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Marie & Denis O'Carroll, annual organisers of the highly successful 'Walk for Nathan' Darkness into Light Pieta House Walk which was due to take place this weekend, 9th May. "Push the Button" for Pieta House is the message this weekend by donating online via Darkness into Light and keeping it in Killarney by selecting 'Nathan's Walk'. PICTURE MARIE CARROLL-O'SULLIVAN



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EDITOR'S NOTE

W

e all experienced an ease to restrictions this week, none more so than the over 70's who have been patiently cocooning for the past 7 weeks.

The extension of 2k to 5k for exercise was very welcome and Killarney Outlook photographer Marie Carroll

O'Sullivan took full advantage of it when she was out and about doing her now famous cocooning pictures. A Doctor at UHK is calling for a change to the school year, the family of Nathan O'Carroll are appealing for donations to Pieta house and almost 1000 people are part of a Pictures of

Life challenge. As a country we are doing an amazing job in the battle against COVID-19 and we urge you to stay home, stay safe and stay positive. #flattenthecurve

Aisling Crosbie,
Editor 086 0400958



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DOCTOR CALLS FOR CHANGE TO THE SCHOOL YEAR

TRALEE-BASED hospital pharmacist **Dr Sile O'Connor** has started a national campaign urging the government to change the school calendar to keep children at home during the winter months. Dr O'Connor, who is the Antimicrobial Pharmacist at University Hospital Kerry, says this would make a huge difference to the way respiratory diseases like flu and Covid 19 spread. It would reduce the pressure on the health services in winter, she says, as well as benefitting schools and colleges in many ways.

Speaking to the **Killarney Outlook** this week, Dr. O'Connor explained her proposal that the school/college year should run from February to November/December, closing for 2-3 months over the winter and for a shorter break in the summer.

She listed the following benefits to society if this proposal were to be adopted:

- (i) reduced respiratory virus transmission during the worst of the winter weather
- (ii) reduced absenteeism due to respiratory illness in students, their parents and teachers and, by transmission, in the community in general
- (iii) reduced pressure on healthcare services and in the costs associated with the treatment of winter respiratory illnesses
- (iv) reduced school/college electricity bills, heating bills and associated carbon emissions
- (v) reduced school related traffic problems and increased opportunities for pupils to walk to school/college in more clement weather, while also reducing carbon emissions

Dr. O'Connor is the mother of four school-going children and is also a member of Dr Nuala O'Connor's antimicrobial review group for GPs. She said the school closures during this pandemic are a serious concern to her as a parent, and she

thinks her proposal to change the calendar would 'future proof our education system against respiratory viruses'.

'The current COVID-19 crisis gives us an opportunity to consider this option,' she said. 'My sister Dr Caitlín O'Connor who is a GP in Tralee and a mother of five, strongly supports this idea. She says it would greatly improve the picture in her waiting room during the winter months.'

'If schools and colleges are to reopen in 2020, pupils could re-enter the class they left on March 13th and complete the curriculum for that year. Those completing state exams could do so in November, which would be fairer to those disadvantaged during the closures. If necessary to curtail the transmission of SARS-Co-V-2, non-exam classes could delay their full return until early 2021, with only those in exam years using school facilities until then,' she said.

'Many college courses are module-based so it would be relatively easy for them to change to the new schedule. I know there would be an element of upheaval in making this transition but I believe it would be to the benefit of all society in the intermediate term,' Dr. O'Connor said.

'My own children say this change would allow



Dr Sile O'Connor.

them time to play in the snow! Other parents have said it would reduce the pressure from peers to give expensive Christmas presents, and would make Christmas time more family orientated again,' Dr. O'Connor told the Killarney Outlook. 'Our government are acting on excellent advice and have not put a foot wrong in managing this pandemic, and I would like to take this opportunity to applaud and thank them sincerely for keeping our country safe. Ireland, under direction, could become a world leader in building an education system to better protect its society from future viral attacks,' she added. The issue has also been raised through Norma Foley TD with Stephen Donnelly, Health Spokesperson and Thomas Byrne Education spokesperson.

NATHAN'S FAMILY CALL FOR DONATIONS FOR PIETA

While we can't walk from Darkness Into Light this year due to the ongoing global pandemic COVID-19, we can continue to support Pieta's lifesaving services. On May 9th, it was expected that over 250,000 people would come together on every continent to walk together, highlighting the fight against suicide and self-harm. Darkness Into Light, proudly supported by Electric Ireland is the main annual source of funding for Pieta. Instead this year a "Darkness Into Light 'Sunrise' appeal is taking place this weekend on May 9th and the charity is encouraging people to donate what they can and

come together while remaining apart by getting up at 5:30am to watch the sunrise. Recent research revealed that 1 in 5 Irish people are suffering from depression*. And the need for Pieta's lifesaving services has never been greater as COVID-19 impacts not only on the nation's physical health but its mental health too. In Killarney, the parents of Nathan O'Carroll who died by suicide, Marie and Denis O'Carroll have asked that those who had intended in taking part in the walk would donate. "We are so grateful to everyone who has supported Pieta over the years, and while this

year is different, we are still asking for your generosity through donations", Marie told the Killarney Outlook. Please donate to the sunrise appeal at www.darknessintolight.ie and join us for sunrise on Saturday May 9th, because during the darkest times, we're brighter together.



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TO BELARUS WITH LOVE.....

KILLARNEY FOLK MAKE MASKS FOR ORPHANAGES



Garda Brendan O'Donovan who made the journey to the Burren Chernobyl Project in Co. Clare this week with 1200 masks which were made in Killarney.

Once again the people of Killarney have come up trumps when it comes to supporting those in need.

In last week's Killarney Outlook we highlighted the plight of the children who are living in Orphanages in Belarus where COVID-19 has taken hold.

There is no personal protective equipment in the orphanages and the majority of those living there have underlying health problems.

A facebook call out by Killarney Outlook Editor Aisling Crosbie, got the crafty among us going and within days hand made masks were being made the length and breath of the town and further afield.

With the help of Killarney Gardai Brendan O'Donovan and Tom Moynihan, masks made in Caherciveen by Dress Designer Hazel Comyn were collected and delivered to Killarney, members of the Kingdom Gospel Choir took on the task and made masks as did individuals who just wanted to help.

Killarney Driving Instructor Kay O'Donoghue was first off the mark with a promise of masks and she was quickly followed by numerous people, some who donated money to buy masks and some who sponsored masks like Breda O'Connor of Kerry Phone Centres.

The children from Belarus have always had a special place in the hearts of Killarney People and the local committee, The Friends of the Children of Chernobyl have donated €5,000 to the Burren Chernobyl Project to buy PPE for the orphanages from money raised in Killarney.

There was also some very generous donations to the group during the week and Sheila Goulding, Treasurer of the group thanked all those who donated.

On Monday, almost 1200 masks were collected and packed and Tuesday evening, Killarney Garda Brendan O'Donovan made the trip to Ennistymon in Co. Clare to deliver the masks to Br. Liam from the Burren Chernobyl Project.

The masks are now making their way to Belarus where they will go a long way in helping to protect these vulnerable children and adults.

A huge thank you to all who helped this very worthy cause.



Some of the fantastic volunteers who made masks over the weekend.... top left - clockwise - Kay O'Donoghue, Breda O'Donoghue, Siobhan and Caoimhe Lynch, Annie Rose Vogels, Caitlin Kerins and Kathleen McAuliffe.

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IMPACTED BY COVID-19 EMERGENCY



A new inter-agency group has been established in Kerry to provide support and advice to businesses during the COVID-19 public health emergency. The group is today launching a new business support helpline which will be available to anyone in the retail, tourism, manufacturing, constructions, services and other industries as a source of information and advice.

Led by Kerry County Council's Economic Development Unit and Local Enterprise Office, the inter-agency group also includes

representatives of Fáilte Ireland, Enterprise Ireland, Kerry Education and Training Board, Udarás na Gaeltachta and the local development companies, South Kerry Development Partnership, IRD Duhallow and North East and West Kerry Development.

The new helpline is now available on 1800 807 102 and will be available Monday to Friday from 9am to 5pm.

Director of Services for Economic Development with Kerry County Council, Mike Scannell, said the new committee recognises that the

Kerry economy is being severely impacted by the COVID-19 emergency and will work with businesses in Kerry through the current challenges.

'Further to the government's National Action Plan on COVID-19, Kerry County Council initiated a series of meetings with key stakeholders and business leaders in the county. The new inter-agency group which has followed from that is focussed on supporting businesses through the current climate and also beginning to chart how the business sector can recover when restrictions ease and the worst of this emergency is behind us.

'We want to ensure that the correct and most appropriate information is available to businesses and will coordinate the assignment of the most appropriate sources of support to business in need of assistance. So this new helpline is an important first step and our group will be looking at other meaningful and practical steps we can lead out on to help the economic recovery in Kerry over the coming months and years,' he said.

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KERRY TOURISM INDUSTRY FEDERATION CALLS ON GOVERNMENT TO SAFEGUARD THE TOURISM INDUSTRY

With visitor numbers to Kerry expected to fall by 78% resulting in 11,300 job losses, the Kerry Tourism Industry Federation (KTIF) has called on government to safeguard tourism in the Kingdom.

Among a raft of proposed measures, KTIF has called for a nationwide catalyst package to encourage domestic holidays, once the national travel restrictions have been lifted.

"Tourism is our lifeblood," says Pat O'Leary, Chairman of the Kerry Tourism Industry Federation. "The tourism sector is critical to the economy and viability of life in Kerry, it impacts on every household. It was the first industry to feel the economic devastation of the Covid-19 pandemic and it may well be the last to recover."

Tourism in Kerry generates €661 million annually, employing some 14,000 people. Covid-19 has forced 82% out of the workforce into unemployment. Tourism supply and support businesses have also been severely affected with thousands of employees out of work and companies struggling

to survive.

"Our members are now faced with the difficult decision of whether or not to open for what will be left of the 2020 season. Many may never reopen unless the government takes a proactive stance. We need help to navigate our way through this crisis," says Mr O'Leary.

Further to extensive consultation with Kerry tourism practitioners and engagement with public bodies over the past number of weeks, KTIF has drafted a programme of measures which have been presented to government representatives. These measures, although devised in Kerry, could be implemented on a national scale. The programme of measures is based on two prerequisites - survival and recovery for businesses and their employees.

In order to ensure the survival of tourism businesses, KTIF is calling for a two year VAT amnesty followed by a scaled increase; for the rates relief scheme as announced by central government to be extended to a period of up to



**KERRY
TOURISM**
INDUSTRY FEDERATION

9 months, with no upper monetary limit; for a restructuring of existing loan finance with either interest free or ECB lending rates as well as government backed guarantees for extended terms; for a rebate on insurance premiums paid in line with the period businesses have been closed followed by a comprehensive reform of the insurance sector and; for a revision of the criteria relating to LEO support mechanisms to facilitate employment grants for employment creation in the tourist sector.

In order to enable tourism businesses to recover, KTIF is calling for government to channel employee supports through the employer and facilitate a meaningful, effective and productive use of employee

support payments; for a guaranteed extension of the wage subsidy scheme for 6-12 months to allow facilities to re-employ staff and re-open while incorporating socially-distanced, and therefore reduced, capacities; for a business reactivation fund that will enable and encourage businesses to re-open and generate employment while investing in new Covid-led infrastructure, hygiene protocols, sanitisers, PPE, employee training and intensive risk assessments procedures; for a stimulus package that encourages domestic tourism once restrictions on travel have eased; for a commitment to invest in the development of the tourism product for the new Post-Covid world and; for a Kerry representative at the cabinet table.

Shining a light on Mental Health Services

In response to COVID-19, Shine has put a number of measures in place to ensure continued support is provided to people experiencing mental health problems in our community. Our service is available to anyone who is experiencing mental health problems and their families, carers and supporters by phone and email.

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WHEN 2 BECOMES 5... MARIE GOES FURTHER AFIELD THIS WEEK

This week **Killarney Outlook** photographer **Marie Carroll O'Sullivan** was able to go a little further to meet people who were put out a call on cocooning within her 5k.



