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Visiting the Elderly and maintaining social distance, Garda Eddie Walsh is a regular visitor to Betty Crosbie who is cocooning due to Covid-19. This week, the Chairman of the Garda Representative Association in Kerry paid tribute to all frontline workers for the amazing work they are doing during Covid-19, including all health care workers and the local Gardai, all of whom are the true heroes of this pandemic. Also pictured are Garda Dave Cronin and Garda Paula Twiss.



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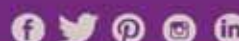
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EDITOR'S NOTE

Easter wishes to all our readers, advertisers and contributors. While this will be a very different Easter, we can be proud as a nation that we are doing everything we can to flatten the curve. We have huge respect and admiration for our front line workers who are

working tirelessly in the battle against Covid-19. This weekend we are being asked by the National Public Health Emergency Team not to travel or to congregate anywhere that could pose a risk to public health. This decision was taken to ensure that the sustained effort to flatten the curve

continues. It is in everyone's interest to respect the law and stay at home.

Keep safe everybody #flattenthecurve

Aisling Crosbie,
Editor 086 0400958



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

LOCAL COMPANY SWITCHES FROM **SIGNS TO SHIELDS**

Following a request from a local doctor, Rathmore company Sapphire Signs have begun production of Face Shields.

Brendan Dennehy was approached by a Millstreet GP to design a shield which could be used by front line health care workers during the Covid 19 pandemic. "We were delighted to be able to help" Brendan told the Killarney Outlook. "After a few trials, we came up with one that was suitable to the medical community. The masks are fully adjustable to fit anyone and the shield is disposable", he added.

"Initially, we were only making them for local distribution but we are expecting a delivery of acrylic this week for production of the masks on a bigger scale", Brendan said. Face shields are personal protective equipment devices that are used by all

medical professionals that are dealing with Covid-19 patients. They protect the facial area, including eyes, nose and mouth from splashes and sprays of body fluids and are vital to front line workers who are treating Covid-19 patients.

Face shields are generally not used alone, but in conjunction with other protective equipment classified as personal protective equipment (PPE). The advantages of the shields as opposed to the masks are that they are more comfortable to wear, protect a larger portion of the face and feel less claustrophobic to the wearer. They also allow the wearer to speak clearer to the patient, thus reducing anxiety levels. Sapphire Signs are based on Main St., Rathmore, Co. Kerry and can be contacted by Telephone 064-7758577 or email info@sapphiresigns.com



Brendan Dennehy.

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TIDY TOWNS COMMITTEE LOOK FOR PROJECT IDEAS TO ENHANCE THE TOWN



For every season... Killarney Tidy Town Volunteers, are looking for more volunteers to join them next Saturday, November, 16th from 9am-11am or 11am-1pm, for help plant a series of Snowdrop and bluebell bulbs on Mission Road, Killarney, in time for next Spring. The project is supported by Killarney Municipal District, Killarney Chamber of Tourism and Commerce and South Kerry Development Partnership. PHOTO: VALERIE O'SULLIVAN

Killarney Tidy Towns Committee are calling on the public to come up with ideas that will enhance the beauty of Killarney.

"The last few weeks has seen many of us confined to our homes for an extended period. While this is extremely tough on all of us, it is a necessity. Our community misses the physical work of volunteers week in week out but we want you to be safe so we want you to stay home", a spokesperson for the committee told the Killarney Outlook.

That said we feel this is a great opportunity for the community young and old to reveal its creative talent and to come up with a plan for a project that will enhance our town!!

This project proposal should include the initial idea or concept, the potential location, a short list of what needs to be done to develop and implement the project, a rough estimate of costs, and a timeframe for completion. Maximum 3 pages.

The following are the criteria for projects

covered by Tidy Towns, but we will consider all submissions

Community Involvement & Planning
Built Environment & Streetscape
Landscaping & Open Spaces
Wildlife, Habitats & Natural Amenities
Tidiness & Litter Control
Sustainability

Residential Streets & Housing Areas
Approach Roads, Streets & Lanes

You are encouraged to develop a project proposal that you think would enhance Killarney for locals and visitors. This could include art, heritage, planting, biodiversity, sustainability. We are wide open to proposals and suggestions.

Just some of the projects completed by the Committee in recent times include planting on Mission Road, signage in and around the Deenagh, Wooden animals by the Deenagh, murals, swift boxes, a series of walks and talks and campaigns around cigarette butts and dog fouling.

The Looking Good Committee will assess the project proposals and if considered deliverable and within the remit of Tidy Towns, as funding becomes available we will work with you in relation to implementing the project.

Get creative. Maybe you have seen something someplace that you think, that would be great in Killarney. Now is your chance.

Submissions up until 30th April

Entry can be made by email to killarneylookinggood@gmail.com or should be posted to Killarney Looking Good c/o Town Hall. If you are cocooning we can arrange for collection. Stay safe. Stay at home.

KILLARNEY MOURNS THE DEATH OF SEAMUS O'CONNOR

The town of Killarney was saddened when news filtered through on Tuesday of the death of Seamus O'Connor, formerly of Kilcummin and proprietor of Kitty's O'Sé's in Killarney and Kinsale.

Devoted partner of Eileen, Seamus was the dear father of Louise, Stephen, Cora and Owen, and loving grandad of Rhea, Alysha, Lucia and Esme. Predeceased by his father Jimmy and brother Joe.

He will be very sadly missed by Eileen, his children and their mother Elizabeth, mother Brenda, brothers Paddy, Thady, Michael, Peter, Neily and Thomas, sisters Siobhán, Helen and Brenda, sons-in-law Brendan and Paul, and partners Siobhán and Rachel, nieces, nephews, brothers-in-law, sisters-in-law, aunts, cousins, relatives, his loyal staff and many many close friends.



In accordance with Government and HSE guidelines and in the interest of public health, a private funeral took place for Seamus followed by cremation.

A Memorial Mass will be held at a later date to celebrate Seamus's life where his extended family and many dear friends will be most welcome.

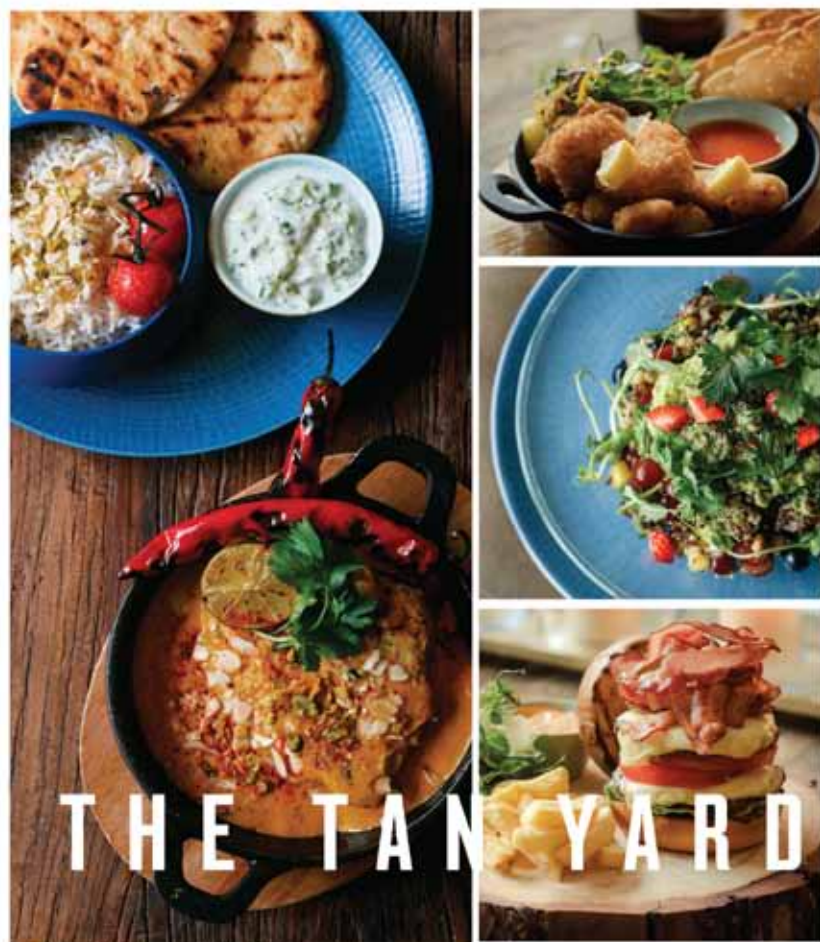
Hegarty's continue to serve the community

It's business as usual at Hegarty's as the Park Road store continues to serve the community under the strict guidelines issued due to Covid-19. "We have introduced these measures to protect our staff and customers in line with recommendations from the HSE", Valerie Hegarty, told the Killarney Outlook. There are perspex installed for the safety of the staff at Hegarty's and customers are observing the 2 meter rule while shopping.

Adhering to the government guidelines to combat the Corona Virus/ Covid 19 at Hegarty's Super Market, Park Road L-R Proprietor Valerie Hegarty, Catriona White with her niece Abby (whos Mum is a front line Health Care Worker), Arif Unnesa & John O'Brien. Picture Marie Carroll-O'Sullivan 087 391 4808



Adhering to the government guidelines to combat the Corona Virus/Covid 19 at Hegarty's Super Market, Park Road L-R Proprietor Valerie Hegarty, Catriona White with her niece Abby (whos Mum is a front line Health Care Worker), Arif Unnesa & John O'Brien. PICTURE MARIE CARROLL-O'SULLIVAN



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YOU A HAPPY AND HOLY EASTER- PLEASE STAY SAFE



A MESSAGE FROM HSE SERVICES ACROSS KERRY

HSE management across Kerry this week issued a message of thanks to the people of the country for their support of staff during the current crisis. Management from Cork Kerry Community Healthcare, the South/South West Hospital Group, the Department of Public Health and the National Ambulance Service said the action of the people of Kerry in recent weeks will save lives, and have given services in the county vital time to prepare. An area Crisis Management Team with representatives of all HSE services has been meeting several times a week since early February to put in place extensive preparations for the impact of Covid-19 on services.

To date, these preparations have included:

- Increasing bed capacity across the entire healthcare system by refurbishing and reopening buildings in order to provide ICU beds, acute beds, transitional and step-down care.
- Putting in place arrangements to open self-isolation facilities should they be needed. We will update the public about these facilities shortly.
- Establishing four testing centres across the region.
- Supporting community response forums set up by local authorities.
- Planning to provide community assessment hubs, which will begin to open next week. These facilities will allow members of the public with Covid-19 whose GP has determined they need a medical examination.

• Working with private hospitals to increase bed capacity in the acute hospital system and ensuring critical services continue to be provided.

Most importantly, we are still providing vital services and we are still here for the people of Kerry. CEO of the South/South West Hospital Group **Gerry O'Dwyer said:** "We thank and commend all our staff for their incredible efforts at this time. They have already gone above and beyond the call of duty as our health service faces extraordinary demands. I am immensely proud of all our staff as they rise to meet the unprecedented challenge posed by Covid-19. I want to thank all staff for the inspiring work being carried out in making advanced preparations. Every effort has been made prior to this virus arriving in Ireland to ensure that we would be as ready as we could be in the circumstances and in the best possible position to protect and safeguard public health."

Mr O'Dwyer added: "We are working extremely hard to create additional capacity for the health system in the area in the coming weeks and days, and we will update the public as and when plans are confirmed." Chief Officer of Cork Kerry Community Healthcare, **Ger Reaney, who chairs the HSE's area crisis management team said:**

"We have seen a huge redeployment of staff across our services, and our staff have risen to this challenge as they move to screening centres; from desk jobs back to ward duties; and increase their working hours where they can. Their efforts will help us to provide care for the people of Kerry."

Mr Reaney added:

"We thank the people of Kerry for their support at this time. That support takes many different forms, and it means so much to our hard-working staff. In particular, we want to thank everyone who has helped a healthcare work with childcare, as every extra hour that you can facilitate a staff member to work is a huge help."

With visiting restrictions in place at all hospitals and residential centres, staff are doing everything possible to support patients and residents and to help them keep in contact with relatives and friends. "We know that visiting restrictions are very difficult, and that some people have not been able to see their loved ones for many weeks now. Our staff are doing everything possible to make sure all patients and residents are kept safe and well," Mr Reaney said. Acting Director of Public Health Anne Sheahan thanked the people of Kerry for adhering to guidelines and staying at home as much as possible. "Staying at home will help us all to slow the spread of the virus, and that is giving us the opportunity to prepare all parts of the service. We would like to remind you that when you leave your home for essential reasons, that you continue to keep two metres apart from anyone not in your household. Also, please maintain regular hand washing, regular cleaning of surface and always remember to catch your coughs and colds. It's more important now than ever," she said.

