, Room 115, Áras an Chontae, Rathass, Tralee, Co. Kerry or e-mail to: roads@kerrycoco.ie. Submissions and observations must be received by 5.00 pm on Wednesday, 17 February 2021.

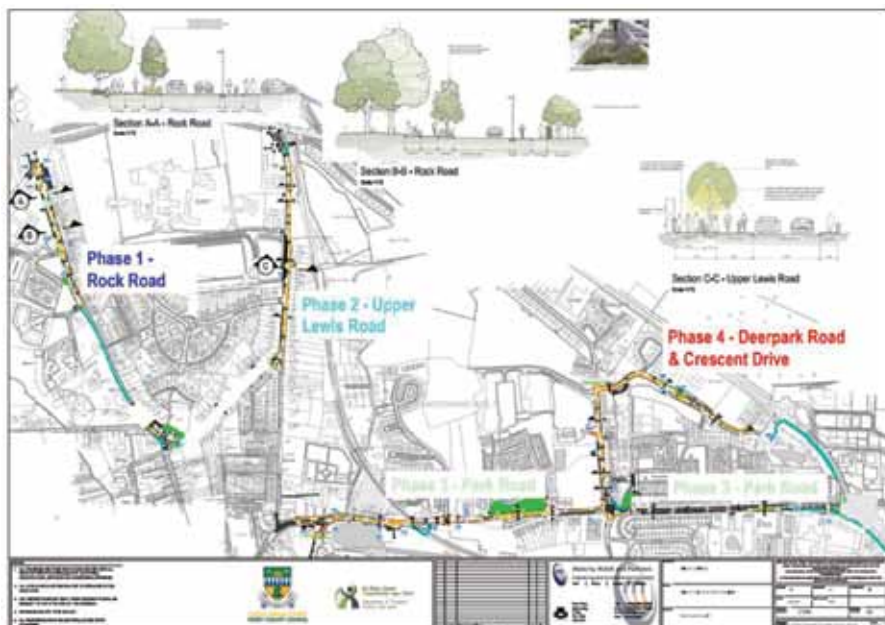
DESIGNATED PARKING FOR CYCLISTS

At the January meeting of Killarney Municipal District, Councillor Michael Gleeson proposed that as cycling by visitors is ever growing in popularity, that Kerry County Council would seek to provide small car parks, initially proximate to Killarney town, where motorists could park prior to the occupants going cycling throughout the area and the County. Such developments would attract many to visit our County without having to endure and add to traffic congestion within the urban centre.

Killarney Municipal District replied that it was successful in 2020 in receiving funding for the design of cycle routes on a number of approaches to the town centre. These plans are currently out for public consultation. In order to encourage and promote cycling there will be a need to provide enhanced cycling infrastructure. As part of further plans and proposals in relation to active travel, the Council will consider this proposal to give adequate access points to those cycling routes.

Councillor Gleeson also proposed that as part of its progressive commitment to the advancement of cycling, that the Killarney Municipal District would signpost and delineate a safe and legal crossing corridor on Muckross Road (just south of Flesk Bridge) where need to cross from the end of the dedicated cycle lane to the commencement of the off-road Walking / Cycling / Jarvey Road at Cahernane.

The Municipal District Council replied that Kerry County Council will make a submission to TII for funding to provide this facility.



The plans for the five proposed cycle lanes in Killarney.



PROPOSED NEW CYCLE PATHS FOR KILLARNEY



INFORMATION WEBINAR – WEDNESDAY, 3 FEBRUARY

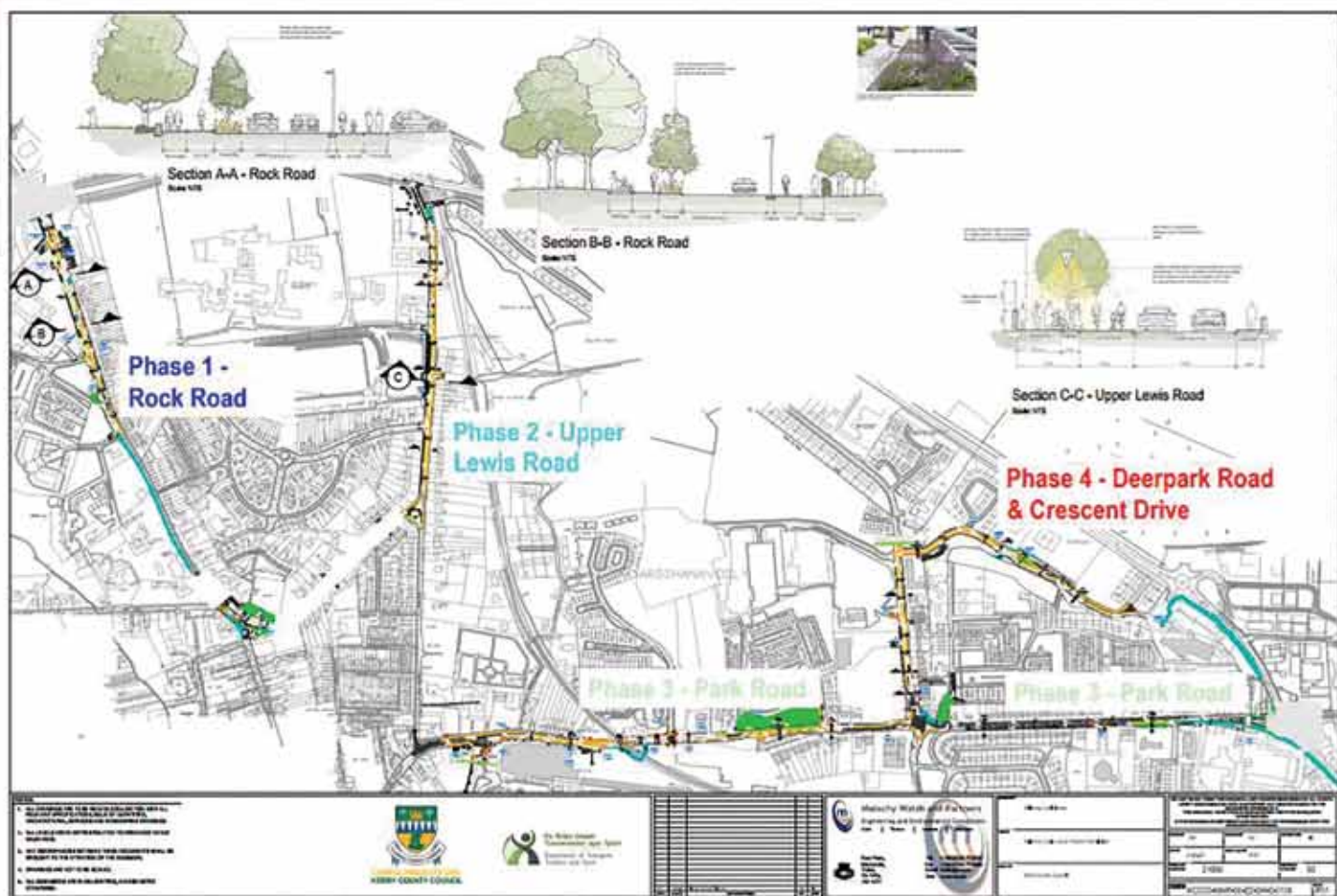
Kerry County Council is inviting members of the public to attend an online presentation about plans for the development of five new cycle paths in Killarney town.

The proposed new cycling infrastructure includes cycle paths on Rock Road, Lewis Road, Park Road, the Gaelscoil Road and Deerpark Road.

On **Wednesday, 3 February at 7.00pm**, members of the public can view a presentation on the proposed infrastructure and hear about the details of each of the new cycle paths.

Register **in advance** through the link on the Kerry County Council website, **www.kerrycoco.ie** where you can also view detailed drawings and find more about the plans.

Submissions and observations on the plans must be submitted to the Council by 17 February.



Moments In Time

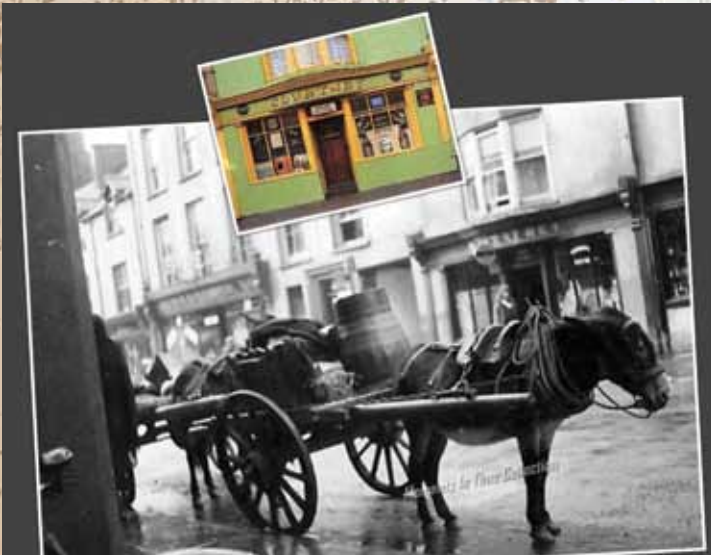
In this week's Killarney Outlook, Donie Whitty O'Sullivan shares some of his vast collection of photographs



The Spillane Brothers, Pat, Eamonn, Arthur, Declan and Albert. Who were former employees of Killarney Hosiery (Pretty Polly).



*Attending the NACA Social at the Three Lakes Hotel in the 1960's
L-R: Mike Kenmare O'Sullivan, Phil Brady, Mrs. Peggy McSweeney, Derry Kelleher and Denny Scannell.*



Pictured in the early 1930's, the Donkey waiting patiently at the end of Hogan's Lane (Hilliard's Lane) Across the way is T.T. O'Connor's and Courtney's Pub.



Remember Jackie Carey and the Red Shadow Pub.



Spare a thought the next time you pass by the bronze statue of Johnny O'Leary, the noted Irish traditional musician from Sliabh Luachra who played the button accordion. His first instrument was a melodeon, bought by his uncle Jerry O'Leary in Clancy's Shop Main Street for 12/6d. Michael Clancy is pictured outside his shop which is occupied today by the Laurels Restaurant. As you can see from his widow display he sold musical Instruments, records, cycles etc.





