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A View of the Lake of Killarney from the Park of the Right Honourable Lord Viscount Kenmare completed on May 1st 1770, 250 years ago today. The View of the lake from a high vantage point, over undulating fields in the foreground with figures at right, and mountains in the background. The image is from a series of six views of Killarney etched by Jonathon Fisher. See story on page 4

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## EDITOR'S NOTE

**A**s we await the news from An Taoiseach, Leo Varadkar regarding plans for our country after May 5th, we at Killarney Outlook continue to keep things positive. All the restrictions are in place so that we, as a country, continue to flatten the curve. This week we feature those

cocooning due to COVID-19, we let you know what shops and businesses are open and we check in with the inspirational Ian O'Connell. We have the update on the Junior Cert, we look back at some old images of Killarney and we salute a young cyclist who raised funds for

the Cork/Kerry Health Link Bus. As we head into the Bank Holiday weekend, we urge you to stay safe, stay positive and stay at home. **#flattenthecurve**

Aisling Crosbie,  
Editor 086 0400958



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

## GOING BACK IN TIME...

# KILLARNEY RESTAURANT REMEMBERS THE TOWN 250 YEARS AGO

*The windows of Bricin Restaurant and Gift Shop on High Street is displaying some of the beautiful work of artist Jonathon Fisher who, 250 years ago today painted the image which we have on the front page of this week's Killarney Outlook.*

Wanting to commemorate these important pieces of art, Johnny Maguire has decorated the windows of his business with the six framed pictures, which normally hang in his restaurant, so they could be enjoyed by those exercising within their 2k. Known throughout the world for its beauty, Killarney

has been a tourist destination for 264 years, after local landowners the Herberts and the Brownes began to improve the roads to encourage tourism and trade in the area. The Brownes in particular put considerable effort into developing the town. and in the 1750's Charles Smith described it as a "small thriving place, being considerably improved". This was after Lord Kenmare had encouraged several gentlemen to settle in the area. He also reduced the rates of locals who did up their homes. They soon began to see the



Johnny Maguire, Bricin Restaurant with the framed etching by Artist Jonathon Fisher of Killarney Town on May 1st 1770 - 250 years ago today. PICTURE MARIE CARROLL-O'SULLIVAN

potential of tourism in the area with the magnificent lakes and mountains. Travel writers were invited to spend time in the town, wrote of its beauty and the rest is history. In our front page picture this week, the etching by Jonathon Fisher is of Killarney on this date, May 1st 1770 - 250 years ago today.

Fisher was the first artist to produce a series of views of the Killarney landscape when he painted six picturesque scenes of Killarney and its environs. These were subsequently reproduced as engravings which helped to develop the town, lakes, and mountains as a tourist destination, a project begun by Thomas Browne (1726-1795), 4th Viscount Kenmare.

## Josh cycles for 36 hours for the Kerry/Cork Health Link Bus

A young cycling enthusiast from Faha has raised over €1000 for the Cork Kerry Health Link Bus by cycling for 36 hours over three days.

Josh Hewerdine, a pupil at Milltown Presentation Secondary school, decided to pick the charity as his great uncle who recently passed away used this service.

Josh didn't leave the house to complete the challenge, he cycled for 12 hours a day for three days on his turbo trainer and completed the task on Monday night.

Speaking to the Killarney Outlook, Josh, who turns 16 next month said

that at this time while covid-19 is so serious and everybody seems to be raising money to help the fight against it, the Kerry-cork link bus is still very important and is a charity which needs to be supported.

"It's such a great service, my grand uncle used it, and unfortunately we all know someone who has used it", he said.

Josh, who has cycled the Ring of Kerry Charity cycle 3 times has been cycling for 6 years. He lives in Faha with his mum Lisa, dad Craig and brothers Ethan who is 12 and Oisin who is 5.





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# MUCKROSS HOUSE INVITES ARTISTS AND WRITERS TO VISIT THE PAST

**Young artists and writers are being invited to enter a competition by researchers at Muckross House.**

If you have ever wondered what kind of house you might have grown up in if you were born one hundred years ago? Muckross House Library is eager to investigate how children might have lived in Kerry a century ago. If you are aged 12 years or younger, we would really appreciate your help with our research. If you are 7 years and younger, please draw or paint a picture of the house you think you might have lived in long ago. Perhaps you can get ideas from your mum, dad or grandparents. Books and photographs like that shown here, from Muckross Traditional Farms, may also give you some clues. If you are between 8 and 12 years, please write us a short essay (250 words max). We would like you to describe what you think it might have been like to grow up in a house without running water or electricity.

A prize of €25 for the four best drawings, or essays, that are received before Friday 8th May. In addition, the winner will receive a free family visit to Muckross Traditional Farms. The chosen entries will be uploaded to our Library website and, when we re-open, we will also display them in our Muckross Craft Centre.

You can post your drawings and essays to: 'Visiting the Past,' Muckross House Library, Muckross House, Killarney. Alternatively, you can email them to: Kerrylongago@gmail.com Please don't forget to include your Name and Age, as well as your Telephone Number or Email Address.

We are looking forward to receiving your research!



*Foley's Dwelling, Muckross Traditional Farms.*

## KILLARNEY COUPLE ADJUST TO LIFE UNDER LOCKDOWN



Billy and Honor Doyle from Woodlawn are housebound for seven and a half weeks as are many other people over 70. They chatted with their son, Peter, who writes for the Killarney Outlook, to tell us about how their life is during locking.

It has been seven weeks now since both Billy and Honour have been cocooning and while they both admit that they find the idea of seven weeks being at home quiet long, Billy said, "I have not found the days long yet, though Honor added, "some days can be long." They have their routines. Billy busies himself in the garden and Honor looks after the house.

They are reliant on their daughter Pamela to bring their shopping. Their next door neighbour, young Jack O'Mahony has also being helpful.

They are thankful that the weather has being good as they enjoy sitting out in the garden.

Billy is used to meeting a lot of people through his work in Centra on the Muckross road and admits that he misses the daily

interaction.

Billy and Honor enjoy walking and they miss not being able to do that especially as the weather is so good. "The hardest thing is not being able to see our children and grandchildren whom live in Dublin and Wicklow and not knowing when we will see them again."

They hope restrictions will be eased on the 5th of May, that will at least allow them to leave the house.

Billy believes that both the Government and the HSE have handled the crisis very well but he did add, "that it is very disappointing that not everyone our age is obeying the rules which are for the benefit of everyone."

Ironically the only time Billy and Honor did leave the house since restrictions were introduced was on Honor's birthday after she accidentally fell and required an X-RAY in the A & E department in Tralee General.

They joked that, "at least we got out of the house!"

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



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# CREDIT UNION STILL OPEN FOR BUSINESS

## serving the community of South Kerry

*Communities around the world continue to come together to do what they can to prevent the spread of COVID-19. As the pandemic sweeps the world, it is important that communities are there for each other.*

As a government designated essential service, the credit union is still open to serve its members in its branches in Killarney, Kenmare and Cahersiveen.

Mark Murphy, CEO, of Killarney Credit Union said "We are open for all our members needs, whether it's for lending, arrears support or opening a current account. We are cognisant that our members and the greater community in South Kerry are facing unprecedented challenges. We are doing our utmost to continue to serve our members through this time and we acknowledge our committed and hardworking staff who are here to help".

The credit union has made some changes in light of the current pandemic. It has amended its opening hours, increased hygiene and hand sanitation stations in all branches and closed Park Road office in the interim.

Mark added "We know a number of our members are cocooning or self-isolating and we encourage them to make contact via telephone or email and avail of our current



account service which allows them to access their credit union funds via a debit card. Older members and students can avail of fee concessions on their current accounts" he concluded.

The credit union has also taken the generous step not charging their members the quarter one current account fees from January to March this year. The fees are due to be deducted from members accounts on 28th April to cover the period from January 1st, 2020 to March 31st, 2020, but both credit unions have agreed to refund their members immediately.

Mark added "We are acutely aware of the challenges faced by our members in these very uncertain times. Helping and supporting members is at the very core of everything we do within the credit union movement and this is why we made the decision to refund our members the quarter one fees on the 28th

April.

The credit union has also added extra staff resources to assist members how are facing financial difficulties. Members are encouraged to make contact either by phone or online, to discuss possible flexible arrangements regarding their loans over the coming months if their financial circumstances have changed. Helen Courtney Power, Business Development Officer said "We have a range of options available to members if they need help with short term expenses. We have a 12 month bills loan, a first time borrower loan and an overdraft facility for our members. We know that it's a difficult time for everyone but know that we are here to help where we can".

For more information [www.killarneycu.ie](http://www.killarneycu.ie) or 064-6631344 or [info@killarneycu.ie](mailto:info@killarneycu.ie)

## ROSE OF TRALEE POSTPONED UNTIL 2021

The Rose of Tralee is the latest casualty of COVID-19.

Following the announcement by Anthony O'Gara on Monday, the Cathaoirleach of Kerry County Council has extended best wishes to the Rose of Tralee International Festival following the announcement.

Cllr Niall Kelleher said that the decision was disappointing but understandable. 'Kerry County Council is a long-standing sponsor and supporter of the Rose of Tralee International Festival and the event is a centrepiece of the Irish summer.

'This decision must have been a difficult one for the organisers and will be a disappointment to

the people of Tralee in particular. But I am sure that public health was the primary consideration for everyone and that the decision is in the best interests of everyone in the community.

'The Rose of Tralee Festival will return in 2021 and Kerry County Council looks forward to again giving its support to this wonderful international event,' said Cllr Kelleher. The Cathaoirleach acknowledged that many other festivals and events in Kerry would be cancelled over the summer and said that Kerry County Council would work with festival organisers to help them to resume their activities at the earliest opportunity.



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# THERE'S NO BANK HOLIDAY FOR *HARD WORKING* FRONT LINE WORKERS

**T**HE bank holiday weekend isn't a break from the hard work of dealing with Covid-19, front-line public sector workers in Kerry have warned.

Staff from the HSE, An Garda Síochána and Kerry County Council joined together this week for a photo demonstrating that they're standing together – but still apart – in the county's battle to keep Covid-19 at bay.

Doctors, nurses, mental health services staff, Gardaí and staff from Kerry County Council came together with one main message – asking the people of Kerry to keep up their Trojan efforts.

Mary O'Mahony, Areas Director of Nursing, Kerry Mental Health Services said:

"We're working so hard to make sure that essential services keep running despite the impact of Covid-19. Today, we're asking the people of Kerry to support our efforts by continuing to stay at home where possible, and following all other guidelines. Sadly, the more we move around, the more risk we create."

Majella Daly, Primary Care Service Manager, Cork Kerry Community Health Care asked the people of Kerry to keep up the work which has been successful so far in flattening the curve:

"We know that at this stage it's getting very hard to stay apart. With a bank holiday weekend coming up, it will be very tempting to think that it's ok to 'bend the rules'. Unfortunately, the risk of catching Covid-19 is still high and we still need everyone's support. Everything you have done so far has made a huge difference – but it could all be undermined so quickly. Together, we have achieved so much. Now it's up to each of us to keep that up that work."

Dr. Herlo Coetzer, Emergency Department Consultant at University Hospital Kerry asked everyone to support frontline staff by staying at home:

"We have no option but to travel to work and to keep helping the people who need us. Please do everything you can to support us and stay at home. Right now, the official advice is still the same so please follow that advice and stay home unless there's an essential reason to leave. More people seem to be outdoors and interacting with others. While this is completely understandable, it's so important that we stick with this for a while longer."

The frontline workers praised the people of Kerry for the way in which they have faced Covid-19 as a community, and asked them to continue to work together and support each other in these difficult times.

The Mayor of Kerry, Cllr Niall Kelleher added his voice to the appeal to everyone to stay home,



Staff from the HSE, An Garda Síochána and Kerry County Council joined together this week for a photo demonstrating that they're standing together – but still apart – in the county's battle to keep Covid-19 at bay. Doctors, nurses, mental health services staff, Gardaí and staff from Kerry County Council came together with one main message – asking the people of Kerry to keep up their Trojan efforts. **PICTURE: DOMNICK WALSH**

particularly over the coming bank holiday weekend:

"So much has already been achieved in flattening the curve and limiting the spread of the coronavirus. The sacrifices so far have contributed towards the national effort to stop this dreadful disease. I am appealing to people in Kerry to continue to stay home, particularly over the long weekend. There can be no room for complacency. The short-term pain will be worth the long-term gain. I send every good wish to the frontline workers in the HSE and across the public sector as the fight against Covid-19 continues," he said.