Mostly I've noticed not seeing Donie on his bike going in and out of the estate as often as I do in 'normal times'. Meet Donie & Mary Moriarty, popular Killarney couple who are cocooning during the pandemic. They are so grateful to Maura & PC for doing their shopping and to Mike who picks up anything they need over the weekends. Donie & Mary miss their family fierce but are thoroughly enjoying their weekly Activity themed Skype Calls with their grandchildren - Bingo, Quiz & Talent Shows. Mary wanted to say a huge Happy Birthday to her granddaughter Aoibheann who turns 7 on Monday and a big Hi to all her grandchildren Shannon, Daniel, Emer, Eric, Mark, Jack & Paudie who she misses very much.



Yessss at last, 5K meant I got to call to see Betty Crosbie. Betty had a cup of tea and a little jug of milk ready for me to sip outdoors whilst we chatted through her conservatory door. What a treat! Betty is doing great and has high praise for the Gardai most especially Garda Eddie Walsh. She says he calls most days and if he doesn't one of his colleagues does. She loves it! As anyone who knows Betty will know the outstanding work she does for the Children of Chernobyl. Betty is grateful that her three daughters check in on her daily - Aisling, Karie & Noelle. She is also very grateful to Mary Delaney who lives close by who calls to see her for the chats and the news every evening. - I admired Betty's beautiful home "the upsidedown house", not that it's untidy, just you enter the house from the upstairs where the kitchen & conservatory are downstairs. The house is beautiful and dates back to 1729 as a lodge for Coolclogher House across the road. Always a pleasure to meet Betty... thanks for having me



Well I wasn't the only one 'driving by' the Collett house hold recently. Congratulations to Richard who has just turned 70. Given the pandemic Richard had not expected a party but he was pleasantly surprised with an orchestra of beeping cars passing his home to 'celebrate with a difference'. Richard & Eileen are keeping well. Richard is cocooning and Eileen gets the necessary supplies keeping it local. They both agreed that they are missing social interaction and getting out and about mostly. They love listening to Ray Kennedy live on the Tatler Jack Facebook page weekly. They also love listening to Dermot Moriarty on Kerry Radio. Richard & Eileen have 5 grandchildren who they wanted to give a big shout out to Aoibhe, Luke, Casey, Dayna & Issac.



I've missed seeing Anne myself at The Shire for breakfast, our paths crossed regularly, so I rang her daughter Aine to see if I could pop by one day. Proprietor of The Shire, Ollie Favier, had clearly missed Anne too and had been in touch also. Here she is having a great laugh with her granddaughter Laura. Popular Killarney lady, Anne O'Shea lives at O'Sullivan's Place and is grateful to have her daughter Sinead, who works at Kerry Parent & Friends, living with her during the pandemic. Anne was full of gratitude for the amazing family that surrounds her and her equally great neighbours & friends. Anne is delighted with her 14 grandchildren most of which visit her at the front wall or the back gate of her home - Alan, Peter, Laura (pictured here with Anne), Neil, Darragh, Luke, Conor, Tadhg, Cian & Leah and she is missing her Cork granddaughters too - Amy, Rachel, Sarah & Kate. Anne said her sons & daughters are amazing and phone her daily as do her friends, one of which she sat beside in primary school and they have been great friends since.



For those of you who don't know Maureen McCarthy, you're missing out. I didn't know her at all, just met her once but I could have sat for at least another half an hour chatting to her. Maureen is cocooning regardless of Covid19 except for special occasions, mass and the hairdressers. "I miss my niece Triona a lot as you can see Marie". The name Mary Horgan came up in conversation as a lady she wanted to say thank you for doing her shopping. Maureen called Mary Horgan "a genius" and said "make sure to write that down". Maureen keeps herself busy daily. She loves Radio Kerry and the Afternoon Show at 3:30pm. Maureen said she worked in Pretty Polly for 25 years and she is so lucky to have many friends from her work place that phone her often. Maureen wanted to say a special thank you to her nephew Murt O'Shea who delivers her dinners from Sheahan's on Muckcross Road and to Derry & Julie who never fail with a beautiful Sunday roast every week.



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ANNIE ROSE SCALES THE REEKS PEAKS TO WIN LUXURY BREAK

Alock-down competition organised by the Reeks District tourism agency has been won by a young Killarney adventurer and her mum.

Annie Rose Vogels, supervised by mom Maureen Hegarty-Vogels and dad Thys Vogels, took on the challenge of creating a video of how they could complete the Reeks District Big Five Challenge during lockdown after a selection of Big Five Adventurers posted an appeal for people to try and better their own efforts from a video campaign launched in mid April.

As soon as restrictions are lifted, the pair will get to enjoy their prize that includes the cream of Irish adventure activities, including climbing Carrauntoohil, kayaking on Caragh Lake, cycling the Ring of the Reeks, surfing on Inch Beach and taking part in an after-dark SUP adventure on Lough Cloon. Throughout they will get stay in lakeside luxury at Carrig Country House and dine in some of the region's best restaurants such as Ard Na Sidhe Country House on Caragh Lake and Killorglin's Sol Y Sombra.

The Big Five Lockdown Edition competition was launched in mid-April when adventure tourism companies in the Reeks got together to create a fun video showcasing how they were keeping their adventure spirits up during the Covid-19 crisis. Their video was seen by more than 30,000 people who were challenged to create their own version of the film – and



two of the entries were chosen for the final reckoning in a battle to see which effort got the most Facebook 'likes'.

After five days of keen voting as the finalists mobilised their friends and family to vote, Maureen and Annie's version held a narrow 831-764 victory over the entry from fellow finalist Kilcummin-based Geraldine O'Halloran and her family. In total, the two videos were seen more than 10,500 times.

Speaking after their win, Maureen said: "We are all keen mountain climbers, love the outdoors, hillwalking, kayaking, cycling ... so the prize is right down our alley. We love the idea of the Big Five initiative and it really will be a family adventure for us, while also an amazing challenge. It's really something to look forward to once lockdown is over and we can make a weekend of it."

MONICA STEPS OUT FOR THE HOSPICE



With many charities cancelling fundraising events and facing difficulty in the future raising vital funds, the resilience of the Irish is starting to show.

There are many wonderful people out there who are coming up with innovative ideas to cope with the Covid 19 crisis. Amongst them are people who are coming up with their own plans to help fundraise for their chosen charities.

One such person is Rathmore lady Monica Sheehan. Monica is a retired Director of Nursing with the HSE. She has been involved with Kerry Hospice and Palliative Care Services since 1991. She has come up with her own fundraising plan. For the entire month of May she is walking 20,000 steps every day and she would welcome your support. She realises that the present crisis is proving to be financially challenging for many people. However, she would appreciate any little support you can afford to help her reach her target of €20,000. Should you wish to do so you can donate on-line by going to the link shown hereunder.

"The Palliative Care Services in Kerry deliver a quality caring and compassionate service of very high standard to families and patients. It is essential that the Kerry Hospice funding is maintained during Covid 19 pandemic", Monica told the Killarney Outlook.

"I urge people to give what they can and want to thank everyone who has supported the cause already", she added.

The people of Kerry have always been fantastic supporters of Kerry Hospice. Since it was founded in 1990 they have donated in the region of 12 million euro to the foundation. They can be very proud of the fact that their donations have supported the funding of the fantastic palliative care services we now have in this county including: the "Suaimhneas" Day Care Centre and 15 bed inpatient unit located at UHK as well as supporting the Home Care nursing teams. Your ongoing support is greatly appreciated by Kerry Hospice.

<https://give.everydayhero.com/ie/monica-sheehan-does-620-000-in-may>

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Finally Let Loose...Re-emerging after weeks of cocooning Residents of Woodlawn Park, Killarney, celebrating their freedom 'Butterflies let loose' on Tuesday morning May 5th, on 'the green'. Holding their sign, Pam Brosnan, left, Chair Woodlawn Residents and Eileen Tucker. Back row from left, Tim Brosnan, Derry Pyne, Angela Curran, Rosemary Nolan, Jimmy O'Leary, Noel Wade, Pat Lehane, Mella Wade, Hazel O'Connell, Eileen Lehane, Dan O'Leary, Pat O'Connor, John Nolan, Gerry O'Donoghue, Maureen Teahan, William Herlihy, Breda Herlihy, Josephine O'Connell, Maureen Kiely.
PHOTO: VALERIE O'SULLIVAN



Marie Clarke from Coolgreane Park celebrated her birthday weekend and was spoiled with beautiful gifts and flowers from her family, friends and neighbours - all adhering to social distance guidelines.



Eddie Keogh Upper Lissivigeen Killarney celebrating his Birthday cocooning with his wife Anna on Sunday 3rd May. Eddie was visited by some of his family while adhering to social distancing guidelines. Lots of Birthday wishes for Eddie came from his Children : Caroline, Julie, Aideen, Edward, Richard, Paul & Adele & their 20 Grandchildren.

EASTER SUNDAY 2020 – COVID 19 By John Galvin ©

It's Easter Sunday 2020,
An Easter like we've never had before.
We're battling Covid-19
It's scary all round with no one to be seen.
Lockdown is an uneasy feeling,
Everywhere is silent and still.
As I look out from my bedroom
At dear old Carker Hill.

Social distancing, self isolating and cocooning,
Are words new to us all.

As we battle this virus to answer Ireland's Call
Stay at home is the message and this plague will pass
It's tough enough surely when we can't even go to Mass

We Irish are tough, of that there's no doubt,
We're all in this together and we'll battle it out.
Let's fight together and fight like never before.
And let's not stop till we banish this curse from our shore.

Health is wealth or so we are told,
You can't really buy it, even if you have buckets of gold

We salute our heroes, the frontline medical staff
Who face the music day after day
They must never again be seen on a picket line
Asking for better conditions and pay

In normal times there is hustle and bustle
And sometimes we haven't time to look at the clock
But now that everything is at a standstill
Perhaps it's time to contemplate and take stock

So let's all knuckle down and fight the Corona virus
The good deeds of many are there to inspire us.
At times like this we should all kneel and pray
Let's enjoy nature and savour each day

When all this is over, we will all breathe a sigh
To Covid-19 we can then wave goodbye
It's tough right now but better things will get
And as the old saying goes "We've never died a Winter yet"

In the meantime with the crisis progressing
Let's think about all the good things we're missing
And when it all comes to and end
Oh boy won't there be some hugging and kissing

They say the darkest hour is before the dawn
And that every cloud has a silver lining
So if we all emerge unscathed from this pandemic
Then all Irish eyes will again be smiling.

LORRAINE O'REILLY

Originally from Cavan but now living in London, Lorraine has played the the biggest venues, shared a stage with Emeli Sandé and only recently toured with Russell Crowe and his band. Check out Lorraine live on Tatler Jack Facebook page Friday at 9pm

JENNIFER LYONS

performing across Europe and America, Jennifer's debut single, Exodus, was released at the end of last year. Jennifer will be live on Tatler Jack Facebook page Saturday at 9pm






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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



JMAC.

Have your business listed by emailing
news@outlookmags.com



Celtic Whiskey Bar.

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

The Celtic Whiskey Bar

All Care Pharmacy

Den Joes

Main Street

Tan Yard for Take Away

AIB

Sheehan's Pharmacy

Old Market Lane

JMac IT & Office Solutions

Mailbox

High Street

Sewells Pharmacy

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

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Lewis Road

Dominos Take Away only

College Street

The Dungeon

Variety Sounds through Facebook & Instagram Variety_Sounds

For orders, enquiries and deliveries contact Pat on 064 6635755

Gleasons Spar

Reen's Life Pharmacy

Plunkett Street

Mike's Take Away

Innisfallen Shopping Mall

Tim Jones Butchers

Beech Road

Genting Thai

Horan's Health Store

O'Connor's Newsagents

Tesco

Killarney Credit Union

Leaders Computers

Park Road

Circle K

Hegarty's Spar

Park Road Pharmacy

Zin Garden Take Away

Daly's Supervalu

Trants Pharmacy

Mr. Price

Arbutus Drive

Horans'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

The Reeks

Centra

Kennellys Pharmacy



A familiar face, Frances Griffin, serving the community at Tesco Deerpark, Killarney.