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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

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Early CAO figures indicate a rush to college as Kerry's 25% unemployment rate is the worst in the country



By Billy Ryle

With Leaving Cert candidates grappling with nerve wracking uncertainty, early CAO figures indicate that the rush to college is on. By early application deadline of 20th January, CAO had received 66,547 applications, up by 5,070 on last year. By normal closing date of 1st February last year, 73,035 applications had been lodged with the CAO, so that figure will surely be surpassed this year. With the addition of late applications to CAO, the number of applicants in 2020 eventually increased to 78,168. That number will be considerably higher in 2021.

This week's unemployment figures, compiled by Central Bank economists for the Irish Independent, make shocking reading. 20% of the national workforce is out of work. Kerry's unemployment rate is the worst in the country, having jumped from 6% to 25%. Kerry's workers are also worst hit by the pandemic with a staggering 45% on State benefits. Counties, like Kerry, which are highly dependent on tourism and retail, are being devastated by the lockdown.

This time last year, college applicants were full of the joys of life. With national unemployment at 5%, opportunities were never better for those with a strong work ethic and a skills' set to meet the demands of a thriving economy. There was a job for everybody who was willing to work. College applicants were acutely aware of employment opportunities in a buoyant economy. They were buying into the notion that the jobs market was their oyster if they were well educated with a marketable qualification.

But all changed utterly when the deadly coronavirus invaded our shores. Unemployment has shot up to a staggering 20% nationally from 5%. All non-essential services ground to a halt. In a concerted effort to oust the coronavirus, the country is led by skilled, dedicated and passionate people. College applicants are switching to courses

that this 'new normality' is receptive to. As the coronavirus continues to cause medical and employment havoc, CAO applicants are favouring courses with strong employment stability.

Applicants are opting in large numbers for science, engineering and information technology courses. Science is riding the crest of a wave with attractive jobs available in industrial, medical and research science. In the current 'green wave', environmental, agricultural, marine and physical sciences are employment friendly.

The acceleration of social media platforms, artificial intelligence, data analysis, automation and digital communication during the pandemic has forever changed long established business practices. Many more business transactions are taking place online so the demand for courses in analytical and digital skills, e-business, software and coding skills is increasing.

The need for housing and infrastructure will result in high demand for courses in civil, mechanical, electrical, environmental and structural engineering, architecture, quantity surveying, valuation surveying, property management and auctioneering.

Front line healthcare workers – Doctors, Pharmacists, Nurses, Physiotherapists and allied health care staff are the heroes of Ireland's battle with the virus. Demand for all courses in health sciences will be at an all-time high this year.

Civil and Public service jobs showed how resistant they are to unpredictable economic circumstances. Every civil and public service worker remains on the State payroll while thousands of private sector workers depend on a variety of Covid-19 payments. Many private sector employees, especially those in the tourism and retail sectors, remain uncertain about their future job status.

With so much emphasis in the jobs market on skilled and well-qualified personnel, college

applicants are aware that their chances of employment are considerably increased by a competitive qualification. They are looking at the skills' set needed in the work environment of the future. Remote working is here to stay so self-management, self-motivation and self-discipline skills are growing in importance. Work place logistics catering for staggered hours, regular hand washing, social distancing and face mask protection will impinge on most professions. They realise that a strong work ethic, high-digital skills, adaptability and a passion for one's qualification makes one more employable in a rapidly changing work environment.

CHECKLIST

- ✓ Extended closing date for UCAS (British) applications is 29th January
- ✓ Closing date for online change of CAO course choices (free) is 1st Feb at 5.15pm
- ✓ Closing date for the normal CAO online application is 1st Feb at 5.15pm
- ✓ Closing date to register for GAMSAT (Graduate Medicine) test is 1st Feb
- ✓ Online facility to amend course choices opens at noon (€10 fee) on 5th Feb
- ✓ Closing date for amending course choices is 1st March at 5.15pm
- ✓ Completed online HEAR/DARE forms must be submitted by 5.15pm on 1st March
- ✓ 25% of Kerry's workforce is unemployed
- ✓ Kerry workers are worst hit by the virus with a staggering 45% on State benefits
- ✓ Counties highly dependent on tourism and retail are devastated by the lockdown
- ✓ Early CAO figures indicate that there is a rush to college
- ✓ By early application deadline, CAO had 66,547 applications, up 5,070 on last year

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

LIT ISSUE ADVICE ABOUT DEFERRED COURSES

LIT Registrar Offers Important Advice to Leaving Cert Students and Students who Deferred their Courses last year, ahead of CAO Deadline. Limerick Institute of Technology's Vice President for Academic Affairs and Registrar, Marian Duggan, has reminded students who deferred their place in Higher Education last autumn, that they must now reapply through the CAO process to secure their place in their chosen course and

college for 2021.

As the February 1, 2021 CAO deadline approaches, Ms Duggan has been advising leaving cert students and those wishing to attend third level education next semester on how best to approach the CAO application process. This includes students who are new to the process, those applying as mature students and students who deferred their place in third level education

last September.

In the event of any queries, applicants should contact the LIT Admissions Office at: admissions@lit.ie and further information on the deferral procedure is available at www.cao.ie. Information on all LIT CAO courses, opening days and general student information is available at www.lit.ie

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PEUGEOT e-EXPERT International VAN of The Year 2021



The PEUGEOT brand has become one of the first manufacturers to offer a full range of electric utility vehicles in Europe and is reaffirming its push in this segment. Complementing the new PEUGEOT e-EXPERT (International VAN of The Year 2021) and PEUGEOT e-BOXER, PEUGEOT is proud to present the new PEUGEOT e-PARTNER.

Since its launch in 1996, the PEUGEOT PARTNER has been building on its commercial success, having won numerous awards including the title of International VAN of The Year in 2019. PEUGEOT PARTNER sales now proudly stand at 2,000,000 units across 100+ countries. The PEUGEOT PARTNER van attained the No. 1 position in the Irish LCV market 2020, capturing 6.91% share of the LCV market. January 2021 PEUGEOT PARTNER sales (as of 24th of January) have increased by a further +29.96% (vs Jan 2020) translating into an LCV market share of 10.63% month to date. Soon, Ireland's favourite van will be available with 100% electric power. Perfectly embodying the power of choice, the new PEUGEOT e-PARTNER comes with:

- a range of up to 275km in the WLTP cycle (in

the process of being approved),

- 2 lengths (Standard and Long),
- 2 silhouettes, Vans (up to 3 seats) and Deep Cabins (up to 5 seats),
- towing capacity up to 750 kg,
- a payload of up to 800 kg,
- a loading volume of up to 4.4m³, strictly identical to the internal combustion version.

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The electric drive train (electric motor, inverter and DC/AC charger-converter) is similar to the new PEUGEOT e-EXPERT. Much like the latter, the speed reducer has been adapted in order to fulfil the loading constraints inherent to the use of utility vehicles.

Both versions (Standard and Long) are available with a lithium-ion battery (18 modules) with a

capacity of 50 kWh, which provides a range of up to 275 km depending on the version, on driving profile and under the WLTP (Worldwide harmonized Light vehicles Test Procedures) approval protocol, which is currently being approved. Connected to the passenger compartment's heat-transfer circuit, the thermal control of the battery enables rapid recharging, optimised range and increased service life.

Two types of on-board chargers are available to suit all uses and all customer charging solutions, with a 7.4 kW single-phase charger as standard and an optional 11 kW three-phase charger. The charging socket, located on the left rear fender, means that the vehicle can be charged in different ways : from a standard socket, a reinforced socket or with a Wall Box and even on a quick charger.

Charging modes for the 50 kWh battery are flexible and adapted to all every day situations. Several types of charging are possible, at home, at work or on public charging stations.

The new PEUGEOT e-PARTNER will be sold in Ireland in the 2nd half of 2021 and is produced in Vigo, Spain.

NEWPEUGEOT e-EXPERT (International VAN of The Year 2021) is available at
REEN'S CAR SALES RATHMORE - T: 064-7758150

UNVEILING OF PREFERRED ROUTE FOR N70 MILLTOWN BYPASS

Members of the public are invited to a webinar presentation on a €7million road project which Kerry County Council has developed for the preferred route for the N70 Milltown Bypass, details of which will be announced on Friday, 5 February 2021. Members of the public are invited to register for a webinar at which full details of the route of the new road will be outlined by the project team. The preferred route for the €7m bypass to the west of the mid-Kerry town, which has been developed in partnership with Transport Infrastructure Ireland, follows a period of public consultation on an initial ten route options, first published in 2018. The road is an important strategic access route between Tralee and Killorglin and



has been identified in submissions to the National Development Plan by Kerry County Council as critical to the development of the Kerry Hub Knowledge Triangle and the improvement of local infrastructure. As well as reducing travel times on the N70 road, the new 1.6km bypass will ease traffic

flow through Milltown, which over the past decade has been the fastest growing town in Kerry. It will also support the development of sustainable travel modes within the town. The proposed new road also incorporates walking and cycling facilities. The preferred route option will be outlined

during the webinar which will take place on Friday, 5th February 2021 at 2.00pm. Those wishing to participate must register in advance on the Kerry County Council website, www.kerrycoco.ie so they can be provided with a link to view the presentation. Questions or comments can also be submitted ahead of the webinar. While the presentation is taking place online due to limitations on public consultation because of the current Covid-19 Level 5 restrictions, the project team based in the Kerry National Roads Office is keen to engage with people during the development of the scheme. The project team can also be contacted by telephone at 066-7142444 and on info@kerry.nrd.ie.