COCOONING | IMPORTANT INFORMATION FROM THE HSE

For people most at risk of serious illness if they catch coronavirus, we are giving special advice called cocooning. Cocooning is for people who are extremely medically vulnerable. It is for your personal protection. Cocooning means you should stay at home at all times and avoid face-to-face contact. Even within your home, you should minimise all non-essential contact with other members of your household. Ask your family, carers or neighbours for help to ensure you have the support you need. You can also get help while cocooning through your local County Council and other organisations. If someone you care for needs to cocoon, share this information with them. Make sure they understand how important it is they follow this advice. This advice is in place until we

hear otherwise from the Government.

People who need to cocoon

Cocooning is for people who:

- Are over 70 years of age - even if you're fit and well
- Are solid organ transplant recipients
- Have cancer and are undergoing active chemotherapy or radical radiotherapy for lung cancer, have cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment are having immunotherapy or other continuing antibody treatments for cancer, are having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors, have had bone marrow or stem cell

transplants in the last 6 months, or who are still taking immunosuppression drugs, have severe respiratory conditions including cystic fibrosis, severe asthma and severe COPD.

- Have rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell) are on immunosuppression therapies sufficient to significantly increase risk of infection are pregnant and have significant heart disease, congenital or acquired. If you are unsure whether or not you need to cocoon or not, talk to your doctor. If you are an essential worker, get advice from Occupational Health.

HOW TO COCOON

DO Stay at home at all times and avoid any face-to-face contact for 2 weeks from 27 March. If you have a garden or balcony, spend time outside for fresh air. Keep in touch with family and friends over the phone or online if you have access. Keep yourself mobile by getting up and moving as much as possible. Ask neighbours, family or friends to get any shopping or medicine you need - do not go out shopping. Arrange for food or medicine deliveries to be left outside your door. Use the

phone if you need to contact your GP or other services - do not leave your house.

DON'T Do not go outside your home and garden. Do not have visitors to your home, except for essential carers. Do not attend any gatherings, including gatherings with family and friends anywhere. Phone your doctor if you have any symptoms of coronavirus. Changes have been to make it easier for you to get your medicines and prescriptions. Read about medicines and coronavirus.

GREAT RESPONSE TO NEW HELPLINE

The new dedicated Covid-19 helpline receives over 700 calls in its first week. The free confidential phone line was established by groups in the county and is manned by trained volunteers. The phoneline supports and advises people during the current Covid-19 pandemic. The majority of the calls are from people seeking food, medication and fuel deliveries. The service is open seven days a week from 8am - 8pm and can be contacted on 1800 807 009. They can also be contacted by **texting SUPPORT and your name to 50555 or by email to covidsupport@kerrycoco.ie.**

UPDATE Coronavirus COVID-19



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KILLARNEY CREDIT UNION AND CARA CREDIT UNION

LEND A HELPING HAND

TO THEIR CURRENT ACCOUNT MEMBERS



Pa Laide and Mark Murphy, Killarney Credit Union launch Current Account.

Last October, Killarney Credit Union and Cara Credit Union launched a much sought after Current Account with a globally accepted Mastercard Debit Card with Contactless Payments. Both credit unions have reported great interest in this current account which is no surprise given that credit unions offer something different to other financial institutions in terms of personal service having been voted number 1 for customer service, 5 years in a row.

The Current Account comes with simple and transparent fees and charges. However, in light of the global COVID-19 emergency, both

Killarney Credit Union and Cara Credit Union are not charging their members the quarter one fees from January to March this year. The fees are due to be deducted from members accounts on 28th April to cover the period from January 1st 2020 to March 31st 2020, but both credit unions have agreed to refund their members immediately.

Speaking to Killarney Outlook, Mark Murphy CEO of Killarney Credit Union "This is not a decision that both ourselves and Cara Credit Union have taken lightly. However, we are acutely aware of the challenges faced by our members in these very uncertain times.

Helping and supporting members is at the very core of everything we do within the credit union movement and this is why we made the decision to refund our members the quarter one fees on 28th April.

While this is a very welcome gesture by the two credit unions, it is not the only one. Both Killarney Credit Union and Cara Credit Union have put a number of measures in place to help their members at this time, including helplines if members are experiencing financial difficulty.

Pa Laide, CEO of Cara Credit Union said "Not only are we refunding the current account fees for the first quarter but we would also like to let all members know if you are experiencing financial difficulty we urge you to contact your local credit union preferably by phone or online, to discuss possible flexible arrangements regarding your loans over the coming months. We can assure members that they will be treated fairly and with empathy. We hope that by offering as much support as we can to our members we trust they will continue to support their local credit union when our lives and economy returns to normal".

As an essential service, Credit Unions are open for business. Please check their websites or social media for updated opening times. If you would like more information on the Current Account from Killarney Credit Union in Killarney, Kenmare and Cahersiveen and Cara Credit Union in Tralee, Castleisland and Killorglin go to their websites www.killarneycu.ie and www.caracreditunion.ie

A MESSAGE FROM OUR CATHAOIRLEACH

Today in the bright sunshine, the Garden beckoned and some work was done. Parsnip and Peas planted, weeds removed and sidelined.

The garden, any garden in whatever state teaches us of life cycles, of sowing, growing and fading. We see that there is a time for each process. We know that there are friendly and not so friendly creatures, visible and invisible that call the way and leave their mark.

Maybe above all we gradually learn that life in the Garden has its ups and downs and so we must not just be guardians of the precious space but we must also be ordinary philosophers of all creation; of life, human, animal and plant and know there is life, death and regrowth but above all else that there is always Hope.

*"There is a flower, the Lesser Celandine,
That shrinks like many more
from cold and rain,
And, at the first moment that
the sun does shine,
Bright as the sun himself, 'tis out
again."*

So it is with the cold and rain of this pandemic. If we each do as best we can to safeguard and protect, then most assuredly the sun will shine again and we will be once more free to talk and chat and roam.

Have a good tomorrow and Be gentle with your self and your others. Maith sibh go leir.

Michael Gleeson
Mayor of Killarney District Council





VIRTUAL FITNESS CLASSES

'Sweat at home' are 30 minute classes that incorporate bodyweight movements and whatever weight you have available to you!

We have given out our dumbbells and kettlebells to our members to take part and get the most out of their at home workouts. It keeps the connection and the social aspect and it is also personal as we can correct individual movements as we coach the classes.

It keeps us all going and adds fun and energy to our day!

CLASSES RUN AT 9:30AM AND 6:30PM DAILY

Check out our social media pages to join and reserve your class

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Online Option 2

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- Weekly programme
- Exercise Videos
- 5 days of training per week
- 1 session per day 60-90 mins
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Suitable for anyone with more equipment at home such as a pull up Bar and barbell.

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Pictures: Donie Whitty O'Sullivan- Moments In Time

THE RACES (1950's)

Billy D.F. O'Sullivan



The sun was shining on the street
The town was full of cheer
"Racing cards a bob" roared Pats
The racing Season's here!
The three card trick men are in town
The Gardai on alert
And Danny Dwyer with his ice-cream bike
You got your moneys worth!

We followed Pats down to the course
In pram on foot or bike
Auld ones pushed in a tour de force
The young ducked under wire
The Hurdy - Gurdy and Ferris Wheel
They had us all agog
The roulette at a crazy angle
As if sunk in a bog!

The ticket man he shouted
"Have a go now Have a go!"
And people sold bananas
and apples all aglow.
Oh yes, and there were horses two
the finest in the land.
They ran around in circles
In time to the big brass band.

O Boy! what mighty fun we had
in those halcyon days of yore
The Jocks in divers colours
their skills thrilled us to the core.
With the last race over
we cut and ran for tea.
Our bare feet on hot pavements
were hoping like the flea!

OLD MARKET FLEA KILLARNEY GOES ONLINE

Next Virtual Online Market this Sunday Hazel Norris and her colleagues at the Old MarketFlea have put our monthly Flea Market online on Instagram.

"Last Sunday was our first Virtual Market with nearly 60 sellers from craft, art, vintage, upcycling, skincare and more.

We featured local traders and international. Feedback was great, some sales and lots of new contacts with potential customers and other creatives and for our customers it was a bit of escapism for a couple of hours on a Sunday morning. We also featured one of our regular musicians who played a few songs, just to bring a taste of our regular market online", Hazel told the Killarney Outlook. We plan to run this every Sunday 11-1 until restrictions are lifted and we can run our monthly market again in The Laurels Hall.

"It's completely free of charge. We just want to help support small, independent businesses who are the backbone of local markets and continue to bring creatives and small businesses to our regular and new customers."



Positive messages adorn the window's of Christy's Gift Store in Killarney.

whatwomenwantkillarney

are giving away 30 skin care packs to ICU nurses. All you have to do is nominate an ICU nurse and use the hashtags #skincareforthehealthcare and #whatwomenwantkillarney.

Thanks so much to @environskincare @dermalogicauc and @imageskincareireland for donating to such a great cause.

More new arrivals at Kennedy's Pet Farm this week...



Mia Clifford from Killarney who donated over 20 easter eggs for children who the easter bunny might miss this year to Tralee Soup Kitchen. This is a volunteer run organisation and they make and deliver hot meals to the elderly and people who might have fallen on hard times. Well done Mia!

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KDYS LAUNCHES COVID-19 FAMILY SUPPORT SERVICE



KDYS has launched a new initiative to provide a telephone and email support service for all parents and children across Kerry. The service was created as a direct response from the needs that the Tusla funded Tralee Springboard Family Support project and other KDYS services were hearing in the community. Since the outbreak of Covid-19 in Ireland, the KDYS has been constantly trying to ensure that all young people and their families in Kerry are receiving the support that they need to cope with these difficult times. Already, KDYS youth workers, across their suite of services have, come up with new ways of engaging with young people and the wider community. This phonenumber, email and resource page are the latest addition to the ever growing services that the is KDYS providing, to support

a response to children, young people and their families in realtime. The Family Support page of the KDYS website will host locally made videos for children and parents which address the current issues.

<http://kdys.ie/kdys-family-support/>
<http://kdys.ie/resources/family-support-resources-online/>

Over the next number of weeks new child friendly videos will be added which address such issues as what is Covid 19, isolation and lockdown amongst others, all of which are difficult issues to explain to a child.

We will also be providing locally produced videos for parents on managing behaviour, understanding my child issues, getting some me time and other practical issues.

"The purpose of this type of service is to



have people answer local needs. The phone, email and resource page is developed as a response to the issues that parents are having now. We hope that we are able to help parents (in particular) can find some solutions to their current issues"

We were delighted to receive very positive feedback from Dr Caroline Webster Stratton on the first of our new videos for children. She said "Thank you so much for making this clip. It is incredible!" and on behalf of Wally she wrote "Love my Irish Wally cousin. I am his American cousin and thanks for helping me feel less worried" Wally in Seattle.

"This endorsement is a real shot in the arm for the staff of the project and tells us that we are on the right track with our creations and over the next few week we will be adding new videos to help children (and parents) understand isolation, regulating emotions, being able to calm down etc."

The Family Support phonenumber will be answered by a member of the Tralee Springboard Project staff team. The staff are professional and experienced family support team offering parents and carers a listening ear, parenting support and signposting to other relevant services if necessary

Tralee Springboard Project is delivered partnership with Tusla – Child & Family Agency. The KDYS is operating remotely and full support services are still being provided. For contact details, please search KDYS on all social media platforms or see www.kdys.ie

COMMUNITY ASSESSMENT HUB TO OPEN IN CASTLEISLAND

Castleisland Primary Care Centre which is based at Keelgorm House on Limerick Road is to open as a Community Assessment Hub as part of the significant response to Covid-19 which is underway across the entire health system.

The assessment hub is for patients who have or may have a confirmed diagnosis of Covid-19 when their GP decides they need a face-to-face clinical assessment. Patients can only access these hubs when referred by their GP. Our aim in setting up the hubs is that anyone who needs a face-to-face clinical assessment can get one in the community, as quickly as possible. This will help patients who need assessment but who do not need immediate hospital care to avoid referrals to acute hospitals where possible.



Once seen at the hub, patients may either be asked to return home, to enter isolation or to attend an acute hospital. The hubs will be staffed mostly by GPs with the support teams of healthcare professionals including nurses and physiotherapists, with administrative support. We would like to pay tribute to the

teams involved in getting these hubs set up and operational for their dedication to patient care. People are working extremely hard to get these hubs ready in a very short time. The focus at the moment is to train and enable the staff who will be working in the hubs, and to ensure GPs are aware on how they will make referrals. There will be 120 staff trained by the end of this week across Cork and Kerry. The hub will open seven days a week, and we expect the opening hours to be from 8.30am to 7.30pm although this will depend on the level of referrals. Patients will only be seen by appointment. It is not possible to make appointments at the hub; this can only be done by your GP or by SouthDoc on Saturday and Sunday.