PICTURE MARIE CARROLL-O'SULLIVAN



A smile from Roseanna McGough as she and her colleagues continue to serve the public at Tesco Deerpark during the pandemic. PICTURE MARIE CARROLL-O'SULLIVAN

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Lidl

Muckross Road

The Carry Out Off Licence

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Sheehan's Centra

Applegreen

Hegarty's Supermarket



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Price Region: €180,000
BER C2



7 COILL DAIRE, FAHA, KILLARNEY
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Price Region: €358,000
BER A3



MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



SHOULD YOU BE CONSIDERING SWITCHING YOUR MORTGAGE

Yes, because some of the Irish mortgage lenders have much lower mortgage interest rates compared to others. There has been a lot of discussion recently in the media recently as regards mortgage switching this is because there can be a very substantial difference in interest rates and monthly repayments between lenders. For example on a mortgage of €200000 over 30 years based on a property value of €300000 and comparing current fixed interest rates one lenders 2 year fixed rate is as low as 2.30% (3.50% APR) which costs €770 per month whereas another lenders 2 year fixed rate is as high as 3.30% (APR 3.96%) monthly repayment €876 per month.

The monthly repayment for the lender with the higher rate is a staggering €106 per month more expensive. Over the term of the mortgage you could pay €38,160 (approx) more in interest, this figure will change depending on interest rate changes in the future. Of course you would need to qualify for the mortgage with the new lender and also there are many other considerations and information you need to know before proceeding further. Most lenders will also cover the cost of paying the legal fees for switching your mortgage. An experienced mortgage broker should be able to discuss your options with you in plain simple english and answer any queries you may have.

If you have any other queries regarding the above or any other matter you can contact Dermot Cronin QFA at 0646622775 or dermotcroninifa@gmail.com

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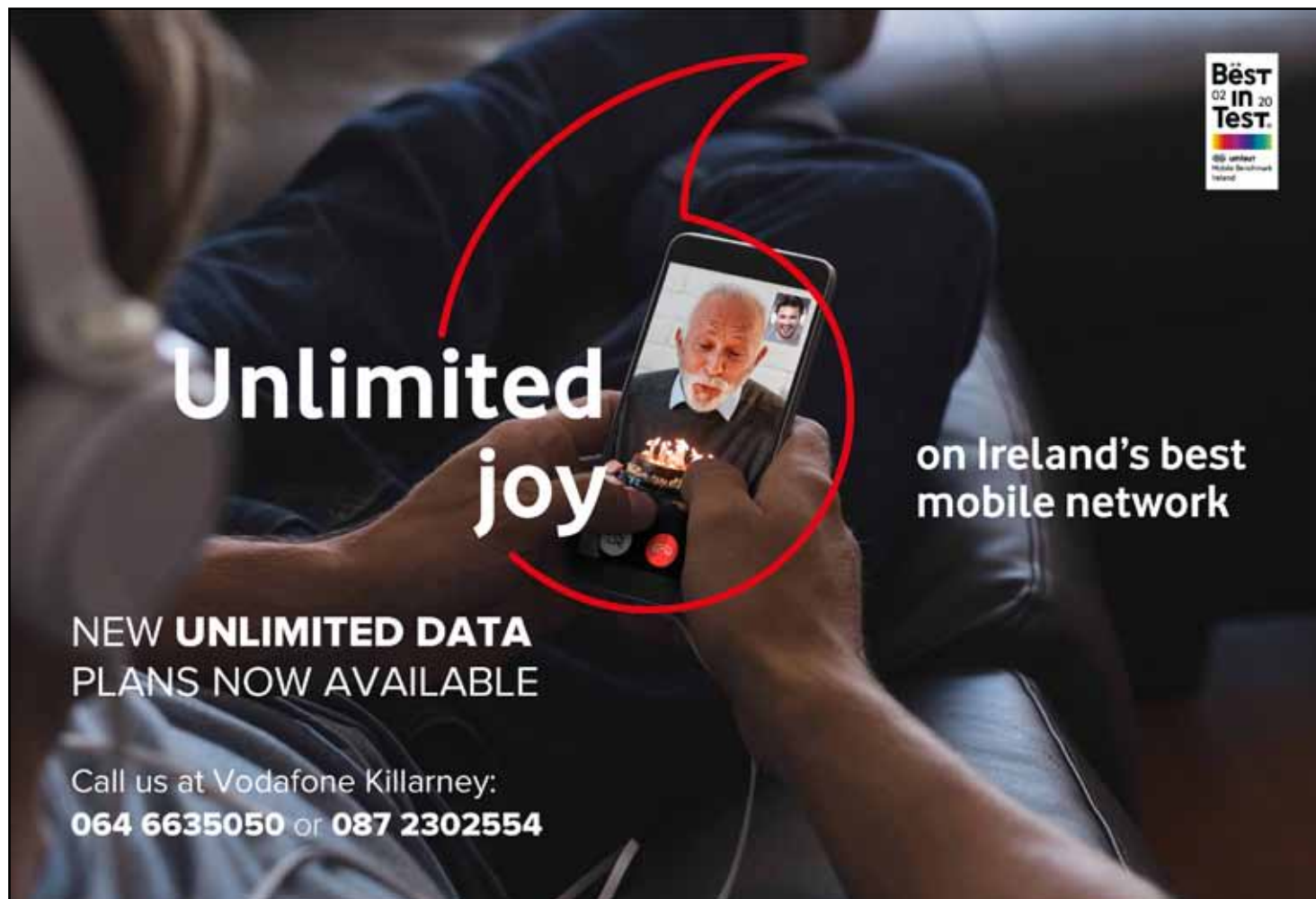
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BER: C2



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GUIDE PRICE: €199,500



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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
Instagram : themamamovement.ie | Facebook : themamamovement.ie

GOING FROM STRENGTH TO STRENGTH...

LISTRY MEALS ON WHEELS IS A COMMUNITY AFFAIR

A local community are supplying clients in their area with wholesome meals three times a week.

Listry Community Centre - Meal on Wheels-delivers professional nutritious meal to all their clients in the Listry/Ballyhar/Milltown area and these are delivered by volunteers, some of whom use the Social Spin Car from Faha Court Bar & Restaurant.

Volunteers and staff strictly adhere to the HSE Covid-19 regulations and Chef Cathriona Doody O'Connor said that there has been an increase in the number of clients during Covid-19 pandemic. "I would like to thank all the volunteers for dedicating their service during these very difficult times", Cathriona told the Killarney Outlook.

"At the moment there's nine volunteers using their our vehicle armed with sealed boxes containing meals with are plated for the requirements of each clients dietary needs", she added.

Drivers ensure that clients get their meals at the same time every Monday/Wednesday and Friday.

Should you wish to avail of this service or become a volunteer contact Cathriona 087 9381063 or Tony Darmody 087 2563883



Cathriona Doody O'Connor, Chef at Listry Community pictured with the Meals on Wheels.



Local man Tom Doona receiving his meal



Volunteers Pa and Ruairi Murphy who help deliver the meals.

TREAT YOURSELF AT CELTIC WHISKEY BAR

From sliders to scampi and from cocktails to cider, Celtic Whiskey Bar on New street is now open for takeaway. Announcing the news this week, the Celtic Whiskey Bar are offering plenty of delicious bites including Cauliflower and Courgette Pakora as well as customer favourites like the Celtic Whiskey Bar sliders.

Drinks will also be available for takeaway including 1 litre growlers of draught beer, cocktails & bottles of wine. So why not experience the Celtic Whiskey Bar & Larder from the comfort of your own home, to place an order, please call us on 064 663 5700 or email info@celticwhiskeybar.com Takeaway will be available Monday to Sunday from 4pm until 9.30pm everyday



Snap Happy...

TY STUDENTS GET CREATIVE

A group of Transition Year students at St. Brigid's Presentation School in Killarney organised a photography competition for the other students in their year this week with the theme of 'Quarantine and Social Distancing'. The aim of the competition was to encourage students to get out of the house

to do something creative, have a bit of fun and put their photography skills to the test! They received some beautiful and poignant photos including the winning one by Mehek Simonova Asghar and - Magdalena Weglarz striking image - which truly is a sign of our times.



- Magdalena Weglarz striking image was in the top five.



Mehek Simonova Asghar won competition with this image on Main Street.



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London in Lockdown

Tara tells us about life in the city of London

Killarney native and London Resident

Tara Cronin tells *Killarney Outlook* about live under lockdown in London.

St Patrick's "Month" as we now fondly call it **Sin London, normally full of celebrations, and the chance for the Irish Community in London to come together was not to happen in 2020.**

The community known for poetry, prose, song, hugs and warm welcomes were told on Friday 13th March that all celebrations in London were cancelled.

Gathered in Mayfair for the infamous St. Patrick's Day breakfast thrown by Michelin Star Chef Richard Corrigan for what we did not know that day was to be the last day that we would all be together for some time. That morning the news filtered through that the London St Patrick's Day Parade and Annual St. Pat's black-Tie ball were to be cancelled. Although probably the last parade to be cancelled we did not envisage at that time how Covid -19 would affect all of us both at home and abroad.

What followed after that day was to be a roller coaster of events for me personally. I had the privilege of working with Chef Corrigan for 5 years and had just moved to take up a position with icap (immigrant counselling & Psychotherapy) as Fundraising & Events at the start of February. On St Patricks Day we were all told that we would be working from home for the foreseeable future in keeping with Government Guidelines, our CEO had been planning for this and so we all packed up our desks and headed for home. It would be a St Patricks Day we will not forget for a long time.



That week we also discovered that my brother had contracted the virus and what turned in to a very worrying two weeks meant that the virus had come in to our family and we together were praying for his recovery. He is now slowly returning to some normality and we are very thankful and lucky. Stark cases numbers and deaths released each day bring home the harsh reality that this deadly virus is with us for a long time and adjustments need to made to our lives to save lives.

I am still very grateful that I am still working from home and adhering to the guidelines of only leaving the house once a day to take exercise. Living in London for over 20 years its "home" for

now but not my native Aghadoe where I miss every day and counting the days when I can fly into the gem of Kerry Airport and spend time in Killarney. Each day I am very grateful for my friends and family in Killarney, keeping in touch with everyone thanks to modern technology, what's app, Facetime & Zoom.

London Town is a ghost town, the buzzing Piccadilly Circus, Mayfair and all the places that I took for granted are now ghost towns and colleagues from the hospitality industry all wondering what the future will bring.

One thing that has come out of all of this in London is that everyone comes together in an effort to help all those that are in vulnerable positions. The Irish Ambassador and his team at the Embassy are working tirelessly with the Irish agencies in London that look after our community. Irish companies in London also coming together and supporting the community. Lots of events to be rescheduled including the Darkness into Light London walk which I am proud to be chairperson of and together with the committee we are working to keep momentum going.

Together with my Mum, Dad & brother we are counting the days when we will be back in Killarney looking down on the lakes of Killarney and would like to take this time to say that we are very proud to come from what is an amazing town with great community spirit.

To quote Seamus Heaney – "If we Winter this one out we can Summer anywhere"



#KeepYourDistance
#StaySafe #StayPositive

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Cllr Niall Kelleher
MAYOR OF KERRY
here to assist at this time

Our office is closed but our team is always here to help you. Do not hesitate to contact us with any concerns at this time where we all need to work together by staying apart.

Contact
☎ **Mobile: 087 6694101**
Office: 064 6694101
✉ **ask@niallkelleher.ie**
29 HIGH STREET, KILLARNEY.

Working with you, delivering for you

KEEPING EVERYONE FIT AT HOME

..... WITH KILLARNEY OUTLOOK

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. For all 4 exercises, sit up nice and tall towards the front of the chair 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. Remember, only do what feels comfortable, these exercises should not be painful.