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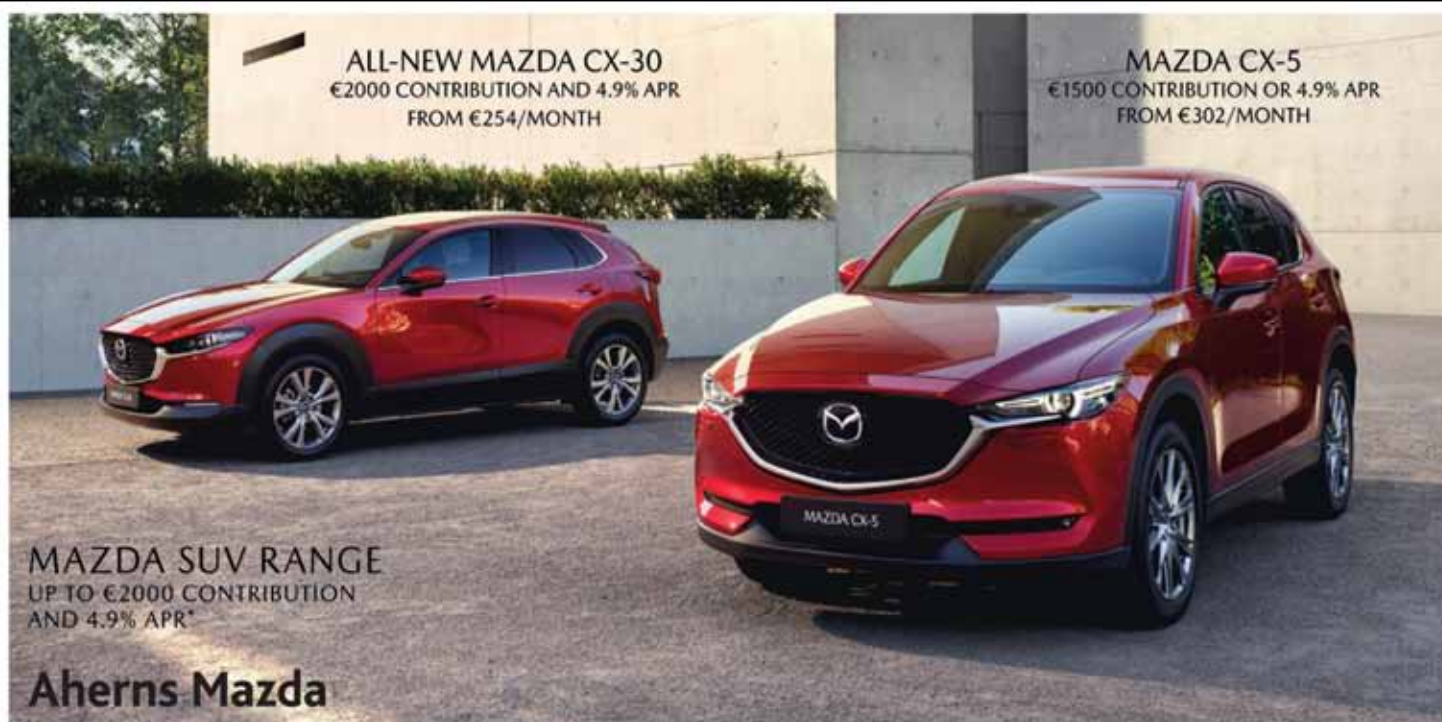


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*Fuel consumption figures in l/100km for the Mazda SUV Range: WLTP Combined 7.7-5.1. WLTP CO2 emissions (g/km): 186-133. Vehicles are homologated in accordance with the new type approval procedure WLTP Regulation (EU) 2017/1151; Regulation (EC) 715/2007. Offers valid until 31st January 2021 on selected models while stocks last at participating retailers. PCP Example for Mazda CX-30 GS - Term: 37 months, 36 monthly payments: €264, GMFV: €11,966, RRP: €29,095, Customer Deposit: €8,279, Amount of Credit: €19,317, Acceptance fee: €75, option to purchase fee: €75, Total Amount Repayable: €29,916, Kms/annum limit: 15,000kms, APR: 4.9%. Lending terms and conditions apply and a guarantee may be required. Each offer is available under Mazda Choices (Hire Purchase Agreement as defined by the Consumer Credit Act 1995) and available through ALPHERA Financial Services. All finance is subject to status and is available to over 18s in Ireland only. Guarantees and indemnities may be required. Excess mileage, vehicle condition and other charges may be payable. BMW FINANCIAL SERVICES (IRELAND) LIMITED TRADING AS ALPHERA FINANCIAL SERVICES, SWIFT SQUARE, SANTRY, DUBLIN 9. BMW FINANCIAL SERVICES (IRELAND) LIMITED IS REGULATED BY THE CENTRAL BANK OF IRELAND. Warning: You will not own the goods until the final payment is made.



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



Prevent dry hands during Lockdown



Washing your hands a lot and using alcohol based hand sanitisers is unavoidable but not great for your skin. Repeated use of these can strip the natural protective oils from your skin causing dryness, cracked skin and in some cases contact dermatitis.

To protect your hands

*Use warm not hot water when washing hands.

*Wash your hands with an anti-microbial handwash or use a gentle face wash wear possible, especially

at home.

*Pat your hands dry instead of rubbing and apply moisturiser while still damp to lock in water.

*Moisturise hands immediately after washing with hand cream. I love Jane Iredale Hand Drink cream with SPF15 €26, ultra-hydrating and nourishing but never greasy or Neutrogena hand cream €3.50

*Get cotton gloves and wear at night over a thick layer of hand cream, like an intense "hand mask".

*Apply a good cuticle oil to nails at night to strengthen nails and prevent dry, cracked cuticles.

*Get a box of disposable gloves and wear them when cleaning or washing up to protect against irritants and chemicals.

*Wear warm gloves outside as exposure to cold, wind and pollution can make dry hands worse.

Make hand cream a habit for life to prevent aging hands.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie



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Life, Inspiration & Body Confidence Coach/Author

www.astridlonghurst.com

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Turn worry into wishes

I was speaking with a friend the other day on a zoom call.

She was telling me how worried she was about her mum during this time of the Pandemic. She said her mum was in her eighties and not a strong lady. She was terrified that her mum would get COVID-19. My friend looked exhausted. She was finding it difficult to cope and her spirit was at an all-time low. These are challenging times, however, more than ever before we need to keep our spirits lifted and our thoughts encouraging and positive so that we can be resilient and

there emotionally for those we love.

I suggested gently to my friend that instead of sending out the energy of worry when she thinks of her mum, to send out a loving wish instead. Worrying thoughts won't help those you love and care about. However, sending out a good wish will not only make you feel better, but will carry a positive frequency of love towards people who need it.

Stay safe and well everyone and keep sending out those loving, positive wishes!

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BREATHING PROPERLY WHEN RUNNING

Having a good breathing technique while running is key to helping you on your way. A poor breathing technique is 100% going to knock minutes off your time, affect your style of running and let's face it the enjoyment of it as well. Here are some tips that may help you, they're ones I use myself which I find very beneficial. Part 1

Start off on a slow to medium pace which will help maintain your regular breathing pattern. Only increase your pace when your breathing has improved. Try inhaling through your nose and exhaling through your mouth. You will build up a nice breath pattern using this method and even the sound of the breath will keep you in pace. Slow your pace down while you learn to correct your breathing style and only speed up when your breathing becomes more relaxed and natural. It takes time to learn how to breathe properly so be patient and you will reap the rewards as your breathing efficiency improves and more oxygen can enter the body and waste gases can be expelled optimally. but not have a full blown conversation or sing a song to them. If you can't talk at all you need to slow down. and if you can tell a full story or sing a song you need to speed up.

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

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



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TUESDAY

Ab Blast - 6:00pm
Duration 30 Minutes

THURSDAY

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

FRIDAY

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AGM

We held our AGM on Tuesday January 19th, using Microsoft Teams to link people in from their own homes. We had nearly seventy connections, with two or more gathered around many of these connections.

In a wide ranging report the Sec. outlined the many activities during this extraordinary season the highlight undoubtedly being the success of the Hurlers and Ladies senior squads.

Tributes were paid to the Officers who were stepping down and best wishes to those who were replacing them.

New officers elected/appointed for 2021 are Matt O'Neill, Chairperson, replacing Patrick O'Sullivan, Deborah Ann O'Shea, Secretary, replacing Matt O'Neill, Noreen Cooper, Treasurer, replacing Ed Stack, Michelle Byrne, Children's Officer, replacing Mary Brosnan and Maggie McAuliffe, Events Officer, replacing Helen Fitzgerald. The remaining officers retain their positions for another year.

Patron: Donie Sheehan. President: Jackie Looney. Vice-Presidents: Dan Kelliher, Canon Tom Looney, Niall Keogh, Eddie O'Sullivan, Eamonn Fitzgerald, Fergus Moroney, Fr. Paddy O'Donoghue, John Keogh. Chairperson: Matt O'Neill. Vice-Chairperson: Sheila Dickson. Secretary: Deborah Ann O'Shea. Assistant Secretary: Mike Hickey. Treasurer Noreen Cooper. Registrar: Frances O'Sullivan. Development Officer: Der Brosnan. Officer of the Irish Language and Cultural Officer Rachel Foley. Public Relations Officer: John Keogh. Health & Wellbeing Officer (appointed) Eamonn Fitzgerald. Children's Officer (appointed) Michelle Byrne). Co. Board Delegates: Fergus Moroney, Frank Courtney. East Kerry Board Delegates: Donie O'Leary, P.J. O'Brien. Ladies Games Officer: Aine McMahon. Hurling Officer: Paul Downey. Coaching Officer (appointed): Pat O'Shea. Injury Claims Officer: Paul Downey. IT Officer: John C. O'Shea. Events Officer: Maggie McAuliffe.

At the first meeting of the new executive, it was decided to apply for our hurlers to play in the Senior Hurling Championship in 2021 and to enter a second hurling team in the Junior League. It was also decided to engage with membership through a number of online events. First up will be the Club Mass for deceased members. On Monday 1 February at 7.30pm, Fr. Paddy and Fr. Tom will celebrate Mass from the Cathedral, with the kind permission of Fr. Kieran O'Brien. Members will be able to link into this Mass through the Cathedral streaming service and through a link on our Facebook page.

The dates and times for further online events, like an online concert from our Scór group, the Club Social and Awards Night and others will be announced in the coming weeks. Our Executive along with our Events, Scór and Communications sub-committees are working hard to bring these events to fruition and to schedule. So, keep in touch with our Club Notes and Club Social Media.

LOTTO

draw took place on Monday January 25th 4 6 9 17 numbers drawn were JACKPOT €6,500 not won. 7 Patrons matched 3 numbers receive €60. Cathleen O'Brien Countess Grove, Catherine Hartnett, Mary O'Donoghue c/o Joan O'Leary, Colin Miller c/o B. o'Callaghan, Kathleen Kelliher

c/o Larry, donal Hartnett Gap op Dunloe, Kathleen Kelliher c/o Larry, Isabella Cillian Jack c/o 26 Daltons Ave., Jackpot for draw on February 1st will be €6,500 We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis 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,

LAST MAN STANDING we had a tremendous entry for this fundraiser thanks to all who participated up to date results will be published on our Facebook page after each series of games.

LEVEL 5 LOCKDOWN

CLUB SPECIFIC GUIDELINES

For activities post Dec 31st

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

GAA club grounds must stay closed.

Club games are not permitted

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

Club Gyms must remain closed until further notice.

No indoor meetings can be held.