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



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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

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

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

Taxable Cash: You may be able to take sum of your pension in taxable cash. Annual Pension: This is a guaranteed income, usually paid monthly for the rest of your life that is purchased with the money left after your tax free lump sum.

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

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

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MOMENTS IN TIME

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



Killarney Music Legend's Dermot Moriarty & Sean Brosnan. They had many hit songs in 1980's, Including, Killarney In My Dreams, Tonight Mary Ann and Hometown On The Foyle.



Dr. Crokes Party Night from days gone by.



Killarney Barman's Social 1982 Back Row: Liam O'Neill, John Lyne, Una McGuire, Pat Cotter, Mary Brosnan, Mike Power, Phil Kelliher Front Row: Christy Sheehan being presented with the Barman of the Year Trophy from Kathleen Cummins.



Mary & Sheila Kelleher in Dinis Cottage, where they operated the tea rooms many years.




Sexton School of Dancing 1950's Included are: Maisie O'Donoghue, Ina Kelly, Philis Looney, Seamus Foley, Francis Mannix, Elsie Lyne, Maureen Doolan, Michael O'Sullivan, Maureen McCarthy, Joan Mahony, Maeve Clifford, Paddy Sexton, Mrs. Colgan, Michael Sexton, Major Colgan, Marian Sexton, Mrs. Paddy Sexton, Trudy McLellan, Patsy Flaherty.



Upper College Street in the 1900's

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GUIDE PRICE: €350,000
BER: D1

3 CAPTAIN DAN VAUGHAN TERRACE, BOHERBUE, CO. CORK

Stunning newly refurbished semi-detached property (750 sq ft) located in a large corner site in the popular village of Boherbue close to all amenities, primary & secondary schools, shops etc. This property is ideal first time buyer property getting on the property ladder. Ready to go and fully furnished.

GUIDE PRICE: €125,000

Full Details Selling Agent Hennigan Auctioneers
064-6634582/087-2354416
Hennigan Auctioneers 66 New St., Killarney t| 064 6634582 m| 087 2354416 www.henniganauctioneers.com.

THROUGH THE KEYHOLE...

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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Price Region: €355, 500 BER: C2

Auctioneers who would like to feature on "Through the Keyhole" contact Des on **087-6593427**.

Volunteers do not necessarily have the time... *They just have the heart...*

Known throughout Killarney and South Kerry, the local branch of the **Irish Cancer Society** are pivotal fundraisers for this very worthy cause... in this week's Killarney Outlook we look at the amazing work undertaken by the society using funds raised locally.

With 1178 cases of cancer reported in Kerry last year, the Killarney South Kerry committee of the Irish Cancer Society, comprising of Eugene O'Sullivan, Kathrina Breen, Kathleen O'Shea, Eleanor O'Doherty and Timmy Moriarty work harder than ever with their army of volunteers to ensure services are readily available to support cancer patients.

The original Killarney South Kerry committee was founded in 1988 by Ann and Neilie Moynahan, assisted by Sr Anne Maria Horgan. They were joined by Lourda Kelly, Jackie O'Sullivan, Mary Casey, Lily Terry and Mary McCarthy. This hard working committee understood the need to support cancer patients and their family in a time when there was neither morphine pumps or night nursing services available in the area. Hence the start of Daffodil Day in South Kerry. Over the years the committee have developed new fundraising ideas to assist The Irish Cancer Society provide vital services

Incidence of cancer in Ireland is growing, but more people are surviving cancer than ever before. Here's some information on the work of The Irish Cancer Society and how your donations impacted people affected by cancer in Kerry in 2019.

71 cancer patients in Kerry received 379 nights of care through the Society's Night Nursing service. Night Nurses provide up to 10 nights of care for cancer patients who are at the end of their cancer journey, in their own home, during the last days of their life.

48 patients from Kerry were brought to 491 chemotherapy related appointments by the Volunteer Driver Service. The service currently operates in 23 hospitals around the country and relies on volunteers to drive patients to and from their chemotherapy treatment. There are 31 drivers volunteering in Kerry at present. The Society's Cancer Nurses are available to talk to anyone concerned about cancer on the Freephone Cancer Nurseline, 1800 200 700, or in one of the 13 Daffodil Centres nationwide. Last year, 325 people from Kerry were directly supported through these services.

730 counselling sessions were provided in Kerry through the Society's affiliated cancer support centre, helping 103 people cope with a cancer diagnosis in their life.

To ensure delivery of these vital services The Killarney South Kerry Committee start their annual fundraising with a Coffee Morning Launch, followed by Daffodil Day and fundraisers continue throughout the year, walks, dances, including Strictly Come Dancing, cycles, coffee mornings, Churchgate



€113,375.82 at the close of 2019. The Committee of the Killarney Irish Cancer Society would like to thank everyone who supported Strictly Come Dancing 2019, Daffodil Day, Pink Ribbon Day, Annual Coffee Morning and everyone who has donated to date L-R Eleanor O'Doherty, Timmy Moriarty, Kathrina Breen & Kathleen Cronin and in front L-R Kathleen O'Shea & Eugene O'Sullivan. PICTURE: MARIE CARROLL-O'SULLIVAN



Strictly Come Dancing 2018 cast pictured at the Killarney Avenue Hotel for the cheque presentation of €58,401.00 to the Irish Cancer Society Committee (seated L-R) Kathleen Cronin, Kathrina Breen, Eleanor Coffey, Timmy Moriarty, Kathleen O'Shea & Eugene O'Sullivan. PICTURE: MARIE CARROLL-O'SULLIVAN

collections, Pink Ribbon, the list is endless and the work ongoing. Everyone was disappointed when the cancellation of Daffodil day was announced as special preparations were planned for Killarney's 33rd Daffodil Day. However, the committee would still like to acknowledge the loyal support they receive from volunteers and public throughout the county.

Support for people with cancer is more important now than ever the CEO of the Irish Cancer Society has said as the charity marks its first Daffodil Day without street collections or events. CEO Averil Power said, "When we made

the decision earlier this month to cancel all Daffodil Day events and street collections we were blown away by the response.

"As we work to adapt to the current public health crisis and ensure we are providing cancer patients, survivors and their families with the appropriate care and support that they need. Each year more than 40,000 people are diagnosed with cancer – unfortunately this will remain the case even with the coronavirus outbreak. What's more is there are approximately 200,000 people in Ireland living with and beyond cancer, many of whom are at a higher risk of developing a serious illness if they catch coronavirus.

"This is why it is more important than ever that we support people with cancer.

The Irish Cancer Society is continuing to provide crucial services including the NightNurse service, providing end-of-life care for people in their homes, the volunteer driving service to transfer patients to chemotherapy and other support services and are also funding remote counselling to ensure that those affected by cancer can continue to access the help they need when they can't access face-to-face services. The Nurseline is operating extended hours and is available from 9.00am-8.00pm Monday-Thursday and 9.00am-5.00pm Friday-Sunday. People who have cancer related concerns and feel they may benefit from speaking with a counsellor should contact the Irish Cancer Society Nurseline: Freephone 1800 200 700 lines or email the Cancer Nurseline: cancernurseline@irishcancer.ie

The committee would like to thank Kathleen Cronin, who recently retired from the committee, for all her hard work over the years.



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Mince Beef (2 lb pack)	€3.95
Bacon Joint (1 kg approx)	€4.95 kg
Lamb Chops (packs of 10)	€12.00 kg
Striploin Steaks 6oz (pack of 3)	€9.99
Homemade Beef Burgers 6 oz	€9.50 (pack of 10)

Breakfast Packs:

PRODUCT	PRICE
Rashers (Pound packs)	€2.25
Hanley's Black Pudding (500gm)	€1.70
Hanley's White Pudding (500gm)	€1.70
Medium Eggs (trays of 30)	€2.99
Hodgin's Jumbo Sausages (1lb pack)	€1.85

Vegan/ Vegetarian:

PRODUCT	PRICE
Moving mountains Vegan Burgers	€3.25 each (6 oz)
Vegan Burger Buns	€0.70
Mini Vegetable Spring Rolls	€3.00 (pack of 50)



Roasts:

PRODUCTS	PRICE
Round Roast	€7.80kg
Pork Loin (Stuffed/Plain)	€5.80 kg)
Turkey Breast (stuffed/plain)	€5.95 kg
Boned & Rolled Leg of Lamb	€13.00 kg



Kids Corner

PRODUCT	PRICE
Chicken Goujon (1kg bag)	€7.50
Chicken Nugget (1kg Bag)	€4.80
Bbq cooked Chicken Wings (2 kg)	€9.80
Chicken Burgers (2kg bag)	€11.95
Kid's Beef Burger 4oz (pack of 10)	€6.00

Dry Products/ Frozen Products:

PRODUCT	PRICE
Long Grain Rice (5 KG BAG)	€6.50
Spaghetti or Penne pasta 3 kg bag	€3.50
Granulated Sugar (10) KG	€11.90
Chips (2.5 kg bags)	€2.50

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B WELL
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CHANGE IS A CHOICE!

"Change the way you look at things and the things you look at change" Wayne W Dyer

Change is something that has swept quiet significantly through all of our lives over the past few weeks. We all have been hit with a Tsunami sized wave of change and are left feeling overwhelmed and fearful of how to adapt and what the future holds. This was unforeseen and perhaps unavoidable and out of our control, but what we can control now is our ability to adapt to this change and adjust. When we ask the question what does change look like to you now? How would you respond? Do you respond with hesitance to change? Or is your response a positive outlook willing to adapt and move with the change?

We could all look at this change as a very negative experience and let it get us down and totally get overwhelmed by the facts and figures in the news. Or spend weeks wondering how did this happen to us? Or instead we could take the positives out of the situation. It is a worldwide pandemic and we can't change that, but we can change our thoughts attitudes and behaviors. Here are B Wells tips to help adapt to change.

1. Identify the times when you were in a positive mood, happiest and confident
 - a) What were you doing?
 - b) Were you with other people, and if so Who?
 - c) What other factors contributed to your overall positive mood and happiness.

B WELL FITNESS CLUB: 087-7643449
www.fitnesswithedele.com

What can we learn from the Corona Virus

As most of us are spending more time at home it gives us an opportunity to slow down and come back to ourselves. There is a sense of space to reflect and to think about what really matters in our lives. I know that I have found myself thinking of all the things I have taken for granted and how blessed I truly am. When our lives are thrown into turmoil or great disruption it is in those moments that what truly matters and is important often becomes more visible. Every breakdown can lead to a break through if we can look for the teaching and gifts in every situation. This is not always easy to do as so often we are

simply trying to move through trauma, fear and overwhelm. However, for growth and healing it is vital that we take time to recognize the impact that this has had on our lives and to begin to ask ourselves some powerful questions.

3 Top Questions to ask yourself:

1. What am I learning about what matters to me during this time?
2. How am I being called to show up at this time?
3. Globally, what do I hope will emerge from this current crisis?

Stay well and wonderful everyone!

If you would like a new career as a Body Confidence & Wellbeing coach please visit my website at www.institutebodyconfidencecoaching.com Applications are now open for April training.



Astrid Longhurst

Life & Body Confidence Coach

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deBúrca Designs

Design solutions in extraordinary times

Deirdre Burke is the owner of deBúrca Designs & Alterations, a Kerry-based bespoke designs and alterations company. As a designer and tailor, She enjoys creating outfits to fit in contemporary, classic, and chic styles with flattering shapes for the figure. She offers a made-to-measure service to create styles for each of her client's individual style and fit, for everyday wear and special occasions.

In this challenging time with most people staying at home, a lot of houses are been cleaned and decluttered. If you find an item of clothing that doesn't fit or suit your style any more, there's no need to throw it away! Most clothes can be altered into fabulous new items, which will save you a few Euro in the months ahead.

Alterations can be done to both women's and men's clothes, as well as to most household curtains and cushions.

Turn trousers into shorts, turn shorts into a skirt, a dress into a skirt or fix that torn or burnt item, the list is endless.

Like all other non-essential businesses at the moment, their doors are temporarily closed to help fight the COVID-19 pandemic. Keep the clothing items you want altered aside for now, send Deirdre pictures of the items you want altered and she'll let you know what options you have. Follow her and contact her on Instagram @deburcadesigns or Facebook at deBúrca Designs & Alterations.

Hopefully all will be back to normal sooner rather than later. Stay safe and stay positive.

CASTLEISLAND COUPLE SWITCH TO MASK PRODUCTION

A Castleisland couple who run The White Button Sewing Service in the town are now making masks as the demand for the product has heightened during the current Covid-19 Pandemic. Peter and Agata Michno are busy producing the masks from their premises on Lower Main Street.

The couple are highly skilled and have years of experience behind them including a degree in design.

Orders can be rang in or texted to 087-6604868 or through their facebook page www.facebook.com/thewhitebutton2





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



Rediscover your skin-care routine

You will thank yourself when this is all over

Embracing your daily skin-care routine will give you and your skin a lift plus it will make your life feel a little more normal right now.