1) Punch towards opposite leg. Step one leg out to the front leading with the heel so that your toes point towards you. At the same time as the leg is reaching away, punch the opposite arm across the body towards the outstretched leg. Bring the arm and leg back to the starting position. Switch sides. Repeat 8 to 10 times each side, or as many as you feel able to do.



2) Stepping to the side. Step one leg out to the side, lead with the knee, keeping the ankle directly under the knee. At the same time open the two arms out the sides. Repeat stepping the other leg out to the side. Repeat 8 to 10 times each side, or as many as you feel able to do



3) Leg extensions. Keeping the nice tall posture throughout, lift one knee up and then straighten the leg out to the front pointing the toes towards you. Lower the leg back down and repeat on the other side. Repeat 6 to 8 times in each side, or as many as you feel able to do.



4) Neck stretch. Keeping the nice tall posture, gently hold the side of the seat to help keep your shoulders level. Keep your chin level with the floor at all times. Look over one shoulder. Only look as far as your mobility allows, avoid forcing the movement. Hold for 5 to 10 seconds. Repeat the movement on the other side.

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

Skipping 30secs

- Add in a 30secs skipping interval in between each set of 4 exercises to follow

Main section:

Pyramid workout

- Round 1: 1mins
- Round 2: 40secs
- Round 3: 30secs

Video will be uploaded Friday morning to compliment these exercises.



Exercise 1: Squats



Exercise 2: Arm circles



Exercise 3: Squat jacks



Exercise 4: Ab rope pullies



#KeepYourDistance
#StaySafe #StayPositive





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



PREVENT AGING EYES...

Never too early to start - part 1

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

Prevention is key:

1. Dehydration

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

2. Dark Circles

Thin skin and loss of collagen can make blood vessels more visible. Or blood can pool here temporarily because of poor circulation or lack of sleep. Pigmentation occurs from sun damage or post pregnancy. Place raw potato slices or cucumber slices over eyes for

brightening. A good light reflecting concealer is a great investment.

3. Puffy Eyes

Salty foods, allergies from inflamed blood vessels or stress and hormones can cause fluid retention under your eyes. Serums or gels are lighter, and a roller-ball applicator can help drain stagnant fluid under the eye. Keep your eye gel in the fridge. Caffeine in cold teabags makes a great eye compress to de-puff. Elevate pillows to prevent fluid building under eyes.

4. AGING

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

Get good advice to get the best result for your condition.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

What really matters to you

As we slowly think about coming out of lockdown from the Corona Virus Restrictions, it's a powerful exercise to spend a little time reflecting on what this time apart has meant for you. For many people it will have been full of fear and sadness, for others it may have meant a break from rushing around – a welcome rest. Our "old" ways of doing things has been challenged completely and I for one have found myself getting more in touch with what really matters to me and what's important.

As a Life & Body Confidence Coach knowing what matters and what you value is a powerful tool because it can help you create a "roadmap" for your life. When you know what is meaningful to you, you stop spending time on all the "stuff" that doesn't hold meaning for you or isn't important. This

way, you begin to live more "on track" or "on purpose."

Four powerful Coaching

Questions to reflect on:

1. What did you miss the most during this time of "lockdown?"
2. What did you learn about you during this time?
3. In what ways will you be different in the future?
4. What do you value the most in your life? The world has changed as a result of this pandemic and we too have also changed. The question is will it be for the better? Can we use what has happened and channel it to become a force for good in every area of our life?

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 Applications are now open for April training.



Astrid Longhurst

Life & Body Confidence Coach

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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.

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 2

3. **Start writing it down.** We spoke about journaling for mindset, but it is powerful too for accountability for exercise and food. Writing it down helps you recognise that it is achievable and where you may be going wrong. It's also a little pat on the back at the end of the day for all your hard work so your giving yourself a little praise and the human condition responds very well to praise when you achieve your daily goals.

4. **Get out of your comfort zone and step it up.** To be held accountable you must get out of your now "norm" routine and do something that challenges you. You may be apprehensive about this change but it is powerful to your wellbeing. Eg Try a workout you never tried before, or set yourself a challenge with friends, or join a group online like B Wells social media platforms to help motivate and join in & share. There is support out there so don't be afraid to reach out and get out of the comfort zone

5. **Get a trainer to help you personally online.** We have now moved our platform to help and support people with exercise, diet and mindset online so please don't hesitate to contact us for more info on this.

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

LEAVING CERTS MUST BE GIVEN FIRM INFORMATION AS SOON AS POSSIBLE



By Billy Ryle

'Fail to prepare, prepare to fail' is an axiom closely associated with the irrepressible Roy Keane. one of Ireland's greatest sportsmen. With 58,000 candidates looking to Minister Joe McHugh for leadership and certainty about the Leaving Cert exam, he had better not fail them. Emotionally stressed-out students haven't seen the inside of a classroom for the past eight weeks. They will not do so before the school year ends in three weeks' time on 29th May and, probably, not before 29th July.

Leaving Certs are totally in the dark about the logistics of an exam, the results of which will shape their futures. All the Minister has confirmed, so far, is that the exam will begin on 29th July. Detailed information won't be released until early June. The postponed practical exams will be rescheduled for late July or early August. No new date has been announced for submitting the Leaving Cert practical and project work.

It's all very uncertain! It's most unfair to keep Leaving Certs in the dark during May and then tell them to take a two-week break until 15th June. The Minister must do better and provide firm information immediately so that the candidates have time to be somewhat prepared for the 29th July start.

In his May Day address, Leo Varadkar confirmed that schools will remain closed until September or October. However, to add further uncertainty to an already fluid situation, a spokesman for Joe McHugh, Minister for Education and Skills stated that it was still the intention to provide two weeks of schooling for Leaving Certs in early July. Whether or not the fortnight of in-school teaching goes ahead will obviously depend on advice from the National Public Health Emergency Team (NPHET). For the moment, the status quo remains in place for Leaving Cert candidates.

Nothing has changed since the 13th March when schools closed other than the fact that the 2K exercise limit has been extended to 5K until the 18th May, when the Government's road map on easing the Covid-19 restrictions will start. The freedom to take longer distance exercise will be of great benefit to the mental and physical wellbeing of stressed out exam candidates. I encourage all of them to make the most of it. A brisk walk, a jog or a run is the perfect antidote to stress and physical tension.

I have been a lifelong advocate of the Leaving Cert exam as a fair and unbiased measurement of achievement. Irrespective of wealth or social status, the candidates who work hard invariably get the results they deserve. The State Exam Commission (SEC) also provides a range of exam supports, called "reasonable accommodations," for candidates with physical, visual, hearing and learning difficulties to remove, as far as possible, the impact of the disability on the candidate's performance in the exams. This facility ensures that no candidate for the State Exams is disadvantaged because of a disability.

This year is totally different. With the clock ticking, Leaving Certs are feeling isolated, confused and detached. They are struggling to remain exam focussed and motivated. Candidates from socially disadvantaged backgrounds and from families where the lockdown has caused social or economic difficulties are not on a level playing field. Candidates might decide to throw in the towel and wait until 2021 to do the exam. Even determined candidates are navigating a course to an unknown destination. It's unfair to keep Leaving Certs in the dark until June about Leaving Cert exam details. That information must be provided sooner rather than later.

CHECKLIST

- ✓ Leaving Cert candidates are looking to Minister Joe McHugh for leadership
- ✓ Leaving Cert haven't seen the inside of a classroom for the past eight weeks
- ✓ They are unlikely to do so before the Leaving Cert exam begins on 29th July
- ✓ Leaving Certs have been given no details about the July exam
- ✓ Details of timing, content, duration of the Leaving Cert won't be released until June
- ✓ It's unfair to keep Leaving Cert candidates in the dark during May
- ✓ The 2K limit in place for exercise has been extended to 5K until the 18th May
- ✓ A brisk walk, a jog or a run is the perfect antidote to stress and physical tension.
- ✓ Leaving Cert candidates are navigating a course to an unknown destination
- ✓ Minister McHugh must provide certainty as soon as possible
- ✓ Student Universal Support Ireland (SUSI) is now accepting grant applications
- ✓ Because of COVID-19 income uncertainty, all students should apply for a SUSI grant
- ✓ 5th May (12.00 noon): CAO online change of mind opened (free) at www.cao.ie
- ✓ 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

Sem reach National Environmental Awards

St. Brendan's College in Killarney are among 7 youth projects from Kerry that have reached the final of this year's Young Environmentalist Awards. Almost 500 applications were received, which is a record breaking number despite the covid interruptions. ECO-UNESCO will be announcing the winner's virtually on the 21st of May through YouTube live and social media platforms. The Young Environmentalist Awards (YEA) recognises and rewards young people aged 10-18 who have taken

environmental action and created projects that will help solve environmental issues. The event sees more than 4,000 participants each year. Although schools are closed during this time, young people are still continuing their environmental projects at home.

Some of the Kerry finalists include Bia Beo from Gaelcholáiste Chiarraí, Self-Sustainable Sem from St. Brendan's College, Killarney and Good Reason To Eat In Season from Sneem National School.



St Brendan's College, Killarney.

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Denny Street Campus: 066 712 1741 | clashroad@kerrycollege.ie

Listowel Campus: 068 21023 | listowel@kerrycollege.ie

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MY TOP FIVE SPORTING MEMORIES

Nicky Barry looks at his top five sporting moments.

Well known adopted Killarney man Nicky Barry was a keen golfer, known as the best putter in Killarney Golf Club at one time, he played many nights on the piano in various establishments in Killarney and also wrote The Scrubber column for The Kingdom Newspaper. In this week's Killarney Outlook, he tells us about his Five Favourite Sporting Moments.

1960 ALL-IRELAND FINAL

Football is a tribal thing, and we all belong, with each one to his own. We all have our county colours and our tribal songs. Kingdom braves rattle out The Rose of Tralee, and me and all my Norn Iron Indians chant The Star of the County Down. As Fr. Dougal might say, 'a tiger doesn't change his spots.' You're not gonna like this one folks, but put yourself in the place of a young fella from Down, starry-eyed in Croker as his heroes run out from the tunnel to meet the might of the legendary Kingdom in the All-Ireland Final of 1960. I remember it like yesterday. Here we were, no-hopers in the big time for the first time. This was Kerry's 29th final, and they had 19 titles to their credit. Well anyway, we started great, and got better as the game went on. It seemed like a dream at the time, but it wasn't - this was the real thing. The Down forwards weaved through the Kerry defence time and time again like wind through a field of corn. We were four points up at half-time, and couldn't believe it. With a James McCartan goal, and a Paddy Mo peno, we ran out double scorer winners, and Captain Kevin Mussen took Big Sam across the border for the first time. A sporting moment I will never forget!

WHAM-BAM TADO

Little did I know it at the time, but thirteen years later I would be back in Croker, and this time manager of a Kerry team contesting an All-Ireland Final. It was the Vocational Schools final of 1973, and Mayo were the opposition. I was teaching PE in Tralee at the time, and before we left for Dublin on the Saturday, I took the team to Fitzgerald stadium for a final tactical workout. It consisted of taking 25 fifties (as they were called at the time). The point was to have the forwards against the backs with mayhem in around the square. You could tackle the goalie at the time, and Aeneas Daly from Milltown floated in a succession of high fifties. The forwards went at it hammer and tongs, and the backs dug in and held them out. They developed a great appetite for square action, and didn't have to wait long for it in the final. After seven minutes we won a fifty, and Aeneas stepped up to do his business. The Mayo keeper was delighted with himself as he took the ball on his chest, and then WHAM-BAM!! In came Gneeveguilla son Tado McCarthy like a runaway train, and hit the poor Mayo keeper a skelp that I am sure was heard back in Ballina. To make a long story short, the keeper



hit the back of the net, and the ball trickled over the line. The green flag was raised, and we on to win the final by seven points. A sporting moment I will never forget!