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

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

No outdoor gatherings on GAA property are permitted. Exception: Walkways may stay open for use by the community with social distancing in place.

BIRTHDAY GREETINGS

To our IT Officer John C O'Shea on reaching a certain milestone

SYMPATHY

To the family's of former player Miceal (Haulie) O'Connor Clogheen Co. Tipperary and formerly of Newmarket Lane, Mary McGough (Nee Moloney) formerly of Ardshanavooly Aunt of former players Michael, David and Pa. and to the Cahillane family on the death of Bertie. Ar dheis de ar a anamacha dilis.

MLLTOWN CASTLEMAINE

SYMPATHY

Our club here in Milltown Castlemaine wish to send sincere sympathy to our chairman, Podge Leane and to his sisters Philomena and Patricia, on the death of their mother Peggy.

Peggy was a wonderful volunteer in our club, always willing to lend a helping hand. In particular, in recent years, she was a great lady to make the nicest cup of tea for all our card players on a Tuesday night.

Our thoughts are also with her grandchildren who are grieving the loss of their nana -and with all of Peggy's extended family and friends. Leaba i measc na naingeal. Ar dheis Dé go raibh a hanam. Peggy's funeral mass will be streamed live this Monday morning, January 25th at 11a.m.-on the link <https://www.milltownlistryparish.com>

FUNDRAISING LOTTO JACKPOT €12,600

We had no winner or match 3 on Friday night last in our Lotto Jackpot Draw. Numbers drawn were: 10, 15, 28 and the bonus number was 2. We had six consolation prize winners. Congratulations to you all. €50 each to Dara Barton, Castlemaine and Patrick Heffernan, Kilderry. €25 each to: Seán Hayes-Lyre, Michael and Elizabeth Creedon, Darragh Enright-Ballyraemeen and John Quirke-Gransha Lower, Castlemaine. Our next draw for a jackpot of €12,600 will be on Friday, February 5th 2020, Míle buíochas to all who contribute to our fundraising lotto jackpot. Your support is very much appreciated. Tickets can be purchased at local shops and businesses.

WALK, JOG OR RUN FOR FUN!

One of our executive and very active coaches, Garry Murphy has come up with a great initiative to get us all out exercising. Over the next 2 weeks, Garry is hoping to get you and me and as many as possible in our families out walking or running. And so he has suggested that we as a community will try to collectively walk/jog/run the distance from our club field to Croke Park- which is approximately 270 kilometres. While staying within your 5km and abiding by government guidelines, we encourage you to head off out and try a 1/2/3/4 or 5 km. Please text or WhatsApp your distance to Garry (with a photo if possible) and he will record it and add up all the kilometres covered. There will be a draw for 4 prizes for a beanie club hat, club gloves or togs and the best news- a pair of football socks for everyone that takes part. Yipee! Some families have already made a great start with over 60 km completed. So off you go, have fun and most importantly Stay Safe!

CLUB AGM: FRIDAY FEBRUARY 5TH

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

GYM/PITCH CLOSURE:

NO ENTRY/NO EXCEPTIONS

Given the current exceptional rise in infection



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

ENTER THE 2021 NATIONAL GAA CLUB DRAW ONLINE

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

Around this time of year, we would generally be out and about selling tickets for the National GAA Club Draw, with the club here in Milltown/Castlemaine receiving the full proceeds of each ticket sold. With fundraising events curtailed due to Covid-19 restrictions, money raised will help with the day to day running of our club as well as assisting in financing other elements of our 'Field Development Project' including our Community Walking Track around the perimeter of the grounds. There are some fantastic prizes up for grabs including a Renault Clio Car, an All-Ireland Final Package incorporating two Premium All Ireland Final tickets and a two night stay in the Croke Park Hotel and a variety of cash prizes up to €2,000.

To keep in line with guidelines to help reduce the transmission of Covid-19, in particular our contacts with people, we are making the tickets available online. Tickets can be purchased by clicking on the following link <https://www.idonate.ie/raffle/Milltown-Castlemaine-Draw> at a cost of €10 each. The draw will take place on Wednesday, March 10th, 2021.

SPA GAA CLUB NEWS

CLUB AGM

Due to unforeseen circumstances our Spa AGM has been postponed until Tuesday 2nd February at 7.30pm. For those of you who registered for the initial AGM you will receive a link to the rearranged meeting. For those who wish to attend and have not registered yet, please email secretary.spa.kerry@gaa.ie by no later than 27th January.

KNOW YOUR SPORT

Just a few days left to get your Know Your Sport entries in for this year! Predict the result of 30 sporting events throughout the year - the person with the most accurate predictions will receive a grand prize of €1,000! *Deadline Jan 31st* Enter online by clicking on the link on spagaa.com.

EAST KERRY AGM

Congrats to Anne Holland who was ratified as the new East Kerry Board Scór & Cultural Officer at their AGM last Friday night. She replaces Amy Reidy from Cordal GAA who has completed her 5-year term.

CONDOLENCES

Our deepest condolences to Cecily, Stephen, Eric and Daithí O'Donoghue and families on the passing of Michael O'Donoghue RIP, Gortagullane. Sympathies to the Lorcán, Shane and Rebecca Howe and to Grace and Emer O'Keeffe and their families on the passing of Diana Catherine Howe, RIP, Tullig. Sympathies to Sean Moynihan and family, Derry, on the passing

of his wife Kathleen Moynihan RIP. Condolences to the Cremin family, Beaufort, on the passing of Aidan Cremin RIP. May they Rest in Peace.

ALL THIRD LEVEL FOOTBALL CANCELLED

GAA Higher Education have confirmed that there will be no Third Level Mens or Ladies Championships taking place in the remainder of this academic year due to the current public health challenges.

SPA LOTTO RESULTS 18/01/21

Thank you to everyone for your continued support for our club lotto, which we need now more than ever as it is our only source of income. Numbers drawn: 1, 4, 16, 26. No winner and Lucky Dips receive €50 each to Gene Cronin, Coolgarra; Michael Foley, Online; Deirdre Kerins Online and Noreen O'Sullivan, Online. Our weekly Monday night Lotto draws will continue for now and this week's JACKPOT is €6,600. Tickets are on sale through our website spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers.

ITEMS FOR NOTES

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

EAST KERRY GAA NEWS

By Michael O'Mahony

EAST KERRY GAA ANNUAL CONVENTION 2021.

Take place last Friday evening 22nd of January at 7.30p.m, with very good Attends Due to the current restrictions this year's Convention will be held online.

The following officers were elected:

President : Ger Galvin, Spa

Vice- presidents: Pat Favier, Glenflesk, Donie Sheahan, Dr. Crokes, Pat Sweeney, Fossa, Sean Kelly, Kilcummin, Ger Galvin, Spa, Dermot Griffin, Fossa, Tim Ryan, Kilcummin, John Lenihan, Kilcummin Chairman: Johnny Brosnan, Currow Vice chairman : John Dineen, Fossa: secretary Noel Kennedy, Listry

Aissant -secretary : Dermot O'Connor, Firies

Treasurer: Domhnaill O'Sullivan, Fossa:

Vacant Aissant Treasurer

PRO : Michael O'Mahony, Rathmore : Hurling officer Garry O'Halloran, Kilcummin step down with five year rule replace by John Kelly St Patricks East Kerry Club.

Scór officer : Amy Reidy, Cordal step down with five year rule replaced by Ann Holland spa

Children officer : Noreen O'Connor-Cronin, Gneeveguilla.

Nominations received:

From St Patricks East Kerry Hurling Club:

For the position of East Kerry Board Hurling Officer, John Kelly, St Patricks East Kerry Hurling From Spa GAA Club

For the Position of East Kerry Board Scór Officer, Anne Holland, Spa GAA Club

PRO Report Michael O'Mahony

PR & Communications Committee: Mike O'Mahony (PRO & Chairperson), Áine Ní Shuilleabháin (Runaí), Sean O'Sullivan, Sean O'Keeffe, Seamus Healy, Anne Holland, Matt O'Neill, Timmy O'Leary, Karen McGlynn, James Rochford and Michael Healy.

The actions and activities of Coiste Chiarraí Thoir C.L.G. were curtailed in 2020 due to the Covid 19 global pandemic and associated necessary restrictions on sporting activity and social contact.

The PR and Communications committee continued the work of promoting the activities and sponsors of Coiste Chiarraí Thoir C.L.G. in 2020, through a variety of media, within the framework of the Government restrictions. These media ranged from printed press and local radio, to social media (Facebook and Twitter), online platforms (Web site, Sportsmanager and e mail) and match programmes.

In recognition of risks associated with Covid 19, some changes were made to the usual methods of promotion. These included moving to providing match programmes online via the East Kerry GAA Web Site and Facebook page, rather than hard copies/printed versions of match programmes. Match programmes continued to be promoted and publicised via the East Kerry Twitter account, as had been the practise over previous years.

Activities covered and promoted, in 2020, included East Kerry Senior games, East Kerry Scór Sinsear Finals, Scór na nÓg All Ireland Finals (which were held in Killarney, on 1st February 2020) and County Championship games involving East Kerry teams, which were the winners of 2 County Championship titles, Minor and Senior.

WORKING AS A TEAM, IN 2020 THE PR & COMMUNICATIONS COMMITTEE CARRIED OUT THE FOLLOWING PROGRAMME OF WORK:

PRINTED PRESS

Until the Covid 19 Pandemic caused restrictions in sporting activities, starting in 12th March 2020, the PRO sent weekly notes, with match reports and information re fixtures and other activities and condolences to families of deceased members/former officers to the Kerryman Newspaper, The Killarney Outlook, Kerrys Eye, Kerry Sports Hub) and the Killarney Advertiser. Weekly notes were sent to printed press as appropriate, after the 12th March.

Thanks to Sean O'Sullivan, Sean O'Keeffe, Michael Healy, Peggy & Paudie Horan, Mike Piggott Chairman of East Kerry C.L.G. C.C.C, Marie O'Sullivan, GDA Vince Cooper and club PRO's, Scór officers and other club officers for match reports and information, enhancing the weekly notes.

Many thanks to the local press for their help and support promoting our activities.

Radio Kerry

The PRO, (Mike O'Mahony) gave a report on Radio Kerry of the weeks activities in East Kerry GAA, including match results and upcoming match fixtures, up to early March, and thereafter as appropriate, as Covid 19 Pandemic restrictions led to cessation of East Kerry Competitions for prolonged periods of the year. Competitions recommenced in September but ceased again in October, due to pandemic restrictions.