Assistant Commissioner Michael Finn advised that many checkpoints will be in place in the coming days.

"Operation Fanacht will once again see an extensive network of checkpoints established across the country until Monday night. The operation will see large-scale checkpoints on both main and secondary routes and in towns and villages. This will support travel restrictions put in place to help flatten the curve and save lives. There has been great compliance with the travel restrictions and we want to thank the public for this. The appreciation that has been shown to us frontline workers is outstanding and again I would like to thank you all.

However, it remains vital that you continue to play your part and stay at home if possible -this will continue to save lives," he said.

Kerry is known for its community spirit, and that spirit has been to the fore during the Covid-19 crisis, and Community Work Manager with Cork Kerry Community Healthcare Hilary Scanlan thanked the community and voluntary sector across Kerry for their swift and generous response.

"The 32 Community Meals Services are delivering good quality nutritious hot meals five and six days a week in urban areas and three and four days a week in the rural areas. Volunteers are supported by the GAA and Gardaí to deliver meals, as well as groceries, fuel and prescriptions, there is hardly a mile of the county that is not covered," she said.

The Kerry Community Response Forum phone line is on 1800 807 009 and runs seven days a week, 8am to 8pm. You can also text "SUPPORT" followed by your name to 50555 or email [covidsupport@kerrycoco.ie](mailto:covidsupport@kerrycoco.ie)

For video supports on how to manage with the emotional impact of Covid-19, see [hse.ie/corkkerryhealthyireland](http://hse.ie/corkkerryhealthyireland) or search for "Cork Kerry Community Healthcare" on YouTube.



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# COCOONING WITHIN MARIE'S 2K

This week **Killarney Outlook** photographer **Marie Carroll O'Sullivan** put out a call on her facebook page The Little Memory Gallery looking for people who were cocooning within her 2k. "After taking this picture of my fabulous neighbours Chris & Christy O'Brien, I chatted to a few friends who are really missing seeing their parents, grandparents or friends with underlying conditions, cocooning during the pandemic", Marie said. "It's so difficult not to see, hear or touch the ones you care for. She called on people who's 'fav people' were in her 2Km, to let them know with prior arrangement that she would call with the zoom lens and say 'Hi' from their front door step to you... Here are a few people Marie met on her 2k this week.



One of the first couples Marie had the pleasure of meeting was Patsy & Margaret Cronin. The front porch was the closest to outdoors Margaret has come since lock down as she has underlying conditions. Both are missing their normal lives but they are most especially missing their 9 grandchildren and the wonderful hugs they give. They both wanted to say a special Hi to all 9 - Lorna, Dillon, Aaron, Emma, Kieran, Lucas, Ian, Adam & Shane. They said they were so very grateful to their daughter Trish who is Margarets carer. They said they couldn't ask for better. They also miss their daughter Lisa in Rathmore and said to say a big thank you to her for organising the photo and to their son Daniel too for helping them always.



On Monday Marie visited Oakwood with Mr Zoom for a chat with Terry McLellan who is cocooning. What a lady and how lucky is Michael Scannell to be her next door neighbour! Terry makes Michael tea every morning while they have a chat which could go 'either way' Terry says. Terry misses friends & family calling especially hugs from her granddaughter Evie. She is grateful for the beautiful weather we've been having and therefore grateful for the chats & tea with Michael. Terry wanted to say a huge thanks to her grandson Ryan and his girlfriend Mary T for doing her shopping and to her cousin Claire Looney & Mary Horan. She said she is a very lucky lady. Michael said he misses Jimmy Briens Bar the most and his Saturday night pint with Pat Culloty but he is very grateful for the tea and the chats with Terry daily.



Closer to home for Marie, she had the pleasure of meeting the lovely Una Sweeney this morning who gave me a wave and smile from her home in Pinewood. Una said she's in good form and the good weather is keeping her busy with her garden but she really misses her 7 grandchildren who she wanted to say a special hello to Rebecca, Alanna, Jack, Robert, Jayden, Madeline & Evie.



First stop of the day to visit Eleanor Joyce who was up and out waiting for Noel from Super Valu to deliver her weekly shop. Eleanor has 3 children who live away. Catriona in Cork, Fiona in Nottingham & Ciaran in Omagh. She doesn't mind cocooning too much. She has high praise for Killarney - for An Garda Siochana who deliver her medication, Tim Jones Butchers & Horans Fruit and Veg, where she deliberately puts her order in for veg of a Friday to include the Killarney Outlook in her delivery. Eleanor is more tech savvy than myself. On Sundays she prepares a roast dinner, gets dressed up and pops on FaceTime to enjoy Sunday dinner with her family. Currently she is knitting a tea cosy for Fiona who has requested cherry's on the tea cosy so she left me to go online and order more red wool. Eleanor concluded by asking if she might mention her 5 wonderful grandchildren - Aoife Lorcan, Matthew, Tara & Saoirse.



Chats in the sunshine with Nellie & Cyril Boggins in the sunshine in Ardshanavooley who were in great form all things considered.

Popular musician Cyril told me he is missing Music & Fishing most of all. Nellie is missing contact with the girls & her grandson and her freedom in general but she is really enjoying the great weather and gardening at home. Just look at those yellow roses

Both Cyril & Nellie wanted to express special thanks to local businesses who have delivered direct to 86 Ardshanavooley no questioned asked - Donie Sheahan's Chemist, Horan's Fruit & Veg & Norma at Circle K Park Road.





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# ST. BRIGID'S EMBRACE FORMAL FRIDAY

**E**very day thousands of frontline staff put on their uniforms to help everyong during COVID-19. and on So last Friday, April 24, St. Brigid's Presentation Secondary school invited everyone in their school community to dress up and join the Today FM initiative to support frontline staff.

St Brigid's Secondary School embraced the project which encouraged people to wear ball gowns, tuxedos or their favourite fancy attire and dress up in solidarity for those put on their uniforms every day to help those most in need.

All participants donated to the fund which raised over €150 000 nationwide. All money raised will go directly

towards supporting those working on the Covid-19 frontline including St James's Hospital Foundation, Cork University Hospital, Mercy Hospital Foundation, Temple Street and Crumlin children's hospitals and Feed The Heroes.

"We in St. Brigid's were delighted to be part of the success of the Formal Friday initiative. We applaud the frontline staff who are doing phenomenal work in these surreal times. The school community stood together but remained apart in support for the frontline staff.", PRO for the school, Peggy Dowling told the Killarney Outlook.





# UPDATE Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

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Contact us on **064 66 33344** or team mails below

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## Stay Safe

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Time for Bluebells as Ollie (5) and Alice Pyne (3) get a chance to play in this years annual crop of Bluebells in Killarney National Park. PHOTO: VALERIE O'SULLIVAN



Reverting their roles from Traffic Wardens to Litter Wardens. Richard Smit and Seamus O'Doherty on litter picking duties in St. Margaret's Road.



It's not cancelled, it's just postponed. Zoe O'Neill enjoys a 'Zoom Chat' at home in the sunshine with her Lissivigeen school friends on what should have been their First Holy Communion Day last Saturday. PICTURE: MARIE CARROLL O'SULLIVAN



Messages of support and love at Killarney business Lynes of Killarney.

## EVAN BOLAND

Sunday saw the death of Irish poet -  
Evan Boland RIP.

Her works regularly feature as part of  
the English LC Curriculum.

Below is one of her pieces entitled  
**'This Moment'**  
So apt for the times we are in.

**This Moment**  
A neighbourhood.  
At dusk.

Things are getting ready  
to happen  
out of sight.

Stars and moths.  
And rinds slanting around fruit.

But not yet.  
One tree is black.  
One window is yellow as butter.

A woman leans down to catch a child  
who has run into her arms  
this moment.  
Stars rise.  
Moths flutter.  
Apples sweeten in the dark.

*Eavan Boland*



Ronan, Miriam  
Lyne-Corcoran and  
their Daughter Cara  
Corcoran enjoying  
their 2k at Killarney  
House & Gardens.  
PICTURE: VALERIE  
O'SULLIVAN



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# MESSAGES FROM JUPITER

A story by Jack O'Leary

**Last night I went to bed as usual, I read a book about aliens. Then I fell sound asleep and I had a big dream about aliens.** These aliens were called Leo Varadkar and Simon Harris and they were from another planet called Jupiter. They thought the humans looked strange and worried, but, the funny thing is we thought that they looked weird and strange. They sent me a message about a bad flu called the coronavirus. They sent it to me in sign language as they knew I could communicate this with all the people in the world, because I am learning sign language. This message from alien Leo was to close all the schools in Ireland and all over the world, so the people would be safe and stop the spread of the virus. Alien Simon told us to wash our hands and stay too meters away from each other.

The children weren't always bored because some schools sent some work to do while we were at home. We didn't just do the school work we played music, soccer, football, basketball and learnt how to cook. One of the best things was that we got to sit down together for dinner again every evening as a family. Leo said people could work in remote areas so dad was delighted as he was working as a carpenter on a roof in the middle of nowhere with plenty of fresh air around him.

I wished this virus would go away and that I would wake up from this bad dream to Leo and Simon fighting with Fianna Fail and Sinn Fein about who gets to be in charge of the government, and who gets to be Taoiseach.

Or would there even be another election! Jack O'Leary

9 years old Knockdurath, Headford, Killarney,



## Ian talks about Life under Lockdown

*Inspirational Ian O'Connell tells Killarney Outlook about life under lockdown. The 18 year old is a student at St. Brendan's College in Killarney. Ian was seriously injured in a cycling accident in 2017 but he hasn't let it hold him back - his mantra is - If you can't Stand up - Stand Out!*



I suppose that everyone is on the same boat during these unprecedented times. Personally myself I have been keeping myself busy everyday. I usually go for a drive in my wheelchair in the morning to clear my head and get ready for the day. Then it is onto my computer where I do a bit of work - everything from school work to bits I have to do myself, checking emails

and getting back to people. I have been doing a lot of physio at home with my dad now that I can't go to the gym. I really miss watching sport on the television and even going to my own club Spa GAA. I think that everyone is starting to get restless now and are really wanting to go out but we have to stick to the guidelines the Health experts have advised. I have also taken this time to write down new Goals and reflect on life and realise how lucky I am for Number 1 being alive and number 2 how lucky I am. It's times like this we see all the things that we take for granted. We realise that money isn't everything, having expensive cars are now sitting in the driveway and no use. If you have a roof over your head, a bed to sleep in and food to eat - then you have the lotto in your pocket. Because somewhere in the world someone is living on a door step with no money or food, so the first thing I do in the morning before I get up, I thank God for what I have. So be thankful for what you have no matter how bad you think it is, its someone else's fairy-tale so everyone keep head held high and stay positive because everyday is a day closer to reality.



## NOMINATE YOUR FAVOURITE FRONT LINE WORKER TO WIN AMAZING PRIZE

As a way of saying Thank You to all the Frontline Health Care Workers in Kerry, Karie O'Toole from A Photobook for You has offered to create a wedding album for one of these amazing people to the value of €500.

"Any of these wonderful people who got married in 2019/2020 but never got around to getting an album can be nominated by a friend or family member", Karie told the Killarney Outlook.

"So, get nominating! Find the competition on my Facebook page: A Photobook For You, Like, share and comment on this post, adding the name of your nominee, or email the details to me at: aphotobookforyou@yahoo.com

The competition will run for 3 weeks and the winner will be announced on Friday, May 15th.

I decided to do this to thank the nurses, doctors, care home workers, ambulance drivers and all those who are doing such amazing work you are doing in taking care of those who need it", Karie added.





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**MONEY MATTERS.....**

By Dermot Cronin,  
**Financial Advisor**



**WHEN CAN YOU ACCESS YOUR PENSION & WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?**

You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

**Tax Free Cash:** Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

**Taxable Cash:** You may be able to take sum of your pension in taxable cash.

**Annual Pension:** This is a guaranteed income usually paid monthly for the rest of your life that is purchased with the money left after your tax free lump sum, this is subject to taxation.

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working. It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

**To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or dermotcroninifa@gmail.com**

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# BUSINESS OUTLOOK

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## SHOP LOCAL AT TIM JONES BUTCHERS

**W**ith two stores in Killarney, Tim Jones family butchers is making sure we have all our favourite meat treats stocked in our fridge.