PETER MCPARLAND'S FA CUP FINAL

In 1957, like every other lad in Newry I was a Man U supporter, until Aston Villa qualified to meet them in the FA Cup Final at Wembley. I had a problem, for a neighbour of mine Peter McParland played on the wing for Villa. His mother and mine were great friends, and I had his autograph. Peter was a big Norn Iron star, and overnight I became a Villa fan. This was decades before SKY, or any football hype, so to personally know a cup final player was a real big deal. Peter had been a Gaelic player with Newry Shamrocks, and like Tado Mc Carthy, having a go at the keeper was all good clean fun. Peter accidentally broke Ray Wood's collarbone in a hefty challenge, and scored the first Villa goal. Jackie Blanchflower went into goals for United, and Big Peter headed one past him in the second half to win the cup for Villa. Peter got a hero's reception back in Newry, and even all the

Man U fans turned out to welcome him home. A sporting moment I will never forget!

AMBROSE MAKES HIS POINT

Back in the '70's Tralee and Gneeveguilla qualified for the Kerry Vocational schools' U-14 football final. I was training the Tralee team, and the ref I remember was from Puck, with a gra for the county team. A giant of a young fella called Ambrose O'Donovan was mid-field and captain of the Gneeveguilla lads, and dominated the game from start to finish. At one stage we won a peno, and the bould Ambrose ordered his keeper out of goals. He stood in, saved the shot, picked the ball off the ground, and then soloed the length of the field, knocking over my Tralee players like skittles. At the end of a memorable run he put the ball over the bar in what was one of the greatest scores I have ever seen. A sporting moment I will never forget!

ONE OF THOSE DAYS

Although the son of a Kerryman, Dan Barry from Gneeveguilla, who went north in 1895, my father Gerry Barry never kicked a ball in his life, and had absolutely no interest in football. In 1960 Down reached their first National League Final in Croker, and Cavan and Down minors played in a challenge match before it. As I was picked centre-back for the Down minors, the neighbours pressed my Da into going to the match, and as was his wont, he fell in with a Cavan priest home from the African missions. I played a blinder to impress him, and managed to catch kick-outs from both goals. It was one of those days. We won, and when I made it home, there was the Da in the kitchen stirring leaves in a teapot. "Well, how did it go?" he asked. "We won," I said. "And tell me," said he, "what colour was your team?" "Red and black," I gasped. A sporting moment I will never forget!



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MILLTOWN/CASTLEMAINE

DARKNESS INTO LIGHT RUN / WALK'

The Corona Virus and associated restrictions is very challenging for all. Some people might find it more worrying than others and may need some extra support. There are many things we can do to mind our mental health during times like this. Most people's lives will change in some way over a period of days, weeks or months. But in time, it will pass.

These challenges are putting extra strain on the many mental health support groups who are doing tremendous work- especially here in our own county. Covid 19 restrictions have impacted immensely on the fundraising events for these voluntary groups and so we here in our club are embarking on our own 'Just Giving' fundraiser for Pieta House. The event - a 'Darkness into Light Run / Walk' can be completed anytime between 5pm on Friday May 15th and 5pm on Sunday May 17th and over a distance of between 1 and 5 km. We hope as many as possible will participate in this fun initiative and of course any donation will be most appreciated. Make sure to take plenty of photos to document your walk/run. You can dress in club colours or fancy dress is also be an option. So if you want to be a Cinderella and be home from the ball before midnight then the 11-12 slot might suit you. All the dashing princes might like to step it out then too! Or maybe you're the 'early bird that catches the worm' and so a sunrise saunter might be your cup of tea. Perhaps a post brunch brisk walk is your preference! So all you need to do now is choose a time that suits you/your family and let us know on 087/6536631.

We ask all participants to please familiarise themselves with the HSE Guidelines that are current on that date and fully adhere to them when participating.

EAST KERRY GAA NEWS

by Michael O'Mahony

EAST KERRY GAA BOARD WISHES

Deepest Sympathy to families & friends of



Not much social distancing on Munster final Day 2015 on the Lewis Road. PICTURE: ENDA WALSHE

following Deaths

Maureen O'Sullivan castleisland

John Fitzgerald Farranfore

Joseph O'Shea killarney

Daniel Healy Kilcummin

May they rest in peace

DR. CROKES

COVID 19 we are still at a standstill with all club activities. With the GAA announcement that there could be a resumption of activities on the playing fields on July 20 it gives a glimmer of hope. We are awaiting for further clarification from GAA. In the meantime the Clubhouse, Gym and Playing fields remain closed. Our weekly Lotto and Bingo are still postponed and being reviewed and we will inform you of resumption at the earliest opportunity.

In the meantime stay safe and follow the guidelines

ON LINE COACHING is one of the initiatives that has been introduced in the last few days and is being warmly welcomed. Following on from Eoin Brosnan, Daithi Casey, Pat & Gavin O'Shea, Amanda Brosnan, Fionn Fitzgerald and Kate Stack we thank Tony Brosnan, Johnny Buckley, John & Michael Lenihan Rheaune O'Shea, Oisín O'Connor, Daniel Healy and Kevin Landers for participating. In the coming weeks more nuggets will appear..

JUVENILES 200 TOUCHES DAILY during the present lockdown we encourage all juveniles to practise their skills. All you need is a ball and a wall.

MEMBERSHIP is now overdue and may be paid online. Registrar Frances O'Sullivan wish to thank all who availed of this facility and asks that anyone having a problem to contact her. Membership can be renewed on line visit drcrokes.com/news. Follow the links below to renew membership.

<https://clubforce.com/mobile-app/>
https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=5899#Anchor. We urge all members to download the Club Force app. as this will be our only way to communicate going

GAELTACHT SCHOLARSHIP is postponed for 2020 another victim of the dreaded virus.

GOOD TO SEE former juvenile player John Sully O'Sullivan in our midst again after a long battle with illness.

BEST WISHES to C team selector Tom Rohan who is recuperating from a recent accident.

CONGRATULATIONS to Andrew & Katie Kenneally on the recent new arrival.

SYMPATHY to former player Noel Patrick O'Sullivan on the death of his mother Kathleen. Go raibh de ar a anam dilis.

Timothy's family say thank you

Proceeds from the Charity Auction which was held in aid of the Kevin Bell Trust Fund in the Abbey Hotel, Ballyvourney on the 15th February, 2020 and organised by the Cork Limousin Club raised €25,565. The Kevin Bell Repatriation Trust has helped over 800 families since 2010 after Kevin Bell was killed in a hit and run accident in New York. It was set up by Kevin's father, Colin Bell.

The trust helped us with the repatriation of Timothy Kelleher in 2019. Timothy's family, Tony, Bernie and Anthony Kelleher from Ballyvourney wish to thank the Cork Limousin Club for their help and support for organising this Auction, to Jerh O'Sullivan Auctioneer for doing an excellent job on the night and thanks to everybody who kindly contributed items and cash, to those who

attended the auction and who supported the event in any way in helping to raise this enormous amount of money. Due to Covid-19 no official presentation of the cheque was able to take place. The €25,565 was lodged to the Kevin Bell Trust account on the 23rd March, 2020



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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.

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Damien McCarthy Assoc. CIPD 086 - 1936752

10 THINGS TO WATCH OUT FOR: EMPLOYERS REOPENING THEIR BUSINESS

1. Where Employers offer a **return to employment** to employees and it is then **refused** by the employee – **Documentation** accounting for this should be kept. "If it is not documented, it didn't happen" rule
2. **Medical advice** from a designated **occupational health therapist** should be available to the employer
3. **Returning Mothers** – Maternity leave expirations, usual laws apply
4. **Bank holiday accruals** – backdating costs for laid off staff
5. **Carers/Underlying health conditions** amongst staff, compassion must be shown.
6. Wage subsidy scheme/PUP tapering- The €350 problem! (Relates to point 1.)
7. **Employment law** – This has not changed.
8. **Redundancy** – law has not changed but is on hold, for how long?
9. **Real-time information** in line with **Business strategy** – payroll costs, overheads, outgoings, cash flow and the adaptation of HR policy to allow for swift responses from the Business and its people in circumstances that will frequently change.
10. **Home working** – time deadlines, policies developed or corrected, legal compliance assurance, expenses etc. (Revenue allows an employer to make payments up to €3.20 per day to employees who satisfy the conditions for the relief, without deducting PAYE, PRSI, or USC.

Once again as in point 7, all of the above as well as all the usual employment relations are subject to the same unchanged employment law with the exception of redundancy legislation being put on hold. Communication, Flexibility, Patience, Compassion & Understanding is going to be needed in abundance. We are all going through this together; we are all impacted in different ways at different times. Employers, staff, customers & the general public need to demonstrate all of these attributes. How the employer communicates this to workers is vital. A clear wide-ranging policy on returning to work should be developed and consistent ongoing communication and support provided to employees.

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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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/fundraiserforthadysullivan>. 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

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

SYMPATHY

Sympathy is extended to the family of the late Dan Healy, Rockfield, Tralee Rd. and late of Dooneen. May he rest in peace

KILCUMMIN LOOKING GOOD

Thank you all for making such great use of the Recycling / Bottle Bank at the Village Inn. If containers are full, please do not leave your bottles etc there but bring them home with you again. We 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. Bags and litter pickers are available from Tony O'Connor at 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, buggys etc. Take care everyone.

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. Items for inclusion can be dropped into the Rural Dev. Office before Friday 10am or emailed to info@kilcumminparish.com also items for the local publications can also be submitted in the same way.

IN THIS TOGETHER

An Taoiseach, Leo Varadkar has launched a new Campaign - In This Together - which aims to help everyone in Ireland to Stay Connected, Stay Active, and look after their Mental Wellbeing throughout the Covid-19 Emergency. The Campaign encourages everyone to pick a new activity which could help them to feel a little healthier or a little better as we deal with Covid-19. It signposts useful advice to help people of every age group to cope with the ongoing restrictions, whether they are looking after children, dealing with self-isolation, preparing for the Leaving Cert, or coping with cabin fever. In This Together will offer regular videos, ideas and activities for people of all ages throughout the Emergency, over social media, through our partners in the media and promoted by the Community Call Forums which have been set up across Ireland. All this information is being made available on gov.ie/Together, on your local authority website, on social media, television, radio and newspapers throughout the Emergency and you can find details of local initiatives on your local authority website.

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. Enrolment application forms are now available.

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

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.

BEAUFORT NEWS

Written by Cliona Coffey

COVID-19

We hope you are all keeping safe and well. Due to Covid-19, some parishioners have to self isolate for various reasons or are afraid to go out. The Club has a panel of volunteers if anyone needs help for these few weeks. You can contact Mary Jo at 086 3779702 or Kerry freephone number 1800 807 009 if you need any assistance.

SYMPATHY

Sympathy is extended to the family and extended family of Susie Breen who passed away last week. Susie was a great supporter of Beaufort GAA Club and travelled to every game at most levels wherever Beaufort were playing.

GET WELL

Get well wishes to Club member Gene Tangney who is recovering from illness at the moment.

HEALTHY CLUB

Beaufort will be taking part in Phase 4, Healthy Club Project in the coming year and will have to do two healthy projects or events. If you have any ideas, please contact the Club at 087 9975737 or any Club Officer.

HAPPY 70TH BIRTHDAY TO SHANACLOON'S PAT BREEN, A LEGEND OF BEAUFORT GAA

Pat Breen suffered a major tragedy this week with the passing of, his mother, Susie, who was also a great supporter of Beaufort G.A.A.



Pat Breen, Shanacloon who celebrated his 70th birthday recently.

The tragedy was compounded by the fact that neither he, his sister Mary, or his brother Brendan, could attend their mother's funeral due to the Covid 19 restrictions. A truly painful

experience for any family. Nevertheless on the occasion of Pat's 70th birthday it would be remiss of us not to acknowledge the huge contribution that he made to Beaufort GAA Club. Pat was part of the superb Beaufort Juvenile team that won the Mid Kerry Championship in 1964 and this was a team that really laid the foundation for the subsequent success of Beaufort Senior teams. He earned a name for himself as a great midfielder as he moved through the Minor ranks and quickly on to the Senior team in 1969. By the time the Novice Final of 1972 came around, though, he had moved to the full-back position and together with John Scully and the late Fr Michael Kelliher they formed a formidable full back line as Beaufort lifted the Cup. Over the following years he made the full-back position his own and there was no prouder man than Pat when Beaufort won their first Mid Kerry Senior Championship in 1976 with a comprehensive victory over Laune Rangers. Indeed on that famous day the Beaufort defence, marshalled by Pat, held the Rangers attack scoreless in the second half. The Club lost Pat's services through emigration but the legend lived on. Happy birthday Pat Breen.