FACEBOOK SITE (EASTKERRYGAA)

Managed by PRO Mike O'Mahony, with input from Seamus Healy, photographs were uploaded regularly featuring matches played in East Kerry C.L.G. and by East Kerry teams, both up to early March and later in the year. Set up in 2016 we have 2,162 followers.

Photographs of teams, referees and match



officials with team captains, and the presentation of cup and Man of the Match Awards were promoted but these were limited in 2020 due to the Covid 19 Pandemic.

Weekly notes were uploaded to the Facebook site throughout the year and included condolences on the many sad losses in what was a very difficult and challenging year for so many.

Photographs were taken by a number of different photographers including Seamus Healy, Matt O'Neill, Anne Holland and Áine Ní Shuilleabháin. Match reports, fixtures and photographs were also uploaded by PRO Mike O'Mahony.

The Facebook page is linked to the East Kerry GAA Web Site and can be seen and accessed on the front page of the Web site.

Thanks to Stephen O'Sullivan who kindly livestreamed the draw for the 2020 East Kerry Senior Championships via our facebook site.

Twitter (@EastKerryGAA)

Managed and operated by Áine Ní Shuilleabháin, the web site, which came on stream in 2014, is for 'static' information.

This year, in addition to information on the limited number of matches played and Scór and other East Kerry C.L.G. activities that took place, match programmes for East Kerry Championship games played in September and October were displayed on the web site and were available to download.

The web site also contains up to date information on various online training events and Initiatives ranging from Nationally organised GAA Webinars covering Coaching, Gambling Awareness, GAA Covid 19 updates, GAA Health and Wellbeing Matters etc. Information regarding support services available and relevant Covid 19 information and associated issues was also available on the web site.

Further information available on the web site includes the various East Kerry GAA committee and sub committee and their membership. Historic information including East Kerry All Star Award recipients (players, Hall of Fame and Person of the Year recipients) from 2014 to date, is also displayed on the web site.

SUCCESSSES OF 2020

CONGRATULATIONS TO

- The East Kerry Senior Team on winning the senior county championship.
- The East Kerry Minor Team on winning the minor county championship.
- The Kerry Senior Team on winning the Allianz National League
- The Kerry Minor Team on winning the Munster Minor Championship.
- The Kerry Senior Hurling Team on reaching the final of the Joe McDonagh Cup, success for this team can't be far away
- The Fossa Senior Team on winning the East Kerry Senior League Division 2, the only competition to be completed in 2020.

KEEL GAA CLUB NEWS

AGM

Keel GAA Club will hold its AGM virtually on Microsoft Teams on the 19th of February next at 8pm. If you would like to be part of the

meeting please send your email address to secretary.keel.kerry@gaa.ie. All officers are outgoing. Nomination papers can be obtained from the secretary. Nominations and motions must be received to the secretary by 5pm on the 28th of Jan.

EVERY STEP COUNTS

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

MKL GAELS

MKL Gaels are raising money for Tír na nÓg Orphanage by walking/running the 10,489km between Kerry and Tír na nÓg orphanage in Boma Ng'ombe, Tanzania. The target is to do this by 31st January 2021. They have already walked/ran 7,822kms and raised over €1,600 for Tír na nÓg Orphanage. Keith McGuigan is posting daily updates over on the MKL Gaels Facebook and Twitter pages. They need all the help they can get, and you can do the following to support: 1. Donating kilometres you have walked or ran each day or an accumulation of days by messaging the MKL Gaels LGFA Facebook or Twitter page or you can post on their Facebook or Twitter page. 2. Donate to their fundraiser which is on the Keel GAA and MKL Gaels Facebook and Twitter pages. Best of luck to everyone involved.

WALKING TRACK

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

INCH CHRISTMAS SWIM

A huge thank you to all who supported the Inch Beach 'Christmas Splash for Cash'. A whopping €2,135.04 was raised and donated to the Kerry Cancer Support Group. We are already looking forward to the Inch Christmas Day Swim 2021!

LEGION GAA NOTES

COVID 19

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

OUR MOTHERS N OTHERS

Our Mothers n Others are taking part in this Irish Life challenge! Follow the steps below,



Kerry LGFA are delighted to announce Aislinn Desmond has been selected to Captain the Kerry LGFA Senior Ladies in 2021 taking over from Southern Gaels Anna Galvin. The 2015 All Star Rathmore player was selected by Rathmore following their triumph in the 2020 Randles Brothers Senior County Final against Southern Gaels. Aislinn is pictured with her father Denis Desmond, manager of Rathmore Senior Ladies and sister Catriona following the 2020 Randles Brothers Senior Championship Final win against Southern Gaels.

Join up as part of the Killarney Legion Team! Get involved Just tap on the following link:

http://web.mylife.irishlife.ie/challenges/5fdb47d213498020d97e3bbe?lc=en_IE

DEEPEST SYMPATHIES

The club extends its deepest sympathies to Joan and Johnny Culloty & Family on the death of her brother Michael (Haulie) O'Connor. May he Rest In Peace.

CONGRATULATIONS

Congrats to Rathmore man Paul Murphy on taking over the captaincy of the Kerry Seniors. Best wishes for the year ahead from all at Killarney Legion.

LEGION LOTTO RESULTS

4-9-15-17 Bonus 13

Match 3's

Balthnaid Coffey, 11 elm Wood

Donal Lyne, Tearmann, Dennehy's Rd

Rosemary Carroll, Hawthorn

John Long, c/o Pat Moynihan

Kay Griffin

Jackpot €6,300 plus bonus €10,000, Draw next Sunday 31st Jan. You can pick up tickets at The Reeks, Sheehans Centra, Healy's Newsagents, Ulster Bank, 4Star Pizza and Hegarty's Muckross Rd. Thank you for your continued support.

RATHMORE | GNEEVEGUILLA NEWS

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

YOUNG PEOPLE AND COVID 19

IRD Duhallow is inviting young people (aged 16 to 35) to have their say in expressing how the COVID-19 pandemic has impacted the lives of young people locally. Click on the following link: <https://forms.gle/1TQt5iBtUpGnbnrNM8>

BUSINESSES OPEN IN RATHMORE

PARISH

RATHMORE

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

GNEEVEGUILLA

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

MEALS ON WHEELS

The Rathmore Social Action Group will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time. To avail of this service, please call Norah & Marie on 064 77 58588. These meals will be dropped to the door of the person's home. We will help to deliver this service to as many as we can.

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
ie - COVID-19 Support Line for Older People:

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

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

GNEEVEGUILLA COMMUNITY DEPARTMENT ASSOCIATION & BASKETBALL CLUB

had our weekly draw for our Share the Bucket on Friday evening 22/01/21.

The Jackpot was Congratulations to Eilish Finnegan, this week's jackpot winner of €336.

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

ST. VINCENT DE PAUL Rathmore Branch

LOCAL CONFIDENTIAL

CONTACT 087 3462332

NOW ENROLLING

Hollymount National School For September 2021 Forms available from School from the 8th of February 2021. Spacious classrooms suitable for social distancing. Before you make up your mind

Call or Email for more information

064 -

7758269. hollymountns@gmail.com

CELEBRATING 150 YEARS

KILLARNEY MD MEETING: At the recent

Killarney MD meeting, Cllr Maura HealyRae asked KCC what plans they have to acquire

land for housing development in the Rathmore and Gneeveguilla areas in order to provide suitable housing for current and future housing applicants. She highlighted at this point KCC don't have any available lands for development in these areas. Kerry County Council stated that they are keen to seek any proposals from landowners or developers who may have lands or turnkey proposals they would be prepared to discuss with the Council. KCC also outlined that they have been approached by a number of Approved Housing Bodies who are in discussions with Developers in relation to sites in Rathmore and proposals for the Killarney MD. Cllr Healy-Rae proposed that a substantial advertising campaign be carried out to make people aware of the Council's requirements in this area.

IRD Duhallow

ATTENTION ALL WALKERS

We are rescheduling our planned walk at Shrone, We're aiming for February 13th, please ring IRD Duhallow to register in advance of this date. If the current restrictions are still in place, we will reschedule for a later date

Call IRD DUHALLOW at 029 60633 to Register

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.

KERRY TEAM CAPATIN FOR 2021

Congratulations to Paul Murphy wishing you the very best in the year ahead, fantastic achievement and a proud for his family & Rathmore G.A.A & East Kerry. Paul is first Rathmore man to capatin a Kerry senior team nommated by East Kerry Board after East Kerry won the county championship last year.

BEAUFORT NEWS

Written by Cliona Coffey

SYMPATHY

is extended to Eileen and family and extended families of Garda Aidan Cremin who passed away at a young age. Before settling in Adrigole, Aidan had a distinguished career with Beaufort at Juvenile and Senior Level. He coached a number of juvenile teams as well as serving a term as Club Secretary. He was a member of the 1998 winning Mid Kerry Senior Championship team and Centenary Intermediate Championship team.

Sympathy is extended to the Leane family, Joan O'Brien and family, Jeremiah and all the Coffey families on the passing of Peggy Leane, Milltown. Peggy was a great supporter and attended many Beaufort games to see her relations playing.

SPORTS PREDICTION QUIZ

Our 2021 Sports Prediction Quiz is open for entries. The entrant is asked to predict the result of 30 sporting events of 2021. It will be one of our main fundraisers for Club development this year and we are appealing for your support. Entry forms are available from usual sellers and Carson's shop. The quiz can also be done online at www.beaufortgaa.com or Beaufort G.A.A Club facebook page. The link to the form is: https://member.clubforce.com/tickets_m.asp?LL_ID=972. Entry is €20 for one entry or €50 for three entries. Syndicate entries welcome. Closing date is 14th February 2021. Online filled entries can be emailed back to beaufortgaaclub@gmail.com. Thank you for your support

CONGRATULATIONS

Congratulations to Sean O'Brien who was named on the Eirgrid U20 Team of the Year. Sean is a great role model for all young players in the club. This is a fantastic achievement and everyone in the club is very proud of him.

FACILITIES

The Club gym is closed for now. The walking track is open during daylight hours. Please walk with your own family members and observe social distancing.

Ireland Lights Up has been postponed to early February.

If anybody need a helping hand to collect shopping or with any other errands, please contact Mary Jo at 086 3779702.

KILCUMMIN NEWS

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

KILCUMMIN LOOKING GOOD

We hope that everybody is staying safe and well during these difficult and challenging times. We would ask people who bring their dogs out for a walk to clean up after them and to respect other road/footpath users with children, buggies etc. Thank you.