The Park Road Store is open from 8am - 6.30pm from Monday to Friday and 8am - 6pm on Saturdays. They are also open on Sunday's from 9.30am to 5pm, while the Town Centre shop in the Innisfallen Shopping Mall is open from 10am to 5pm Monday to Saturday.

Stocking all your favourites, they have a great range of BBQ meats available at this time of year with Low Fat Turkey Burgers, BBQ ribs, Chicken portions and kebabs and Lamb kebabs along with their famous selection of flavoured sausages. There are plenty of special offers available at Tim Jones family butchers including this week 5 burgers & 5 burger buns for €5.99, a firm favourite for families.

Another favourite is the 3 for €10 range which gives huge choice when it comes to dinner ideas.

Tim Jones encourages everyone to Shop Local, Eat Local, Spend Local and Enjoy Local.

For more information contact Tim on 064-6639299.



Tim Jones Butchers, taking the necessary precautions to keep his staff and customers safe at their Deerpark premises L-R Tim Jones (Proprietor), Aaron Jones & Ray Dunlea.

PICTURE MARIE CARROLL-O'SULLIVAN

## Maximise your Business' Ability to Adapt in the current crisis with SKDP Enterprise On-line Supports

With many businesses suffering due to the current trading restrictions, South Kerry Development Partnership (SKDP) is aiming to assist business owners to maximise the opportunities they have to adapt the way they operate to ensure they can make the most of the current situation, through a series of on-line events.

Enterprise Officer Joanne Griffin said that the Zoom events will primarily focus on businesses set up through the Back to Work Enterprise Allowance scheme but will also be open to other Kerry businesses interested in getting involved. "What we are hoping to do is to match similar businesses together during the sessions so they can learn from each other how they are coping with the current situation", Joanne said. The events



will be held regularly starting on Tuesday the 5th of May subject to demand.

"Many businesses out there are finding innovative ways to adapt to the current situation and we aim to share this knowledge and ideas amongst the businesses through these events" she said. It is also an opportunity for businesses to build up new

contacts and synergies that can potentially offer them new business opportunities when it is possible to re-open again Joanne added. The events will be free for all businesses to take part in and is open to businesses across the county with priority being given to those businesses established through the Back to Work Enterprise Allowance scheme. To take part either contact Joanne Griffin directly by e-mail jgriffin@skdp.net or for businesses dealing with NEWKD, please contact your relevant enterprise officer for referral.

"We hope that these events will in some way help businesses to get through the current difficult period while preparing them for any opportunities that may exist to expand when the current restrictions are lifted" Joanne concluded.

## Pat entertains the nation on the Today Show

Killarney hairdresser Pat O'Neill had the hosts of the Today show, Maura Derrane and Daithi O'Se in hysterics this week as he helped RTE presenter Brenda Donohue cut her fringe live on air.

Pat was in studio to teach viewers how to cut their fringe by themselves as hairdressing salons remain closed due to the coronavirus lockdown.

Pat wore a fake fringe on the show and left both hosts and Brenda in tears of laughter as they attempted the task.

Following the first attempt which went a little lopsided, Brenda was able to fix things with Pat's help, entertaining the hosts and the thousands of viewers to the popular day time TV show.



Pat O'Neill and Brenda Donohue following her successful fringe cut on the Today Show.





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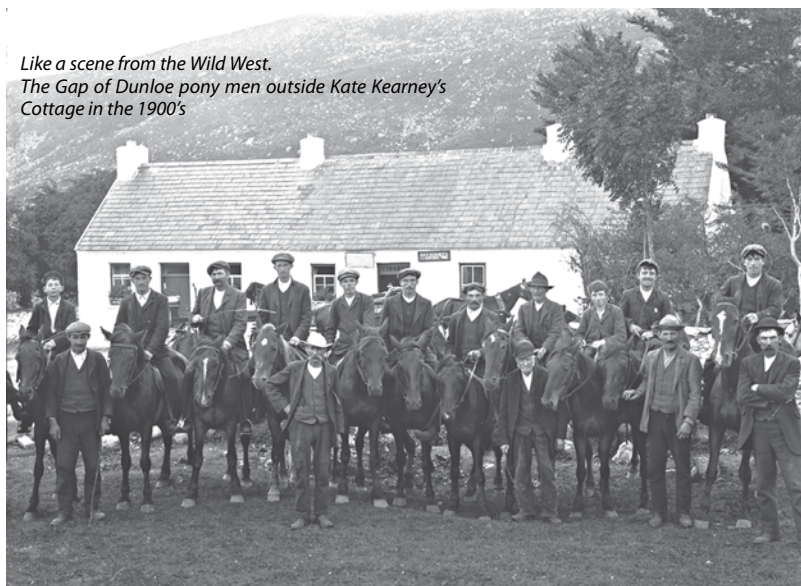


# MOMENTS IN TIME

*Donie Whitty O'Sullivan shares some of his amazing collection of photographs with the readers of Killarney Outlook*



*Killarney Boatmen from right to left, Jimmy Doran, Patsy Mulcahy, Sandy Hayes, Dodo O'Sullivan, Donie Buckley and John O'Connor.*



*Like a scene from the Wild West. The Gap of Dunloe pony men outside Kate Kearney's Cottage in the 1900's*



*The Teachers Basketball Team, finalists in the Killarney Town League played in St. Mary's Parish Hall 1980/81. Back Row L-R: Pat Moynihan, John O'Mahony, Tom Looney (Coach) Kieran Coffey, Derry Pyne. Front Row L-R: Fr. Jack Fitzgerald, Nickey Barry, John O'Keeffe.*



*Denis Counihan and Paul Tangney down at the Jarvey Block.*



*Members of Killarney Urban District Council Accord President Childers a Civic Reception (1973-74) Front Row: John Ashe (Town Clerk), Cllr. Maurice O'Donoghue, President Erskine Childers, Mayor Michael Courtney, Mrs. Rita Childers, Cllr. Denis Hussey. Back Row: Cllr. Christy McSweeney, Cllr. Donal Culloty, Cllr. John O'Grady, Cllr. Paddy (Whitty) O'Sullivan, Cllr. Teddy Clifford, Jack O'Keeffe (UDC)*



*Killarney Bar Staff, Hotel Staff and Drinks Suppliers, on a tour of Harp Lager Brewery in Dundalk.*



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# DONATIONS NEEDED

## as children and adults in orphanages fight the virus



Caoimhe Lynch pictured with one of the residents at Cherven.



Gary McGowan pictured with residents at Gorodishche last Summer.

**L**ast Sunday marked the 34 years since of the disaster at Chernobyl Nuclear Power Plant near the city of Prip'yat in Northern Ukraine.

Belarus bore the brunt of the pain then, and now faces another battle, one we are all familiar with but it is especially cruel to our most vulnerable friends.

In this week's Killarney Outlook two volunteers at Gorodishche and Cherven orphanages and give their thoughts on the disaster that is Covid-19.

Medical student **Gary McGowan** from Killarney is a regular visitor to Belarus. He spoke to the Killarney Outlook about the new threat these vulnerable children and adults are facing.

Not only is this a time for remembering all those who have been affected by the disaster, but it is also a time for looking at the world as we see it today.

In Belarus today, Lukashenko echoes the leadership of 1986 with denunciations of COVID-19 precaution. To quote him "There are no viruses here... Do you see any of them flying around? I don't see them either." Likewise, in 1986, nobody saw the nuclear particles as they swept across Northern Ukraine and into Belarus, and without the blemish of visible damage, it was and is easy to place public perception ahead of human life.

Thanks to heroes like Br Liam O'Meara of the Burren Chernobyl Project, the children of the fallout were not forgotten about, nor will they be forgotten about today. As Covid-19 mercilessly sweeps down the corridors of the orphanages, it will select the most vulnerable. In recent years, nuclear reactor number 4 has been covered

over with its own armour to mitigate future risk. The children of Gorodishche, Cherven, and elsewhere, do not have such armour. Without their own armour, they need the strong to step in and help. That will not be possible without the funding of essential charities such as The Burren Chernobyl Project, who endeavour to provide the essential medical supplies to both prevent and mitigate the consequences of a viral outbreak.

So, as we commemorate those affected 34 years ago, let's do our best to minimise the need to commemorate those affected today in decades to come.

Another volunteer who has spent time in Belarus is **Caoimhe Lynch** from Killarney.

Speaking to the Killarney Outlook this week, Caoimhe told us her views on the viral outbreak at the orphanage.

Over the last two years, I have travelled to Belarus to volunteer in the orphanages. Those trips impacted me greatly, and the bonds that I made with some of those children is one you can't explain. During the week, I was given the news that an outbreak of covid 19 had occurred in a number of the orphanages in which the Burren Chernobyl Project helps. One of these orphanages is one I have volunteered in, Cherven. From being there myself, I know first-hand the hardships and struggles those children and adults face day-to-day. Many of them have serious medical and health issues. My heart broke as I thought about both the residents and the staff, and how they now had to go head-on to fight against this horrific virus. In Ireland, we are struggling to tackle covid 19, and we have PPE, sanitary resources, medicines and all the essential medical supplies. But these orphanages are in huge poverty. They have none of these basic essentials.

Let me set the scene, in these orphanages, there are hundreds of people (old and young)

under one roof. They eat together, sleep together, play together and live together. To try and tackle the outbreak of covid 19 in an orphanage is extremely difficult, but to have to do it without basic medical supplies, sanitary resources, or PPE makes it simply IMPOSSIBLE! Their lives are hard at the best of times. The struggles they face are far from what we can even imagine, but it simply isn't fair for people to not have a fighting chance due to a lack of money. Money should never be the barrier between life and death.

I know that I was not alone in my sadness after hearing this news. These children are very much in the hearts of Killarney people. Many local people dedicate their time to fundraising for, volunteering with and helping those children. In 1993, the Killarney branch of "Friends of the Children of Chernobyl", was founded by Betty Crosbie. She, along with an amazing committee, works very hard to help those children. Since then, over the years, the people of Killarney have hosted many of the children affected by the Chernobyl disaster, have donated much needed funds, and have made many trips to Belarus to help hands-on. Now that these orphanages have to go head-on with covid 19, there is an urgent appeal to raise money to be able to send the essential medical supplies to these orphanages. If anyone would like to donate, you can do so by going to The Burren Chernobyl Project website ([www.burrenchernobyl.ie](http://www.burrenchernobyl.ie)) or their facebook page. The target is not to reach a certain amount of money, our target, our hope, our will is to save lives, to prevent Covid 19 from reaching new places and stopping it from spreading further in the orphanages and asylums already affected. For this we need your support.





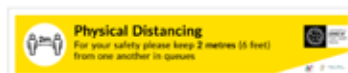
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# KEEPING EVERYONE FIT AT HOME

**Emir Coffey** who owns and runs **Muckross Pilates & Barre Classes** is this week passing her skills to enable everyone, including the elderly, to keep fit. Below I have set out 4 exercises that you can do from the comfort of your chair. For some short seated exercises videos please look at my YouTube channel Muckross Pilates & Barre. Stay

active, healthy and safe but only do what feels comfortable, exercises should not be painful. This week we are looking at shoulder mobility. For all exercises only bring the arms up as high as your mobility allows. The movements should not hurt and your posture should remain nice and tall throughout. I am using a soft ball but a small

**WITH KILLARNEY OUTLOOK**  
cushion can be used as an alternative. For all 4 exercises, sit up nice and tall with the shoulders relaxed. Start off with a few breaths, breathing in through the nose and out through the mouth. Engage your core muscles by gently pulling your belly button in and up.



1) Arm raises to the front. Start by sitting up nice and tall in the chair, making sure that you are sitting forward in the seat and not sitting all the way back into it. Holding the ball/cushion between your hands, inhale as you float the arms up towards the ceiling keeping the elbows nice and soft. Exhale and lower the arms back down. Repeat 8 to 10 times, or as many as you feel able to do.

2) Overhead passes. Sitting tall, feet flat on the ground, shoulders relaxed, arms down by your sides with the ball/cushion in one hand. Lift the arms out to the side and up towards the ceiling. Bring the arms up overhead and pass the ball/cushion from one hand to the other. Lower both arms back down to the side. Repeat 8 to 10 times, or as many as you feel able to do.