Morning & Evening

5 Simple steps:

1. Cleanse with lotion or gel wash.
2. Tone using alcohol free
3. Serum or Oil to repair
4. Eye cream or eye gel
5. Moisturiser (with SPF by day)

Twice a week:

1. Exfoliate to give skin a glow and help your skincare penetrate.
2. Apply a face mask to plump, hydrate and regenerate your skin.

To maximise results take your time, you have plenty!

Massage your face when cleansing or applying your moisturiser this helps to increase circulation and boost your collagen and elastin production.

Do this for yourself not the people you normally meet!

This helps.....

Get the right advice on products best suited to your skin.

Upon waking try to proceed ASAP with your morning skincare ritual.

Apply a layer of tinted moisturiser or a mineral BB Cream for extra protection.

Brush up your eyebrows and spritz on your favourite perfume

Indulge yourself or your partner/sibling with homemade scrubs or foot masks. Do your evening skincare ritual early while you have energy and time.

Include your neck and chest in your regime.

Great skin is not simply a matter of good DNA — your daily routine has the biggest impact on what you see in the mirror.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

Find your voice with Mary



A Killarney based soprano has issued an open invitation to everyone to learn to sing.

Mary Culloty - O'Sullivan is a Soprano based in Kerry. She has studied and performed in the U.K. and Europe and also with Dr. Veronica Dunne, Ireland's premier vocal coach. Mary has also performed as a soloist in numerous concerts. Her extensive repertoire includes: Romantic Love songs, Ballads and Aria. Mary's beautiful and soothing sound tends to mesmerise

the audiences where ever she performs.

Speaking to the Killarney Outlook this week, Mary said that "because everything has stopped and people are isolated and lonely I have decided to do Weekly Singing Videos to include Vocal Exercises, Songs and Singing Tips".

"Everyone is welcome- all singers, styles and no previous singing experience is necessary", Mary added. The first Video will be on Facebook and YouTube Wednesday 11am and will be accessible anytime to watch and join in from your own home.

"I'm hoping people will enjoy it and make it part of their day!", Mary said.

The songs are: You Raise me Up (Wednesday April 15th)

My Favourite Things (Wednesday April 22nd)

On Wednesday 29th April 3pm Mary will be Live on Facebook and YouTube We will be doing our Vocal Exercises and singing a rousing version of Ireland's Call.

"Let's Sing Together" is the message to Everyone!

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Dear Friends,

A warm and sincere thanks to those of you who have been taking part in my online mindfulness sessions over the past 2 weeks. I really have the sense that we are building a community between us that is hopefully helping us all to hold ourselves a little steadier during these extremely challenging days and weeks.

I will continue to offer 3 x sessions per week for the coming fortnight. I have adjusted the times slightly to include 2 evening sessions, thus allowing for the continued participation of those of you who are joining from USA and Canada. On Wednesday, we will have an extended session to allow for some sharing and discussion. Please see note below.

I'm so conscious that the luxury of being able to take this time out to look after our mental health and well being is unlikely to be an option for many of you who are working in a range of invaluable front line jobs. Please know that our thoughts are with you and that during our mindfulness sessions, we send our wishes for your continuing health and safety.

MAY YOU AND ALL YOUR LOVED ONES BE SAFE AND WELL

Warm wishes, Susan

It's time to decide whether the State Exams are going ahead, being postponed or cancelled?



By Billy Ryle

To be or not to be? That is the question being asked by over 125,000 anxious and stressed Leaving Cert (LC), Leaving Cert Applied (LCA) and Junior Cert (JC) state exam candidates.

Are the remaining practical exams going ahead on 27th April? Are the written exams going ahead on 3rd June? Are the exams being postponed to a later date? Are the exams being cancelled? The oral and practical tests which were due to take place from Monday, 23rd March to Friday, 3rd April were already cancelled and full marks were awarded to all candidates, who were due to take these tests.

The State Examinations Commission (SEC) and the Department of Education and Skills (DES) are closely monitoring the evolving situation regarding upcoming exams. Candidates were advised to continue preparing for the practical exams scheduled for the end of April and early May and the final exams scheduled for May and June.

From Monday 27th April to Friday 8th May, the timetable includes practical exams in Leaving Certificate Art Life Sketching, Engineering, Construction Studies, and Junior Cycle Metalwork. There are also final exams during May in LCVP Link Modules (Wednesday, 6th May), Leaving Certificate Applied ICT (Wednesday, 13th May) and Leaving Certificate Computer Science (Wednesday, 27th May).

Normally, young people would be enjoying the Easter Holiday break before returning to school for the final term. But the times in which we live are abnormal and uncertain as the country battles the Coronavirus pandemic.

In the interests of public health and safety, schools have remained closed for five weeks and students have tried to study at home. At this stage, it's possible that the academic year may end before schools can resume normal service.

That's not a major issue for non-exam classes as they can make up lost ground when they eventually return to school. As long as they follow the directives given via their schools' online platforms, video conferencing, social media, text and phone communications, etc., they will stay in touch and catch up in time.

The situation is far more urgent for those due to take state exams in June. Exam candidates have missed vital weeks in school and if schools don't reopen on Monday, 20th April, the final term is very likely to be lost. In those



circumstances, exam candidates can hardly be expected to be emotionally at ease or knowledge ready to sit these crucial exams in June. Contact with class teachers during the final term is vital and all the virtual learning in the world will not compensate for in-school teaching.

After weeks of home study, exam candidates are feeling the pressure. They are finding it very difficult to maintain their focus and motivation. They are suffering from cabin fever and an overload of virtual learning. Structured home study has become far more challenging with the country in lockdown and more family members house bound. Outdoor physical exercise is confined to 2km from home and social interaction is limited.

The country is now in the second week of restrictive actions in the response to Covid-19. That period may be extended further depending on the advice of the health care specialists. If that happens, it's highly likely that schools will not reopen on Monday, 20th April. Over 125,000 exam candidates can no longer be left in limbo. It's time for a decision, yea or nay, on the state exams.

Checklist

- ✓ The State Examinations Commission (SEC) runs the second-level exams
- ✓ Schools are due to reopen on Monday, 20th April

- ✓ The remaining practical exams begin on Monday, 27th April
- ✓ The LCVP Link Modules written exam is on Wednesday, 6th May
- ✓ The Leaving Certificate Applied ICT exam is on Wednesday, 13th May
- ✓ The Leaving Certificate Computer Science exam is on Wednesday, 27th May
- ✓ The written exams are due to begin on Wednesday, 3rd June
- ✓ After weeks of isolated home study, exam candidates are anxious and stressed
- ✓ Candidates are suffering from cabin fever and an overload of virtual learning
- ✓ With more family members confined to home, it's more difficult to study
- ✓ Firm decisions about the state exams need to be taken by 20th April
- ✓ Are the remaining practical exams going ahead on Monday, 27th April?
- ✓ Are the written exams going ahead on Wednesday, 3rd June?
- ✓ Are the state exams being postponed to a later date?
- ✓ Are the state exams being cancelled?
- ✓ Exam timetables are available on www.examinations.ie

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#KeepYourDistance #StaySafe #StayPositive

Outlook
MAGAZINES

Employment | Progression | Apprenticeship



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of Further Education & Training



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APPRENTICESHIP

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For now, our scheduled course start dates are paused and future dates are to be confirmed. Despite this, we are still taking applications online at www.kerrycollege.ie

If you have any queries, contact our Admissions team at: info@kerrycollege.ie

COVID-19 UPDATE

On government advice, Kerry College campus locations and Admissions Office are to remain closed to our student community and the general public until Monday 19th April.

EXISTING STUDENTS & APPRENTICES

While Kerry College is closed, our instructor, teacher, tutor, support and administration teams will continue to support your learning journey remotely. If you have any questions regarding your course please get in touch:

Clash Road/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

By **Jimmy O'Sullivan Darcy**, Sports Journalist

1. St. Brendans winning the Hogan in 1992

The Sem had a grand total of sixteen Corn Ui Mhuiri titles at the start of 1992 but just one solitary Hogan, the 1969 team. If you had to guess at the Hogan champions in any given year, all you had to say was St. Jarlaths and you'd likely be right. The Sem had only recently stopped being a boarding school, which meant restricting the intake (the school had many great Cork players in the past) which made it even more difficult. Seamus Moynihan was simply incredible in that campaign, especially in the final against Jarlaths. Brian McCarthy completely shut out Conor Mortimor that day. Seamus started his first Senior Munster Final for Kerry that year (the famous game against Clare, an equally vivid but less joyous memory!).

2. The 2014 Minor All Ireland

Not so much the win itself, which was joyous enough anyway, but the homecoming. My own club hosted it (Dan O'Donoghue and Liam Kearney were joint captains) and it was a perfect blend of low-key, casual, and deeply proud. Jack O'Connor made a speech about the connections between his own club and ours and made mention of the great Spa players of former years. Little children quite happily wandered up to Kerry minors and chatted away to them...it was just one of those days that stays in your head, you know? Sport is far more than scorelines and medals, and I realised it that day.

3. I Scored the Winning Goal

A bunch of us entered a team into a seven-a-side run by Killorglin, and I got the winner in the quarter-final. It was 1-1 at the time, Paul O'Neill having scored for us (Jack C's Bar). My cousin, our keeper, hoofed a long ball out to me under pressure. I was on my own (having been too lazy to run back to defend, really) so it was me and the keeper. He came out as the ball was dropping, I went to control it with my chest, realised I had misjudged it completely, and jumped high in desperation. The ball came off the back of my head and looped over him into the net. Every-one congratulated me on the stunning judgement and technique. This is the first time I have admitted that it was the flukiest goal in world soccer history. I'm still claiming it though, and it's still a great memory.

4. TV with Family

It's more of a family thing than sport, I suppose. But there was one particular Christmas where all of us were at home (a rare enough occurrence nowadays, unfortunately). All the grandchildren and adults were there. We had a big meal, the fire was lit, and we watched recordings of various Kerry games of recent years. The kids loved the stories, there were a huge amount of laughter, there were memories of games that had happened and maybe should have



The victorious Kerry Minor Football team arrive at Spa GAA Club.



Liam Kearney and Dan O'Donoghue are pictured with Kerry Minor Manager Jack O'Connor.



happened. There was talk of one sending off that my mother thought had been very harsh – the culprit himself and all his brothers and sisters thought this was hilarious. It was a lovely day of doing nothing productive but doing it really well.

5. The Greatest Soccer Match Ever Played

Out in the back garden. My little god-daughter and her Mammy against her Nana and I. We lost 5-1, with the little one scoring all five. I got our one, and by jaysus but I got a look that would curdle milk. In my defence, at least two of her goals were miles off-side and one of them bore a suspicious resemblance to a rugby try, while Nana did not seem as committed to victory as I was. But little one spent the rest of the day telling everyone she met (and I literally mean everyone) how great a soccer player she was. And I couldn't argue the point. And that is my most favourite memory of them all.

Victor Mulcahy looks at his favourite Sporting Moments

After spending quite some time thinking about it I have come up with my list and all of them have made either National or International Headlines.

I was fortunate enough to have attended 4 of them and I was only 5 miles away from the 5th and the most memorable of them all. I have been an avid sports fan from a very early age and my earliest memory is of the 1959 All Ireland Football Final [as we all sat "hushed" and listened to the Great Micheal O'Hehir do his inimitable commentary as Mick O'Connell led out such Kerry luminaries as Johnny Culloty, Mick O'Dwyer, Tom Long, Jerome O'Shea, Niall Sheehy Etc, all under the watchful gaze of their mentor Dr Eamonn O'Sullivan, as they defeated Galway by a score of 3-7 to 1-4.

I did not attend the 1969 Final as tickets in Killarney were like Gold Dust as my 2nd next door Neighbour and Lifelong friend Johnny Culloty was to become the 21st Kerry winning Captain of the All Ireland Championship. I did have the pleasure in helping to arrange the "welcome home" bonfire in the middle of the hill on the St. Anne's Road/Lewis Road Junction that evening.

1. G.A.A. Football Championship

I will start with G.A.A. Football Championship, and I attended every all Ireland Football Final that Kerry played in between 1970 and 1986 all 12 of them, and various ones are memorable, 1975 the first time that Mick O'Dwyer's youngsters defeated Heffo's Army, to the hapless Charlie Nelligan's dismissal and "5 Goals in the Rain" sung to the air of "Brown Girl in the Ring" IN 1978. The greatest memory that I have is of the majestic display by the Great Caherciveen Man Jack O'Shea in the 1981 Final against Offaly in what was a very tight and relatively low scoring game with Kerry leading by 11 Points to 8 Points with just a few minutes to go, Jack burst through and scored a memorable goal from 1 would say 20/25 Yards out to seal the deal, we scored another point after that, but Jack's Goal was the deciding moment and Jimmy Deenihan accepted the Sam Maguire Trophy to record Kerry's 27th Championship Victory.