KERRY COMHAIRLE NA NÓG – YOUNG VOICES. LOCAL ISSUES

Are you aged between 12 and 17 and living in Co. Kerry? Are you interested in issues that affect young people? Would you like to have a say in policies that impact on your life? Then Comhairle na nÓg may be for you! Benefits of joining include learning new skills, make new friends, attend monthly meetings and National events. Two year membership is required.

Please email Ann Marie to find out more annmariespillane@kdys.ie

COOLICK NATIONAL SCHOOL

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

COOLICK PRE-SCHOOL

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

KILCUMMIN N.S. 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. KILCUMMIN RURAL DEVELOPMENT** Please visit our website www.kilcumminparish.com to view your weekly newsletter, parish news etc. also available is a link to the church webcam. You can visit us on facebook at Kilcummin Rural Development.

KERRY ETB COMMUNITY EDUCATION PROGRAMME

COVID-19 has had a huge impact on communities throughout Kerry. The Kerry ETB Community Education Programme has responded by making a number of courses available online. Kerry ETB understands that not everyone is confident in accessing courses online, but we are available to support individuals to do so. While nothing can replace the learning and social interactions that occur when we meet face to face, we are mindful that people may become disconnected if we do not respond. Therefore, our tutors are available to deliver courses and provide a platform to keep communities connected. Courses are aimed at adults in Kerry who are living alone, adults who have underlining health issues that have resulted in them cocooning and adults who are caring for a vulnerable adult or child. All courses are free of charge to these groups. Register your interest on www.fetchcourses.ie using relevant course codes on the notice in the Church porch

or by contact John on 086-1279381.

'THE KINGDOM CONNECTS'

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

KILCUMMIN GAA

KILCUMMIN HEALTH AND WELL-BEING

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

GAA DEVELOPMENT

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

FOSSA NEWS

Written by: Shane Kelly

STAY SAFE

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

COVID-19

CLUB SPECIFIC GUIDELINES

Club Games and Training

In level 5 and under the current restrictions, individual training only is permitted – neither adult nor underage teams may train collectively. GAA club grounds must stay closed. Club games are not permitted. Club Gym must remain closed until further notice. (Hopefully we will have more on this in the next couple of weeks).

LOTTO

Club lotto is unfortunately suspended for the foreseeable future due to COVID-19

restrictions, thanks for your continued support.

CONGRATULATIONS

Congratulations to Kerry Captain David Clifford On receiving his 3rd Football All-Star nomination best of luck from all at the club.

CONDOLENCES

The club would like to pass on our condolences to the families of Bertie Cahillane, (father of James) Anne Moloney (nee Geaney) sister of the late Dave Geaney.

LISTRY NEWS

Written by: Anne Sugrue O'Brien

DEEPEST CONDOLENCES

Listry Gaa would like send deepest condolences to Cait O Shea and family Lahard on the recent death of her beloved sister Joan Byrne RIP Galway. May she rest in peace. Deepest condolences to The Murphy and The McGough family Ballymalis on the recent death of Mary McGough RIP.

LISTRY COMMUNITY COUNCIL CLG

Litter bags are available from Tony Darmody, Chairman Listry Community Council. Just call Tony on 087 2563883 Many thanks to Pat Moriarty, Peggy Fleming, Cathy and all our volunteers who have been doing regular cleanups in their own areas and who collected bags last week. A little, often, goes a long way. Let us all take

pride in our community by doing a little, often, to make it litter free for 2021.

JUVENILE COACHING

Kerry GAA are running a foundation level coaching course for anybody interested in helping out with juveniles in the future. If anybody is interested please contact our coaching officer Mark Curran on 086 1081835.

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

KILLARNEY CELTIC**CELTIC LOTTO**

Numbers drawn 9,14,18,24. There was no jackpot winner. Match 3 winners received €50. The next jackpot is €16,000. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com.

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

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

CONGRATULATIONS to former player Fiana Bradley who has signed for Cork City u17 women's team.

SYMPATHY Killarney Celtic extends its deepest sympathies to the Cremin family following the passing of former player Aidan, to former player Danny McGough following the recent passing of his mother Mary and to former player Danny Cooper following the recent passing of his father in law Bertie.

CHORLEY FC under the guidance of former player Jamie Vermiglio exited the FA Cup to premier league Wolves on a scoreline of 1-0 after giving a great account of themselves.



Fiana Bradley who has been signed for the Cork City Under 17 Women soccer team.

OUTLOOK SPORTS**GNEEVEGUILLA ATHLETIC CLUB****LOTTO**

No winner of our lotto draw 22/01/2021. Numbers drawn were 8, 10, 19 & 28. Sellers prize winner Mairead Carmody. €50 y/t winner Melissa Culloty Headford, €50 to Mary Cronin Gullane, €40 each to Fred McGillicuddy Gullane, Lisa Reen Rathbeg & M & A Desmond Rathmore. Bonus not won, numbers drawn were 6, 11, 14

& 29. Next weeks jackpot €16,000 plus 41,000 bonus.

CONDOLENCES

The sympathy of all club members is expressed to Caroline Murphy, Scrahanfada on the passing of her father during the past week in Co Mayo. In his 97th year, he enjoyed good health up to the end. May he rest in peace.



*Spring adds new life and beauty...
this kid goat was born on Kennedy's Pet
Farm this week.*

Donnchadh runs 155km for Cancer

A Firies footballer and student at CIT has raised over €2,500 for the Irish Cancer Society by running 5k every day for the month of January.

With an end date this coming Sunday, January 31st, Donnchadh O'Sullivan from Firies has clocked up an amazing 155km throughout the month.

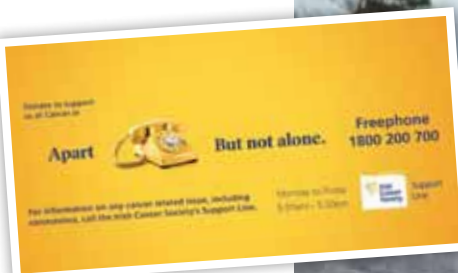
The son of Sheila and James O'Sullivan from Rath in Firies picked the Irish Cancer Society because it is a charity close to his heart.

"My grandfather was diagnosed with cancer a few years ago and he passed away very quickly from it, so I decided to raise funds for the Irish Cancer Society which is a great charity", Donnchadh told Killarney Outlook.

"I also picked the charity because everyone knows someone who is on their cancer charity", he added.

Donnchadh is a former pupil of St. Brendan's College and is studying Construction Management in Cork Institute of Technology.

You can still donate to Donnchadh's fundraiser on facebook at <https://www.facebook.com/donate/219078096437899/4794918690580869/>





JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



Paul Murphy.

GAA

Paul Murphy to Captain Kerry

I don't need to explain to any of ye who Paul Murphy is. I could go through his underage career - the fact that he was never selected by the Kerry minors is certainly worth a mention. I think the fact that Rathmore had several strong players that year (Mark Reen did play minor) meant that star factor overshadowed his complete effectiveness. I wasn't thinking at the time myself that he was a surprising omission, by the way. By U12 he was what he is. And the fourth Rathmore player to be man of the match in an All Ireland Final is as good as any of them. Normally it's the O'Donoghue Cup champions would get to nominate East Kerry's choice, but that competition isn't finished (I fear for it, to be honest). The choice came to East Kerry themselves and they plain and simple went for the obvious and popular choice.

Best of luck of course, to Paul, and to hurling counterpart Daniel Collins of Kilmoyley (another fairly obvious choice, I would think).

I'm aware, of course, of the various rumours circulating around about changes to the Kerry management and various names being linked. Understand now that A I don't know anything at all about anything (those who know me will tell you that's one of my more adorable traits)

and B I would not tell ye if I did. I'm no admirer of this cloak of secrecy and this fostering of unity against hostility in intercounty teams), I think a lot of them are confusing the Championship with a James Bond movie.

This is a time of where I could be updating ye on the various player retirements around the country.

Dr. Crokes Apply to go Senior Hurling

It's ambitious; there's no doubt about it. The simple truth is that if the first round draw for the Hurling County Championship was made tomorrow and one team drew the Intermediate champions, they would be delighted, we all know that. But they would also be worried, and they would be right to be. It's not just that Crokes are good, it's their youth and their proven commitment.

Obviously as a Killarney man who delights in stories about our 1950s minor teams and our senior team of the late '60s, I would absolutely love it. But I actually think this is a great decision on its objective merits.

The thing is - and I want to be very careful about how I phrase this - I have a kind of a belief that in the boardrooms of Kerry GAA, the senior Kerry hurling clubs have a subconscious tendency to vote en bloc and be mindful of intrusions into their level. Just a small, stupid little suspicion that's in the back of my own mind.

SOCCKER

Chorley's Dream Ends

The giant-killers managed by Jamie Vermiglio finally bowed out of the FA Cup at the hand of Wolves, but they did so with their heads high. Wolves are a whopping 109 points above them in the league tables, but Chorley gave them a great game of it. And that's usual the usual sympathy when vast underdogs put up a good battle and lose, no-one ever criticises the underdogs in those circumstances. But this is not that. When I say that Chorley gave them a good battle, I mean literally that. Chorley could very well have won this and it certainly would not have been undeserved. Wolves goalkeeper John Ruddy was arguably the standout player for a side that included five internationals. Chorley had a lot of players who showed, not only their eagerness for the contest, but their ability to match Wolves all the way in quality as well. It was a great game for any neutral to watch.

The possibility of Chorley visiting Killarney to play a combined team at some time in the future was put to Jamie and he was not averse to the idea, although of course any such things



Mike Milner, County Championship Hurling Captain pictured with his son Ryan at Dr Crokes GAA Clubhouse after their big win last year.

PICTURE: MARIE CARROLL-O'SULLIVAN

will have to be put very far back on the back burner.

Warmest congratulations to Fiana Bradley, who has signed with Cork City FC. Believe it or not, I had a periphal role in helping to coach her (I very much doubt if she would remember me) and I....it's actually difficult to explain in words. She was just something else.

The transformation with a ball at her feet....I never anything like it. Savannah McCarthy from Listowel, herself a phenomenon at that age, did not have anything like that ball control. The vast majority of senior soccer player in Kerry - did not have that level of skill.

As I say, Fiana would not remember me, the 'periphal is not any false modesty or anything. But I really do wish her the very best.