3) Passing the ball behind the chair. This movement helps to stretch the muscles at the front of the chest. To make this movement easier sit further back in the chair and to make it harder sit further forward. Sit tall with the shoulders relaxed. Keeping the nice tall posture throughout, take the ball in one hand, pass the ball/cushion from one hand to the other behind the chair. Keep circling the ball around in one direction and then repeat in the opposite direction. Repeat 6 to 8 times in each direction, or as many as you feel able to do.

4) Back stretch. Sit nice and tall towards the front of the chair, feet flat on the floor and shoulders are back and down. Holding the ball/cushion lean forward, hinging at the hips and reach the arms straight out in front of you. Hold the stretch for a few seconds. Keeping the back straight bring yourself back up to sitting nice and tall and lower the arms back down.

**Edele Daly** from **B-WELL FITNESS** gives us some exercises that we can do at home. It is important to warm up first - so follow Edele's advice and use this time to increase your fitness levels.

**Warmup**  
**20 secs on each 1-2 sets**

- Jog on spot
- Skip
- Heal kickbacks
- Jump jacks

**Main section:**  
**Adding resistance this week**  
**1mins on each 2-3 sets**

- Squat to Over head press
- Lunge to bicep curl
- Tricep kickback (bingo wings)
- Single leg hip thrust (Butt)

**Video will be uploaded Friday morning to compliment these exercises.**



Squat to Overhead press



Lunge to bicep curl



Tricep kickback



Hip thrust single leg







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



## TEENAGE SKINCARE...

Stop spots before they arrive

Being a teenager can be stressful. Fluctuating hormones at this time can stimulate increased oil production causing blackheads, whiteheads and breakouts. These hormonal changes can also cause skin to become more inflamed & sensitive. It is important not to use astringent cleansers & toners at this time, to prevent stripping away protective oils, triggering more oil production and inflammation

### Keep it Simple

1. Use a mild wash with Salicylic acid daily, a great ingredient to clean deep into the pores while not upsetting the pH balance of oily teenage skin.
2. Use a lightweight mattifying moisturiser with an SPF 15.
3. Choose a topical spot cream for spots and blemishes, Dermalogica Breakout Clearing Booster formulated with TT technology wipes out breakout causing bacteria on skin in 15 minutes.
4. Get in the habit of using a mask at home once a week to draw out impurities & remove excess oil. The blackhead clearing Fizz Mask has a unique fizzing action, that activates when applied to skin, dissolving blackheads.

For sensitive teenage skins checkout the La Roche Posay Effaclar range.

Be consistent and be patient, it takes 28 days to regenerate your skins outer layer.

To minimise bacteria and reduce breakouts:

- Remove makeup at night with a cleanser not wipes
- Use warm not hot water, less stimulating on the oil glands
- Clean your makeup brushes regularly & do not share them
- Change pillowcase weekly and flip over in between
- Do not pick spots, it inflames the spot and causes scarring
- Use an antibacterial wipe to clean your phone once a week
- Cover your forehead with your hand if using styling products
- Reduce sugar intake as it causes skin inflammation
- Try not to touch your face
- Conceal blemishes with a healing mineral concealer or tinted BB cream
- Get plenty fresh air and exercise

*Breakouts are only temporary and will not last forever!*

**Noreen Mangan**

Tel: 0646630712 | [www.whatwomenwant.ie](http://www.whatwomenwant.ie)

## Three top tips to stop worrying!

Worry is a thought that has nowhere to go! I love this sentence because it helps to refocus on the fact that unless we actively DO something with our worries, they will simply keep replaying and repeating. It's as if they are looking for a "home" – somewhere that they can feel safe and settle down.

Here are my three top coaching tips to stop worrying and give your thoughts somewhere to go.

1. Journal your worries. Writing down your worry helps you to get it out of your head and on to paper, where you can address the issue. Write down how you feel, what you are doing about how you feel and how you might soothe the worrying thought.

2. Center your thoughts. This involves using your sight, smell, touch, hearing and taste to invite your brain to focus on the here and now. For example, imagine you are taking a shower. Focus on the heat of the water, the smell of your shower gel, the way the water feels on your skin etc. This helps bring you to a mindful awareness of the present moment and calm the brain.

3. Get Physical! Movement helps the body's energy to flow and has a powerful destressing effect on the brain. It doesn't really matter what you do – just move! Run on the spot for two minutes, walk around the house, go up and down stairs, do Yoga, Chakranetics or simply put on some music and dance!

*Stay well and wonderful everyone!*

If you would like a new career as a Body Confidence & Wellbeing coach please visit my website at [www.instituteforbodyconfidencecoaching.com](http://www.instituteforbodyconfidencecoaching.com) Applications are now open for April training.



**Astrid Longhurst**

Life & Body Confidence Coach

T: 066 9766374



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## ACCOUNTABILITY

We all know the hardest part of getting fit & healthy isn't just completing your workout. After all, it's one thing to say you're going to stick to an exercise routine and another to actually do it and stay with it.

Unfortunately, actually getting (and staying) accountable to your workouts is far easier said than done. And without a healthy sense of accountability, your goal of working out or staying more consistent with keeping active and eating healthy often will be like a Yo Yo... up & down. I must admit, It is easy to have a lack of accountability during these strange times especially under lockdown restrictions where we meet very few people, we have no nights out, big occasions to set goals for or holidays coming up. But it's important to realise this isn't forever we will come out the other side of all this and when we do we don't want to feel fat, frumpy and low in ourselves!!! Why not come out feeling fit, healthy, strong and in your best shape yet.

*Here are B Wells Top tips on how to be Accountable - part 1*

1. Recognise where you want to be held accountable for? Is it Exercise, food, lifestyle etc? Identifying where to start is powerful as it makes it more specific
2. I know we hear an awful lot about goal setting but GOAL setting is important and it will help you when trying to get accountable. I must admit that in uncertain times such as these goal setting can be hard, but set yourself small achievable goals eg. Get up early 5 mornings a week and join in on our Facebook LIVE workouts, and just make that your goal and see how you feel after a week? Or another small goal is reach 10,000 steps daily and drink more water. Your goal doesn't have to be weight loss related directly but it will have an impact on you physically & mentally if you stick to it.

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 087-7634449 by text or email [info@bwellfitnessclub.com](mailto:info@bwellfitnessclub.com)



# Relief at last for Junior Cert candidates as Minister McHugh abandons his plan for token September exams



By Billy Ryle

**Clarity has finally emerged for the 63,000 anxious fifteen-year-old Junior Cert candidates, who were in limbo since the official Junior Cert exam was cancelled on Good Friday and was set to be replaced with a school-based assessment next September. There was a universal sigh of relief when the Minister for Education, Joe McHugh announced on Wednesday that the token back-up exam has been scrapped. The Minister's plan for the September assessment had been widely opposed as unworkable and valueless. A number of schools had already opted out of the Minister's backup exam and were preparing to make their own in-house assessment arrangements for their Junior Cert students before the end of the current academic year. It was highly likely that more schools would distance themselves from a meaningless and ill-conceived backup exam, which had no credibility or validity, thus leaving the Minister with egg on his face.**

Minister McHugh has belatedly accepted that the young students have already suffered enough anxiety and stress this academic year without meaningless exams hanging over their heads, like the sword of Damocles, during the long hot summer months. Nobody will fault the Minister for deciding to scrap the substitute Junior Cert exam. He may have suffered a few moments of self-inflicted embarrassment but, in all fairness, his heart was in the right place.

The State Examinations Commission (SEC) had already confirmed that it would not conduct, correct or certify the proposed September exams, thereby rendering them worthless and a complete waste of time and resources. Regardless, the staging of these exams would still have caused a great deal of distress to thousands of mentally and emotionally drained young people.

The Minister has done the right thing by making a complete U-turn and aborting a doomed project before it caused any further confusion and stress. By cancelling the September token exam Minister McHugh is allowing the young people to enjoy the summer free from exam anxiety so that they can return to school refreshed and ready for senior cycle.

All schools are now free, if they wish, to carry out their own assessment before the end of the current year. The schools will have total autonomy over the assessments they will undertake. The Department of Education said that school-designed exams, tasks, projects, assignments, essay style questions, presentations or other tasks agreed at a local level will fulfil the definition of 'assessment'. At this late stage of the year and with the schools unlikely to reopen any further 'assessments' will not be very comprehensive or over demanding on the students.

Each Junior Cert candidate will be now awarded a 'certificate of completion' by the Department of Education and Skills confirming her/his successful engagement with the three-year Junior Cycle. This certificate will be particularly important for about 4,000 young people who normally drop out of formal education at the end of the three-year Junior Cycle. Many of these students will apply for Craft Apprenticeships, for which a Junior Certificate is the minimum entry requirement. The candidates will also receive a written school report on their learning achievements in each subject, short courses and activities during the three-year Junior Cycle.

All's well that ends well. If Minister McHugh had cancelled the Junior Cert exam on Good Friday and left it at that, he would have been applauded for a sensible decision based on sound health and safety advice. Instead, he second guessed himself and walked headlong into a logistical

nightmare of his own making. He put the young candidates and their parents through weeks of unnecessary stress and anxiety. When leadership was required, he was marked absent. His end of term report will say he 'could have done better'.

## CHECKLIST

- ✓ Students haven't seen the inside of a classroom for the past seven weeks
  - ✓ Schools are unlikely to open before the school year ends in four weeks on 29th May
  - ✓ The Leaving Cert exam will now begin on Wednesday, 29th July
  - ✓ Details of timing, content, duration of the Leaving Cert won't be released until June
  - ✓ Clarity has emerged for 63,000 Junior Cert candidates
  - September's 'yellow pack' Junior Cert exam has been cancelled
  - ✓ Each candidate will be awarded a 'Certificate of Completion'
  - ✓ Junior Cert students can now enjoy the summer free from exam anxiety
  - ✓ 23rd April: Student Universal Support Ireland (SUSI) opened for grant applications
  - ✓ 1st May (5.15pm): Closing date (fee €60) for late applications to CAO
  - ✓ 5th May (12.00 noon): CAO online change of mind opens (free)
  - ✓ 11th June: Closing date for priority processing SUSI application by renewal applicants
  - ✓ 1st July (5.15pm): CAO online change of mind closes – that date may be extended
  - ✓ 9th July: Closing date for priority processing of SUSI application by new applicants
- Billy Ryle is a Career Guidance Counsellor and Educational Commentator**  
**Email: rylebilly@gmail.com**  
**Tel: 0879808979**

## Young Social Innovators and **Water Safety**

by Ellen Farndon and Sarah O'Leary

We are Transition year students in St. Brigid's. As part of the TY programme we are studying an active learning module called YSI which stands for Young Social Innovators. This is a TY initiative which was started by the inspirational Kerry humanitarian Sr. Stan who is the founder of Ireland's first homeless charity Focus Ireland. The aim of Young Social Innovators is to make young people actively involved in their communities in relation to issues such as social justice and projects that can improve our communities. We are both keen rowers and active members of Workmen's Rowing Club in Killarney. As it is our passion we decided to focus our project on the importance

of water safety in rowing. We began our project by employing social media to raise awareness of water safety. We created an Instagram account to chart our progress and engage with rowers and non-rowers nationally and internationally. We created a survey and attached it to our Instagram page. The aim of the survey was to encourage people to consider water safety as a priority, to reflect on any incidents they may have been involved in and learn from these.

We have travelled to large regattas such as the Skibbereen rowing club's Head of the River regatta. Skibbereen rowing club is home to Olympic rowers and is a high performance club. We used the regatta to make more people aware of our project. We handed out flyers directing

rowers to our Instagram page and the survey. We have also completed numerous active challenges to make rowers more safety aware. We brought a group of young rowers from our local club to Parknasilla Resort and Spa where they completed a capsizing workshop in the pool. This consisted of placing a single scull in the pool and then capsizing it to show the young rowers what to do in such a scenario. It was a really useful workshop as it was realistic and people learn by doing. Water safety is a really important topic particularly in Killarney with all our local clubs. Our message to rowers is simple: when on the water be safe and ensure you are aware of your surroundings.

Instagram: ysi\_rowingsafety



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**Denny Street Campus:** 066 712 1741 | [clashroad@kerrycollege.ie](mailto:clashroad@kerrycollege.ie)

**Listowel Campus:** 068 21023 | [listowel@kerrycollege.ie](mailto:listowel@kerrycollege.ie)

**Monavalley Campus:** 066 714 9600 | [monavalley@kerrycollege.ie](mailto:monavalley@kerrycollege.ie)



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# COUNCIL HOLDS A WEBEX MEETING TO DISCUSS COVID-19

On Wednesday (29/04/20) a WebEx meeting took place of the members of Kerry County Council and senior management.