2. Masters Golf Championship

In 2003 I was fortunate enough to attend the Masters Golf Championship at Augusta and to attend there for 4 of the days to witness the unforgettable spectacle that The Master's at Augusta is. Day 1 was the first "official" practice day, I followed Padraig Harrington, Seve Ballesteros, and of Course Tiger Woods among many others. Day 2 practice in the morning and the "Par 5" Tournament in the afternoon" The number of "Patrons" were such that if you got a good vantage spot for the Par 3 that you stayed right there, I did, and got numerous photo's of my All-Time Golfing Hero Arnold Palmer playing with Jack Nicklaus and Gary Player. The Par 3 was won jointly by Padraig Harrington & David Toms, and sure enough it was the "kiss of death" for Padraig who failed to make the halfway cut of 5 over par. The Thursday's play never even got started and such was the continuous downpour that play for the day was abandoned at 11.00 A.M. oh well



Arnold Palmer.

\$1,000 ticket bought off a "scalper" went down the drain so to speak. I attended on Friday thanks to the generosity of a Friend from Charleston South Carolina who gave me his season ticket. It was eventually won by the Canadian Mike Weir a left hander, the first to do so, he was quickly followed by fellow left handers Phil Mickelson and Bubba Watson.

3. Aintree Grand National

I have been a great fan of the Aintree Grand National since 1965, that year St Vincent's Basketball Club ran a fundraising raffle the first prize was a weeks holiday in Butlin's for 1 person and the winner was going to be the person who had drawn the winning horse, the late Michael Courtney gave me 2 books of tickets to sell and I believe that tickets cost 5 Shillings each, the ticket that I sold to my sister Marguerita drew a horse called "Jay Trump" trained by Fred Winter and ridden by American Amateur Jockey Tommie Smith, it beat the favourite "Freddie" in a close race. My favourite Grand National story is about the 1970 race, on that day I was attending the wedding of Anne & Patie O'Shea at the Lake Hotel when Dan Buckley & Seanie O'Leary friends of mine from St. Mary's Parish Hall asked me if I could get a bet on a horse for them, as a 17 year old I was not really interested in betting but I phoned Power's Booking Office in New St. and to my amazement they were agreeable to taking my bet. Then 5 of us had £2.00 each way at 16 to 1 on "Gay Trip" trained by Fred Rimell and ridden by Pat Taaffe, the horse won and we got a taxi into town to collect our winnings, a great day was enjoyed by all. Dan Buckley was a great man for the horses and in 1973 Dan gave me a horse by the name of "Red Rum" which famously won 3 Grand Nationals and came 2nd in the 2 others over a 5 year period.

4. Shane Lowry's win

My favourite sporting moment of all time has just got to be Shane Lowry's win in the "Open" Golf Championship played at Royal Portrush in July of last year. I have been a fanatical Golf fan all of my life and it began with my friendship with 3 time South of Ireland winner and local Killarney man Michael Guerin since the early 1960s Michael turned Professional for a brief few years



Shane Lowry.

and during those years there was a Pro/Am held here in Killarney in 1966 named the Jeyes Pro/Am, in the abandoned final round Michael with my Brother Brian as his caddie shot a course record of 66 which remains the record for our original Golf Course. Last July while working with Kerry Coaches I had to be near to Royal Portrush on the Sunday of the Championship as I was bringing two Ladies from nearby to play Golf in Co Down the next morning. I watched Shane play the last 4 holes of the Championship in a Hotel in the little Coastal village of Fortballintrae and when Shane sank his final Putt, I knew there and then that this was the pinnacle moment of my lifetime of following Golf seeing an Irishman holing the winning putt to claim the famed Claret Jug on a Golf Course in Ireland, it does not get much better than that.

5. Six Nations Rugby Championship

When England came to play Ireland in the 2007 Six Nations Rugby Championship the game was to be played in Croke Park as Lansdowne Road was undergoing substantial refurbishments at the time. This was the 2nd Rugby International being played on the Hallowed GAA turf of Croke Park, Ireland had earlier played France and lost that game by 20 Points to 17 Points, in what was a bitter defeat for Ireland, who had great hopes of a Championship clean sweep after defeating Wales at home earlier in the Tournament. Croke Park welcomed the teams on to the pitch and after introducing the Teams to the then President of Ireland Mary McAleese the time came for the respective National Anthems. The whole attendance held their collective breaths as I did from the upper deck of the Hogan Stand when "God save the Queen" began, and thankfully there was not even one single jeer from the 70,000 plus attendance. Ireland then played like a team inspired by the sense of the occasion and Ireland went on to trounce England by 43 Points to 13 Points. This was the worst ever defeat suffered by England in the Tournament both in number of



DR. CROKES GAA CLUB

COVID 19

Everything still at a standstill due to the ongoing Covid 19 pandemic our playing fields, gym, and clubhouse are closed and will be until the sanctions are lifted. Thank you to all for complying with the regulations during these difficult times. Special credit must go to our communications committee for their endeavours in putting videos and photos from our archives on social media to help our members to reminisce during the present crisis. There has been a tremendous reaction to this initiative from near and far.

On Friday last we posted a online concert on our social media platforms which received tremendous reviews. This novel project was co-ordinated by our Scor Officer Rachael Foley ably assisted by Matt O'Neill and John C O'Shea. a special thank you to all 3 for helping to keep us sane in these trying times.

Many projects for our physical, mental and social health and well being, juvenile fun games, etc have been initiated by the GAA all maybe viewed on our website www.drcrokes.com.

We urge all members and supporters and their families to abide by the guidelines and stay safe and hopefully we will be back on the playing fields in the not too distant future.

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 due and must be paid before March 31st. to Registrar Frances O'Sullivan. Membership can also be renewed on line visit drcrokes.com/news. We urge all members to download the Club Force app. as this will be our only way to communicate going forward.

SCÓR

Scoláireachtaí Daoine Fasta | Adult Scholarships 2020

Irish Scholarship Scheme for Adults 2020, funded by Foras na Gaeilge, is now open and accepting applications. This is a great opportunity to apply for a scholarship valued at €250 to cover costs of a Gaeltacht course this summer. The deadline to apply is Thursday 23rd of April 2020.

BINGO at St. Marys Parish Hall on Sundays is postponed for the foreseeable future and will resume when the current guidelines are lifted..

LOTTO

is suspended for next few weeks and we will review on April 19th.

SYMPATHY

to the family of Anne Galvin Muckcross Road a lifelong supporter of the club, her sons Colm Jerry and Donncha all wore the Black and Amber along with many of her grandchildren, Denis, Emma, Laura, Elaina, Jessica, Fiona, Ella John Galvin, presently Michael, Harry, Annie, Sarah, Jade Potts. Go raibh de ar a anam dilis.

BALLYHAR-FIRIES GAA

COVID-19

Firies GAA are providing a Covid-19 Community Delivery Service, for elderly, vulnerable, sick or self-isolating in our community. If you need a delivery service from any of the following businesses, please

Phone your order to the business.

Phone our helpline 087-2998231 (no text messages) Please have your Eircode to hand.

Aherns Pharmacy, Farranfore (066 – 9764110), Bridies Shop, Firies (066 – 9763000), Hendersons Shop, Firies (066 – 9763090), Moriarty's Shop, Farranfore (066 – 9764808), Sheehans Shop, Farranfore (066 – 9764252) Garvey's Supervalu Castleisland (066-7142400) Daly's Supervalu Killarney (064-6631400)

2020 MEMBERSHIP

2020 membership can now be renewed online. Follow the links on our social media accounts or search for Firies GAA via the "Find My Club" Button on www.clubforce.com or download the clubforce app. Alternatively, you can make contact with Club Secretary Kevin Cronin, Peter Costello, Paudie O'Sullivan Hurling or Fiona Walsh or any club officer/ Mentor or Member and they will be able to give you further details. All players must be registered before playing or training.

CLUB GROUNDS

Please ensure all your Clubs grounds and facilities are closed down completely until further notice. Players/Members/General Public are not allowed use of Club Grounds/Facilities for any activity including training/ recreational while these restrictions are in place. Many thanks as always for your co-operation on this matter.

COISTE NA NOG

A schedule of football and hurling skills have been created for all players to do at home in this time of lockdown. Please check out our social media pages for more details. Many thanks to our East Kerry GDO and Kerry GAA GDO for supplying the content.

MILLTOWN/CASTLEMAINE NEWS

John Burke – A Tribute

It was with great sadness that members of the Milltown/ Castlemaine GAA club learned of the sudden death of club stalwart and current President John Burke.

Coming from a footballing stronghold of Ballygamboon Lower, Castlemaine, that also included his brothers Jim and Willie (RIP), John was a powerful footballer who represented Milltown/ Castlemaine, Mid Kerry, South Kerry and Kerry with distinction.

Winning Mid Kerry Championships in 1957, 61 and 62 brought John to the attention of the Kerry set up and he played with both the Kerry seniors and Kerry juniors in the early 60's.

His work in the Dept. of Agriculture brought him to Mayo and South Kerry before he settled in Rathpook, Milltown and after his playing days finished, he took to the clubs administration side. Long before Executives existed, John WAS the executive and as chairman he oversaw the club capture its first county title, when they won the



County Novice in 1979.

He also selected many a team at every level and was a great advocate of local talent. A tireless worker for the club, his knowledge and experience helped mould many a future officer and trainer.

John served in administration from the 70's and was Secretary until the early 2000's (or the advent of the email, whichever came first!!).

While current restrictions in these strange and challenging times forbid us to say our last farewell in an appropriate manner fitting to a great clubman, be assured we are all with you in your grief.

To John's wife Frances, his sons Liam, Sean & Seamus; daughters Maura, Siobhán, Noírin & Deirdre; brother Jim, sister Nora and all his relations and friends, the club extends its deepest sympathies.

Ar Dheis Dé go raibh a Anam.

RADIO KERRY

On Sunday last, Radio Kerry on their weekly club slot, featured Milltown/Castlemaine. Our club secretary, Mike Carroll, gave a fantastic overview of the club. It is well worth a listen- <https://www.radiokerry.ie/gaa-club-community-2/>. Well Done Mike

FIVE ACTIONS FOR WELLBEING

DURING TOUGH TIMES

In these challenging times, we are all looking for suggestions on simple actions we can take to maintain positive wellbeing and protect our mental health. Log on to Mental Health Ireland's link (below) for five simple actions we can take to help protect our mental health and maintain positive wellbeing during uncertain and challenging times. <https://www.mentalhealthireland.ie/five-ways-tough-times>

MILE BUIOCHAS AGUS FAN SA BHAILE.

All in our community are so grateful to all the frontline staff for their tremendous work during the Covid-19 crisis. We are especially proud of all those from our very own club who risk their lives every day to provide the necessary services and ensure the sick and vulnerable get the best possible care. A retired teacher, Kitty O'Meara, from the city of Madison, in Wisconsin, turned to writing in an effort to curb her own anxiety amid the news of the COVID-19 pandemic. This is her prose poem-offering hope that something good can come out of this collective state of "together, apart."

'AND THE PEOPLE STAYED HOME'

And the people stayed home. And read books, and listened, and rested, and exercised and made art, and played games and learned new ways of being and were still.

And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images and created new ways to live and heal the earth fully, as they had been healed.

STAY SAFE EVERYBODY.



SPA GAA

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 (1800 807 009 / text 50555 / email covidsupport@kerrycoco.ie) OR contact club our Club Secretary on 0876332773 or contact Michael (0858213027), Conor (0872565142) or Deirdre (0851216359).

ALL GAA ACTIVITY STILL SUSPENDED

All Clubs grounds and facilities remain closed completely until further notice. Players/Members/General Public are not allowed use of Club Grounds/Facilities for any activity including training/ recreational while these restrictions are in place.

SPA HOME SKILLS CHALLENGE CONTINUES

The Spa Home Skills Challenge continues this week and we are asking our underage members (5-16 year olds) to take part and send us your training videos. All participants will be in with a chance to win a Spa GAA training top or a €50 voucher. After the 14 days, parents can submit a short video showcasing some of the skills your child(ren) have mastered over the 14 days. Only videos submitted by parents/guardians will be accepted. Entries must be entered by Wednesday, 15th April, after which the winners will be announced. Parents are welcome to post pictures/videos on their

own social media platforms to help encourage as many participants as possible and to help spread the word throughout our community. Please wear the club colours if you can. Be creative as you can if you need to improvise any of our skill challenges. Visit spagaa.com for details. Any queries contact Coiste na nÓg Chairperson, Seamus Moynihan, on (087) 6298525

WE'RE TRAWLING THROUGH THE ARCHIVES

With the club grounds closed and all GAA activity suspended for the next few weeks, we are trawling through the archives to bring you some memories of our Spa club down through the years! If you have any old photos, newspaper clippings, programmes etc, please send them on and we'll get sharing our club history. Send to 0851216359 (text or what's app), email pro.spa.kerry@gaa.ie or private message our Spa social media pages (facebook, twitter and instagram). Thank you to everyone who has sent in photos etc so far.