Neil Lennon's departure from Glasgow Celtic is no surprise and there can't be any recriminations. It was like watching a car crash during his tenure and his honest best was simply well short. The revival of Rangers' under Gerrard, one to watch, didn't help. I actually think Roy Keane is a plausible replacement. Looking for a club, a strong Celtic supporter, and has written about owing them a debt because of his own failure to produce the goods for them at the end of his playing days. Chelsea have parted ways with Frank Lampard as manager, in the same kind of circumstances.

Frank did his best, but the truth is simply that Chelsea have had a dismal season so far and this is a business, very much a business, where results have to be the bottom line. He had to go, and no-one could honestly argue against. Frank is a hero with Chelsea, honestly one of their best players ever including the likes of Ron 'Chopper' Harris and Jimmy Greaves. But he lacked experience as a manager, he had one solid but not spectacular year with Derby previously. That actually isn't enough to suddenly step up to the level of a team expected to win the Premiership. But I'm not actually sure that it's all down to Frank, in the sense that changing the manager will suddenly create a huge turnaround. That's something that Chelsea have tried before; they have the highest record of changing managers of the past twenty years. I have a theory (I have many theories, and even and I am embarrassed at some of them!) that Chelsea's problem is obne that dogged them before. When Roman Abramovich first purchased Chelsea, they developed a habit of spending enormous sums of money (back then – 'big money' is very different now!) on superstar players. But what I think happened was that both manager and team were trying to assimilate these new players constantly and it slowed them developing confidence in their team play. When you join a new team, at any level and in any team sport, you need to practise a lot with your team-mates. You need to learn who likes what kind of pass, what defender you need to provide cover for, the various styles of movement. The rhythm of your team. When they are all playing to that rhythm is when a team is at its absolute best. Think about all the



Congratulations to former Killarney Celtic Football For All player Fiana Bradley who today signed for Cork City FC U17 Women's team. An outstanding achievement & well deserved. We wish Fiana all the best on her continued journey in soccer.

top teams in their heyday, including Mourinho's Chelsea. That's what they could all do. I actually think that we are seeing a few more moves breaking down this year than previously; I don't think anyone will honestly argue with me that the actual standard of play has dipped this year. I suspect that the many restrictions imposed by the pandemic have made it harder to maintain and sharpen that rhythm.

NFL

Be fair, lads, it's American football that puts on the best actual show.

MMA

Well, a bit of egg on my face after that one. I honestly thought that McGregor would wipe the floor with Poirier in a repeat of their last encounter. I don't follow the sport closely, it has always seemed more focussed on the hype and the razzmatazz than substance. The truth is that I have always had a large dollop of cynicism when it comes to it. Maybe it's time for me to put that away....

Poirier looked in trouble in the opening round. He did manage a good take-down, but McGregor shook it off with relative ease and dominated for the most part. Both fighters landed some really good shots, it was impressive stuff to watch.

I thought Conor was doing really well early in the second round as well. Poirier was landing kicks, but I thought that McGregor was neatly blocking them with his leg. I'll delay my application to Mensa; both fighters and every comentator afterwards made it clear that it was those kicks that did the real damage. Poirier ended it with his fists, though, and that was plain and simple very good boxing.

Conor took the defeat well. Spoke clearly and graciously in the immediate aftermath, as did Poirier.

Very graciously. I mean, one of the first things McGregor said was that "It's 1-1 between us now". Which was also one of the first things that Poirier said. I just....well, I might not throw all of the cynicism away just yet.

ATHLETICS

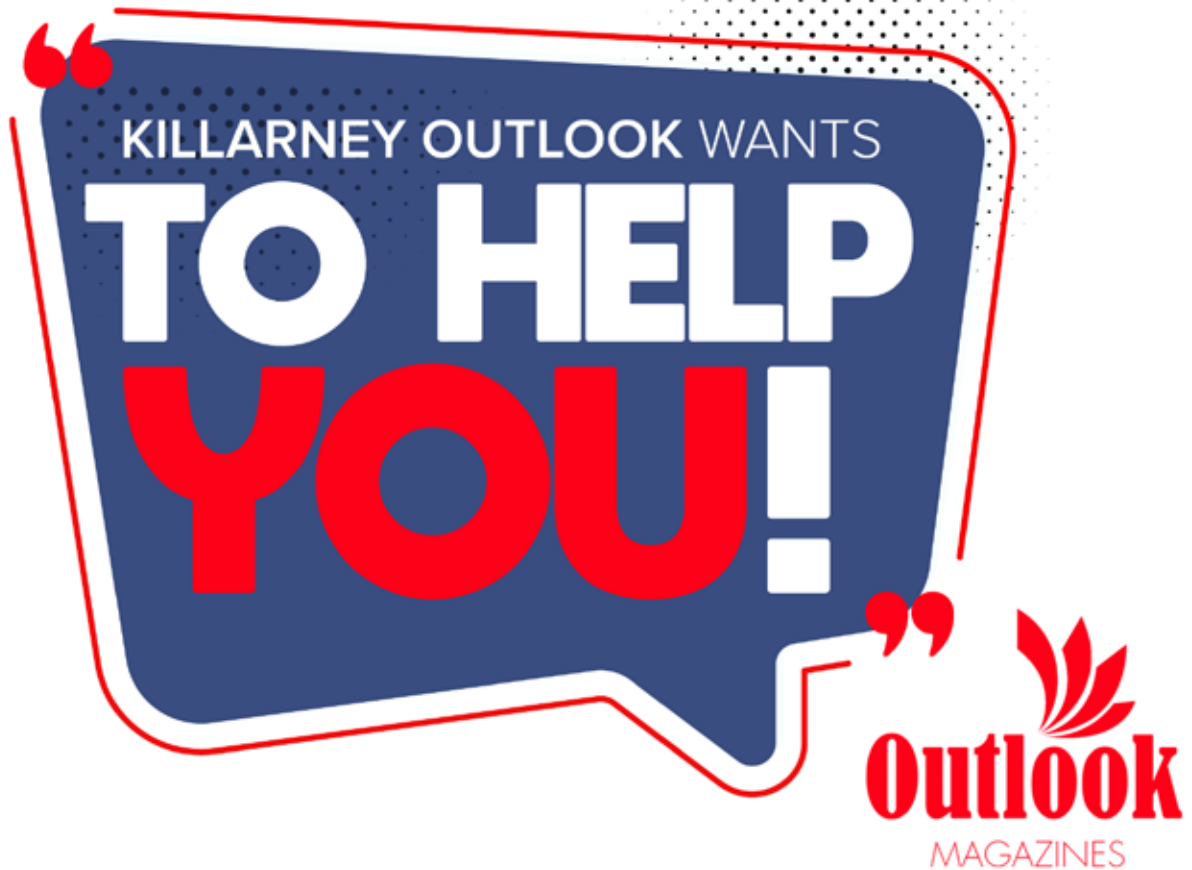
The passing of the great Jerry Kiernan sent a ripple of sadness far beyond his native Kerry. Best known in recent times as probably RTE's best analytical and unsentimental commentators, Jerry of course had earned the right to be uncompromising by being among the standard-bearers of his own golden generation. Jerry didn't make too many friends when he pointed out that GAA players would be far out of their league at the top level athletics. Of course he was absolutely right. Anyone suggesting that the likes of David Clifford or Brian Fenton would be competitive at the All Ireland Athletics Championships is either suggesting that Jerry himself would have been brilliant if suddenly landed into an All Ireland Final, or the GAA is costing Ireland hundreds of Olympic medals.

Con Dennehy, himself one of the top runners in that golden era, is a friend whom Jerry and I had in common, and has compiled Jerry's career stats. A few, and only a small few, include 5 Irish titles at different events, Y, 7 World Cross Country Championships, a Youth All Ireland, Junior Cross Country All Ireland, and capped 17 times for his country. His 9th place finish in the 1984 Olympics in Los Angeles was somewhat overshadowed by his friend John Treacy's silver medal but it really was a phenomenal achievement – it would be fair to say that year's line-up in the race was the best ever.

But those achievements were far from any measure of his greatness

Warmest congratulations to Killarney's Jordan Lee whose efforts to qualify for the Tokyo Olympics in the high jump are unceasing, on adding Sports Endorse to his list of sponsors. He has also won a County Municipal Award this week.





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Schools may be closed, but innocent and GIY are calling on teachers to sign up for free food growing classroom kits to welcome them back when the doors are open again.

This week kicks off the tenth year of The Big Grow, a campaign started by innocent and GIY to get kids growing their own veg at school, helping thousands of schools to get free growing resources. Schools all over the country are again invited to apply to The Big Grow for a food growing kit which comes with five packs of different seeds and enough compost, growing cups, instructions, and fun lesson plans for the entire class. Although schools are closed at the moment, they'll be sent once everyone's back in class just in time to start the growing season. The growing cups are easy for kids to take home and do the activities from the comfort of their kitchen too.

Each school taking part in The Big Grow will be encouraged to share their growing experiences online in order to be in with a chance of being crowned The Big Grow Champs 2021 and be awarded a school garden revamp.

As schools across Ireland continue to adapt to Covid restrictions, The Big Grow offers the excitement of watching seeds turn into healthy food and a welcome chance to take their learning outdoors."

5 TOP TIPS FOR SCHOOL GROWING SUCCESS

Start a 'Gardening Club' and make gardening and growing food accessible to everyone in the school. Many hands make light work!

Look at everything that you have in a new way - all containers can become pots for growing. Find, forage and re-use.

Prepare your soil. Gather all of the leaves from the playground and create a compost heap for mulch to 'feed' your garden soil nutrients. And if your school is by the sea collect some seaweed on your next nature walk for fertilizer!

Create a rain catcher. We love to collect as much rainwater as we can to water our garden and keep our garden and the environment green.

Make a sensory map of your garden so that visitors can follow it, learn about all the plants that we grow and how they appeal to our five senses. This also makes gardening and visiting a garden lots more fun for those with additional needs.

Teachers can sign up for a free food growing kit at www.innocentbiggrow.com. Registration is still open while stocks last, and kits will be sent once schools doors are open again based on government guidelines.

#TheBigGrow



THINKING ABOUT FEELINGS

When someone comes along to counselling and begins to talk about what is troubling them, one of the difficulties that sometimes emerges is their sense of having feelings that are 'bad' or 'wrong'. Perhaps they have been experiencing feelings of anger, or frustration, or maybe sadness, or regret. They may see such feelings as negative or self-pitying, and not compatible with being a good and kind and positive person. They wish these feelings would just go away. But, however much they try to wish them away, the feelings stubbornly persist. So then they experience shame and anxiety about having what they see as such negative feelings, and this shame and anxiety gets added to the mix, and just makes everything worse.