There was deep concern expressed for the welfare of the many businesses that have been forced to close and for their long-term prospects. Many Councillors stated that some of these businesses will most definitely not be able to meet their annual Rates Bill to the Council and that there should be a waiver on the amount due for the first half of the year.

It was also clearly stated that adhering to the advice of the experts in all matters relating to proper protocol on how to 'Flatten the Curve' on the Covid 19 pandemic should be strictly observed. This is particularly important as we approach the May public holiday weekend. It is imperative that people from outside the county do not travel to holiday here. It is also

important that social distancing and cocooning should be continued by all of us until further instructions from Government and its expert advisory group.

Particular reference was made by many Councillors to the filthy and dangerous practice by some people in cars of throwing possibly contaminated gloves, wipes and tissues from their cars onto roadways where these could cause disease and serious sickness.

As many people in Ireland are enduring financial hardship I asked that our President and Oireachtas members show empathy and leadership by accepting a 20% reduction in their salaries for the remainder of the year. I committed to refunding to Kerry County Council at least one month's remuneration.

In conclusion it was agreed that for the immediate future Council meetings would continue by Webex.



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## EAST KERRY GAA NEWS

By Michael O'Mahony

**EAST KERRY GAA BOARD** wishes to Depest Sympathy to families of following Deaths of John Kennedy Asdee, Gerald McAuliffe Gneeveguilla May they both rest in peace.

## MILLTOWN/CASTLEMAINE NEWS

### PAST TIMES-NEW BEGINNINGS:

When Gerard McCarthy closed the door of Larkin's Bakery for the final time a few weeks ago, it marked the end of an era in Baile an Mhuilinn and brought an end to a family tradition that spanned over five generations and 160 years, going back to 1859.

Larkin's Bakery is proud to be Kerry's longest established bakery and was honoured numerous times- winning awards particularly for their Larkins Tea Brack, Banana and Walnut bread not to mention their special Christmas Brack and their healthy brown bread.

Harrington's Bakery, another family run bakery in Kenmare, have said they are privileged and



delighted to have the opportunity to continue producing Larkin's Bakery quality products, using their original recipes and have promised to endeavour to maintain the highest of standards Gerard and his team set over the past 45 years.

Larkins Bakery have been very generous supporters of the GAA Club here in Milltown Castlemaine particularly most recently when they supplied complimentary brack weekly for our Progressive 31 Card Drive. Our club here is

very grateful to Gerard, Helen and their family for their generosity and we wish them health and happiness in the years ahead.

### GRADUATIONS

Congratulations to all those who have completed their college courses. While you may not be able to have the traditional graduation ceremony and toss your cap in the air, be very proud of your fantastic achievements- particularly in these very challenging times for students. Comhghairdeas



Spa 1984 Senior Team Front L-R: Denis Cremin, Mike Dennehy, Mike McAuliffe, Joe O'Leary, Peter Spillane, Anthony McAuliffe, Seanie Kelliher, Conor Kavanagh and James Cahill Back L-R: Dave Herlihy, John F O'Connor, Pat Cronin, Pat Casey, Tim O'Regan, Sean Cronin, Kevin O'Connor, Dermot Cronin, Mossie Cronin, Connie Doolan.



East Kerry Minor League Winners 1990 - Front L-R: Roddy O'Donoghue, Kieran Dennehy, Peter Wickham, Robert Cremin, Donal O'Doherty Second Row L-R: Fergus McAuliffe, Johnny Brosnan, Garrett Doolan, Donal Kelly, Anthony Morris, Martin O'Riordan, Paul O'Sullivan, John Doyle RIP and Tadhg Kelly. Back L-R: Johnny Doolan (Trainer), Pat Cronin (selector), Jeremy Kenny, Tom O'Sullivan, Aidan Moynihan, Peter O'Sullivan (captain), John Kelly RIP (East Kerry Board Chairman), John Fleming, Denis Doolan, Maurice Coffey, Sean Lynch and Andy O'Sullivan (East Kerry Board).



## Happy Birthday

A very special happy Birthday to Anne McCarthy from Ballaugh in Killarney. A birthday with a 0 and cocooning at the moment. Lots of love from hubby Brendan, her 5 children and 11 grandchildren and all her neighbours and friends. Her latest grandchild Eli is only 6 weeks old and she hasn't been able to hold him yet because of Covid 19. There will be a big celebration in Killarney when this is all over.



Three members of the O'Carroll family are celebrating their birthday this month. Dad Fergal is celebrating, today May 1st while his son Ben will be 16 on May 10th and daughter Faye will be 13 on May 25th. The family from Killarney are strong Kerry supporters, members of the Legion Football club and also are supporters of Muckross Rowing Club.





# SEE A SWARM

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**This is the crucial time to contact us when you see this kind of activity.** This is the stage where the bees are actively seeking a new roofed home and scout bees are desperately seeking new shelter for their colony. Swarm season is soon beginning & we will take your unwanted bees. By calling us to remove your bees you will be helping to relocate honeybees to a safe place.

Honeybees pollinate 1/3 of the foods we eat yet they are struggling in modern society due to diseases, pests, loss of habitat and pesticides.

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## CASTLEMAINE NEWS

Written by Dara O'Connor

## NOTICE

If people out there have anything they would like mentioned in the weekly Notes section for the Castlemaine area please do not hesitate to email daracastlemaine@yahoo.com or phone/text 0862688674 prior to Monday of any week.

## CASTLEMAINE COMMUNITY CENTRE:

Though the Castlemaine Community Centre is closed at the moment due to the COVID 19 outbreak we continue to provide our service of Meals & Wheels to all those in our area. The Laundry service is operating as well. All other activities are cancelled as well as the continued closure of the Gym until the Government and the HSE deem it safe to reopen. We wish to thank you the public for your continued support in this difficult time and all your good wishes, and your support for the centre down the years.

We wish to acknowledge grant received from the Community Enhancement Programme and Department of Rural and Community Development for recent grant to upgrade our tunnel.

## THADY O'SULLIVAN CANCER FUND

Organised By Castlemaine Community Thady O'Sullivan is a young college student who was recently diagnosed with a rare form of cancer called T Cell Lymphoblastic Lymphoma. He requires a bone marrow transplant in St James's Hospital Dublin, which is very costly. This fundraiser is to support the specialist treatment Thady requires to make a recovery. Please help our local Castlemaine man Thady with his recovery. Anything you can donate

would be greatly appreciated by his family.

This fundraiser is organised by family friends of Thady O'Sullivan. You can donate by logging on to <http://www.gofundme.com/fundraiserforthadyosullivan>

Alternatively you can contact Brendan Dennehy on 087-6969841 if you do not have online access.

## MAINE VALLEY FAMILY CENTRE

Anna Breen (Family Support and Community Development Worker) from the Maine Valley Family Centre in Castlemaine wishes to let people know that she is available for a friendly chat, family support or can be contacted for more specific information for families who need support at this time within the local Mid Kerry community.

Anna can be contacted through the following means:

Phone: 0873694169

E-mail: [annacd.mainevalley@gmail.com](mailto:annacd.mainevalley@gmail.com)

Anna can also be contacted by Zoom if community members wish to avail of face to face contact.

## KEEL CASTLEMAINE EMERGENCY DELIVERY SERVICE

066 7174066 (no text messages)

Keel/Castlemaine Community volunteers working with local businesses are very much aware that the recommended restrictions on movement as a result of the coronavirus pandemic may cause problems for some members of our community in the coming weeks. In order to minimise problems, we as a group of volunteers are putting in place

a collection service for prescriptions from Milltown pharmacies and a delivery service for local businesses and drop them to your house. This service will be manned from 1PM to 4PM, 7 days a week. If you need to use this service, we ask that you telephone your prescription through to your pharmacy by 1PM and pay for it by card if possible as our volunteers will not under any circumstances ask for or accept cash. If you then telephone 066 7174066 (no text messages) and speak to our coordinator we will do our best to collect the prescription and deliver them to your house by the next day or sooner. The same will apply for food/fuel delivery as needed. It would be of great help if you could have your eircode to hand.

Note that this is a free/confidential service and at all times our team of volunteers will respect people's privacy and when delivering we will keep a safe distance to minimise the possibility of spreading the virus. Also note our volunteers will never ask you for nor accept cash.

We believe that as a community, working together and supporting each other, we can help to relieve one worry from our friends and neighbors and get back to our normal daily lives as soon as possible.

We would be grateful if you shared and communicated this post so it reaches those that may need help, especially those not on social media. If anyone wishes to volunteer please contact Ger on 087 6761740.

## KILCUMMIN NEWS

Written by: John Moriarty

## PARISH NEWSLETTER

The weekly Parish Newsletter will continue to be made available at the local Post Office every Friday and online at [www.kilcumminparish.com](http://www.kilcumminparish.com). Items for inclusion can be dropped into the Rural Dev. Office before Friday 10am or emailed to [info@kilcumminparish.com](mailto:info@kilcumminparish.com) also items for the local publications can also be submitted in the same way.

## THE KILCUMMIN N.S. OPEN DAY

Open Day for prospective Junior Infant pupils has been postponed, due to the government directed school closure. If you know of any child who intends to start school in Sept. 2020, please advise them to contact Kilcummin National School by email at [kill43163@gmail.com](mailto:kill43163@gmail.com). Enrolment application forms are now available.

Please watch out for updates on our Open Day. Keep well and safe.

## KILCUMMIN LOOKING GOOD

Kilcummin Looking Good would like to thank all those who collected bags and gloves and went out to clean up and tidy around their own two

kilometres area last weekend. Bags and litter pickers are available from Tony O'Connor 087 6258641 if required. We would also ask people who bring their dogs out for a walk to clean up after them and to respect other road / footpath users with children, buggy etc. Take care everyone

## KILCUMMIN GAA

The Club would like to remind fellow parishioners that if they themselves or someone they know need help or support during the current crisis you can contact the following helpline. 1800807009. or text support followed by your name and address to 50555.

## COMMUNITY ALERT

Kilcummin Community Alert are available to help the people of our community in these uncertain times. For people who are vulnerable or who may have to self isolate in our community, who may need groceries, prescriptions or fuel collected we are here to help. You can contact us in confidence at 0876270677.



Happy Birthday to Joan Goodwin from all her friends in St. Mary's Parish Hall.





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**DANNY HEALY-RAE TD**

**MY CLINICS ARE CANCELLED UNTIL FURTHER NOTICE!**

I am available on the phone as usual on my


**Mobile 087 2316055**  
along with Eileen: 087 9975419,  
Maura: 087 7816432, Johnny: 087 2354793  
and my Office: 064 6685315

**I will continue working to help with any issue or problem people may have, either day to day problems or anything new related to these uncertain times.**

**EMAIL CONTACTS**  
[danny.healyrae@oireachtas.ie](mailto:danny.healyrae@oireachtas.ie) | [johnnyhealyrae@gmail.com](mailto:johnnyhealyrae@gmail.com) | [maurahealyrae@gmail.com](mailto:maurahealyrae@gmail.com)

**POSTPARTUM RECOVERY & RETURN TO EXERCISE GUIDE**

BY PRE & POSTNATAL COACH SELINA LOONEY  
THE MAMA MOVEMENT



In Killarney, Pre & Postnatal Exercise Specialist Selina Looney, Founder of The Mama Movement is going from strength to strength. Her **Prenatal & postnatal Exercise Classes for moms and moms to be** are now available online free of charge.

"Weight training during pregnancy & beyond physically prepares you for motherhood which I believe is crucial for every mama & mama to be. Watch mother as she manoeuvres through her mom life day, she will squat, deadlift, lunge, twist & bend multiple times per day mostly in awkward positions in and out of cots, car seats and the rest, this is all factored into these small group online classes."

Selina has now taken this to the next level creating a **Postpartum Recovery & Return to exercise Guide**. "I felt like something was missing as a mama & mama to be, we have a great support through the medical system but we forget the powers that mama hold themselves. I wanted to create this guide to give mamas the knowledge and expertise to get to know their bodies. We need to appreciate that no two postpartum journeys are the same. This is where I feel it's important that mamas know themselves."