CLUB REGISTRATION REMAINS OPEN ONLINE

With the closure of GAA properties and club grounds over the last couple of weeks, registration for 2020 will remain open ONLINE only for the coming weeks. Anyone who has not registered yet is asked to do so through the link on the website spagaa.com. Notice will be given before the online page closes and GAA activity will resume once again in Spa.

EASTER BAKE-OFF

St Brigids Presentation Secondary School Killarney TY students are hosting an Easter themed BAKE

OFF for primary school students. All you have to do is send a picture of your Easter-themed bake to their Facebook page @PrimarySchoolBakeOff and include your name, age and primary school. They will pick the best entries and winners will receive an Easter Egg.

GAELICPLUS SUPPORTING FRONT LINE WORKERS

A chance to help the front line workers: Helping Those That Help Us! Shane Cronin and GaelicPlus would like to support these front line workers and hope that you too will also help. In return, GaelicPlus is offering a set of jerseys for your local sports club (worth over €800). We ask that you donate as much or as little as you can through the GoFundMe Page (link on GaelicPlus pages) and comment under one of their social media posts (Twitter/FB/Instagram) with confirmation that you have donated and your sports club. If they reach €5,000 they will offer a second set of jerseys. All money raised will go towards equipment or what front line workers deem essential in their fight against this deadly virus.

SPA LOTTO

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

ITEMS FOR NOTES

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

COUNCIL CLOSES PUBLIC CAR PARKS AT BEACHES FOR EASTER WEEKEND

Following consultation with An Garda Síochána, and in the interests of limiting the spread of the coronavirus, Kerry County Council will close all public car parks at beaches around the county for the Easter weekend.

The decision follows the issuing of clear national public health advice that members of the public should not visit or congregate in public places such as beaches, apart from individuals or households which are resident within two kilometres of a beach.

Council personnel will be present at the car parks to

monitor the closures over the weekend and will liaise with An Garda Síochána to ensure compliance.

Chief Executive of Kerry County Council, Moira Murrell said: 'The clear advice from the National Public Health Emergency Team is that members of the public should not travel to or congregate anywhere which poses a risk to public health. This decision is to ensure that people do not breach the current guidelines and to ensure that the sustained effort to flatten the curve continues.'



TEAGASC ANNOUNCES NEW TELEPHONE HELPLINE FOR FARMERS

A new Teagasc telephone helpline to assist farmers with queries in relation to the current COVID-19 challenge has been set up. It was announced by Professor Tom Kelly, Teagasc Director of Knowledge Transfer: "Teagasc have put in place a dedicated helpline for farmers to get advice on the range of issues that they may

face as they continue to do their essential work in maintaining the food supply chain. This helpline is open to all farmers for a range of farming issues they face on a day to day basis." The information line phone number is +353 76 1113533 and will be open from 9.30am to 12.30pm and from 2pm to 5pm Monday to

Friday.

As usual, the Teagasc website www.teagasc.ie is a prime source of information on the full range of issues facing farm businesses. Teagasc clients should continue to use advisors mobiles and office numbers.



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

SAY NOT GOODBYE, MICK, BUT AU REVOIR

The announcement during the week that Stephen Kenny will be taking over from Mick McCarthy as Ireland manager draws to a close a strange period where the FAI had to choose between a tried and tested manager who hadn't succeeded at the top level and a relative newcomer with inexperience but a dazzling record at lower levels. Being the FAI, they tried to have both options, with 'Captain Fantastic' player but 'Manager Average' Mick McCarthy taking the helm for the European qualifier campaign and Stephen Kenny taking over afterwards. A crazy notion. If they failed to qualify, then Stephen Kenny is already hamstrung. Worse, if they qualified, he would be replacing a successful manager – given the voracious and unreasonable expectations of Irish fans at the best of times, Mick McCarthy actually did well in his first stint when he replaced Jack Charlton and, despite perennial unpopularity, was actually great as Ipswich manager. With Ireland, he was stymied by the fact that our best player by far, truly great, was a fragile ego underneath that hard surface and blamed McCarthy for Saipan failings that were the fault of a dysfunctional FAI. With the country polarised after Roy Keane's outburst, the FAI's Brendan Menton resigned, to be replaced by the even worse John Delaney. With Ipswich, of course, Mick was always hamstrung by the continual lack of promised investment and worked a lot of miracles on shoestring budgets. Ireland did well at the 2002 World Cup before McCarthy's first tenure (29 wins and 20 draws in 69 games – I am genuinely not sure if Roy Keane's brilliant midfield presence but divisive character (Keane was easily a whole level above his Irish team-mates, but disruptively unshy about letting them know it) would have taken them further. More crucial was the presence of one Robbie Keane, Ireland's best striker ever. The hard and cold fact is that Robbie Keane scored 68 goals in 146 international appearances, and more of them against quality opposition than is usually acknowledged. Robbie harked back to the days of Givens and Stapleton as ruthless goal-poachers – John Aldridge was world class at that art, but it was like using Vincent Van Gogh as a house-painter, given Charlton's pragmatic but stultifying 'put 'em under pressure' style. In our Euro 2020 qualifying campaign, we scored 7 goals in 8 games. We had an easy group, and qualifying has been made much, much easier by a UEFA desperate for increased participation and increased revenue, and we still laboured to third in our group. We struggled badly to beat Gibraltar 1-0. Gibraltar has less people than Killarney and Tralee combined. As it stands, Mick McCarthy will be walking away from the Ireland set-up with a pay-off of €1.13m (+ €1m if Ireland qualify). Robbie Keane, who was

given a four year contract as assistant (bizarrely, without any consultation with Stephen Kenny) will be walking away with €1m. That's from an organisation who hid a hole of €50m in their blatantly falsified accounts. At least Stephen Kenny knows what he is dealing with – Delaney's house of cards collapsed when Kenny's Dundalk asked for their money for winning the LOI and Delaney tried to bluff it.

Ireland's problem in recent years has not been a lack of managerial quality (thanks to sponsor Dermot Desmond, who has also recently invested in Shamrock Rovers. Ireland's problem is that it doesn't have a real development system, despite constant FAI bluster about it. Stephen Kenny, like every Ireland manager before him since the days when an FAI Committee selected the team, will have to hope that English clubs (who now have a much wider base to draw players from) will develop enough quality players from Ireland. Stephen Kenny is a great manager, with a brilliant track record at Longford, Bohs, Derry City, and especially Dundalk (his time in Scotland started well but finished badly, maybe an ominous sign or maybe valuable lessons learnt along the way – we'll see) More pertinently, he is used to coming from a League team with relatively small resources and competing at European level. Like McCarthy (I've always considered Gerry Francis at QPR to be the ultimate example of a manager who was brilliant with limited resources but struggled with more affluence available), Kenny just doesn't have the players. It's not a lack of imagination. It's not because Kenny is short of creativity – far from it, he is an adventurous manager who trusts his players on the field.

But personally, I'd much sooner be in Mick McCarthy's shoes, walking away, than Stephen Kenny's. I also think that having Alan Kelly, Keith Andrews, and Damien Duff alongside him is a mistake. Great players and great servants of Ireland, certainly, but a huge dearth of managerial experience among them. Duff has done some work with Glasgow Celtic and Andrews worked well with Kenny with the Ireland U20 team, but management is a skill that needs developing just like playing the game did, and in the same way. The FAI should have let Mick McCarthy finish the qualifying campaign instead of sticking Kenny straight in at the deep end with a team that he didn't prepare. Kenny should have been left to finish off what has been a great U21 qualifying campaign and then come in as Ireland manager. Neither he nor McCarthy were agitating over the current situation. But all of this, sadly, was bound to have a complicated and unsatisfactory ending since a desperate-to-appear-competent FAI made the strange decision to appoint two national managers for one team at the exact same time.

I wish Stephen Kenny all the best, I really do. It would be good if Ireland could regain some small bit of credibility in soccer. But right now, I can only offer him condolences rather than

congratulations as he lifts the poisoned chalice. Mick McCarthy has now managed Ireland twice. What's the betting that, as Ireland becomes less and less desirable as a managerial job (Desmond's millions are the only reason that high profilers like Trapattoni and O'Neill took the job, and it worked out poorly for them), what's the betting that the FAI turn to Mick again in the future? As the French say, au revoir – 'until we meet again'.

30% PREMIERSHIP PAY CUT

UK Health Secretary Matt Hancock has led the charge against the fat cats of the Premiership and stating that they should take a 30% pay cut. Good old Matt, a man of the common people.

Matt, just by the by, hasn't taken a 30% pay cut. The Premiership is big business. We are talking multiple billions here – it stretches into trillions if everything is added up. Granted, some of the money isn't exactly based on reality – Premiership Clubs have become playboy playthings in recent years rather than viable businesses. The transfer market has spiralled out of all control and the gap between the 'rich' (grossly wealthy enough to buy trophies (quick hello to Man City and Chelsea there) and 'poor' (a very relative term, no Premiership team is poor by any objective standard) is colossal.

Clubs are at a real risk of folding. Hence the Likes of Barcelona, Juventus,

Soo I can understand Matt Hancock, hero of the masses (the English Government's response to current circumstances is....all I will say is that I wish Boris Johnson a quick recovery and an early retirement, both as soon as possible) saying that these players with their enormous salaries should take a pay cut. Nigel Farage has called on Hancock to resign. When Nigel Farage is giving the impression that he has a better moral sense than you, the world has really turned on its head.

The response is equally brilliant, with the PFA more or less saying that they would love to take a 30% pay cut, but the subsequent loss of tax revenue would hurt the health service. It's very similar to the FAI claiming that they needed a government bailout for the sake of their unfortunate employees because they are innocent victims. Yes, they are – of your misfeasance.

I have a compromise, a real wisdom of Solomon moment. Absolutely, let's ask the players to take a 30% pay cut – but put that money directly into the health service instead of into shareholders profits. I think a lot of them would go for that. And we'll give the Health Service 30% of your salary as well, Matt.

"Football is always an easy target but where are the big businessmen, where are the CEOs of these enormous companies, what are they doing at the moment?" Gary Lineker makes a fair point. I repeat; that's Gary Lineker making more sense than you, Matt Hancock. Gary Lineker. You should

hang your head in shame.

Bournemouth Manager Eddie Howe took a big voluntary pay cut. Brighton's Graham Potter and staff quick to follow suit. Promotion chasers Leeds, who have more to lose than most clubs if the season is voided, are sharing out their salaries so that all staff can maintain wages. Manchester United are actually a shining example of how to do it right (yes, another sentence I never thought I would say) by donating 30% of their salaries directly to health services in Manchester. David de Gea, Marcus Rashford, Paul Pogba, Harry Maguire, Jordan Henderson of Liverpool (the squad joined in when they heard of his donation to the North Liverpool Foodbank), and Ilkay Gundogan of Man City have been quietly brilliant in charitable initiatives. Likewise Pep Guardiola, Jose Mourinho, Ruud Gullit, Wilfried Zaha, Andy Robertson, Gareth Bale, Christian Pulisic, Ruben Loftus-Cheek, Gary Neville, Ryan Giggs, Cristiano Ronaldo, Lionel Messi, Neymar, Toby Alderweireld, Kaspar Schmeichel.....yeah, soccer players are the bad guys here.

FURLOUGHING

An awful lot of individuals involved in soccer have been far better than the people who rush out from rocks who rush to condemn them at every opportunity. Matt Hancock is not alone in his "Do what I say, not what I do" mantra. But some soccer clubs have absolutely disgraced themselves. England have a temporary scheme to similar to our own for people for people who have been laid off work temporarily to be able to claim 80% of

their wages. Like a lot of things, the legislation had to be put in place faster than is usual. And if there wasn't a legal loophole left behind, there was certainly a huge moral one. Several Premiership clubs – it is probably unfair to single out Liverpool, Newcastle, Tottenham Hotspur, Norwich, and Bournemouth as being the most disgraceful, so I certainly won't be naming those clubs – are paying their players up to £200,000 per week while letting their regular staff, who are on a tiny fraction of that kind of money, go, and expecting the government to deal with it. Hypocrisy much? A lot of these are the clubs asking players to take a voluntary pay cut – with the money saved going directly into club coffers. It reminds me of Charlie Haughey, paunch bulging through another Charvet shirt, telling us to 'tighten our belts'.

VIRTUAL HORSE-RACING

The conduct of the horse-racing industry these days has not won them many admirers. They were among the last to acknowledge the dangers that became more and more obvious as the days went on. Allowing Cheltenham to go ahead was a bad move – and that's not hindsight; it was obvious to most people at the time.