Sympathy is extended to his family and extended family on Susie's passing.

FOSSA NEWS

Written by: Shane Kelly

FOSSA PARISH NEWSLETTER

Copies of Bishop Ray Browne's letter with his thoughts and May Message and Prayer are available with our Parish Newsletter courtesy of Foley's Spar Supermarket, Fossa.

GOOD NEWS FROM THE TAX MAN!

Fossa Parish is entitled to claim this money under the Charities Section of the Finance Act, with the cooperation of Taxpayers (PAYE and Self -Employed) workers who have donated €250 or over to the Parish in any financial year. Parish Envelope Offerings, Dues, and Sponsorship/Donations all qualify as donations for the purpose of the Parish claim. The Parish

Finance Committee will be writing to eligible people shortly. Monies refunded under this generous Scheme will play a vital part in funding major works planned for Fossa Church and the Carpark Outbuilding.

COMMUNITY ALERT

A Community Policing Response Team will be in your area today and may call to you. If you need anything please contact Killarney Garda Station on 0646671160 and they will call or if there is a vulnerable person in your area please let us know.

It is more important now than ever that Fossa GAA members pull together and look out for

the people in our community most affected. If anyone feels isolated or needs help, please do not hesitate to make contact. #ninesquaremiles #GAA

FOSSA GAA ON LINE QUIZ

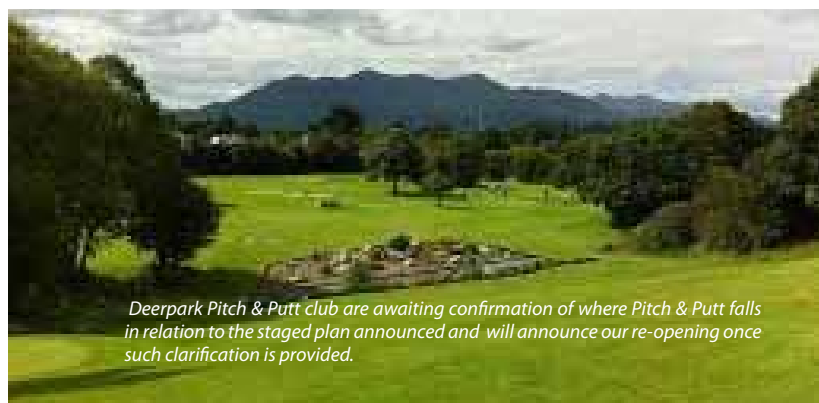
Many thanks to Gene and Amy Moriarty, also to our chairman and quiz master for the second night Dermot Clifford for entertaining us for a couple of hours over a couple of Sunday nights a few weeks back.

Follow us on Twitter, Instagram and Facebook. #fossagaa #oneclub.

DEERPARK PITCH & PUTT CLUB NEWS

COURSE REOPENING: The Committee acknowledges last Friday's announcement by the Government in relation to the re-opening of the country during the current public health situation. We are awaiting confirmation of where Pitch & Putt falls in relation to the staged plan announced and we will announce our re-opening once such clarification is provided.

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



Deerpark Pitch & Putt club are awaiting confirmation of where Pitch & Putt falls in relation to the staged plan announced and will announce our re-opening once such clarification is provided.

OUTLOOK GOLF

RATHMORE | GNEEVEGUILLA NEWS

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

END OF AN ERA – NEW BEGINNING AS RETIREMENT BECKONS!

Donie Reen, Rathmore, retires from Kerry Agri, store Rathmore, on Friday, 1st May after more than 46 years service. Donie began work on 31st December 1973 for 1 day with the Dairy Disposal Board before it was taken over by Kerry Co-op. On behalf of the parish and farming community and your co-workers past and present, we would like to wish you Donie and Sheila and family, a long, healthy and happy retirement. All the best for this new chapter in your life. May all the years ahead bring you great joy and relaxation.

SYMPATHY

To relatives, neighbours and friends of Thade (Timothy) Daly,

Gullane Cross, who passed on Sunday 26th April. To Mary Dineen, Rathmore & Abbie Dineen & family, Hollymount & Dineen family, Knocknaloman & Millstreet, on the death of Áine Galvin (nee Dineen) Tralee & formerly of Hollymount who passed on Wed. 29th April. To Bridie O'Sullivan & family, Rathbeg on the death of her sister-in-law Hannah Mary McGrath (nee O'Sullivan) England & Rathbeg who passed on March 17th in England. kitty Casey Hollymount Rathmore and Dan Joe Cronin sheena Headford, May they all rest in peace

SPEEDY RECOVERY we wish speedy recovery to Mike Herlihy Goulane Gneeveguilla and hope he back full health very soon and we pray for him and his wife Anne & 2 year old daughter Lilly & families light candle & say prayers for them in this hard times.

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,



Donie Reen pictured on his retirement with his colleagues. PICTURE: TIMMY O'LEARY

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.

BUSINESS OPEN IN RATHMORE PARISH RATHMORE

McCarthy Londis
O'Keeffe's foodstore filling station
Reens pharmacy
Christy's Take away
McCarthy's Butchers
Rathmore District Credit Union
BLAZE PIZZA & GRILL,
Hickeys centra & filling station
Kerry Agri Store Rathmore
Guerins Foodstore filling station Ballydaly cross.
Gneeveguilla

McCarthy Quick pick
Gortabawn

Paddy O'keeffes store

knocknagree - king plaza Take way

If you would like to be included, contact me and I will include your business in next week's issue.

SOCIAL ACTION GROUP

The Rathmore Social Action Group will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time.

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

FREE DELIVERY SERVICE

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.

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.

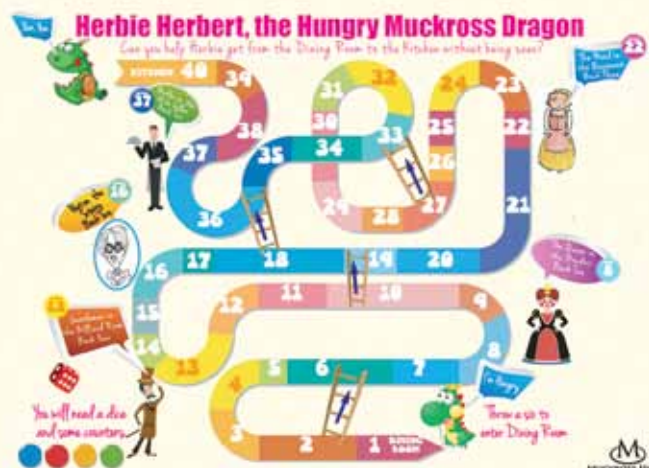
HELP HERBIE FIND THE KITCHEN...

Following their recent call to young artists and writers, Muckross House Library would like to say a big 'Thank You' to everyone who participated in our recent children's research project.

Last week Researchers at Muckross House, through Killarney Outlook, asked those aged 12 years and younger to describe, in pictures or words, how children might have lived in Kerry a century ago. We were delighted

with the response and we will shortly present a prize of €25 for the four best entries. The winners will also receive a free family visit to Muckross Traditional Farms.

In the meantime, perhaps you might like to help Herbie Herbert, the Hungry Muckross Dragon, to find his way to Muckross House kitchen. He needs a snack! You will need a dice and counters to play this game



SPA GAA

Written by: Deirdre O'Sullivan-Darcy

ALL GAA ACTIVITY STILL SUSPENDED

While the country is still under restriction of movement and activity, the club grounds and facilities will remain closed completely until further notice from GAA headquarters. There is hope of some GAA returning during the summer, but for now, players, members and the general public are not allowed use of Club Grounds or Facilities for any activity including training or recreational while the current restrictions are in place.

5-PHASE EASING OF RESTRICTIONS

Taoiseach Leo Varadkar gave a State of the Nation address on Friday and a full breakdown on details is available online through gov.ie. The current restrictions are in place until Monday May 18th BUT from Tuesday May 5th there are 2 changes to the current restrictions: 1) While still recommended to remain cocooned, those at risk (health issues, elderly etc) can leave the home and travel within a distance of 5km, but while doing so are asked to limit or avoid contact with other people and 2) The 2km exercise limit has been extended to 5km.

From May 18th, the plan is to open the country in slow staged phases - 5 stages all 3 weeks apart - with the 5th and final stage expected to commence on August 10th. All stages to be continually assessed and changes to be made accordingly and depending on how the virus is spreading.

Phase 1 starting on Monday May 18th:

Outdoor work (construction, landscaping etc) can resume. Certain retail outlets like garden centres, repair shops and DIY stores can re-open

Non-contact outdoor sports and fitness activities

can resume BUT in small numbers only

Regular health services will resume operating

People can begin to meet again BUT only in small groups (max 4 people) outdoors. Good hygiene practices, regular cleaning etc will remain in place for some time to come, and, importantly for many, schools and colleges are not due to re-open until September/October at the start of the new academic year.

SYMPATHY

Sympathy is extended to Rosarie O'Leary, Lissivigeen, on the recent passing of her brother Sean in Cork.

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 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).



Kerry Intermediate Champions 2009 (Spa v Currow, Fitzgerald Stadium, October 25th 2009)

Front L-R: Damien O'Sullivan, Paul Casey, Andrew Garnett, Conor Gleeson, Tomás Lynch, Niall O'Mahony, James Devane, Brian Gleeson, Eoin Cronin, Pat Cronin, Paul Russell, Paul Kelleher, Shane Devane, Bryan Russell
Back L-R: Shane Fenton, Anthony O'Sullivan, Adam O'Reilly, Pa Murphy, Fergus Clifford, Hugh O'Donoghue, Cian Tobin, Kevin Healy, Michael Stam O'Donoghue, Aidan Cahill, Kieran Herlihy, Andrew O'Sullivan, Cormac Cronin, Jim Morris, Michael Finnegan, Michael O'Doherty, Willie Cahill (selector), Sean Moynihan (manager), Michael McAuliffe (selector)



Spa won the county rural competitions in both U14 and u15 grade in 1972 Celebrating Spa's U14 and U15 success at the club social in 1972. Front Row L-R: Willie Doherty, Willie Cahill, James Cahill, Martin O'Sullivan, Donal Cronin, Eoin O'Riordan
Second Row L-R: John O'Leary, Donie O'Keeffe, Seanie Kelliher, Fr James Linnane, Timmy Joe Sullivan, John Cahill, Con O'Sullivan, Paddy O'Leary, John F O'Connor and Patsy Casey. Third Row L-R: Martin Kissane, Neil Dennehy, Charlie O'Neill, Danno Sullivan, Sean Cronin, Kevin O'Sullivan, Paul McGuire, Kevin Cronin, Paddy O'Leary, Neilly Doherty, Mick O'Leary, Mike Moynihan, Derry O'Mahoney and Andy Regan Back Row L-R: Joe O'Sullivan, Pat Cronin, Michael O'Sullivan, Liam Courtney, Dan O'Leary, Pat Morris, Teddy O'Sullivan and Denis Spillane

WELL DONE TO OUR U10S

Well done to our U10 players and parents who created a video clip showing our youngsters are still practicing their skills while in lockdown. Video can be viewed on our website or social media pages.

SPA ARCHIVES

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.

SPA LOTTO

The Spa Lotto remains 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.

STAY UP TO DATE ON OUR SPA NEWS

Keep up to date with all our Spa news and all our archive footage being added to the website by

visiting www.spagaa.com and click the subscribe link at the bottom of the page.