This Guide not only **focuses on workouts, mechanics and daily movement** of a mama but also provides her with the tools to understand the process of her recovery. This guide takes you on a journey of self discovery and self rehabilitation. "In society the focus is on the exterior body image and "bouncing back", I feel to successfully get to where a mother wants to be she needs to listen and understand her body, know the mechanics of herself & she will get back to her doing the things she loved quicker". "You wouldn't ask your baby to walk before they have crawled, so give your body the same patience"

**Reach out to Selina to find out more. Guide is available for purchase on Monday 4th of May. Check out the website for class details & how to book.**

**Phone : 087 9458182 | [Selina@themamamovement.ie](mailto:Selina@themamamovement.ie)**  
**Instagram : [themamamovement.ie](https://www.instagram.com/themamamovement.ie) | Facebook : [themamamovement.ie](https://www.facebook.com/themamamovement.ie)**

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## RATHMORE | GNEEVEGUILLA NEWS

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

## DEATH

The Death of Michael (Mike) Murphy of Knocknaloman Rathmore, Originally Scartaglin he worked as a Psychiatric Nurse in St. Finians Hospital Killarney for 40 years The late Michael was an outstanding Football player and played as a goalkeeper for many years for the Scartaglin senior Football team when Scartaglin won their first Novice title in 1983 He also played with the St.Finians Hospital team and scored great goal in croke park in October 1978 when St. Finians won the All Ireland (Connolly Cup) After retirement Michael rarely missed Scartaglin games and he very much involved with Scartaglin in celebrating their Golden Jubilee Anniversary in 2014. and was a member the souvenir Brochure Editorial Committees. he also served as secretary of Scartaglin GAA He had a keen eye for facts and figures relating to club History etc. he was founder of Scartaglin United soccer Club he also founded Scartaglin youth club He was also involved in Cullen under age Gaelic Football as mentor Michael was a very and sincere gentleman in every sense of the word. Another past time enjoyed by Michael was hill walking & was member of Kanturk hill walking club and he enjoyed the outdoor life very much. He is survived by his wife Eileen. son Pdraig. daughter Siobhan. by his brothers John & PJ. by his sisters Margaret & Kay. by his daughter in law Varina & granddaughter Erika and by his extended family. The late Michael was pre deceased by his son Don and by his brother Donie. May he rest in peace.

### RATHMORE/GNEEVEGUILLA/ KNOCKNAGREE COVID-19 COMMUNITY SUPPORT GROUP

A group has been formed in Rathmore parish which consists of many local community organisations and businesses including members from Rathmore community council, Rathmore & Gneeveguilla GAA, Rathmore social Action Group, Fr. Pat O'Donnell, Rathmore St Vincent de Paul, Sliabh Luachra Veterinary Centre, Reens pharmacy, An Garda Síochána-Sgt Paul Lynch- Rathmore post office, Contact us on a dedicated Free phone 1800 929 003, Don't be afraid to call, we're here to help those who are in genuine need, Contact details; Bernie Reen 087-2020143;

Brian Kelly 087-2536808,  
Eilish Coakley 086-1038112,  
Niall Kelleher 087-6694194,  
Mike Dilworth 087-6723882,  
Pat Barry 086-7925715

if you require any help or support with essential shopping & fuel, any household emergency or a prescription to be collected from a pharmacy

etc, please call us and have your Eircode at hand and one of our Volunteers will assist you.

**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.

### HELPFUL CONTACT NUMBERS:

#### Jigsaw Kerry

(Young Peoples Health in Mind) Contact 066-7186785 Email: kerry@jigsaw.ie

Pieta House: Contact 01 6010000 or www.pieta.ie COVID-19 Support Line for Older People: **ALONE** has launched a national support line and additional supports for older people who have concerns relating to COVID-19. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.

#### AWARE

(Depression Support) Helpline on 1890 303 302 Website at www.aware.ie

#### Samaritans

Contact 116123. Web - www.samaritans.org Senior Help Line: Are you feeling lonely? Are there days when nobody calls? Would you like to share a worry? Call 1-850 440 444 mornings: 10.00am to 1.00pm, evenings: 7.00pm to 10.00pm seven days a week. You will be talking to an older person who will welcome your call. Cost is the price of a local call.

**BIRTHDAY WISHES** congratulations to Julia Murphy Toorbonia Rathmore who celebrated her 106th birthday on Sunday, 26th April 2020 we extend our sincere best wishes on such a marvellous Birthday. May you long continue to sing your great songs

#### SYMPATHY

To Richie McAuliffe, Gneeveguilla on the death of his brother Gerard McAuliffe, Buckinghamshire & Gneeveguilla who passed on Friday 10th April. To Eileen Murphy & her son Pdraig & daughter Siobhan on the death of her husband Michael (Mike) Murphy, Knocknaloman who passed on Thursday 16th April. To Michael Dennehy & family, Counerough, on the death of his sister-in-law, Kathy O'Donoghue (nee Cronin), Tiernaboul & Reaboy who passed on Friday 17th April. Please pray for Very Reverend Fr. Liam Comer, Ardfer parish and formerly of Dromtariffe parish who passed on Saturday 18th April. Please keep the McAuliffe family, friends. May they all rest in peace,

**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.

#### MASS

Join us from St. Joseph's Church Rathmore for daily Mass through our Parish Television Streaming Service Streamed Mass Schedule for the coming week  
Saturday 7.00pm  
Sunday 11.00am  
Monday 7.00pm  
Tuesday 7.00pm  
Wednesday 7.00pm  
Thursday 7.00pm  
Friday 7.00pm  
Saturday 7.00pm.  
Sunday 11.00am

How do I access this St Joseph's church live webcam stream MCN Media Live streaming Rathmore www.mcnmedia.tv/television-streamed-mass-schedule-from-rathmore-church for further information www Rathmore parish. ie

### IN THESE CHALLENGING AND ISOLATING TIMES FOR ANYONE WHO NEEDS HELP, SUPPORT OR EVEN A CHAT - CALL ST. VINCENT DEPAUL RATHMORE BRANCH ON 087 3462332

O'Connor Freight/Courier services are offering a free collection service for those who are self isolating or unable to make it to the shop/pharmacy & require essential items/medications collected & delivered to their homes in the local Rathmore/Killarney areas. Please call/message us in confidence on 087 2582282 / 086 8653688.

#### COVID-19 & CORONA VIRUS

wishing everyone safety at this very difficult time for the country and the world. please follow the guidelines and advise from the authorities. Anyone person who is unable to go to the shops or need any assistance at this time should not be afraid to ask for help.

#### RIP

Veteran actor Brian Dennehy, known for roles on stage and on screen, who died recently at aged 81. had roots in Millstreet, and Rathmore Parish he was cousin of Michael Dennehy & family, Counerough.

#### 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.



**#KeepYourDistance**  
**#StaySafe #StayPositive**





## SPA GAA

Written by: Deirdre O'Sullivan-Darcy

**HEALTHY CLUB UPDATE FROM OUR HEALTH & WELLBEING OFFICER**

As the year of 2019 drew to a close, I informed you that the prospect of our club's application for National Healthy Clubs Phase 4 was, in my opinion, looking good. Thankfully, this proved to be 100 per cent correct. This is an 18/24 months phase where our club is monitored by the feedback to Headquarters. On February 1st I travelled to Dublin to a very informative and enjoyable day in Croke Park, and I have to thank Mary O'Connor for her hospitality and company on the day. Out of 210 clubs that applied for this Phase 150 approx. were accepted.

We began our year with a very successful Operation Transformation Ireland Lights Up 8-week Programme in January. Thanks to every one of you who made this a success. A most interesting evening was also held in February when a First Aid and talk on concussion was held, organised by Coiste na Óg Chairman Seamus and thanks also to Liam and Des. Unfortunately for now further plans are on hold. I like everyone else am hoping the Covid 19 restrictions are lifted shortly, but for now have to obey the rules and follow the guidelines. Anyone in the community who needs any shopping or medication collected; do not hesitate to contact the club or Local Garda Station. We may be in isolation but there is no need to feel isolated help is only a Call or Text away.

As always feedback for the times we find ourselves living in would be very welcome. I know many of you are very good with technology and fitness, your input to the club would be very much appreciated. Any ideas of any kind will be considered. It is important that we keep our club family connected.

My contribution as I finish this report to you for now is: 5 Ways of Wellbeing

1. Connect: Try to make connection with those around you or by contacting a friend or club squad member of your team.
2. Be Active: Try and get at least 60 minutes of moderate to vigorous exercise each day, depending on your fitness level.
3. Take Notice: Broaden your awareness of those around you. Learn new skills and be mindful of each skill you learn.
4. Learn: Set yourself goals in life and in sport and try to learn from others.
5. Give: People who help others are more likely to be happier people. Try to commit to an act of kindness each week.

To finish, in the words of Cork footballer Eoin Cadogan - "Maintaining your Mental Fitness is no different to maintaining your Physical Fitness. You need to work on both constantly."

If I can be of help to anyone in the community, contact me on 0879181970. Stay Safe, Regards, Margaret Doyle, Spa GAA Healthy Clubs Officer

**VOLUNTEERS AVAILABLE FOR ANYONE THAT NEEDS HELP AT THIS TIME**

Spa GAA are part of the Community Volunteer programme and as well as the Kerry Volunteers helpline, we have a list of club members in different areas that have offered to be available if called upon during these few weeks. If



*In 2016, GAA stars from Kerry and Dublin combined for a novel 'Hop Ball' fundraiser for Spa GAA Coiste na nÓg. The event took place at the Torc Hotel and was sponsored by Simply Suits. Jim Gleeson and An Ghaeltacht's Dara O'Cinnéide were MCs for the night and they were joined on stage by Paudie O'Mahoney, Donie O'Sullivan, Michael Gleeson, Brian Fenton, Ciaran Kilkenny, Donnchadh Walsh, Darran O'Sullivan, Liam Kearney, Evan Cronin, Michael Foley and Dan O'Donoghue.*

*Caption: Hop Ball Guests with the Organising Committee: Front L-R: Michael Stam O'Donoghue, Donnchadh Walsh, Darran O'Sullivan, Dara O'Cinnéide, Donie O'Sullivan, Ciaran Kilkenny, Evan Cronin. Back L-R: Liam Kearney, Tadhg Hickey, Andrew Garnett, Paudie O'Mahoney, Michael Gleeson, Brian Fenton, Dan O'Donoghue, Ivor Flynn and Michael Foley*

anyone needs help with shopping, deliveries etc please contact either the Kerry Community Volunteers (tel 1800 807 009 / text 50555 / email covidsupport@kerrycoco.ie) OR to contact the club directly: Club Secretary Patrick (0876332773), Michael (0858213027), Conor (0872565142) or Deirdre (0851216359).

**ALL GAA ACTIVITY STILL SUSPENDED**

A reminder to everyone that all Clubs grounds and facilities remain closed completely until further notice. Players, Members and the General Public are not allowed use of Club Grounds or Facilities for any activity including training or recreational while these restrictions are in place.

**SPA ARCHIVES**

A huge thank you to everyone who is sending in photos, programmes, newspaper clippings etc of Spa over the years! We are going through our history of teams, events and members over the years, and they can be found on our website (spagaa.com) or our social media pages (Facebook, Twitter and Instagram). If you have any old photos, newspaper clippings, programmes etc, please send them on to 0851216359 (text or what's app), email pro.spa.kerry@gaa.ie or private message our Spa social media pages.

**UPDATE FROM THE KERRY GAA COUNTY BOARD CHAIRMAN TIM MURPHY ON 23.04.2020**

"Public health is and always has been the number one priority and we in Kerry GAA have played our part from the outset. While the Government announcement regarding mass gatherings on Tuesday wasn't entirely unexpected, it nonetheless brings a certain level of clarity as to how we might look at potential options for our games post August. The CCC are the subcommittee responsible for all our fixtures planning and will meet remotely over the next number of weeks to plan for what competitions we could provide for our players, clubs and supporters should any potential lifting of the

restrictions so allow.

The resumption of Club activity will be the boards primary focus and we need to plan effectively now for as many scenarios as possible so that we can act swiftly if and when these restrictions are either lifted or modified. Kerry's proposed fixtures calendar will need to be tailored to suit any possible window of opportunity that may arise in the future. Our Intercounty players remain physically and mentally very focused, continuing their individual training and will be ready to respond if and when any playing opportunity arises. Our Clubs have been exemplary, not only in their adherence to the guidelines, but in embracing the rapid community response initiative countywide, helping as always the most vulnerable in our society.