Counselling can offer us time and space in which we can talk about, and think about, all the different aspects of our emotional life, without using labels like positive or negative, right or wrong, good or bad. Instead, the counsellor provides a non-judgmental relationship, in which all aspects of our emotional experience can be heard and thought about. If we can slow things down a bit, begin to make sense of our feelings, and see them as an unsurprising response to aspects of our life experience, they are much less likely to cause us anxiety.

Gradually, we become more able to manage our feelings and get on with our lives, instead of our feelings managing us, perhaps by making us anxious or irritable or unconfident or withdrawn. We learn to accept that, if we face difficult and challenging situations in the future then, naturally, we are bound to experience difficult and challenging feelings within ourselves. And when we have to bear particularly difficult circumstances or events in our lives, there is no shame in seeking support to work through our feelings about them.

A counsellor is able to sustain an open and accepting attitude to another person's feelings, without anxiety getting in the way, because, through their own training and personal development, they accept that having emotional responses to life's events is a part of what it is to be human. Perhaps then, the more accepting and tolerant we can be towards our own emotional life, the more kindly and accepting we are able to be towards the feelings of others.

Article by Yvette Shea

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

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IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF
FRANK JONES



KILLARNEY, CO KERRY
WHO DIED MAY 4TH, 2018

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

FROM YOUR
LOVING FAMILY

TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to:
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A Word of Victory

Welcome back dear reader "...Jesus said to them, I Am the Bread of Life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst" (John 6:35). Many families are under pressure as work and schooling are taking place at home leading to all kinds of problems. Parents identify also that it's costly to keep the cupboards full of food when everyone is at home eating all day, the heating is on all the time so bills are mounting up and it's practically impossible to find a place of quietness and peace unless you go out and sit in the car!

Last week we spoke of how people are utterly exhausted and spiritually empty. This emptiness is actually spiritual hunger and thirst for the Word of God. Food and water sustains our life and strengthens us physically. But God has provided spiritual food for us in the Person of His Son Jesus the Messiah that we need even more than physical food and water.

God created us in His image and likeness so we are also made up of three parts - spirit, soul and body. One day each one of our physical bodies will die, but that is not the end. We are eternal beings and will go on forever either with God in heaven, or in hell - forever separated from Him depending on our decision to follow Jesus or not (John 3:14-17). We eat and drink and take exercise to look after our physical bodies, but often don't recognise that the spirit and soul need nourishment. This is what causes breakdowns in lots of areas.

The devil tried to tempt Jesus to bow down and serve him taunting - "if You are the Son of God command this stone to become bread" to which Jesus replied "man shall not live by bread alone but by every Word of God." (Luke 4:3-4) It was only because Jesus was full up spiritually through His relationship with God and the knowledge of His Word that He refused to eat from the devil's table. In Isaiah chapter 55 God challenges His people to come and get good food from Him that won't cost any money. What food is this? It's the Word of God containing His commands and His promises. His character never changes and His integrity remains true forever. You can trust God friend. He will not charge you to fill up. His provision is there for every area of your life so that you need not fear any lack. "You prepare a table before me in the presence of my enemies" (Psalm 23:5) Call upon the Lord Jesus today, study His Word and eat from His table and you will meet the Good Shepherd who will nourish and restore peace to you (Psalm 23:1-3).

See more at wordofvictory.net



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Tom celebrates his **80th Birthday...** Lockdown Style!

Congratulations to Tom Doona from Lahard who celebrated his 80th Birthday on Saturday last. Tom was treated to a drive by party by his six children and five grandchildren. Tom was thrilled with the celebrations and especially the fact that his son Christy took out one of his vintage cars, a Morris Minor which made Tom's day. Tom also enjoyed a large slice of cake which featured a photograph of his first tractor.



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Gardening

with Killarney Outlook

by John O'Sullivan

HERBACEOUS PERENNIALS

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

Herbaceous Perennials are a valuable plant in the garden for a number of reasons.

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

**JOHN O'SULLIVAN, FOUR SEASONS GARDENING
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50TH ANNIVERSARY

IN LOVING MEMORY OF

**KATHLEEN
O'DONOGHUE
(NEE O'BRIEN)**

40 MARIANS TERRACE
KILLARNEY
DIED 2ND FEBRUARY 1971

*Each of us in our own way
Have special thoughts of you today
Your name is often spoken
We talk about you still
You haven't been forgotten
And you never will.*

Sadly missed and lovingly remembered
by your sons and daughters, sons-in-law,
daughters-in-law, grandchildren
and great grandchildren.

*Those who think of her today
a special prayer to Jesus say.*

Mass for Kathleen will be streamed
on the 1st of February at 6.15pm.

5TH ANNIVERSARY

IN LOVING MEMORY OF

**SHEILA (MAC)
KELLIHER**

CLASH, KILLARNEY
WHO DIED ON THE 31ST
OF JANUARY, 2016.

*A silent thought
A gentle prayer
For someone special
in God's care.*

Sadly missed by your
brother and friend Sean.

5TH ANNIVERSARY

IN LOVING MEMORY OF

**SHEILA (MAC)
KELLIHER**

CLASH, KILLARNEY
WHO DIED ON THE 31ST
OF JANUARY, 2016.

*Dear fond memories linger
every day of my beautiful sister.*

Sadly missed and always remembered
by loving sister Noreen.

5TH ANNIVERSARY

IN LOVING MEMORY OF

**SHEILA (MAC)
KELLIHER**

CLASH, KILLARNEY
WHO DIED ON THE 31ST
OF JANUARY, 2016.

*Lonely is the home without you,
Life to us is not the same;
All the world would be like heaven,
If we could have you back again.*

*A light from our household gone,
A voice we loved is still,
A place is vacant in our home,
That never can be filled.*

*May the God of Love and Mercy,
Care for our loved one who is gone,
And bless with consolation,
Those left to carry on.*

*The happy hours we once enjoyed,
How sweet their memory still,
But death has left a vacant place,
This world can never fill.*

*How dearly we loved you,
And prayed you might live,
But Jesus just beckoned,
And we had to give.*

*God gave us strength to bear it,
And courage to fight the blow,
What it has meant to lose you,
God alone will ever know.*

Sadly missed and never forgotten
by Tomas, Stephen and Ryan.

Anniversary Mass for Sheila will be at
6.15pm on Tuesday 2nd February at St.
Mary's Cathedral via the Parish Web Cam.

**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).

**NOVENA TO THE
SACRED HEART**

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



Sunset at Ross Castle by Sheila Hanrahan.

PRAYER TO ST. ANTHONY

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

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF
NEILIE CAHILL



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

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

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

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

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

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

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

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

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

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

3RD ANNIVERSARY

IN LOVING MEMORY OF
**PATRICK (PA)
O'BRIEN**



GLOUNACOPPLE,
KILCUMMIN, KILLARNEY
WHO DIED ON
JANUARY, 29TH 2018

*He had a nature
You could not help loving,
And a heart that was purer than gold,
And to those who knew him and loved him,
His memory will never grow old.*

Sadly, missed everyday and lovingly remembered by his daughters Betty, Maura and Aine, sons Seamus and Johnjoe and families.

Anniversary Mass for Pa and his late wife Nora will be on Sunday, 31st January at 11.30am in Our Lady of Lourdes Church, Kilcummin. Can be viewed on churchservices.tv/kilcummin.

5TH ANNIVERSARY

IN LOVING MEMORY OF
**SHEILA
KELLIHER
(MCGILICUDDY)**



CLASH, LISSIVIGEEN,
KILLARNEY,
WHO DIED ON THE
31ST OF JANUARY 2016

*The world changes from year to year
our lives from day to day
but the loving memory of you
shall never pass away*

Loved and remembered by your brother Dáithí, sister-in-law Sheila and nieces Ellen and Jane.

1ST ANNIVERSARY AND ACKNOWLEDGEMENT

IN LOVING MEMORY OF
NORA O'BRIEN (NEE CROWLEY)



GLOUNACOPPLE, KILCUMMIN, KILLARNEY AND
LATE OF KNOCKACORRIN, CURROW
WHO DIED ON JANUARY 29TH 2020

As we lovingly remember Nora on her first anniversary her daughters Betty, Maura and Aine, sons Seamus and Johnjoe, sons-in-law Liam, Mark and Joe, daughter-in-law Mary, grandchildren, brother Danny, sisters Maureen and Eileen, sisters-in-law, brothers-in-law, nieces and nephews wish to express our sincere thanks and appreciation to all those who sympathised with us on our sad loss.

We are very grateful to our extended family and many wonderful neighbours for all their support and generosity and who regularly visited her at home.

A sincere word of thanks to home-helpers Bridget, Mary, Kay, Peggy, Amy, Bridie and any others for their wonderful care of Nora over the years.

The heartfelt expressions of sympathy received personally via the telephone, by calling to our home, in letters, mass cards, messages of sympathy, wreaths and flowers are deeply appreciated.

It was a source of great comfort to us, the large number who attended the rosary, removal and funeral mass. Your presence was truly appreciated.

A special word of thanks to all the following: the public health nurses who visited her regularly, Dr Donal Coffey and all the doctors, nurses and staff of the

Ross Medical Practice, Killarney for their wonderful care of Nora over the years. To the doctors, nurses and staff of Killarney Community Hospital and University Hospital Kerry. To Mary, Mike, Tim and staff of O'Shea's Funeral Home for their approachable, professionalism and courtesy.

We would like to express our gratitude and appreciation to Fr Liam O'Brien for all his support and his kind and comforting words and for celebrating Nora's funeral mass and lovely homily. Also, to Fr Niall Howard, Fr Tom Looney and Fr Martin Spillane who concelebrated the funeral mass and to Siobhan McSweeney (sacristan) and Altar Servers. Thanks to Helen Kerins and Denis Crowley who sang and played so beautifully at the church. To Bernadette Randles and staff of the Dromhall Hotel for their welcome and wonderful hospitality on the day of the funeral. We deeply thank you.

As it would be difficult to mention everyone individually please accept this acknowledgement as a token of our grateful appreciation.

The Holy Sacrifice of the Mass has been offered for the intentions of all.

Nora's first anniversary Mass will be held on Sunday, 31st January at 11.30am in Our Lady of Lourdes Church, Kilcummin. It can be viewed on churchservices.tv/kilcummin

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.



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