ITEMS FOR NOTES

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

ADVICE ON COPING WITH LIFE IN LOCKDOWN FROM OUR HEALTH & WELLBEING OFFICER

Reminder of the advice from our H&W Officer Margaret Doyle on ways to cope with the current restrictions: 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.



JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

SPORTS SCHEDULE

There's always been light at the end of the Covid19 tunnel, and it shines a little bit brighter as Leo Varadkar's road-map to resumption of ordinary life started to kick in this week and a programme for, among other things, a reasonable road-map for a return of sports. Of course, it has to be stressed that this is all contingent on the numbers of confirmed cases staying low. It's not enough to just 'flatten the curve', it must actually decline. This must be based on the actual numbers, not any hopes, wishes, or even 'expectations'. Actual numbers per diem.

Cards on the table time for me personally. I am looking at these as objectively and honestly as possible and I do fully sympathise with all the sports organisations and clubs (both amateur and professional) who are anxious to get back to action as normal. But it seems obvious to me that if it's not safe to send my child to school, it's not safe to be meeting up for anything else either. I would link the resumption of one with the re-opening of the other. I have no time for this idea that 'closed doors' are a safe way to resume sports - players are people and have families too. Germany had re-started team training in the Bundesliga and had been hoping to restart this week. That was put on hold when three players from Cologne FC tested positive for covid last Thursday week.

The 5km limit also applies, which creates a slight anomaly - an awful lot of golf club members, for example, don't live within 5km of their course. I honestly think that leeway should be made in such circumstances, but I understand that you are creating grey areas in a matter that needs to be treated as black and white.

STAGE ONE

From May 18th, it's planned that public sports amenities 'where social distancing can be maintained' will be re-opened. Golf Courses, Tennis facilities, etc. I'm fully in favour of that - I particularly think that golf (I don't play myself) is a great outlet for people and two metre separation is easy once you keep the clubhouse closed. Pitch and Putt was a haven for children when I was young. 'Pitches' are included, but non-contact training is limited to four people maximum. That's four, including the trainer or coach.

STAGE TWO

From June 8th, people will be allowed to engage in "outdoor social and sporting activities involving small group team sports training where social distancing can be maintained and there is no contact". Matches will not be allowed. Non-contact group training? In GAA, rugby, soccer, basketball? Quite frankly, I'm very sceptical here. Human nature being what it is, I expect that this will be treated as a



The 18th on Killeen at Killarney Golf and Fishing Club. PICTURE: IAN CRONIN.

license to resume full team training, just with players arriving and leaving separately. It's up to club and county administrators to take on responsibility here.

STAGE THREE

From June 29th, closed doors sporting activities (i.e. not open to spectators - outdoor is obviously far preferable to indoor) where arrangements are in place to enable participants to maintain social distancing will be allowed. I once again have to point out the massive elephant sitting in the room for those who are missing it. In almost all team sports in Ireland, marking and tackling opponents is a crucial part of the game. That is the exact opposite of social distancing. It's closer to blossoming romances coming up to closing time on a Saturday night than it is to social distancing. Stage Three quite clearly and obviously does not apply to these sports - but again, I expect that it will be applied and will be impossible to police.

STAGE FOUR

From July 20th, sports team leagues can resume, but only with limitations on spectators and with social distancing for everybody attending including players. Ah yes. Football, hurling, soccer, and basketball games where the players remain two metres apart at all times. That great British comedy troupe Monty Python may have departed the scene, but their legacy lives on proudly. Public swimming pools will be opened on the same date where they can show effective cleaning and social distancing (limited swimmers and ropes to divide the pool, I imagine).

STAGE FIVE

From August 10th, restrictions will be lifted and physical contact sports will be allowed. Gyms, dance halls, and sports clubs will be open.

CHAMPAGNE FOOTBALL

Paddy Osborne has written a strong contender for Sports book of the Year already - 'Baxter's Boys' is proving hugely popular and with very good reason. Anyone involved in local sport knows that Paddy has a keen eye, a sympathetic nature, and a dry wit and humour that has been honed in his native Dublin.

In fairness, Irish Times journalists Mark Tighe and Paul Rowan have written something of a sporting roller-coaster themselves called 'Champagne Football'. I'd argue that, while a lot less humorous, it has a far more outlandish and imaginative plot, but strains the credibility too often with outright farce. Except that it's true. It's the story of John Delaney's rise up the greasy pole of the FAI after his father's fall from grace (Joe was forced to resign after blatant financial irregularities were exposed in the sale of 1994 World Cup tickets). The stand-off between Mick McCarthy and Roy Keane in Saipan sparked off an examination of the FAI, the Genesis Report, that was hugely critical. John Delaney, then treasurer, was one of those who supported FAI President Milo Corcoran's ousting of CEO Fran Rooney. In 2004, Delaney took over the reins and promised to implement the Genesis Report's proposals. He then spent a decade and a half dragging an FAI administration which had been universally despised from its earlier days to lower depths than it had ever sunk before. This wasn't exactly a secret to anyone in public, let alone journalists, but the FAI (as in Delaney and his cronies) had deep pockets and expensively amoral lawyers and media organisations weren't willing to risk litigation. Until, in early 2019, the Irish Times stood by their reporters Mark Tighe and Paul Rowan. As layer and layer of corrupt misuse of funding (mostly legal, since the governing body set the rules) was uncovered, Delaney's bluster wore thinner and thinner and he finally stepped down. It has to be said that Kerry soccer administrators at adult and juvenile levels backed John Delaney to the hilt long after his

dishonesty was obvious. The FAI still haven't published the reports into the full extent of the disaster – they seem to keep hoping to draw a line over shifting sands. This book, like former Secretary Brendan Menton's 'Beyond the Green Door' in 2003, is a good insight into a sports body that didn't care in the slightest about its own sport. Champagne Football is an description meaning an open, attacking, positive style of football. Champagne football in the FAI? Ah, stop, you're making me laugh too much. They drank plenty of champagne and never did anything for soccer in this country. Unfortunately, one has to question how much things have changed. UEFA recently announced that they will, be giving National Organisations (not that it was ever going to trickle down to our League of Ireland clubs, by far the most neglected area of the FAI and simultaneously the most important one under their remit) of €236.5 million from their Hat-Trick Programme several months early to help with dealing with the Covid crisis. Great news for the FAI? No. It was finally admitted that the FAI had already drawn down that 2020 funding.....back in 2018. Good old John was still announcing proudly that the FAI finances were in fine shape and that they would be 'debt-free' by 2020. Former FAI Secretary Michael Cody and former Treasurer Eddie Murray had already agreed to a €3 million retirement package for Delaney by then (the Finance Director, Tom Dignam, was never informed and it never appeared in accounts). Former Virgin Media Managing Director Pat Kiely is the hot favourite to take over from Gary Owens as FAI CEO shortly. He has some job on his hands.

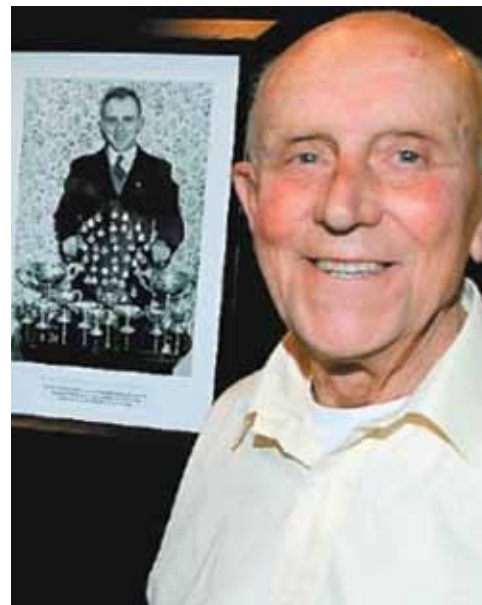
BILL BEAUMONT RE-ELECTED TO WORLD RUGBY

Former England captain Bill Beaumont has seen off a strong challenge by his former Deputy, former Argentine captain Augustin Pichot to win re-election as President of World Rugby by 28-23. Beaumont won largely

because of backing by France's Bernard Laporte. This is a lot more than a win that shifts power to the Northern hemisphere. It is likely to have a profound impact on rugby's development in the future. Beaumont is in favour of increasing Tier 1 countries and increasing international competitions. Pichot, who had a lot of public backing from public players and commentators like Tony Ward and Clive Woodward, wanted to stabilize and concentrate of developing standards within countries, especially at club level. It would have meant less revenue but stronger roots. He was, however, also in favour of a Global League. Crucially, Beaumont wanted to bring the developing countries into the big competitions but out of the boardrooms where decisions are made. Pichot want to improve standards while maintaining tiers (he did want the Lions to travel to less traditional countries such as the US, something that I would have thought an obvious marketing move) but was anxious to broaden the governing body and democratize the voting (the Six Nations countries have 18 of the 53 votes on the table). No commentator has any objections to the likeable and honest Beaumont (Fiji's Francis Kean, who nominated him, is an entirely different matter) but most agree that this is an overly conservative if not actually retrograde result. As always, it will depend on what nettles the President chooses to grasp – and how firmly.

PADDY DOWNEY RIP

In 1946 Fr. Tom Jones and James Fitzgerald established a handball court in Tralee. Prior to that, Paddy Downey, apprentice printer with the Kerry Champion, would practise by hitting the handball against the printer's keys. The arrival of Tipperary's Joe Hassett, a champion in the game, saw a huge rise in the sport in Tralee. Kerry players like Danno Keffe, Jimmy 'Gawksie' O'Gorman, and Paddy Bawn Brosnan were regular opponents and close friends. The All Ireland Junior Final in 1951 between Paddy and Dublin's Des Dillon is still considered the



greatest handball game of all time – Paddy took a big lead in the deciding set but just barely held on to win by a single ace. Paddy won the All-Ireland Senior Softball Singles in 1958 and 1961 and landed the Senior Handball Singles in 1958, '59 and '60 and again in 1962. He also won 11 senior doubles titles, 10 with Jimmy O'Brien (seven in softball) and one with Joe Hassett. Paddy and his great friend Jimmy O'Brien won five doubles All Irelands in a row from 1960 – 1964. Paddy was one of those who set the stage for the likes of Roundy and Murty McEllistrim, Maria Daly, Ashley Prendiville, and more recently Dominic Lynch, John Joe Quirke, and Jack O'Shea. Louise ni Muirheartaigh was an underage champion before turning her sporting ability to the bigger ball. I only met Paddy once myself, a quiet and friendly gentleman, but I knew of his huge influence long before that. He was President of Kerry Handball at the time of his passing. May he rest in peace.

GAA SEASON TICKET REFUNDS

If the Irish Times have to be congratulated on exposing FAI misfeasance, The Irish Examiner deserves high praise for calling out the GAA on its abysmal behaviour regarding season tickets for 2020.

In early April, the GAA announced that they would not be issuing refunds because of a clause in the conditions of sale that said that "In the event of the GAA season, Allianz National League or Championship being postponed, due to circumstances outside of the control of the GAA (Natural Disaster, Pandemic, etc) there will be no refunds available for GAA season tickets."

Unfortunate for people, but fair enough. Until The Irish Examiner looked into the matter and were able to show that the season tickets were not sold with any such condition. That clause had been very quietly inserted in

the first week of the closure of games due to coronavirus. After their actions were exposed, the GAA issued a statement that "With reference to the updated terms and conditions applicable to the GAA Season Ticket, this was seeking to provide greater clarity to the existing terms and conditions for our season ticket holders and not an attempt by the GAA to step back from its obligations in dealing with the matter at hand."

Since when does "clarifying the existing terms" include making up completely new ones, and in what possible way was it not an attempt by the GAA to step back from its obligations?

To be fair, the subsequent condemnation has seen a reversal in that, where there will either be a discount on next year's ticket or a partial refund.

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.

KILLARNEY ATHLETIC

300 CLUB DEAW RESULTS FOR MARCH AND APRIL.

300 CLUB RESULTS FOR MARCH

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€100-JOHNNY COURTNEY.