This year's Aintree Grand National was a different kettle of fish. Very different in fact. Last year a precursor of the main event had been run by computer simulation, with three quarters of a million viewers tuning into watch it (ten million watched the real thing).

This year, with the event itself obviously cancelled, it was decided to run a virtual race,

with every horse and jockey and owner's statistics run through a computer algorithm and this programmed visually on a computer screen (I think of it as 'computer man do magic'). It generated a TV audience of 4.8 million people. 'TV audience' is one of those statistics that one should be very wary of, too many variables and the estimates are always way higher than they should be, but that's still impressive figures.

18-1 shot Potter's Field, ridden by young Jack Tudor and trained by Christian Williams, was the surprise winner after a fantastic race, which Mr. Tudor may or may not have actually watched. I presume that he will be paid for his simulated role? He just about beat Walk in the Mill in the run-in, with Any Second Now just behind them and two-time champion Tigers Roll in a disappointing fourth place.

Bookies have been full of praise for the event and all profits are being donated to British and Irish health charities.

It's all a bit mad to me, but sure, no harm. However, I hope that it doesn't become a future model for the sport or any other. I may be cynical, but when bookies are doing something for charity, I tend to think that they are making a future investment. Get the public to buy in for a good cause and they'll get used to it. Sport is about human interaction, both for the spectators and the participants. I can wait as long as it takes, but I want to get back to that. Not simulations of it.

We'll see.

LOOKING BACK....

GOLFER MICHAEL GUERIN

BY: DONIE WHITTY O'SULLIVAN -

MOMENTS IN TIME

Michael Guerin from Gortroe in the Parish of Fossa, was one of the outstanding talents in golf for many years Irish Golf Desk has Michael in the Top 100 all-time Irish Amateur men golfers.

Michael has been an honorary life member of Killarney Golf & Fishing Club since 1961 after attaining full Irish International status.

Winner of 3 successive South of Ireland Amateur Championships in 1961, 62, 63, runner up in 1979 and beaten Semi-finalist in 1973.

He also has won numerous Scratch cups and the Irish Amateur Inter-Provincial winner's trophy with Munster. Michael turned Professional in 1964; he was assistant professional to Henry Cotton. He returned to Amateur golf in 1968.

Michael has the distinction of holding both the Amateur (63) and Professional (66) course records at the original Mahoney's Point Golf Course.



Talented golfer Michael Guerin.

DEERPARK PITCH & PUTT CLUB NEWS

Course Closed: At the request of Pitch & Putt Ireland after the announcement of the government's new public health measures at

the end of last month we wish to let everyone know that the course is closed to play until Sunday April 19th at the earliest pending further updates in the meantime. It is with great disappointment that we are not open over Easter as we usually would be but we look

forward to welcoming everyone back once the restrictions are lifted.

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

OUTLOOK GOLF

KILLARNEY CELTIC

COVID 19

Due to the Corona virus all activity at Killarney Celtic is suspended until further notice. We encourage all our members to follow the guidelines laid down by the government. If anyone in our community is self isolating and requires help with deliveries of groceries, fuel, medication etc, Killarney Celtic has people willing to help. All will be done in strict confidence. Please private message our Facebook page or contact Mary on 086 6485809.

LOOKING BACK

Celtic returned to the summit of Kerry soccer with a league and cup double in 1995/1996. The Greyhound Bar Cup against Inter Kenmare took 2 games to decide a winner.

The initial game finished 0-0 with both defences on top throughout. Celtic had chances with Tony Huggard hitting the post and Leo Casey hitting the crossbar from a penalty with the keeper well beaten. Substitute Tom O Shea also hit the crossbar late on.

The replay was again in Ferndale and in a more entertaining game Celtic came from behind



Killarney Celtic A Team 1995/1996.

to claim the cup. Inter hit the front against the run of play in the 12th min but Celtic were level shortly afterwards when Leo Casey beat the offside trap and though his shot was saved, Karl McMahon finished the rebound to the net. Gerry McGowan, Karl McMahon, Leo Casey and Tony Huggard had further chances for

Celtic before they went in front early in the 2nd half. Stefan McMahon went on a run beating several Inter players before crossing for Gerry McGowan to hit the net. Inter fought back but Peter O'Brien ensured a Celtic win when he tipped a goal bound header around the post in the 83rd min.

OUTLOOK SPORTS

MUCKROSS ROWING CLUB

COVID-19

All club activity including indoor and outdoor training remains suspended until further notice. We continue to communicate with members regarding personal training at home and also outdoor exercise, observing strict social distancing. We encourage all our members to take every care and continue to follow the latest government and HSE advice.

ROWING IRELAND UPDATES

Rowing Ireland's Working Group is co-ordinating the governing body's ongoing response to COVID-19 at a national level. Weekly updates continue to be posted on the Rowing Ireland website. The regatta season for 2020 is suspended until further notice and a contingency plan is being prepared to stage an Irish Championships Regatta in September. It is hoped that a revised regatta season may resume before then.

STAY CONNECTED

Find the club's page on Facebook or follow us on Twitter. Through Facebook, members past and present have been collecting and sharing old photos from Killarney Regatta and other events. Now may be an opportune time to dust down those old photo albums or shoebox collections and we would be very grateful for any copies.

MUCKROSS LOTTERY

The Muckross Lottery remains suspended due to COVID-19. No lottery draw will be held until further notice.

CYCLING NEWS

RÁS TAILTEANN 2020

Following the recent developments and recommendations from Cycling Ireland, the UCI, the HSE, Sport Ireland and the Government of Ireland. Cáirde Rás Tailteann has decided to postpone the 2020 Rás Tailteann which was due to return to the roads of Ireland in June 2020 after a hiatus in 2019. This is directly as a result of accelerating developments relating to the Covid-19 virus pandemic. "Considering the nature of the public health emergency Ireland and the world is currently dealing with and the progressive evolving nature of the COVID-19 pandemic, Cáirde Rás Tailteann has decided that it is in the best interests of everyone associated with the event and the wider public to temporarily postpone the 2020 event from its planned start date on June 10th next" said Eugene Moriarty, the 2020 Race Director.

He added "The decision to postpone has not been taken lightly, but when we consider the ongoing restrictions that are in place, the current workload of An Garda Síochána, County Councils

and the Health Service, all of whom play integral roles in an event of this stature, we feel it is only appropriate that planning for the 2020 Rás does not add to the immediate burden faced by our critical frontline public servants" Cáirde Rás Tailteann will continue to monitor the situation and provide any updates that may be relevant as more information becomes available. The group has made many preparations for the 2020 event and currently is now actively working toward staging Rás Tailteann in the latter half of the 2020 racing season, after July.

They will continue to work with Cycling Ireland to promote the event on any suitable date that may become available before the end of the 2020 season. They will reassess the situation in the first week of June and release a formal update thereafter.

According to Ger Campbell the 2020 Route Designer "we do not foresee any changes to the route that has been published, so it will be a matter of managing any changes that may be necessary in relation to a change of dates. This is of course contingent on any opportunity that may become available to put the Rás safely back on the roads of Ireland later in 2020, if the prevailing circumstances would allow and most importantly that it is safe to do so"



#KeepYourDistance
#StaySafe #StayPositive



RATHMORE | GNEEVEGUILLA NEWS

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

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

A group has been formed in Rathmoreparish 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 Siochana- Sgt Paul Lynch- Rathmore post office, Contact us on a dedicated Free phone 1800 929 003, Dont be afraid to call, we're here to help those who are in genuine need, Contact details; Bernie Reen 087-2020143; Brian Kelly 087-2536808, Eilish Coakley 086-1038112, Niall Kelleher 087-6694194, Mike Dilworth 087-6723882, pat Barry 086-7925715

if you require any help or support with essential shopping& fuel, any household emergency or a prescription to be collected from a pharmacy etc, please call us and have your Eircode at hand and one of our Volunteers will assist you.

COVID-19 VIRUS

Due to the Coronavirus, activities and gatherings in the parish have been postponed or cancelled there include public masses in all churches, schools, all sporting activities, Bingo, Lottos, spilt the pot Draws, etc.it is hoped that with the co-operation of all. and go by HSE Guide lines, the virus will be restricted and we'll be back to normal in the not too distant future. keep an eye out for elderly and people living alone. weather is improving slowly, so



Visitors to Kerry not welcome in order to contain the spread of Coronavirus COVID-19 during the Easter Holidays. Gardaí were out in force at Lissivigeen Roundabout outside Killarney, town, where Gardaí say they will use new emergency powers, if necessary this weekend/ These powers are in place to restrict people's movements for the next five days. A fine of €2,500 or a six month jail sentence could be imposed on anyone caught breaking the restrictions. PHOTO: VALERIE O'SULLIVAN

we'll be able to get out and do a bit of walking or gardening in the meantime keep your distance

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Join us from St. Joseph's Church Rathmore for daily Mass through our Parish.

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Streamed Mass Schedule for the coming week
Easter week - Saturday 7.00pm Sunday 11.00am
Monday 7.00pm Tuesday 7.00pm
Wednesday 7.00pm Thursday 7.00pm
Friday good Friday 3pm. veneration of cross
7pm station of cross 7.00pm Saturday
2m 7.00pm

Sunday 11.00am

ACCESS: this st Joseph's church live webcam stream MCN Media Live streaming Rathmore www.mcnmedia.tv /television-streamed-mass-schedule-from-rathmore-church for further information www Rathmore parish. ie **IN THESE CHALLENGING AND ISOLATING TIMES FOR ANYONE WHO NEEDS HELP, SUPPORT OR EVEN A CHAT - CALL ST. VINCENT DEPAUL RATHMORE BRANCH ON 087 3462332**

SYMPATHY To Noreen Cronin, Moulagow and Peggy Herlihy, Rathbeg and their families on the death of their sister Mary Cronin, Dooneen, Millstreet who passed on Monday 30th March. To D. J. Golden, (Principal of Knocknagree N.S.) on the death of his father Donal (Donie) Golden, Tullig, Millstreet, who passed on Thursday 2nd April. May Mary & Donal rest in peace.

RATHMORE POST OFFICE On FRIDAY'S it will open at 8AM Open 8am - 5:30 PM

Pensioners only please from 8am - 12:30pm Temporary agent forms available to allow others collect pension payments. Only two People in the Post Office at any time on Fridays and one the rest of the week to allow for social distance.

Double payments will be arranged by An Post from this week. Your assistance with the above is appreciated while we all work through this crisis.

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.

KILCUMMIN NEWS

Written by: John Moriarty

**ILLEGAL DUMPING**

Due to Covid 19 more people are using the beautiful remote bog walks located in Cockhill/Knockataggle area of Kilcummin to avail of some valuable outdoor recreation and exercise, however a small number of people have also taken advantage of the remoteness by dumping their household rubbish including three piece suites etc. A number of years ago Kilcummin Rural Development in conjunction with Kerry Co Council carried out a major clean up of the area and it is vitally important that their efforts then were not in vain and that the area is kept litter free. Anyone who sees

anything suspicious please contact 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.

KILCUMMIN GAA

Kilcummin GAA 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. Kilcummin GAA club have a number of volunteers willing to respond to your need. We are here to help you STAY SAFE. Also we would like to extend our gratitude to all those who are working so hard to keep us safe and keep our country going.

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where

necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand. Radio Maria Ireland is an Irish-run Catholic Talk-Radio Station. Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – all commercial free – Listen via TV on Saorview - Channel 210 and Freeview - Channel 826; Download our FREE APP - "RADIO MARIA IRELAND", streaming on www.radiomaria.ie or via PHONE – get live radio feed by telephoning +353 (0) 1 437 3277. Please join our growing faith family!

KILCUMMIN 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. We are also asking people to check in on their elderly neighbours and be there for them. Any volunteers wishing to help out please contact 0876270677. Ní neart go cur le le chéile.

COVID-19 /CORONAVIRUS Kerry Community Response Forum

The COVID-19 Kerry Community Response Forum has been established to coordinate the community response to the current public health emergency. A confidential **freephone** service has been set up to deal with requests for non-emergency supports such as the **delivery of food, fuel and medical supplies**.



FREEPHONE: 1800 807 009

TEXT 'SUPPORT' followed by your NAME to 50555

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Available 8am to 8pm seven days a week

The support of dozens of community and voluntary agencies and groups across Kerry is gratefully appreciated



Rialtas na hÉireann
Government of Ireland

KEEPING THE COMMUNITY FIT during Covid-19

Belief Boutique Gym are offering daily online live class streaming to ensure that their members and the local community stay fit during the Covid-19 pandemic

"We have given out equipment from the gym for people to stay fit and healthy at home while the gym is closed as a give back to our members and local community", Josie McDonald told the Killarney Outlook.