It is important that we acknowledge and compliment this extraordinary demonstration of community volunteering which is unparalleled anywhere in the world.

Finally, we encourage everyone to continue in adhering to the guidelines and we look forward, albeit with limited but nonetheless renewed hope to potential games taking place in the latter part of the year."

**SYMPATHY**

Sympathy is extended to the Murphy family, Knocknaloman, on the passing of Mike Murphy RIP, (originally from Scartaglin). He was a great supporter of the Spa juvenile and senior card drives.

**SPA LOTTO**

The Lotto has been suspended for the foreseeable future. The expiry dates of annual tickets and online tickets will be extended to compensate for weeks when Lotto is not held.

**ITEMS FOR NOTES**

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





## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



# eredivisie

### EIRDIVISIE CANCELLED

The Dutch FA have shown impressive leadership at a time when it is sadly lacking in many areas (hello, Donald Trump) by cancelling their 2020 season. With the Dutch Government issuing guidelines banning sport until September 1st, the Eirdivisie season has been cancelled. With Ajax and AZ tied at the top of the table, no winner has been declared and promotion and relegation has been scrapped. This is a tough decision, no question about it. It's not just money at stake; there is, of course, a lot of jobs on the line, and not just players. Elite sports clubs are big economic entities in their own right. But team sports and social distancing are practically polar opposites. One of them is a life-saver and one of them is a potential killer right now. Fair play to the Dutch Government for their obvious and sensible actions and well done to the Dutch FA for following suit. Shame on Utrecht for threatening to take the Eirdivisie to court – they will back down fast enough, given the avalanche of criticism that has greeted their bluster.

The German Bundesliga is actively planning a rapid return to the playing field, possibly in May. Teams are already back training. That's worrying. If nothing else, the domino effect is likely to kick in – we all know that the English Premiership is desperate to get back to business – and a lot of other leagues are going to follow suit and resume. However, the Bundesliga will be played behind closed doors until August 1st at least. Germany has the highest average attendance of any league in Europe (largely because it is well run and prices are far, far more affordable than in other countries) but they will only be watching on television for the foreseeable future. There is a fundraising scheme whereby supporters can purchase a ticket to have a cardboard cutout of themselves placed in the stand while a game is being televised. Personally, I'd find that very odd, but if people can afford it, there's no harm and it could raise a few bob. In fact, a lot of German supporters' groups have

come out against the decision to resume games. I've said it before and I'll say it again. If it isn't safe for spectators to be within two metres of each other, then it isn't safe for players. It really is that simple.



### RESUMING IRISH SPORTS

The vast majority of us were and have been good about social distancing from early on. But people are palpably getting restless now and there are a lot of calls for restrictions to be relaxed. It is hoped that Government officials are agreeable to opening golf and tennis clubs under controlled conditions and easing the 2km limit for travel. From the sounds of it, the definition of 'essential' in regards to businesses will also be defined a bit more loosely. And, as long as safety measures are implemented properly, that's necessary. The fact is that most of our essential services are paid for by the taxpayer. No businesses means no tax which means no services. The hard and cold reality is that a lack of those services will potentially be a deadly killer in itself. That's not a nice equation, but it is a real one and does have to be factored in. The final decision will be left firmly in the hands of the National Public Health Emergency Committee. Golf and tennis returning? As in, sports where you

aren't within two metres of fellow players? Sure. I'm fine with that. I do actually think that some form of social activity would be good for people – there is a very real mental toll to isolation that needs to be factored in.

Horse-racing has been agitating for a return to business (I'm not knocking the business aspect in any way – I make my living as a sports journalist) right from the start. Germany is resuming races behind closed doors next week and France the week after. Horse-racing will be resuming in England (we will follow suit very rapidly, I have no doubt) in May but with limited runners and only senior jockeys. I suppose senior jockeys are more expendable than junior jockeys, I'm a bit unclear about the distinction there. The pressure to resume sporting activities is growing. I saw a post on social media recently from a soccer official suggesting that underage training would be safe to resume with the kids arriving separately and already toggled off and staying more than two metres apart at all times. That's just plain nuts. But this is the kind of nonsense that's getting peddled around. I'd call it harmless stupidity but for one small problem.

The same day that I saw that social media post, over 700 new cases were confirmed and 27 people died of coronavirus in Ireland. I'm not being remotely funny in any way when I say that people really need to keep their eye on the ball here.

### GAA TESTING

Irish media organisations have been making hay out of the news that a GAA player has tested positive for a banned substance. They are a bit vague on detail – they haven't named the player, the county, the substance....

It's been a bit of talking point over the past day or two – us sports hacks need something to stir our listless blood these days. Personally, I'm genuinely not bothered. A successful test would be affirmation of the GAA's stance against substance abuse and a cautionary tale for other players. I honestly don't believe that there is any culture of it within the GAA.

The player is appealing his test (it is a 'he', Ladies GAA and camogie are separate bodies) and good luck to them. Where I do have a problem is that a Limerick hurler has been subject to speculation and rumour around the matter. So much so that he eventually paid for his own drug test and published the clean result to prove that it wasn't him. That some-one should have to go to that extent to clear their name is a serious indictment of scandal-mongers and back-door whisperers. I love a bit of harmless gossip. I don't indulge in it; I revel unabashedly in it. But that kind of nasty filth? The old saying is that a lie will travel halfway around the world before the truth can get its boots on. It's worth remembering that when you hear some-one's character being blackened without supporting evidence.



## SPORTS INTERVIEWS

Like a lot of people, I've been passing my time re-watching various sports games and re-reading favourite books. Over the past few days I have been watching some of the big American games that I missed the first time around. One thing that really stands out is the quality of the post-match interviews. They absolutely and invariably wipe the floor with the kind of drivel that we are regularly subjected to here. And I'm not singling out any particular sporting code; it seems to cross all genres. Nor is it only at elite level. I actually find the college basketball games much more informative than the NBA. The individual skill sets and physiques are less superhuman and it makes the tactics more relatable. Watching Shaq power through human bodies like Sherman tank and slam a dunk that's hard enough to affect the earth's gravity? Sure. But watching college players set up screens to force the play in their preferred direction is a more subtle but enthralling proposition for me. Mind you, I suppose I'm a bit odd.

For the most part, players are able to dissect the games and talk through various aspects, good and bad, with refreshing candour. There has always been a certain idea that sports players rely on physical prowess rather than intelligence. In Disney high school movies (yes, re-hashing those recently as well) the jocks are always the bullies and the popular but shallow kids. I have always believed that the exact opposite is the case. Developing your sporting ability requires self-discipline, both mental and physical, and a willingness to absorb information and experience. Take a look at Dr. Fionn Fitzgerald (who articulates it far better



than I ever could) or Dr. Anthony Maher or any of ten thousand random examples.

I've done a lot of interviews. I actually like talking one-on-one with people in an easy setting. I'm not going to try and hunt or manufacture controversy. I'm not going to try and trap or trick some-one whose obliging me by talking in the first place. In the US, there appears to be a certain mutual trust between player and reporter and the conversations tend to be far more insightful.

Here (and in England), every stray statement is latched onto mercilessly. I was at a press conference with an underage coach once upon a time (this is a true story) who explained how his main focus was on the development of his players rather than concentrating solely on

victory. I found it enlightening and fascinating – he went through ways to encourage them to take responsibility on the field and how he would encourage them to work their way through tactical problems rather than just tell them the answer. I thought it was a great interview. Only what got printed in a number of publications the following day? "Coach isn't trying to win". Shock condemnation, outrage.... complete gommeism. Clickbait is not a new media phenomenon, far from it, but it has never been more prevalent. Nowadays players and coaches have to consider questions from every possible angle, because the answer will be portrayed from the worst possible one. Say nothing, and say it as often as possible.

## COUNCIL CLEAR MILL ROAD DUMPING SITE

Residents of Mill Road in Killarney were delighted this week at the quick response of Kerry County Council Environment Department who cleared an illegal dumping site on their road this week.

"The response of Kerry County Council after the discovery of was fantastic", a resident told the Killarney Outlook.

The news of the discovery of the site caused widespread outrage and was reported on in local and national media outlets.

The scenic wooded area, close to the Old Mill, from which the road gets its name is situated along the banks of the River Flesk and was strewn with tonnes of household food and waste.

The quick response of the relevant authorities was widely praised this week.

Following posts on social media, which got a huge reaction from the people of Killarney, local and national media outlets covered the story and shortly after the Council were informed, officials were on the scene.



Before and after: The scenic wooded area, close to the Old Mill, from which the road gets its name is situated along the banks of the River Flesk and was strewn with tonnes of household food and waste.



## KILLARNEY CELTIC

### COVID-19

Due to the Corona virus all activity at Killarney Celtic is suspended until further notice. We encourage all our members to follow the

guidelines laid down by the government. If anyone in our community is self isolating and requires help with deliveries of groceries, fuel, medication etc, Killarney Celtic has people willing to help. All will be done in strict confidence. Please private message our Facebook page or

contact Mary on 086 6485809.

**LOOKING BACK** this week in photographs at our Killarney Celtic Girls teams



Pictured above Killarney Celtic Girls runners up in the FAI U12 Girls National Cup 2018.



Pictured above Killarney Celtic Girls winners of the Kerry U12 Girls Cup 2018/19.

## OUTLOOK SPORTS

### MUCKROSS ROWING CLUB

#### SYMPATHY

The club extends its deepest sympathies to the Mangan family on the death of Tim Mangan. Our thoughts and prayers are with Tim's wife Nora, his daughters Noreen, Geraldine, Margaret, Majella and Michelle, son Donal, sister Maura, his grandchildren, extended family and friends. Tim will be fondly remembered by all those who knew him in Muckross and beyond. He will be sadly missed. Ar dheis Dé go raibh a anam uasal.

#### COVID-19

All club activity remains suspended until further notice. We continue to communicate with

members regarding personal training at home and also outdoor exercise, observing strict social distancing. Please take every care and continue to follow the latest government and HSE advice.

#### ROWING IRELAND UPDATES

There were no changes arising from this week's update provided by Rowing Ireland's Working Group on COVID-19, pending an update on public health restrictions beyond 5th May. It is hoped that a form of regatta season will resume before a rescheduled and curtailed Irish Championships Regatta on 12-13 September.

#### INTERNATIONAL ROWING

With most major rowing events now cancelled for 2020, international regattas of Irish interest

for 2020 are now limited to the possibility of rescheduled European fixtures. It is hoped that three separate European Rowing Championship Regattas for Junior, U23 and Senior grades may be moved from the summer to September and October, subject to ongoing review over the coming months. The European Masters Regatta is also due to move from July to October however this is also subject to future public health advice and a revised date is due to be communicated this weekend.

#### MUCKROSS LOTTERY

The Muckross Lottery remains suspended. No lottery draw will be held until further notice.

### DEERPARK PITCH & PUTT CLUB

**COURSE CLOSED:** At the request of Pitch & Putt Ireland after the announcement of the government's new public health measures last Good Friday we wish to let everyone know that the course is closed to play until Tuesday May 5th at the earliest pending further updates in the meantime. The Committee are monitoring the situation on an ongoing basis.

**COUNTY BOARD:** Please note that the County Board have informed us that they are not taking entries at the moment for the County Strokeplay due for Sunday May 9th as the situation remains unclear as to when some of the present restrictions might be lifted.

**MEMBERSHIP:** Anyone interested in enquiring about membership is asked to contact registrar Margaret B Looney on 087 9265747 for further information.

## WITHDRAWAL SYMPTOMS BY NICKY BARRY

*When a man discovers golf, it's inclined to change his life,  
He finds himself falling in love,  
as he first did with the wife.  
He thinks about it night and day,  
and buys all the gear,  
For he has to look the part, with cap, glove, shoes and shades.  
He takes a rake of lessons, and buys a lot of balls,  
A set of clubs and trolley, and in no time he's enthralled.*

*He can't believe that once, he had an attitude to golfers,*

*He thought they were hoity-toity, not like footballers or hurlers.  
He joins a club and gets a handicap,  
and soon he's on his way,  
For he can't get enough of it, and would play night and day.  
He makes new buddies over pints, for a regular fourball,  
And the wife is tickled pink, to see him enjoy it all.*

*He has years of sinless pleasure, on fairways, rough and greens,  
And then one day out of the blue,*

*comes this Covid-19.  
Overnight the course is closed, and the bar as well,  
From the heights of paradise, he plummets into hell.*

*He's confined to the house now, and acting like a bear,  
And when he gets withdrawal symptoms, whines it isn't fair.  
The poor man starts twitching, at the smell of fresh cut grass,  
And the wife makes a novena, that this Corona thing will pass.*

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### UPDATE FOR EMPLOYERS OPERATING THE TEMPORARY WAGE SUBSIDY SCHEME

**Public holiday pay for those on lay off.** The employee is entitled to be paid for the first 13 weeks of any lay off. The organisation of working act provides that these public holidays are paid as they fall due, however the act makes no provision for the current circumstances. Therefore employers operating the TWSS should pay for the accumulated public holidays on next normal pay run.