300 CLUB DRAW RESULTS APRIL.

€500- ENDA PRENDERGAST.

€100- JOHN O'DONOGHUE CROSSTOWN.

€100-JOHN LYNE. BUNROWER.

€100-TERRY POTTS.

€100- ROSS BOWLER BOWLERS GARAGE.

€100-PAUL CASEY.



Pictured above Killarney Celtic A team in Munster Senior League in the late 90s



Pictured above Killarney Celtic B team 1995/96

OUTLOOK SPORTS

KERRY AREA BASKETBALL NEWS

ST BRIDGET'S ARE BASKETBALL'S CLUB OF THE YEAR

The Kerry Airport Kerry Area Basketball season was well on its way to completion before the Covid 19 pandemic brought an end to all sports. This was done thanks to the cooperation of the club and officials with the KABB fixtures secretaries and the Board.

And now the Executive has announced that St Bridget's Basketball Club is the Kerry Airport KABB Club of the Year for 2020. Based in Currow and also playing games in the Castleisland Community Centre due to the great numbers involved the club was unanimously selected for the award having enjoyed a very successful Juvenile and Senior season.

St Bridget's will be presented with their award at a ceremony in the coming months and follow St Mary's BC who won the awards in 2019, St Brendan's BC in 2018 and Glenbeigh Falcons who were the Club of the Year in 2017.

St Bridget's Chairman Con Dennehy said that it was a very proud day for the club. "Naturally we are delighted to receive this very prestigious award. It is a testament to the on-going development of basketball in our parish and the phenomenal work of our officers and dedicated team of coaches".

SENIOR PLAYERS OF THE YEAR

The Kerry Area Basketball Executive Board have also announced the Kerry Airport Senior Players of the Year following another hugely competitive season of basketball in the county. The Division 1 Men's Paudie O'Connor Player of the Year Award goes to Seamus Brosnan of



Muckross RC, winners Junior Fours at Killarney Regatta 1985, held on Sunday 7 July '85. l-r: Anthony O'Leary, Danny Lyne, John Lyne (cox), John Beazley, Ulick Daly. Bridging the gap - before 1985, the oarsmen of Muckross had spent eight years without a win.

St Mary's. Seamus also played National League basketball with Scotts Lakers and is involved in the coaching set-up with St Bridget's. Irish underage International David Gleeson is the Men's Division 2 Player of the Year and he was instrumental in his sides winning 9 of their 10 League games.

Aisling Campbell of Glenbeigh Falcons has been named as the Division 1 Women's Joanne Walmsley Player of the Year following a very strong League campaign with her side.

The good news continues for St Bridget's are Denise Lyons is the Ladies Division 2 Player of the Year. Denise and her side enjoyed a great season in the League and Cup.

And in Division 3 the accolade goes to Ballybunion Wildcats Niamh O'Connor who along with her side went through their League campaign unbeaten.

PROPOSED AGM

The Executive of the KABB thanks all clubs who have submitted motions and nominations ahead of this season's AGM. The KABB AGM 2020 is proposed for Tralee on May 31st with a 7pm start. However this is subject to Covid 19 restrictions allowing it to go ahead and the Executive will be in contact with the clubs in the coming weeks.



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National Phone Service:

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9am - 5pm 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
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Citizens Information

Know Your Rights:

Question

My son has lived in the US for the past 10 years. He is planning to come back to Ireland in a few months. He is in a long-term relationship. His partner wants to move to Ireland with him, and hopefully find work here. She is American, and they have heard that she can't stay in Ireland unless they are married. Is this true? What do they have to do before they come?

Answer

Your son's partner may be able to live and work in Ireland as the de facto partner of an Irish citizen (your son). However, to do so she needs permission from Immigration Service Delivery (ISD) – formerly called the Irish Immigration and Naturalisation Service, or INIS. Your son's partner will need to show that she and your son have been living together for at least 2 years, and have a mutual commitment to a shared life together to be considered as being in a de facto partnership with an Irish citizen. De facto partnership is the term used to describe a relationship that is like marriage or civil partnership in practice, but not in law.

Once these criteria are met, your son's partner can begin the process of applying for permission to live and work in Ireland as follows:

1. Get de facto preclearance: Before your son's partner can travel to Ireland, she must be granted de facto preclearance. To apply she must complete the preclearance application form (pdf) and submit it with all the supporting documentation listed on the form. She must pay a non-refundable application fee of €100, and wait outside of Ireland while her application is processed.
2. Get a decision: If her application is approved, she will get a preclearance letter which is valid for 6 months. She must travel to Ireland during this period. If her application is refused, she will receive a letter explaining the reasons why. She can appeal this decision by responding to the refusal letter with extra supporting documents if required.
3. Prepare for border control: As a citizen of the US, your son's partner can travel to Ireland without a visa. However, she will need to go through immigration control on arrival. She should tell the immigration officer at the airport or point of entry that she plans to apply for residency in Ireland based on her de facto partnership status, and provide her preclearance letter as evidence of this. If she is permitted to enter Ireland, the immigration officer will imprint a landing stamp on her passport stipulating the permitted length of her stay (up to 90 days).
4. Get residency permission: If she is granted residency permission, she will then receive a 'Stamp 4' in her passport which will allow her to live and work in Ireland for the length of time stated on the stamp.
5. Register with Immigration: Your son's partner must register in person with an Immigration Registration Office and apply for residency permission to live and work in Ireland as soon as possible after arriving in the country. She will need to provide evidence of her preclearance permission, her original passport, your son's original passport, proof of their joint address in Ireland, and a registration fee of €300.

You can find out more on your consumer rights by visiting citizensinformation.ie

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Caherciveen 0761 07 7780

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.



**MY CLINICS ARE CANCELLED
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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 | johnnyhealyrae@gmail.com | maurahealyrae@gmail.com



Focus on Hanging Baskets

Using containers, pots and baskets full of summer bedding plants can give you brilliant colour from now right through the summer to early autumn. There are a wide range of different types of hanging baskets but the main thing to go for is the size because the larger the basket, the more compost you can fit into it, giving the flowers more compost to grow in thus prolonging their lives. When filling a hanging basket the first thing to do is to place a liner at the base of the basket. Then place your basket on top of a pot as this will give you a steady base when planting. Half fill the basket with compost and a slow release fertilizer. Then plant some bedding plants at the base and sides of the basket such as trailing lobelia, pansies and nasturtium. All you have to do is to push the root of the plant through the square in the basket, push it through the liner and into the compost. Then fill the basket almost to the top with compost, place your remaining plants around your chosen centerpiece plant such as a geranium or fuchsia. Pick three good trailing plants, like trailing petunia, geranium or fuchsia. Fill in between with other bedding plants such as begonias, busy lizzys or pansies. Some of the plants at the bottom of the basket may look a bit shook after planting but when watered in well they will look perfect in a few hours. Don't hang your basket out in its position for a couple of days after planting and water regularly.

Next week I will focus on filling window boxes and containers

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SELF ESTEEM IN CHILDREN

Last week we looked at the many ways we can raise our self-esteem and begin to feel better about ourselves. We also identified how these patterns of low self-esteem can start very early in life – and thus it makes sense that we think about developing and promoting self-esteem in childhood. Parents and caregivers can promote positive self-esteem in their children by encouraging their children and making sure they feel loved, secure and competent.

Children who are scared to try new things and speak negatively about themselves may have low self-esteem. They tend to give up easily or wait for someone else to do the task for them. They can also be overly critical and easily disappointed in themselves. They tend to view temporary problems as permanent and can be pessimistic. In contrast, children with healthy self-esteem are comfortable in social settings and enjoy interacting with others. They enjoy working independently as well as interacting in groups. They work towards finding a solution when faced with a challenge and don't put themselves down. They are generally more optimistic and know their strengths and weaknesses. To help build your child's confidence, encourage your child to take healthy risks. Allow them to take (age-appropriate) chances, make choices and take responsibility for them. When children make their own age-appropriate choices this empowers them and gives them a sense of control over their bodies. Children also need opportunities to demonstrate their competence and feel that they make a valuable contribution. This can mean asking them to help out at home – by setting the table or dusting. Encouraging them to take on tasks that they show particular interest in is a great way to boost their confidence. Teach your child to set goals and take pride in their accomplishments. It is important to ensure that their goals are within reach and at an appropriate level for their ability. However, if your child tries and doesn't succeed, this is a fantastic opportunity for you as parent to help build their self-esteem. Let them know that no matter what the result, your love is unconditional. Encourage them to try and try again. Overly praising a child is not the way to develop their self-esteem and confidence. Confidence comes from them trying, failing and trying again. If we tell them they are doing a 'terrific job' whatever they do, this confuses children and they learn not to trust their own instincts. However when praise is appropriate, specific and earned it is a valuable self-esteem builder.

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

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

A Word of Victory

Welcome back dear reader ... 'sometimes things get worse before they get better' and often it's true. Many people suffer with anxiety and hopelessness. Here is a testimony of one of our congregation in Word of Victory of God's goodness and redemption. "I never knew what was wrong with me. From childhood I suffered with extreme anxiety and rejection. On the outside I had everything; loving parents and family, and great friends in school. I would pray earnestly to God and have encounters and dreams where I would tangibly feel His Presence but I never knew it was Him because I mistakenly believed that God was an angry old man looking for a way to strike me down. I had been abused for a long period in my childhood, but it wasn't until I was an older teen while reading an article in the newspaper that it suddenly dawned on me... 'that is what had happened to me'. There was never anything discussed about those things back then, so I didn't even have the language to describe it. But, as I read the paper that day it hit me like a ton of bricks. What followed was years of grief, depression and anxiety that I had no way of expressing because I felt such shame. I was unable to talk to my family because I feared it would destroy them. So I struggled on alone. But I would still pray, even though I couldn't understand why did God let this happen to me? I felt I had never done anything to anyone and wondered why. In desperation I would occasionally read my little Gideon Bible from school and I noticed that it always made me feel better. Circumstances got worse though before they got better – at a very low point I was invited to a prayer group meeting at Word of Victory. To cut a long story short I found all my questions were answered – that my pain hadn't come from God but from the devil (John 10:10). I was healed of an autoimmune disease that had manifested in my body because of the psychological damage. I was delivered from the spirit of fear; and joy and peace replaced the depression and anxiety that had previously crippled me. God's Word tells us that He has good plans for us; good plans – not evil, to give us a future and a hope (Jeremiah 29:11). I can testify to the goodness of God in the name of Jesus His Son! 'He restores my soul.' (Psalm 23:3).

See more at wordofvictory.net



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

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2ND ANNIVERSARY

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3RD ANNIVERSARY

IN LOVING MEMORY OF

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*Time cannot steal the treasures
that we carry in our hearts.
Nor ever dim the shining thoughts
our cherished past imparts
for the memories of the ones
we loved still cast a gentle glow,
To grace our days and light
Our paths, wherever we may go.*

**Always loved and remembered by
Your loving wife Noreen,
daughters Fiona, Noreen, Rosemary,
Geraldine, son Michael, son-in-law
Gary and Mike and grandchildren
Jeremiah, Gerry, April, Robyn,
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of the Saints for favours received. And thanks
to the universe.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

**JOAN
MURPHY**

BALLAUGH, KILLARNEY
FORMERLY OF CLONKEEN
KILLARNEY

On the first anniversary of our much missed
sister Joan, we would like to express our
heartfelt gratitude and appreciation to
all those who expressed sympathy and
offered their support on our sad loss. Thank
you to everyone who attended the funeral
ceremonies, sent mass cards and messages
of sympathy.

We send heartfelt thanks to all our relatives,
friends and neighbours for their support
and kindness throughout Joan's illness and
during her funeral.

Thanks to Fr. Kieran O'Brien for all his care
of Joan and for the beautiful funeral mass.
Thanks also to the choir of the Church of the
Resurrection who made the mass so special.
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the team in the Palliative Care unit, UHK
who took such good care of Joan in her
final days. As it is impossible to thank
everyone individually, please accept
this acknowledgement of our sincere
appreciation.

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NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked
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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.

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