"We are doing daily online live class streaming for with "Sweat at Home" 30 minute fitness classes taking place at 9:30am and 6:30pm through the zoom app! Sweat at home are 30 minute classes that incorporate bodyweight movements and whatever weight you have available to you. We have given out our dumbbells and kettlebells to our members to take part and get the most out of their at home workouts", Josie said. "It keeps the connection and the social aspect and it is also personal as we can correct individual movements as we coach the classes. It keeps us all going and adds fun and energy to our day!", she added.

The boutique gym have also added a live mindstreaming class to allow people to express themselves through journal writing and life coaching along with another new addition - CrossFit online programming for people who



may have small house gyms and equipment . The CrossFit at home Programming offers structured, smart, well rounded sustainable programme consisting of gymnastics, strength, conditioning and skills.

Check out their social media pages to join and reserve your class. @beliefkillarney www.facebook.com/beliefkillarney For more information on all that Belief boutique gym has to offer.

check out their advert on Page 11

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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

NEW BEGINNINGS MINISTRIES KILLARNEY

087 7068533 email: newbeginningskillarney@gmail.com

MEETINGS SUSPENDED DUE TO GOVERNMENT GUIDELINES RE COVER-19

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

Facebook on New Beginnings Killarney

Gardening with Killarney Outlook
by John O'Sullivan

Summer Bedding

Its that time of year again when we think of putting colour in our pots, baskets and containers and also in the ground, and although Garden Centres are closed, many of the supermarkets are carrying stock. Summer Bedding plants can be used very effectively in the ground for filling gaps between shrubs or border perennial plants as they can cover a lot of ground and add plenty of colour very quickly. When planting Summer bedding plants in the ground the first thing you have to do is to dig over the area and dig in plenty of compost. Most Summer Bedding plants need a nice sunny sheltered position but if you have a shaded area, begonias are excellent bedding plants for this situation and they will give you flowers right through the summer and into early autumn. As an added bonus they will also provide you with excellent coloured foliage from light green to dark purple. Always remember when planting bedding to put the taller ones at the back. If you want to do a summer display of bedding on its own in a bed you will have to choose a centre piece - a good plant for this would be a standard fuschia. Then start with the tallest, such as marigolds or antirrhinums and work your way out to the edge of the bed with some begonias or petunias and finally at the edge of the bed with some lobelia and Alyssum. A good idea before you plant would be to position all your plants to get an overall view of what it will look like. And remember to water all plants well in afterwards.

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

Shine your light RTÉ

#ShineYourLight
Saturday 11th April - 9pm

In this time of darkness, let's come together, apart, and shine a light in our homes that shows light can reach us all.

STEPHANIE O'SULLIVAN'S MEMORIAL CYCLE 2020 CANCELLED

The O'Sullivan family and Committee of Stephanie's Memorial Cycle 2020 have announced on social media that this year's event has been cancelled. We are very disappointed to have to do this but due to the current circumstances with Covid-19, the health and safety of everyone in the community is a priority at this difficult time. We are so grateful to the efforts of the community, sponsors, cyclists and volunteers each year. We are already planning the 2021 event to mark the 10th Anniversary of Stephanie's tragic passing. We look forward to seeing you all again next year. We ask the community to take care and to continue following Government guidance.



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Arriving in style... Fiona Carroll, one of the many volunteers from Legion GAA Club in Killarney, calling with the weekly shopping to Denis Tangney. The voluntary service is part of the COVID-19 Kerry Community Response Forum. The helpline was set up to support and advise people during the current public health emergency. It includes organisations such as Kerry County Council, the Gardaí and GAA. PHOTO: VALERIE O'SULLIVAN




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NATURAL DISASTERS, DATA HACKING, THEFT, YOUR BIGGEST CUSTOMER SUDDENLY SWITCHING TO A COMPETITOR, A DEEP RECESSION OR A GLOBAL PANDEMIC SUCH AS COVID - 19!

Many circumstances have the potential to disrupt or shut your business down. A Business contingency plan is something that every business should develop.

What is a contingency plan?

A contingency plan is a roadmap created by management to help a business respond to a disruptive event that may or may not happen in the future, in order to resume normal operations as quickly as possible. It can also help you recover, manage risk, avoid negative publicity and handle unexpected issues with employees. The faster you are able to get back up and running, the less damage your profits and revenues will take.

- 1. Identify the risks**
Before you can prepare for a crisis, you need to know what crisis you're preparing for. Think about all the possible risks to your business, internal and external including natural disasters, fire, unexpected illness or death, pandemics, contagious diseases, sudden changes to revenue or personnel, theft, loss of major clients or contracts, security threats.
- 2. Develop contingency plans**
Put together a plan to mitigate above risks. As you prepare a contingency plan, it should include a step-by-step guide that outlines what to do once the event has happened and how to keep your business running. Include a list of everyone, both inside and outside of the company, who needs to be contacted should the event occur, along with up-to-date contact information.
- 3. Maintain the plan**
Even after you've developed a contingency plan, the process doesn't stop there. You'll want to communicate the plan to everyone who could potentially be affected. You should also describe what their roles and responsibilities are during a time of crisis. Review your plan frequently.

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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10 - 4pm Monday to Friday

National Phone Service:
0761 07 4000

9am - 5 pm Monday to Friday

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

Information & advice is available on;

- COVID-19 Measures • Health
- Income Supports • Housing • Social Welfare
- Education • Employment • Family Matters
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www.gov.ie | www.hse.ie



A time of Reflection...Fr Niall Howard, left and Bishop Emeritus Bill Murphy, in St Mary's Cathedral Killarney, as Easter Triduum approaches and churches continue Mass and prayers during Covid-19. PHOTO: VALERIE O'SULLIVAN

This Holy Week and Easter the ceremonies will be celebrated, without a congregation, at the traditional times in the parishes throughout the diocese. Priests will be celebrating on behalf of all in the parish. I invite you to take a few moments at that time each day to unite with them in prayer. Although Holy Week is different this year, we can all still celebrate it fully in our hearts. God bless you all in all your needs. The Pandemic has brought dark times, but the light of Easter, Christ our Light, is our HOPE.

This Holy Week I ask you to pray to God especially for strength, courage and endurance for all amid Covid-19:

- for ourselves and our loved ones
 - for those we know who are a great age or have already serious health issues
 - for those who have died in recent days and their grieving loved ones
 - and especially for doctors, nurses, and all frontline workers who are performing so heroically; many have their own worrying situations within their own families.
- Ponder the courage, selflessness and steadfastness of Jesus
- As Jesus showed courage, selflessness and steadfastness during his journey to Jerusalem, and in his suffering along the Way of the Cross to his Crucifixion, so may God help us do the same in the days and weeks ahead. Think of Jesus:
- "the Agony in the Garden", his ultimate prayer to the Father was, "not my will but thine be done"
 - as he carried his Cross think of his words to the women of Jerusalem, "weep not for me, but for yourselves and for your children"
 - think of his meeting with Mary his mother, how heart-breaking for both of them
 - on the Cross think of his kindness to the thief crucified with him, "this day you will be with me in paradise" This Holy Week may God give to all of us

the virtues of courage, selflessness and endurance whatever the pandemic may bring to our communities. God's mercy and forgiveness is available for all. In Holy Week we remember the Last Supper. "this is the cup of my blood . . . shed for YOU and for MANY so that sins might be forgiven". Christ died for our sinfulness. God's mercy and forgiveness are always there for us, we only must ask with sorrow in our hearts. This Holy Week it is not possible to make Confessions available in the diocese. Words spoken by Pope Francis at his daily Mass on Friday 20th March give reassurance to us all: "I know that many of you go to confession before Easter... Many will say to me: 'But Father... I can't leave the house and I want to make my peace with the Lord. I want Him to embrace me... How can I do that unless I find a priest?' Do what the catechism says. It's very clear. If you don't find a priest to go to confession, speak to God. He's your Father. Tell Him the truth: 'Lord. I did this and this and this. Pardon me.' Ask His forgiveness with all your heart with an act of contrition, and promise Him, 'afterward I will go to confession.' You will return to God's grace immediately. You yourself can draw near, as the catechism teaches us, to God's forgiveness, without having a priest at hand."

Faithfully we distance ourselves from one another. Faithfully let us unite as one with Jesus in prayer as we remember and honour his Death and Resurrection.

Every Easter Sunday is special. This Easter Sunday light a candle at the family dinner table to symbolise your love and trust in Jesus Christ in all things. He is our strength through these difficult weeks of the Pandemic. Let us pray for each other. Our Lady help of the sick, pray for us.

+ Ray Diocese of Kerry Holy Week 2020.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
D.L.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
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Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
P.L.

THE MIRACLE PRAYER

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

THE MIRACLE PRAYER

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Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
C.H.

A Word of Victory

Welcome back dear reader I pray that you are keeping well. It's a strange feeling being in lockdown and difficult times for everyone, especially those working on the frontlines. Know this dear friend – you are not alone, even though I know the lack of contact can feel so isolating. I believe something good is going to come out of this situation, and we can proclaim in faith that what was meant for evil God will turn around for good (Romans 8:28-39). This week is the season of Passover and it is the time that our Saviour Jesus was betrayed by one He loved, arrested and wrongly accused, beaten and rejected and then crucified. But praise God He rose from the dead and He is Alive! In the midst of all His suffering, He was left alone. He faced His accusers and attackers alone. He took our sins and endured the most brutal and grotesque death on the cross alone. Then He went into hell alone and took back the power of sin and death from the devil, and God raised Him victoriously from the grave (1st Corinthians 15:55-57). Jesus endured the cross alone for the joy that was set before Him which was that through His sacrifice He would bring many to glory (Hebrews 2:10-15). Jesus was the firstborn from the dead and anyone who repents and puts their trust in Him will inherit the promise of eternal life through Him. And whoever confesses Jesus as Lord will never again walk through life alone. Jesus said 'come to Me all you who labour and are heavy laden and I will give you rest. Take My yoke upon you and learn from Me for I am gentle and lowly in heart and you will find rest for your souls. For My yoke is easy and My burden is Light.' (Matthew 11:28) Jesus explained here that when people will not repent of sin or accept Him they are headed for eternal judgement, but to those who will simply believe in Him – to them He will reveal the Father's love. The yoke He refers to is the way that two animals were harnessed and yoked together to plough up a field, both bearing the weight of their load. Jesus promises you friend that when you come to Him and give Him the burdens that are weighing you down and put your trust in Him that He will wrap His arms around you and everything will change in the light of His love!

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.

12TH ANNIVERSARY

IN LOVING MEMORY OF

JAMES (CHRISTY) O'CONNOR



**KNOCKROUR WEST,
SCARTAGLEN
WHO DIED ON
12TH APRIL 2008**

Rest In Peace

*Though absent you are always near,
Still loved, still missed, still very dear,
So while you sleep
and your voice is still,
Your spirit lives on an always will.*

FROM YOUR LOVING
WIFE BETTY, SONS,
DAUGHTERS AND
THEIR FAMILIES AND
GRANDCHILDREN

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
H.L.

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4TH ANNIVERSARY

IN LOVING MEMORY OF

**MARY
O' DONOGHUE
(NEE O' DONNELL)**



**LATE OF WOODLAWN PARK,
KILLARNEY & ATHASSEL ABBEY,
GOLDEN, CO TIPPERARY
WHO DIED ON
APRIL 13TH 2016**

*A bouquet of beautiful memories,
Sprayed with a million tears,
Wishing God could have spared you,
If just for a few more years.
It does not take a special day,
For us to think of you,
Each mass we hear, each prayer we say,
Is offered up to you.
We cannot bring the old days back,
When we were all together.
The family chain is broken now,
But memories live forever.
May she rest in peace, dear Jesus,
In Thy Heavenly home above,
With the Sacred Heart of Jesus,
In His own eternal love.
Along the road to yesterday,
That leads us straight to you,
Are memories of happy days,
Together we once knew.
A silent grief that's in our hearts,
No human eye can trace,
For many a broken heart is hid,
Beneath a smiling face.*

LOVED ALWAYS JERRY

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and
forever dear.*

LOVED AND REMEMBERED
EVERY DAY
MARIA & EILEEN

NOVENA TO THE SACRED HEART

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

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€500
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School!

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CELEBRATING 100 YEARS

Lee Strand 100

TASTE THE FRESHNESS

Years
1920-2020

A LETTER FROM

Mighty Mikey Milk



Hi Boys & Girls

I really miss visiting your school and all of you coming to Lee Strand for your school tour. But HEY, we can still have lots of fun, while we're all staying safe at home!

To find out what activities I have planned to keep you busy everyday ...

- Tune in daily to Radio Kerry
- Or check out Lee Strand Milk on social media for daily updates



We have lots of prizes and everyone that enters will receive a special Mighty Mikey Milk Activity Pack with a colouring book & highlighter by post.

Plus, all our finalists will be in with a chance to win €500 for your school.

It will be so much fun!
Lots of love

Mighty Mikey Milk
xxx