**The Temporary Wage Subsidy Scheme** enters the operational phase on 4th May 2020. In the operational phase, Revenue will provide all employers with details of the maximum subsidy and maximum top up for all employees currently on a J9 PRSI class and for any employees who might be placed on a J9 class during the remainder of the scheme.

This Revenue instruction will be in the form of a file (TWSS file) downloaded from ROS. It will require processors to log in to ROS and download the file there. It will operate in much the same way as P2C files were downloaded in the past.

#### UPDATE FOR LATE FILERS

Revenue also announced that it will allow certain employers who hadn't fulfilled their PAYE reporting obligations for February 2020 by 15 March 2020 to access the Temporary Wage Subsidy Scheme (TWSS). Having regard to the overarching ambition of the TWSS to maintain links between employers and employees to the greatest extent possible and to the generally tax compliant position of these employers, Revenue has allowed such employers access the Scheme provided:

- The employees in question were included on the employer's payroll on 29 February 2020,
- The February 2020 payroll submission was submitted to Revenue before 1 April 2020,
- Payroll submissions for all previous months were submitted to Revenue before 15 March 2020.

For help, support and advice on the above or on any of your HR & Payroll needs please feel free to contact us.

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### PHONE (Kerry):

# 0761 07 7860

Email: tralee@citinfo.ie  
**10 - 4pm Monday to Friday**

### National Phone Service:

# 0761 07 4000

**9am - 5 pm Monday to Friday**

We regret Killarney, Kenmare, Caherciveen, Killorglin, Dingle and Listowel are closed for now. Their phone-lines are diverted to Tralee and we will continue to monitor emails. Apologies for any inconvenience this may cause.

---

Information & advice is available on;

- COVID-19 Measures • Health
- Income Supports • Housing • Social Welfare
- Education • Employment • Family Matters
- Many other topics

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# LOOK WHO'S OPEN!

In this week's **Killarney Outlook** we look at the business who are open and serving their customers following Government guidelines or who are available through their social media or by telephone



Restocking the popular 'Dine in For Two' fridge at M&S, essential workers L-R Cathy O'Sullivan & Emma McCarthy. PICTURE: MARIE CARROLL-O'SULLIVAN



Popular Customer Services representative, Julie McCarthy, pictured working at Tesco Deerpark during the pandemic. PICTURE: MARIE CARROLL-O'SULLIVAN

## Fossa

Foley's Spar

## New Street

Kennelly's Pharmacy

O'Sullivan's Pharmacy

Dunnes Stores

Healy's Shop

Bank of Ireland

An Post

Sheehan's Centra

All Care Pharmacy

Den Joes

## Main Street

Tan Yard for Take Away

AIB

Sheehan's Pharmacy

## High Street

Sewells Pharmacy

Who's 4 Shoes are available through all their social media outlets

Star Seafoods

Dealz

Khao - Take Away only

T. Cronin Butchers

French Bakery

## Lewis Road

Dominos Take Away only

## College Street

The Dungeon

Variety Sounds through Facebook &

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Gleasons Spar

Reen's Life Pharmacy

## Innisfallen Shopping Mall

Tim Jones Butchers

## Beech Road

Genting Thai

Horan's Health Store

O'Connor's Newsagents

Tesco

Killarney Credit Union

## Park Road

Circle K

Hegarty's Spar

Park Road Pharmacy

Zin Garden Take Away

Daly's Supervalu

Trants Pharmacy

Mr. Price

## Arbutus Drive

Horan's Health Shop

Horan's Fruit & Veg

Quinlan's Fish Shop

Tim Jones Butchers

Aldi

## Deerpark Shopping Park

Tesco

Dealz

Boots

Marks & Spencers

## Woodlands Industrial Estate

Kerry Agri

Kerry Tool Hire



Adhering to government guidelines at Boots Pharmacy, Deerpark with a smile L-R Timothy O'Connor & Teresa O'Neill. PICTURE: MARIE CARROLL-O'SULLIVAN



## The Reeks

Centra

Kennellys Pharmacy

Mahers Butchers

The Carry Out Off

Licence

Lidl

## Muckcross Road

The Carry Out Off

Licence

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*Father God I come to you today, Just as I am, I ask you to forgive me for my sins and I ask you Jesus come into my heart, I make you the Lord of my life, Fill me with your Holy Spirit, I choose to follow you all the days of my life, in Jesus name I pray.*

Facebook on New Beginnings Killarney 

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## A Word of Victory

Welcome back dear reader lately we have all been through much change. Some good and some bad. For those who have lost family members this is a time of grieving their loss, a time of heart-ache. If this is your situation dear friend though things will never be the same without your loved one, we pray that you would experience the comfort of God's love and the trauma you have been through be healed, so that your good times can be remembered with joy until you meet again (Psalm 34:18; 1st Thessalonians 4:13-18).


Through this crisis many people have been feeling isolated and alone, fearful and stressed (2nd Timothy 1:7). Some others have rediscovered the joy of living very simply; and those who have been able to take a break off the treadmill of modern life have enjoyed being at home with family - a time of restoration and refreshment (Psalm 23).

The apostle Paul spoke of learning a secret to living peacefully in every situation. Whether he was in lack or in plenty, through good times and bad - he learned to be 'content'. He trusted God with his problems knowing only He had the answer. And he made this proclamation: "for I can do all things through Him (Christ) Who gives me strength." (Philippians 4:4-13) Paul later told his friend Timothy that in 'true godliness with contentment there is great gain' (1st Timothy 6:6). Friend, no matter what happens, after this virus we have learned that though we humans think we are smart and powerful, in a flash everything can change and ultimately we really have no strength in ourselves (Isaiah 40:28-31). Yes, we can support each other and do good things for one another, but we each enter this life alone, and we will leave it alone. This virus has showed the world - the powerful, the rich, the poor, the strong and the weak alike that our lives are but a fragile vapour (James 4:14). The Lord did not send this virus - it came from the pits of hell - but He sure can use it to turn people's hearts from the path of destruction that they were on (Matthew 7:13-14). God desires that all men be saved, and come to the knowledge of His love through the One He sent to reconcile us back to Himself - Jesus Christ His Son, who paid for our freedom with His life. (1st Timothy 2:3-6; Isaiah 61). Repent and respond to His call today! God loves you precious one.

**See more at [wordofvictory.net](http://wordofvictory.net)**  @WOVKillarney 

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



## Gardening with Killarney Outlook


by John O'Sullivan

### Focus on Lawn Care


This is the time of the year that your lawn is really starting to grow. It is an important time for feeding, killing moss if you have some and weeds. You can get a 3 in 1 solution for this which has a moss killer, a selective weed killer and a fertiliser to feed your lawn.

Probably one of the most important things to keep your lawn looking good, is regular mowing rather than leaving it get too high and then cutting it.

Also, edging your lawn near footpaths and patios really makes your lawn look good.



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



## SELF ESTEEM

### PART ONE

Self-esteem is determined by how much we value ourselves, and tends to develop from early childhood right into our adult years. Healthy self-esteem is maintained when we achieve a good balance between feeling capable while also feeling loved. Self-judgement or the judgement of others can trigger low self-esteem. Negative self-talk such as 'I'm no good', 'I'll never succeed', 'nobody like me' can all contribute to our low self-esteem. The more we use this negative self-talk the more we begin to believe its fact.

There are many ways in which we can raise our self-esteem and begin to feel better about ourselves. These include

**Positive Self-Talk:** Why not change the way you talk to yourself by giving yourself positive statements. Replace the negative thoughts with something positive and create positive affirmations. Look at what you do well or what is working in your life and begin to 'change the recording' in your mind to incorporate these.

**Positive Self-Care:** When we begin to take care of ourselves we begin to feel good about ourselves. This involves eating healthier food and cutting out junk. Exercise is also vital to help us feel good about ourselves and feel energised. Talk a walk, run, cycle or dance; do whatever feels good for you.

Do things you enjoy: What do you love to do? Make a list and ensure that you do at least one pleasurable activity each day. Remember your Success: Look at past successes you have had and draw from these. Reflect on an achievement or a challenge you overcame. Be sure to give yourself credit for this and remember, if you did it once, you can do it again.

Spend time with good people: Be sure to spend time with people who treat you well and try to avoid negative people who put you down.

Don't compare: Comparing ourselves to others can really dent our self-esteem. Instead of focusing on the success of others - we need to focus on ourselves and what we can do better. Comparing ourselves will only bring us down.

Take small steps: Set small achievable goals so you can see your success as it unfolds. This will result in feeling more successful and confident and lead on to greater accomplishments.

Be prepared for setbacks; they are part and parcel of life. However, the way in which we deal with a setback can greatly impact our self-esteem. If you are unable to achieve a goal, try again or change tactic.

*Next week we will continue to look at Self Esteem and ways in which we can nurture self-esteem in our Children.*

**SouthWest Counselling Centre, Killarney** provides affordable professional counselling to children, adolescents adults and couples at its Killarney Centre (Lewis Road). To make an appointment call: 064 6636416/064 6636100 E: [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)

SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.



# LIFE AT THE FRIARY DURING COVID 19

**The Franciscan friars – the six at the friary, Killarney -recently met together – keeping their social distance! – and asked themselves the question - How are we doing?.**

Speaking to the Killarney Outlook this week, Fr Liam said "There was a good discussion, and it was generally felt that we had become more monastic, like living in a monastery".

He explained: Franciscan friars live in a friary and they are frequently out among the people, whilst monks live in a monastery and live the enclosed life. He said it is like being on a long retreat – daily prayer, household tasks and lots of time to read, preparing sermons, and looking up a cookery books! and maybe having time for a hobby - we miss the people very much, he said. The six friars are from various countries, - Ireland, England, Germany and Sweden – so they all now have one more experience in common – their home countries are all suffering the consequences of the coronavirus. Fr Liam said It is so sad to be in the church with doors locked and empty seats. The prayer life continues and in this prayer the people are specially remembered. Various tasks continue, cooking, general cleaning, woodwork and gardening. Fr Vincent continues to minister as Chaplain in the Bon Secours Hospital Tralee. The prayer for the people, especially the sick, has taken the shape of a Holy Hour which I began before the Blessed Sacrament each morning – many join this in spirit in their homes, reflecting on a Scripture



Fr Liam broadcasting.

passage which I share out each morning. This Holy Hour has now developed into the celebration of a Mass in the Friary Prayer Room. The Mass is streamed live and then followed by a half hour of ADORATION. It begins at 11.15 a.m. on each of the four mornings, Monday, Wednesday, Friday and Sunday. Viewers are invited to unite in their homes with this time of prayer, said Fr Liam. The transmission can be followed on the internet. To find the Franciscan Page check into Killarney Franciscans on Facebook. The monks of old had a motto –ora et labora– pray and work - and that's what the monastic friars in Killarney are trying to do.



Fr Antony in the garden



Fr Lars in the kitchen.

## 5TH ANNIVERSARY

IN LOVING MEMORY OF

**DENNY MORIARTY**



COOM, GNEEVGUILLA

In loving memory of a dear husband and father whose anniversary occurs on the 4th of May.

*We won't forget the face we loved,  
Or the memory of your smile,  
Or the countless things you did for us,  
To make our lives worthwhile,  
A thoughtful husband, a special friend,  
A wonderful Dad to the very end,  
A gentle nature, a heart of gold,  
These are the memories,  
We will always hold.*

Always remembered, never forgotten.  
Sadly, missed by your loving wife, Peggy,  
daughters, Juliette, Aileen,  
Denise and son Jason.

## NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

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

Amen.

Say this prayer for three days. Publication of prayer and favour will be granted. Never known to fail.

X

## 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.

T.L.



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